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AZAD JAMMU AND KASHMIR
PUBLIC SERVICE COMMISSION

Examination for the Post: Assistant Professor (BPS-18)

Question Paper

Date 15.12.2015

Subject: Physical Education Paper: Subjective

Time Allowed 03 Hours Maximum Marks: 100

NOTE: Attempt any five questions. All questions carry equal marks.

1. Explain basic and derived movements also describe the factors which affect the movement.
2. What is the COOPER TEST in Fitness. Explain its duration and how it is conducted.?
3. What are significance aspects of Energy drinks in sports competition.?
4. Prepare a budget for conducting Two day annual School Athletic meet having funds of Rs. 50,000/-
5. Describe the functions of Pakistan Olympic Association and Pakistan Sports Board.
6. Answer the following:
 - i, what is FIFA stands for
 - ii, who received the first ever olympic Gold Medal for Pakistan?
 - iii, who was first Pakistan fastest man of Asia?
 - iv, Define stadium and Gymnasium.
 - v, who won the Boxing medal in olympic games for Pakistan?
 - vi, only one Hockey player of Pakistan has the honour of winning olympic, Gold, Silver and Bronze medal for Pakistan?
 - vii, How many hurdles are placed in a 400 M Track?
 - viii, Bashir wrestler brought first ever glory for Pakistan in olympic games. When?
 - ix, the central nervous system consist of
 - x) 2022. The FIFA world football will be held at

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7. What is the philosophy of sports. Describe how its different aspects affects human society?
8. Explain the historical background of Physical Education in Pakistan.