

Health & Physical Education Questions Part II



Chapter No. 1-2**Value of Games and Sports /Qualities of Sportsmen****Tick the correct answer:** 

- Games are the activities which are adopted by:
(a) By Self-happiness (b) By Money
(c) By Stickiest Restriction (d) By Popularity
- By taking part in the game a person get relief from:
(a) By work (b) By education
(c) By thinking (d) By stress
- Scientific inventions gave a lot of facilities to the mankind and also make them:
(a) Scholar (b) Lazy
(c) Saint (d) Leader
- By taking part in games we get:
(a) Technical skills (b) Technical eyes
(c) Driving techniques (d) Technical learning
- The games are the main source of:
(a) Knowledge (b) Entertainment
(c) Wealth (d) Peace
- Player is ambassador of:
(a) Peace (b) War
(c) Nation (d) Family
- A good sports man is a:
(a) Richness (b) Poorness
(c) Fighting techniques (d) Good curator
- Punctuality is the _____ of good player:
(a) Bad habit (b) Good habit
(c) Hobby (d) Technique
- The expressions of feelings like a sports man is known:
(a) Leadership (b) Sportsmanship
(c) Proctorship (d) Membership

10. Games are the process of.
- (a) Nature (b) Machines
(c) Industries (d) Computers
11. The man takes part in the games in different shapes from.
- (a) Throughout life (b) Childhood Adulthood
(c) Childhood-Boy hood (d) Boyhood Adulthood
12. The backbone of a game is.
- (a) Team spirit (b) Leadership
(c) Proctor ship (d) Membership
13. By taking part in the games we get.
- (a) Bad character (b) Good character
(c) Thoughts (d) Mechanic techniques
14. It is dead sure that games the of a player.
- (a) School (b) College
(c) University (d) Character building institute
15. Games arouse the feelings of.
- (a) Love (b) Danger
(c) Hidden Qualities (d) Farness
16. Games are the sources to 'making better system of better.
- (a) Political (b) Economical
(c) Body (d) Examination

Short Questions:

1. Define Games?
2. Narrate the Advantages of games?
3. Write four qualities of a good player?
4. Advantages of sports in four points
5. Why games are necessary for a person?
6. Advantages of games?

Chapter No. 3**Hockey****Tick the correct answer:**

1. The shape of hockey ground is:
(a) Rectangular (b) Circular
(c) Spherical (d) Oval
2. The length of hockey ground is:
(a) 91.40 m (b) 90.40 m
(c) 90.30 m (d) 95.40 m
3. The width of the hockey grounds is:
(a) 55 m (b) 56 m
(c) 110 m (d) 91.40 m
4. The width of the goal post is:
(a) 3.66 m (b) 18.94 m
(c) 4.60 m (d) 40.6 m
5. The height of the goal post is:
(a) 2.14 m (b) 3.14 m
(c) 2.40 m (d) 5.14 m
6. The height of the flags at ground corner is:
(a) 1.20 m to 1.50 m (b) 1.30 m to 40 m
(c) 1.25 m to 1.35 m (d) 1.40 m to 1.60 m
7. The distance of the penalty stroke mark forms the goal line:
(a) 7.40 m (b) 6.40 m
(c) 5.40 m (d) 8.40 m
8. The distance of the penalty corner mark from the goal post:
(a) 8 m (b) 6 m
(c) Unlimited (d) 10 m
9. The back Board is Behind from goal line:
(a) 1 m (b) 1.22 m

- (c) 1.50 m (d) 2 m
10. The distance of dotted circle from D circle is:
(a) 6 m (b) 3 m
(c) 4 m (d) 5 m
11. The width of all lines of the hockey ground is:
(a) 5.5 cm (b) 7.5 cm
(c) 4.5 cm (d) 10.5 cm
12. The diameter of penalty spot is:
(a) 12 cm (b) 10 cm
(c) 15 cm (d) 18 cm
13. The weight of the hockey stick is:
(a) 637 gm (b) 737 gm
(c) 837 gm (d) 937 gm
14. The weight of the hockey ball is:
(a) 156 -163 gm (b) 160 -165 gm
(c) 170 – 180 gm (d) 110-100 gm
15. The hockey should pass through meter ring:
(a) 5.1 cm (b) 5.5 cm
(c) 6.1 cm (d) 6.5 cm
17. The length of the hockey Stick is:
(a) 91.5 cm (b) 81.5 cm
(c) 95.5 cm (d) 1 m
18. The playing team of hockey in the ground will have player:
(a) 9 (b) 12
(c) 11 (d) 10
19. A team has alternate players:
(a) 2 (b) 3
(c) 4 (d) no Limit
20. The total time durations of hockey game are:
(a) 60 min (b) 35 min

- (c) 70 min (d) 100 min
21. The number of empires are:
(a) 1 (b) 2
(c) 3 (d) 4
22. The bend section of the hockey is meter long:
(a) 9 cm (b) 10 cm
(c) 8 cm (d) 12 cm
23. The hit ball is dangerous when meter high in the air:
(a) 4.5 cm (b) 35 cm
(c) 30 cm (d) 100 cm
24. If a player does foul in ground during game, then opponent team will get
(a) Pushing (b) Comer hit
(c) Free hit (d) Penalty stroke
25. At the time of penalty corner, the number of opponent players will be standing behind the goal line are:
(a) 4 (b) 6
(c) 5 (d) 7
26. The hockey game starts with:
(a) Hit in (b) Comer hit
(c) Center pass (d) Bully
27. The hockey stick is divided in parts:
(a) 2 (b) 3
(c) 4 (d) 1
28. If a shot is hitting from the back line to the 23m area, then other players will be standing at the distance of meter from the ball:
(a) 4 m (b) 5 m
(c) 6 m (d) 3 m
29. The height of goal post back boards:
(a) 46 cm (b) 36 cm
(c) 35 cm (d) 50 cm

30. The corner mark is marked from the corner flag at the distance of:
- (a) 3 m (b) 4 m
(c) 5 m (d) 6 m
31. The measurement of the boxes of net is:
- (a) 3 cm (b) 4 cm
(c) 5 cm (d) 6 cm
32. The back line from the goal post we take the distance for Penalty corner:
- (a) 16 m (b) 15 m
(c) 10 m (d) 12 m
33. The width of the goal post's cross bar forms the sides:
- (a) 7.50 cm (b) 8.50 cm
(c) 3.66 cm (d) 9.50 cm
34. Which card is used to warn the player:
- (a) Yellow (b) Red
(c) Green (d) Purple
35. When a player receive yellow card then how much time the player will stay disqualify:
- (a) 5 min (b) 4 min
(c) 10 min (d) 8 min
36. To disqualify the player permanently with card has been shown:
- (a) Green (b) Yellow
(c) Red (d) Purple
37. If a defending player does a foul intentionally in his shooting circle, then opponent team has been awarded:
- (a) Corner (b) Penalty corner
(c) Penalty stroke (d) Hit in
38. If a player does un-international foul in his shooting circle, then opponent team has to be awarded.
- (a) Corner (b) Penalty corner
(c) Penalty stroke (d) Center pass
39. At the time of penalty stroke all the other players will stand:

- (a) Behind the 22.90 m line (b) Behind the centerline
 (c) Out of ground (d) Out of shooting circle

40. When a goal happens after penalty stroke then match will start by:

- (a) Corner hit (b) Bully
 (c) Centre pass (d) 14.63 m hit

41. After the failure of penalty stroke the game will start by:

- (a) Side line (b) Corner hit
 (c) Bulley (d) 14.63 m hit

42. Hit in takes place at:

- (a) Side line (b) Back line
 (c) Centre line (d) Goal line

43. Centre pass gives at:

- (a) Side line (b) Back line
 (c) Centre line (d) Goal line

Short Questions:

1. What is the shape of hockey ground?
2. What are the duties of empire? Write any four?
3. Duties of Captain? Any four?
4. Write about the opening of hockey game?
5. What is benefit rule in hockey?
6. Write the Length and width of hockey ground?
7. Write a short note on the central line of the hockey ground?
8. Define "Free zone" or "run of area" in hockey?
9. Write a short note on the corner flags of the ground?
10. Define goal post?
11. Define the back boards of goal post?
12. Write a note on the net of the goal posts?
13. Define shooting circle?
14. The long and wide lines are called?
15. Write a short note on hockey ball?
16. Write the names of Hockey stick parts?
17. Write the weight and length of hockey stick?
18. Write a note on alternative players?
19. Define center pass?
20. Define double foul?
21. When a player gives center pass?

22. Define free hit?
23. 14.63m Free hit is?
24. When a team gets hit in?
25. When a team gets corner hit?
26. Define penalty corner hit?
27. Define penalty stroke?
28. When a goal happens?
29. Define Bully?
30. When Bully happens?
31. Write the duration of the game?
32. Write the duration of short break of the game?
33. What is manufactured offence in hockey game?

Chapter # 4

Basketball



Tick the correct answer:

1. The length of basketball is:
(a) 26 m (b) 27 m
(c) 28 m (d) 29 m
2. The longlines of the basketball known as:
(a) Goal line (b) Back line
(c) End line **(d) Side line**
3. The width of the basketball court is:
(a) 13 m (b) 16 m
(c) 17 m **(d) 15 m**
4. The wide lines of the court are known as:
(a) End line (b) Centerline
(c) Touch line **(d) Back line**
5. The distance of free throw line and end line is:
(a) 5.70 m (b) 5.75 m
(c) 5.77 m (d) 5.80 m
6. The central circle of basketball court has a diameter of:
(a) 1.80 m (b) 1.75 m
(c) 1.90 m (d) 1.95 m

7. The width of back board is:
(a) 1.05 m (b) 1.25 m
(c) 1.28 m (d) 1.30 m
8. The length of backboard is:
(a) 1.60 m (b) 1.65 m
(c) 1.70 m (d) 1.80 m
9. The diameter of ring is:
(a) 40 cm (b) 45cm
(c) 50 cm (d) 55 cm
10. The distance of end point of the back board from the ground:
(a) 2.55 m (b) 2.65 m
(c) 2.90 m (d) 3.04 m
11. The distance of ring forms the back board:
(a) 15 cm (b) 18 cm
(c) 19 cm (d) 20 cm
12. The total time of basketball game is:
(a) 30 min (b) 35 min
(c) 45 min (d) 40 min
13. The basketball game is divided in to parts:
(a) 5 (b) 3
(c) 2 (d) 4
14. The basketball game starts by:
(a) Throw is (b) Centre pass
(c) Free throw (d) Jump ball
15. The playing team in the court has players:
(a) 6 players (b) 7 players
(c) 5 players (d) 4 players
16. The basketball team has total players:
(a) 12 (b) 10
(b) 5 (d) 8
17. A player disqualifies when he does fouls:
(a) 4 (b) 5
(b) 6 (d) 7

18. The total time of time out is:
(a) 1:30 min (b) 1 min
(c) 2 min (d) 2:50 min
19. The width of all the lines of court is:
(a) 4 cm (b) 5 cm
(c) 10 cm (d) 7 cm
20. The players have numbers on the front & back side of the shirt:
(a) 10 - 9 (b) 8 - 12
(c) 4 - 15 (d) 4 - 9
21. A player who has ball in the play can stay min time in no go area:
(a) 4 sec (b) 5sec
(c) 9 sec (d) 7 sec
22. The player who has the ball is bound to goal with in min:
(a) 10 sec (b) 8 sec
(e) 9 Sec (d) 7 sec
23. The game has a minutes break after every 10min:
(a) 2 min (b) 3 min
(c) 10 min (d) 5 min
24. If the game has equal points, then the extra time of min will be given to gain the results:
(a) 5.1 min (b) 10.10 min
(c) 15.15 min (d) 30.30 min
25. The throw in take place from:
(a) Central circle (b) Free throw line
(c) Outside the court (d) No go area
26. A team can take time outs in first half time:
(a) 2 (b) 3
(c) 4 (d) 1
27. The game restarts, after double foul by:
(a) Free throw (b) Jump ball
(c) Throw in (d) Expire ball

28. The player is disqualified after personal or technical fouls:

- (a) 6 (b) 4
(c) 5 (d) 3

Short Questions:



1. Write the length and width of the basketball court?
2. Write the names of the length and width lines of the basketball court?
3. Write the width of all the lines and also their colors of basketball court?
4. Write a short note on the central line of the court?
5. Write a short note on the central circle?
6. Define free throw line?
7. Define no go area in basketball court?
8. What is the purpose of no go area?
9. Define free throw lanes/rebound places?
10. Measurements of free throw lanes/rebound area?
11. Define three points field go area?
12. Define Horizontal boards?
13. Measurements of back board?
14. Measurements of back board's rectangle?
15. Define basketball ring?
16. Define basketball baskets?
17. Define Game Clock?
18. Define 24 second instrument?
19. Define foul indicator boards and also their colour?
20. Write the names of any four team official?
21. Duties of referee?
22. Duties of referee and empire?
23. Duties of scorer?
24. Write a short note on players and alternate players?
25. Define the numbers of players?
26. Any four duties of Captain?
27. Any four duties of coaches?
28. Write a short note on the game time?
29. Write a short note on the start of the game?
30. Define jump balls?
31. Duties of 24 second equipment operator?
32. Write a short note on the goal in basketball game?
33. When the game clock on in game?
34. Define throw in?
35. Define time out?
36. Define dribbling?
37. Define pivot?
38. Define held ball?
39. Define three second law?
40. Define five second law?

41. Define eight-second law?
42. Define 24 second law?
43. Define free throw in?
44. When team gets free throw in?
45. Define physical contact?
46. Define Intentional foul?
47. Define multiple foul?
48. Define disqualifying foul?
49. Define technical foul of a player?
50. Write a short note on the five fouls of player?
51. Define Tap, Short, Dunk?



Chapter No. 5**Javelin Throw****Tick the correct answer:**

1. In which year javelin throw consisted in Olympic games:
(a) 1896 (b) 1908
(c) 1932 (d) 1915
2. Javelin is used in National and International of which material?
(a) Of wood (b) Of free
(c) Of fiber metal (d) Of plastic
3. There are how many part of javelin?
(a) Two **(b) Three**
(c) Four (d) One
4. The length of Javelin for mans:
(a) 2.70to 2.60 m (b) 2.70 to 2.80 m
(c) 2.75 to 2.80 m (d) 2.45to 2.80 m
5. The length of Javelin for women:
(a) 2.20 to 2.30 (b) 2.25 to 2.30
(c) 2.28to 2.30 (d) 2.35 to 2.40m
6. The weight of Javelin for men?
(a) 700 gm (b) 750 gm
(c) 600 gm **(d) 800 gm**
7. The weight of Javelin for women?
(a) 500 gm **(b) 600 gm**
(c) 700 gm (d) 750 gm
8. The length of Javelin grip is:
(a) 15 – 16 cm (b) 19 - 18 cm
(c) 17 – 16 cm (d) 20 – 19 cm
9. The length of grip of Javelin for women:

- (a) 15 cm (b) 16 cm
(c) 17 cm (d) 18 cm

10. The length of runway is:

- (a) 30 – 35 m (b) 28 – 33 m
(c) 30 – 35 m (d) 30 - 36.5 m

11. The angle of sector, here from Javelin throw?

- (a) 29° (b) 39°
(c) 40° (d) 54°

12. The Arch of Sector is:

- (a) 7 m (b) 8 m
(c) 10 m (d) 9 m

13. If the players are less than 8 then they are awarded by how many attempts:

- (a) Two (b) Four
(c) Three (d) Six

14. Player should be benefited by which of his act:

- (a) First (b) Two
(c) Best (d) Third

15. The time given to each athlete for throwing of Javelin:

- (a) 1 min (b) Two min
(c) 45 min (d) 1 hour

Short Questions:

1. Write the names of the Javelin's part?
2. Write a note on javelin?
3. Explain Runway for javelin?
4. Write a note on runway's arch?
5. Explain javelin's sector?
6. Laws of Throwing javelin?
7. Fouls of Javelin?
8. Explain 1 min law?
9. Explain the equality of the players in Javelin and its solution?

400 m Race**Tick the correct answer:** 

1. 400m Race is:
(a) Long race (b) Medium fast race
(c) Hurdle race (d) Short race
2. The track has a shape of:
(a) Circler (b) Rectangular
(c) Oval (d) Triangular
3. The measurement of standard track is:
(a) 420 m (b) 440 m
(c) 410 m (d) 400 m
4. There are lanes in track:
(a) 4 (b) 8
(c) 6 (d) 5
5. The width of lane (each) is:
(a) 1.24 m (b) 1.22 m
(c) 1.26 m (d) 1.88 m
6. To overcome the unequal distance problems there are marks on track as known:
(a) Benefit (b) Staggers
(c) Advantage (d) Concession
7. If the end point of track is not high, then athlete has a stagger:
(a) 7.67 m (b) 7.04 m
(c) 7.35 m (d) 7.25 m
8. The lanes will be allotted to the athletes by:
(a) Draw (b) By wish of athletes
(c) Randomly (d) By judge's will
9. The blocks are known as the time of starting race:
(a) Take of board (b) Starting board

(c) Stopping board (d) Jumping board

10. The athletes will be examined for national and international competition:

(a) Interviewed (b) Doping test

(c) Interrogation of visa (d) Interdiction

11. The width of starting and ending line is:

(a) 5 cm (b) 4 cm

(c) 10 cm (d) 7 cm

16. An athlete will be disqualified after false starts:

(a) 2 (b) 3

(c) 4 (d) 1

17. Tarso is known the Body parts of:

(a) Neck and Head (b) Abdomen

(c) Chest and shoulders (d) Back

18. Every athlete can take start for 400m race:

(a) Starting position (b) crouch position

(c) Sitting position (d) Any position

Short Questions:

1. Define heats in 400m Race?
2. Rules of 400m Race?
3. Fouls of 400m Race?
4. Define Tarso?
5. Define staggers?
6. Define false start?



Chapter No. 6**Food and Nutrition****Tick the correct answer:**

1. Food maintain to what?
(a) Respect (b) Wealth
(c) Money (d) Health
2. Food contains how many components?
(a) Five (b) Six
(c) Seven (d) Eight
3. Vegetable fats are gained by?
(a) Oily fields (b) Waste vegetables
(c) Grass (d) All foods
4. What is Fats produces in body?
(a) Laziness (b) Heat
(c) Coldness (d) Addiction
5. The salt which is used in food is called:
(a) Sodium chloride (b) Phosphorus
(c) Potassium (d) Sulfur
6. What percent of water is in our body?
(a) 60% (b) 85%
(c) 70% (d) 90%
7. An Adult person requires what amount of water daily:
(a) 2 liter (b) 2.5 liter
(c) 3 liter (d) 4 liter
8. Lack of vitamins D cause what disease?
(a) Scurvy (b) Rickets
(c) Anemia (d) Sterility

9. Which vitamin makes the blood thick?
- (a) K (b) P
(c) B (d) D
10. Vitamin B usually finds:
- (a) Sour fruits (b) Vegetables
(c) Sweet fruits (d) Sea food
11. Balanced diet means.
- (a) Saltish diet (b) Sweet diet
(c) Meat diet (d) Which contains all components of food
12. Which part of food is called "Tissue builders"?
- (a) Salt (b) Carbohydrates
(c) Proteins (d) Vitamins

Short Questions:

1. What is food?
2. Write the components of food?
3. Proteins are made up of?
4. How to gain proteins?
5. Four benefits of proteins?
6. How to gain carbohydrates?
7. Write benefits of carbohydrates?
8. Fats are made up of?
9. How to gain fats?
10. Write four benefit of fats?
11. How to gain vitamins?
12. Write four benefits of vitamins?
13. Write four disadvantage of vitamins deficiency in body?
14. Write the type of vitamins?
15. Write four benefits of salts?
16. Write four important kinds of salts?
17. Write the four benefits of water?
18. Write the characteristics of balanced diet?
19. What do you mean by balanced diet?
20. Write the benefits of food?

Chapter No. 7**Digestive System****Tick the correct answer:**

- The system which helps the food to digest and become a part of the body is called:
(a) Absorptive System (b) nervous system
(c) Digestive System (d) Muscular System
- What does digest food provide the body after dissolving in blood?
(a) Heat (b) Efforts making
(C) Kindness (d) Eye sight
- Action performed by the tongue on food inside the mouth:
(a) Swallowing (b) Cutting
(c) Biting (d) Sniffing
- What is Trachea's cover called?
(a) Gullet (b) Pharynx
(c) Duedemmn (d) Epiglottis
- The secretion released from endocrine of saliva are:
(a) Ptyalin (b) Maltos
(c) Lipase (d) Lactase
- How many basic types of teeth are there?
(a) 3 (b) 2
(c) 4 (d) 5
- The length of gullet is almost?
(a) 20 cm (b) 25 cm
(c) 30 cm (d) 35 cm
- The upper part of stomach which is attached to gullet is called?
(a) Pyloric end (b) Duedenum
(c) Cardiac end (d) Jejunum
- How many layers of stomach are there:
(a) 2 (b) 4

- (c) 3 (d) 1
10. What is the length of small intestine?
(a) 5.01 meter (b) 6.01 meter
(c) 7.01 meter (d) 8.01 meter
11. The secretion released from liver is called?
(a) Bile (b) Pancreatic Juice
(c) Saolima (d) Invertase
12. The secretion released from an adult liver is almost?
(a) 700 gram (b) 800 gram
(c) 900 gram (d) 1000 gram
13. Gall bladder is a small bag whose color is?
(a) Radish (b) Whitish
(c) Yellowish (d) Greenish
14. Length of large intestine is:
(a) 2 m (b) 1.5 m
(c) 3 m (d) 1.8 m
15. Food is digested in:
(a) Stomach (b) Large Intestine
(c) Small Intestine (d) Gullet
16. Weight of liver is:
(a) 1.5Kg (b) 2Kg
(c) 1 Kg (d) 2.5Kg
17. Weight of Pancreas is:
(a) 80 g (b) 100 g
(c) 90 g (d) 50 g
18. Lower end of stomach is called:
(a) Rectum (b) Cardiac End
(c) Pyloric end (d) Deudenum
19. Bile is used to make which thing digestible?
(a) Carbohydrates (b) Proteins

(c) Vitamins

(d) Fats

Short Questions:

1. Define digestive system?
2. What is meant by "Digestion"?
3. Write a short note on "Tongue"?
4. Define "Gullet"?
5. Write a short note on "Stomach"?
6. How many layers of stomach are there? Write their names?
7. Write a short note on "small intestine"?
8. Shortly explain "Large intestine"?
9. Write a short note on "Liver"?
10. Write a note on "Gall Bladder"?
11. Explain "Pancreas"?
12. Write down four steps of "Phases of digestion"?

Muscular System

Tick the correct answer:

1. Muscle works by which term?
(a) Nervous
(b) Muscular
(c) Absorption
(d) Digestive
2. Internal layer of the skin known as:
(a) Veins
(b) Bone
(c) Capillaries
(d) Muscles
3. There is muscle in a human body:
(a) 400
(b) 300
(c) 650
(d) 500
4. There are type of muscle:
(a) 2
(b) 3
(c) 5
(d) 7
5. The voluntary muscles contracted by stem:
(a) Nervous
(b) Muscular

- (c) Special senses (d) Absorption
6. The Involuntary muscles are controlled by which system?
(a) Nervous (b) Central Nervous
(c) Absorption (d) Digestive
7. The muscles which are connected to bones known as:
(a) Skin muscles (b) Voluntary
(c) Digestive muscles (d) Skeletal muscles
8. The muscles which are not in our control known as:
(a) Involuntary (b) Tissue
(c) Voluntary (d) Cells
9. Circulatory muscles controlled by which system?
(a) Central Nervous (b) Respiratory
(c) No system (d) Circulatory
10. The movement of body is due to:
(a) Muscles (b) Lungs
(c) Bones (d) Special Senses
12. The muscles get their food from:
(a) Veins (b) Nerves
(c) Liver (d) Capillaries
13. There are types of muscles in our body:
(a) 2 (b) 3
(c) 1 (d) 4
14. The strong and non-elastic ends of voluntary muscles known as:
(a) Ligaments (b) Tissues
(c) Tendons (d) Joints
15. According to working the heart muscles are:
(a) Voluntary muscle (b) Skin muscles
(c) Involuntary muscle (d) Bone muscles
16. The cardiac muscles are known as:
(a) Voluntary muscles (b) Involuntary muscles

(c) Skin muscles (d) Bone muscles

17. Cardiac muscles have ability for contraction and stretching without any:

- (a) Nervous system (b) Muscular system
(c) Skeletal system (d) Circulatory system

Short Questions: 

1. Define muscular system?
2. Define Muscles?
3. Types of muscles?
4. Define Voluntary muscles?
5. Define Dermal muscles?
6. Define skeletal muscles?
7. Define involuntary muscles?
8. Define Cardiac muscles?
9. Advantages of Muscles?



Chapter No. 8

Intoxicating Drugs / Narcotics



Tick the correct answer:

1. There is a chemical in Tobacco which is known as:

- (a) Tannin (b) Neotine
(c) Hashish (d) Nicotine

2. Opium is extract from which plant?

- (a) Bhang (b) Beladona
(c) Charse (d) Dhatoora

3. What is morphina?

- (a) Lemon water (b) Tobacco
(c) Opium (d) Narcotics

4. Heroin is made by:

- (a) Opium (b) Narcotics
(c) Tobacco (d) Wine

5. How to use Morphia?

- (a) By Drinking (b) By Eating
(c) By Sniffing (d) By Injecting

6. The second name of sleeping pills is:

- (a) Barbiturates (b) Marijuana
(c) Ethoval (d) Cannabis

7. Narcotics Drugs first effect to the part of the body:

- (a) Muscular system (b) Nerve system
(c) Digestive (d) Absorption system

8. Smoking can lead a man to which disease:

- (a) Fever (b) Cholera
(c) Lung cancer (d) Small pox

9. Arsenic is the form of:

- (a) Injection (b) Harble
(c) Mud (d) Metallic condition

10. Opium turn a man into the condition:

- (a) Weakness (b) Strong/active
(c) Leisure (d) Upset

Short Questions:

1. Write down five effects of opium?
2. Write a short note on Morphia.
3. Write a short note on Nicotine?
4. Explain opium shortly?
5. Write a note on sleeping pills?
6. Write any five safety measures for drugs addicts?
7. Write four bad effects of opium?
8. Write note on (Morphia)?
9. What are the reasons of using Narcotics?



Chapter No. 9

Sex Education and Sexually transmitted Disease

Tick the correct answer:

- The knowledge which helps us to maintain and balance sex hygiene in our body is called:
(a) Hygiene (b) Physiology
(c) Sex Hygiene (d) Anatomy
- The knowledge which helps us in prevention of many sexual disease is called:
(a) Sex Hygiene (b) Physical education
(c) Sex Safety (d) Hepatitis
- In our society, debates on sex education considered as:
(a) Proud (b) Benefit
(c) Fun (d) Considered as bad
- Insect named as "Gonococcus" cause what disease?
(a) Aids (b) Gonorrhoea
(c) Syphilis (d) Chancroid
- Incubation period of "Gonorrhoea" is:
(a) 1 to 21 days (b) 10 to 25 days
(c) 15 days (d) 10 to 15 days
- What type of syphilis Disease is?
(a) Infectious (b) Weatherly
(c) Skin (d) Inheritance
- Exact incubation period of "syphilis":
(a) 10 days/3 weeks (b) few days
(c) 3 weeks/3 month (d) one month
- How many sexual diseases are there?
(a) 4 (b) 5
(c) 7 (d) 9
- How many stages of "Syphilis" are there:

- (a) Two (b) Three
(c) Four (d) One

10. The syphilis has its effects for _____time:

- (a) Few days (b) Few weeks
(c) Few years (d) Life time

Short Questions:

1. What do you mean by sex hygiene?
2. Write four ways of spreading "Syphilis"?
3. Write four ways how to prevent from "Syphilis"?
4. Write four Symptoms of "Gonorrhoea"?
5. How to prevent from "Gonorrhoea"?
6. Write four symptoms of "Syphilis"?
7. Write four symptoms of "Gonorrhoea"?
8. "Aids" means?
9. What do you mean by Aids?
10. (H.I.V) means?
11. Write the ways of spreading Aids?



Chapter No. 10**(First Aid)****Tick the correct answer:**

1. The first aid are these precautionary measures which can save:
(a) Popularity (b) Life
(c) Wealth (d) Respect
2. The first aider should be aware of:
(a) Principals of first aid (b) Computer
(c) Physics (d) Chemistry
3. By how many ways, poison enters into the body?
(a) 2 (b) 4
(c) 3 (d) 5
4. Types of poisons are according to effects:
(a) 2 (b) 4
(c) 3 (d) 5
5. If someone takes poison accidentally then:
(a) Give massage (b) Vomit him out
(c) Give water to drink (d) Let him sleep
6. Bala Donna is an herbal plant with the taste of:
(a) Bitter (b) Sweet
(c) Poisonous (d) No-taste
7. The injuries happen as a result of rays are known as:
(a) Scald Burn (b) Radiational Burns
(c) Chemical Burns (d) Electric Burns
8. The injuries happen by electric current is known:
(a) Radiational Burns (b) Chemical Burns
(c) Cold Burns (d) Electric Burns
9. The injuries happen by cold things are:
(a) Cold Burns (b) Chemical Burns
(c) Hot Burns (d) Scald
10. The injures by burning divided in to groups:
(a) 2 (b) 4
(c) 3 (d) 5
11. The injuries happen by chemical touch are called:
(a) Cold Burns (b) Electrical Burns
(c) Scaled (d) Chemical Burns
12. Blister happens when/by:
(a) By burning (b) Radiations
(c) Cut (d) Current
13. If the color of the victim's body would be after snake pouring his poison:
(a) Red (b) Yellow
(c) White (d) Blue
14. How to undress to patient if necessary:

(a) By cutting

(b) Slowly

(c) By pulling

(d) By burning

15. How many steps will take while saving someone's life for first aider?

(a) 2

(b) 1

(c) 3

(d) 4

Short Questions:

1. Define first aid?
2. Qualities of first aider?
3. Any four principals of first aid?
4. How poison enters in the body?
5. Any four kinds of poi on?
6. Define Arsenic?
7. Any four precautionary measure for electricity current affected person?
8. Any four tips to save body from current?
9. Any four first aid principals of poison affected person?
10. Symptoms of Arsenic on body?
11. Define Bala Dona?
12. Symptoms of Bala Dona?
13. Any four symptoms of snake biting?
14. Four precautionary measure after Snake Biting?
15. Four kinds of burning?

