HEALTH AND PHYSICAL EDUCATION  HSSC–II

SECTION – A (Marks 17)

Time allowed: 25 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 25 minutes and handed over to the Centre Superintendent. Deleting/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 causes coordination between muscular and nervous system?
   A. Media   B. Game   C. Mental work   D. Labour

(ii) What per cent of the body of women consists of muscles?
   A. 24%   B. 26%   C. 27%   D. 28%

(iii) What is called the secretion produced by the glands situated under the tongue?
   A. Renin   B. Milk   C. Saliva   D. Water

(iv) What is the number of muscles in a human body?
   A. 651   B. 656   C. 670   D. None of these

(v) What is the duration of the Basketball game?
   A. Two halves of 10 minutes each   B. Four halves of 10 minutes each
   C. Two halves of 12 minutes each   D. Four halves of 12 minutes each
   (For Boys)   (For Girls)

(vi) In Table Tennis, the player who scores first, wins the game.
   A. 8 points   B. 10 points   C. 11 points   D. 15 points

(vii) Which of the following is essential for maintenance of human life?
   A. Life   B. Strength   C. Energy   D. None of these

(viii) Which of the following vitamins stops bleeding?
   A. Vitamin A   B. Vitamin B   C. Vitamin C   D. Vitamin K

(ix) Which system of human body is destroyed by AIDS virus?
   A. Defensive system   B. Digestive system   C. Muscular system   D. None of these

(x) What is the other name of Voluntary muscles?
    A. Cardiac muscles   B. Striped muscles   C. Un-striped muscles   D. Skeletal muscles

(xi) While swallowing food a lid covers Trachea, which is called
     A. Cardiac End   B. Pyloric End   C. Duodenum   D. Epiglottis

(xii) Which chemical component is present in green tea?
      A. Caffeine   B. Pepsin   C. Renin   D. Theine

(xiii) What is the width of the Basketball court?
        A. 13 metre   B. 15 metre   C. 20 metre   D. 25 metre
        (For Boys)   (For Girls)

(xiv) What is the width of the Table Tennis Court?
      A. 1.22 metre   B. 1.30 metre   C. 1.52 metre   D. 2.00 metre

(xv) The standard track in 400 metre race consists of
     A. 6 lanes   B. 7 lanes   C. 8 lanes   D. 9 lanes

(xvi) The distance between both the poles of High Jump is never less than
      A. 3.50 metre   B. 3.85 metre   C. 4.00 metre   D. 4.40 metre

(xvii) What is the weight of Javelin for men?
       A. 600 gram   B. 800 gram   C. 1000 gram   D. 1200 gram

(xviii) Gonorrhea is caused by
        A. Robiyole virus   B. Salmotyphus   C. Vebro caleria   D. Gonococcus

(xix) Beriberi is caused by the lack of
      A. Vitamin $R_1$   B. Vitamin $R_3$   C. Vitamin $R_5$   D. Vitamin $R_7$

For Examiner’s use only:

Total Marks: 17
Marks Obtained: 

24A 1231
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### نمرات

- $P_1 = 17$
HEALTH AND PHYSICAL EDUCATION HSSC-II

Time allowed: 2:35 Hours  Total Marks Sections B and C: 68

NOTE: Answer any fourteen parts from Section 'B' and any two questions from Section 'C' on the separately provided answer book. Use supplementary answer sheet i.e. Sheet-B if required. Write your answers neatly and legibly.

SECTION – B (Marks 42)

Q. 2 Attempt any FOURTEEN parts. The answer to each part should not exceed 2 to 4 lines. (14 x 3 = 42)

(i) What is meant by the Balanced diet?
(ii) Write a short note on Morphia.
(iii) What is meant by Artificial Respiration?
(iv) Write a short note on Small intestine.
(v) Draw the sector of Javelin throw.
(vi) What are the advantages of Vitamin D?
(vii) Write a short note on Penalty Corner in Hockey. (For Boys)
When is Let given in Badminton? (For Girls)
(viii) How is the Tie solved in High Jump?
(ix) Write down any three rules of Javelin throw.
(x) Write any three duties of an Umpire in Hockey. (For Boys)
Write any three duties of an Umpire in Table Tennis. (For Girls)
(xi) Write down the stages of digestion of food.
(xii) Write down any three rules of 400 metre race.
(xiii) Write a short note on Liver.
(xiv) Write down the effects of the deficiency of Carbohydrates.
(xv) What is meant by Sex Hygiene?
(xvi) What is the first aid given in case of electric shock?
(xvii) What is meant by Poison?
(xviii) Write down any three benefits of Coffee.
(xix) What is meant by Hit In in Hockey? (For Boys)
Describe the Expedite system in Table Tennis. (For Girls)

SECTION – C (Marks 26)

Note:- Attempt any TWO questions. All questions carry equal marks. (2 x 13 = 26)

Q. 3 Describe the qualities of a good player.

Q. 4 Write notes on the following:
a. Opium
b. Sylvester’s Method of artificial respiration
c. Protein

Q. 5 Draw the Basketball court with measurement. Also describe the personal fouls in Basketball. (For Boys)
Draw the Badminton Doubles court with measurement and describe the Doubles game of Badminton. (For Girls)
ضلع (کغلابر 2)

(14\times3=42)

(2 \times 13 = 26)

---ZAA 1234---