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HEALTH AND PHYSICAL EDUCATION HSSC-I

(For Hearing Impaired Children)

SECTION – A (Marks 12)

Time allowed: 20 Minutes

Version No. 3 0 5 7 1

Note: Section – A is compulsory. All parts of this section are to be answered on the separately provided OMR Answer Sheet which should be completed in the first 20 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

Q. 1 Choose the correct answer A / B / C / D by filling the relevant bubble for each question on the OMR Answer Sheet according to the instructions given there. Each part carries one mark.

- 1) Which of the following is a 'postural defect'?
 - A. Broad waist
 - B. Lordosis
 - C. Short height
 - D. Low vision
- 2) How many systems work in the human body?
 - A. 5
 - B. 7
 - C. 9
 - D. 11
- 3) How many chambers are there in human heart?
 - A. One
 - B. Two
 - C. Three
 - D. Four
- 4) What is the duration of a football match? **(For Boys)**
 - A. 60 minutes
 - B. 70 minutes
 - C. 80 minutes
 - D. 90 minutes

What is the length of Netball court? **(For Girls)**

 - A. 40 feet
 - B. 50 feet
 - C. 80 feet
 - D. 100 feet
- 5) How many meters each team player runs in 4×100 meter relay race?
 - A. 100 meters
 - B. 200 meters
 - C. 400 meters
 - D. 800 meters
- 6) How much time is given for throwing the shot put?
 - A. 4 minutes
 - B. 3 minutes
 - C. 2 minutes
 - D. 1 minutes
- 7) What is the breathing system called?
 - A. Digestive system
 - B. Muscular system
 - C. Respiratory system
 - D. Nervous system
- 8) Which of the following is infectious disease?
 - A. Small pox
 - B. Fever
 - C. Stomach pain
 - D. Fracture
- 9) In shot put throw, the turn of player is determined by:
 - A. Toss
 - B. Balloting
 - C. Umpire
 - D. Referee
- 10) There are _____ methods of button change.
 - A. Six
 - B. Four
 - C. Two
 - D. Three
- 11) How many parts a cell has?
 - A. 4
 - B. 3
 - C. 2
 - D. 5
- 12) Gymnastic is a/an _____ word?
 - A. English
 - B. Greek
 - C. Latin
 - D. Arabic



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Time allowed: 2:40 Hours

Total Marks Sections B and C: 48

NOTE: Answer any ten parts from Section 'B' and any two questions from Section 'C' on the separately provided answer book. Write your answers neatly and legibly.

SECTION – B (Marks 30)

Q. 2 Attempt any TEN parts briefly.

(10 x 3 = 30)

- (i) How has the Lemann: F defined the physical education?
- (ii) What is good posture?
- (iii) What is the function of arteries?
- (iv) Write three rules of Relay Race.
- (v) What is meant by First Aid?
- (vi) Briefly explain gymnastics?
- (vii) Write down any four benefits of gymnastics.
- (viii) Write down the measurements of penalty area in football. (For Boys)
Write a short note on shooting circle. (For Girls)
- (ix) Write any three guiding principles of First Aid.
- (x) What is the function of capillaries?
- (xi) What are the modes of transmission of infectious diseases?
- (xii) Write down the types of common sports injuries.
- (xiii) How can the free time be utilized in a healthy way?
- (xiv) Name any three systems in human body.

SECTION – C (Marks 18)

Note: Attempt any TWO questions.

(2 x 9 = 18)

- Q. 3** Describe in detail the importance of gymnastic.
- Q. 4** Write down the rules and regulations of 4x100 meter relay race.
- Q. 5** Explain the guiding principles of First Aid.