



Bwp-12-23

نوٹ : تمام سوالات کے جوابات دی گئی جوابی کاپی پر لکھیں۔ ہر سوال کے چار ممکنہ جوابات A, B, C, D دیئے گئے ہیں۔ جس جواب کو آپ درست سمجھیں جوابی کاپی پر اس سوال نمبر کے سامنے دیئے گئے دائروں میں سے متعلقہ دائرے کو قلم کی سیاہی سے بھر دیجئے۔ ایک سے زیادہ دائروں کو بھر کرنے یا کاٹ کر بھر کرنے کی صورت میں مذکورہ جواب غلط تصور ہوگا۔	
Note : Four possible choices A, B, C, D to each question are given. Which choice is correct, fill that circle in front of that question number. Use marker or pen to fill the circles. Cutting or filling two or more circles will result in zero mark in that question	
The Utility of ----- has become even more important in the present time :	سوال نمبر 1
(A) Games کھیلوں (B) Rest آرام (C) Jobs روزگار (D) Machines مشینوں	(1)
Accepts defeat generously :	(2)
(A) Coach کوچ (B) Student شاگرد (C) Friend دوست (D) Player کھلاڑی	
The beginning point of the Stomach is called :	(3)
(A) Mucous Membrane میسکس ممبرین (B) Pyloric End پائلورک اینڈ (C) Peritonium پیریٹونیم (D) Cardiac End کارڈیک اینڈ	
There are ----- types of Muscles in the Human Body :	(4)
(A) 02 (B) 03 (C) 04 (D) 01	
The Balanced diet has ----- Elements of Food :	(5)
(A) 06 (B) 04 (C) 03 (D) 05	
A Human Body has about ----- percent Water :	(6)
(A) 50 % (B) 70 % (C) 60 % (D) 45 %	
It is considered a Blessing in Summer :	(7)
(A) Tea چائے (B) Coco کوکو (C) Beverage شربت (D) Coffee کافی	
The minimum Length of the Runway for Javelin Throw is :	(8)
(A) 25 Meter میٹر 25 (B) 35 Meter میٹر 35 (C) 30 Meter میٹر 30 (D) 40 Meter میٹر 40	
The High Jump has to start in :	(9)
(A) 01 Minute منٹ 01 (B) 1.5 Minute منٹ 1.5 (C) 02 Minute منٹ 02 (D) 03 Minute منٹ 03	
It is famous as "Man Killer" :	(10)
(A) 200 Meter میٹر 200 (B) 400 Meter میٹر 400 (C) 100 Meter میٹر 100 (D) 800 Meter میٹر 800	
Sleeping Pills affects :	(11)
(A) Skeletal System نظام استخوان (B) Muscular System نظام عضلات (C) Respiratory System نظام تنفس (D) Nervous System نظام اعصاب	
Gonorrhea is spread by ----- Germ :	(12)
(A) Rubella روبیلا (B) Gonococcus گونوکوکس (C) Salmonella Typhi سالمونیلایا ٹیپھی (D) Vibrio cholera وبریو کولیرا	
Good Conductor of Electricity is :	(13)
(A) Air ہوا (B) Water پانی (C) Heat گرمی (D) Cold سردی	
It is very important for sustaining Human Life :	(14)
(A) Oxygen آکسیجن (B) Nitrogen نائٹروجن (C) Carbondioxide کاربن ڈائی آکسائیڈ (D) Hydrogen ہائیڈروجن	
ساب کی ڈی جگہ سے ----- اوپر ٹورنی کٹ کس کر ہاتھ دی جائے :	(15)
A Tourniquet should be tied tightly ----- up on the bited site of the Snake :	
(A) 01 Inch انچ 01 (B) 02 Inch انچ 02 (C) 03 Inch انچ 03 (D) 04 Inch انچ 04	
(For Boys طلباء کے لیے)	
The Length line of Hockey Ground is called :	(16)
(A) Side Line سائیڈ لائن (B) Touch Line ٹچ لائن (C) Back Line بیک لائن (D) Goal Line گول لائن	
The duration of Basketball Game consists of ----- :	(17)
(A) 04 Quarters of 12 Minutes 12 منٹ کے چار کوارٹر (B) 04 Quarters of 15 Minutes 15 منٹ کے چار کوارٹر (C) 04 Quarters of 08 Minutes 08 منٹ کے چار کوارٹر (D) 04 Quarters of 10 Minutes 10 منٹ کے چار کوارٹر	
(For Girls طالبات کے لیے)	
The number of Feathers of Shuttle in Badminton Game is :	(16)
(A) 16 (B) 13 (C) 12 (D) 15	
The Length of table in the Table Tennis Game is :	(17)
(A) 2.00 meter میٹر 2.00 (B) 2.25 meter میٹر 2.25 (C) 2.50 meter میٹر 2.50 (D) 2.74 meter میٹر 2.74	

Session (2019 - 2021) to (2021 - 23)	L.K.No.1085 - 12.000	رول نمبر
Health & Physical Education (Subjective)	(1 st A. Exam. 2023)	صحت و جسمانی تعلیم (انشائیہ)
68 : کل نمبر	Inter (Part - II)	وقت : 40 : 2 گھنٹے



ہدایات ﴿ حصہ دوم یعنی سوال نمبر 2، سوال نمبر 3 میں سے کوئی سے (8 - 8) اجزاء اور سوال نمبر 4 میں سے کوئی سے (6) اجزاء کے مختصر جوابات تحریر کرنا لازمی ہے۔

جبکہ حصہ دوم میں سے کوئی سے تین سوالات حل کیجئے۔ جوابی کاپی پر وہی سوال نمبر اور جزو نمبر درج کریں جو کہ سوالیہ پرچہ پر درج ہے۔

Note : It is compulsory to attempt (8 - 8) parts each from Q.No.2 and Q.No.3 while attempt any (06) parts from Q.No.4 and attempt any (03) questions from Part II. Write same Question No. and its Part No. as given in the question paper.

44 = 2 x 22

(Part - I) حصہ اول

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Write down four Benefits of Sports in Colleges.

Play is a Mental Activity. Explain briefly.

Sports are Source of Employment. Write briefly.

Games Produce Fitness. Write in short.

(For Boys برائے طالباء)

What is the Purpose of Boards in Hockey?

What is the distance of the Mark of Penalty Stroke from the Goal Line?

Explain "Center Pass" in Hockey Game.

Write a short note on the "Shooting Circle" of Hockey.

Explain "Center Circle" in Basketball Court.

Write down maximum and minimum weight of Ball in Basketball.

What is meant by "Jump Ball" in Basketball Game?

Describe the Three Second Rule in Basketball.

(For Girls برائے طالبات)

Write down the measurement of "Net" in Badminton.

How many Officials are in the Game of Badminton?

Write down four Fouls of Service in the Game of Badminton.

Explain the Shuttle in Badminton Game.

Write down four Duties of Umpire regarding Table Tennis Game.

Write a short note on the Ball of Table Tennis Game.

How many Games are in the Match of Table Tennis?

How many Techniques of Service are in Table Tennis? Write names only. صرف نام تحریر کیجئے۔

Briefly describe the Runway of Javelin Throw.

Write only the names of Holding Methods of Javelin.

Briefly describe the Parts of Javelin.

What is the difference of Structure of Javelin of Men and Women?

State the Second Rule for Solving Tie in High Jump.

Write the Length and Weight of Crossbar of High Jump.

Write four Rules of High Jump.

What is meant by "Jump Off" in High Jump?

Explain the "Torso" in 400 meter Race.

Write down four Rules of 400 meter Race.

What is the Penalty of "False Start" in 400 meter Race?

Write the Staggers of Second and Third Track of 400 meter Race.

Write a note on Unvoluntary Muscles.

Write a short note on Pharynx.

Write three Characteristics of Balance Diet.

Write a short note on Protein.

Write a short note on Opium.

Write a short note on Sleeping Pills.

Write three Causes of Aids.

Write four benefits of Lassi.

Write four basic Principles of First Aid.

24 = 8 x 3

Part - II حصہ دوم

(8) Define the Sportsmanship and write down the Characteristics of a Good Player.

(8) Write down the Rules of Javelin Throw in detail.

(8) What is meant by Muscular System? Explain the kinds of Muscles in detail.

(8) What is meant by Beverages? Describe its types in detail also.

(For Boys برائے طالباء)

(8) Draw a Sketch of Hockey Ground and Write its complete Measurement.

(For Girls برائے طالبات)

(8) Draw a Sketch of Badminton Court and Write its complete Measurement.

سوال نمبر 5

سوال نمبر 6

سوال نمبر 7

سوال نمبر 8

سوال نمبر 9