HEALTH AND PHYSICAL EDUCATION  SSC-II

SECTION – A (Marks 12)

Time allowed: 20 Minutes

NOTE:- Section–A is compulsory. All parts of this section are to be answered on the question paper itself. It should be completed in the first 20 minutes and handed over to the Centre Superintendent. Deletions/overwriting is not allowed. Do not use lead pencil.

Q. 1 Circle the correct option i.e. A / B / C / D. Each part carries one mark.

(i) Which of the following characteristics is found in a good player?
   A. Tolerance
   B. Physical fitness
   C. Both A and B
   D. None of these

(ii) Which of the following is a small area game?
   A. Search for the leader
   B. Cricket
   C. Hockey
   D. Football

(iii) What is the length of the Hockey ground?
   A. 90 yards
   B. 95 yards
   C. 100 yards
   D. 105 yards

(iv) What is the duration of Hockey game?
   A. 60 minutes
   B. 65 minutes
   C. 70 minutes
   D. 75 minutes

(v) How many laps are run by an athlete to complete 1500 metre race in 400 metre track?
   A. 3
   B. $3\frac{1}{4}$
   C. $3\frac{3}{4}$
   D. None of these

(vi) An athlete is given _______ chance (s) to clear one height in High Jump.
    A. 4
    B. 3
    C. 2
    D. 1

(vii) What is the width of run-way in Javelin throw?
     A. 4 metres
     B. 3 metres
     C. 2 metres
     D. 1 metre

(viii) The positive activity which somebody does in leisure time by one's liking, will and pleasure, is called
       A. Physical education
       B. Recreation
       C. Hiking
       D. Hockey

(ix) What is the temperature of a healthy man?
    A. 96.4°
    B. 97.4°
    C. 98.4°
    D. 99.4°

(x) Which is a natural source for killing germs, flies, mosquitoes and removing smell?
    A. Dew
    B. Plants
    C. Rain
    D. Sunlight

(xi) How many constituents of balanced diet are there?
    A. 4
    B. 5
    C. 6
    D. 7

(xii) Which of the following is an alcoholic beverage?
    A. Tea
    B. Whisky
    C. Butter milk (Lassi)
    D. Squash

For Examiner's use only:

Total Marks: 12

Marks Obtained:

28A 1203
صحت و جسمانی افغانستان

سوال 1

(1)

(2)

(3)

(4)

(5)

(6)

(7)

(8)

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(10)

(11)

(12)

(13)

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(18)

(19)

(20)

SECTION - B (Marks 33)

Q. 2 Attempt any ELEVEN parts. The answer to each part should not exceed 3 to 4 lines. (11 x 3 = 33)

(i) Write any three characteristics of a good player.
(ii) Name any three small area games.
(iii) When is penalty corner awarded in Hockey?
(iv) Write any three rules of High Jump.
(v) Write a short note on Camping.
(vi) What things should be considered in construction of a school building?
(vii) Write down the methods to prevent communicable diseases.
(viii) Write three natural sources for purifying the air.
(ix) What is meant by Beverages?
(x) What is meant by food adulteration?
(xi) Write down the benefits of Tea.
(xii) Write three fouls of Javelin throw.
(xiii) What do you know about Hiking?
(xiv) Write down the rules of 800m race.
(xv) Write down the disadvantages of coffee.

SECTION - C (Marks 20)

Note: Attempt any TWO questions. All questions carry equal marks. (2 x 10 = 20)

Q. 3 Write down the rules of Hockey in detail.
Q. 4 What is meant by the Balanced diet? Describe its constitutes in detail.
Q. 5 What is meant by physical fitness? Describe its importance.