

22-2022



نوٹ : تمام سوالات کے جواب دہی کی جاتی ہے۔ ہر سوال کے چار ممکنہ جواب A, B, C, D دیے گئے ہیں۔ جس جواب کو آپ درست سمجھیں جوابی کاپی پر اس سوال نمبر کے سامنے دیے گئے دائروں میں سے متعلقہ دائرے کو ختم کی سہاوی سے بھر دیجئے۔ ایک سے زیادہ دائروں کو نہ کرنے کا کام نہ کرنے کی صورت میں مذکورہ جواب غلط تصور ہوگا۔

Note : Four possible choices A, B, C, D to each question are given. Which choice is correct, fill that circle in front of that question number. Use marker or pen to fill the circles. Cutting or filling two or more circles will result in zero mark in that question.

- سوال نمبر 1 : ایک شکستگی جس میں ساتھ زخم بھی ہو کہلاتی ہے
- (1) (A) گرین سٹک (B) مرکب (C) Simple (D) Stress (U) سٹریس
- The Fracture that causes Wound is called :
- (2) (A) Infectious (B) Fever (C) Pain (D) Cure (U) علاج
- The Diseases that spread from one to another are called :
- (3) (A) Flat Feet (B) Lordosis (C) Kyphosis (D) Scoliosis (U) کمر کا کھٹکھٹ
- In case the Arch of Foot is ended then the Postural Defect is called :
- (4) (A) 21% (B) 20% (C) 19% (D) 18%
- The percentage of Oxygen in Inspiration is :
- (5) (A) 01 (B) 02 (C) 03 (D) 04
- How many Auricles are there in Human Heart
- (6) (A) 206 (B) 306 (C) 406 (D) 106
- The number of Bones in Human Body is :
- (7) (A) 1.22 Meter (B) 1.24 Meter (C) 1.26 Meter (D) 1.28 Meter
- The Width of a Lane in 100 x 4 meter Relay Race is :
- (8) (A) 10 cm (B) 20 cm (C) 30 cm (D) 15 cm
- The Length of Baton in 100 x 4 meter Relay Race is :
- (9) (A) 02 Meters (B) 2.135 Meters (C) 2.50 Meters (D) 03 Meters
- The Diameter of Shot Put Circle is :
- (10) (A) 01 Minute (B) 02 Minutes (C) 03 Minutes (D) 04 Minutes
- The Maximum Time given for Putting the Shot is :
- (11) (A) 09 Meters (B) 9.50 Meters (C) 10 Meters (D) 11 Meters
- The Length of Volley Ball Net is :
- (12) (A) 15 Meters (B) 16 Meters (C) 17 Meters (D) 18 Meters
- The Length of Volley Ball Court is :
- (13) (A) 01 Meter (B) 02 Meters (C) 03 Meters (D) 04 Meters
- The Width of Volley Ball Net is :
- (14) (A) Weakness (B) Illness (C) Laziness (D) Activeness
- Gymnastic Creates in our Body
- (15) (A) جسمانی نشوونما (B) جسمانی ترقی (C) جسمانی کمزوری (D) جسمانی کمزوری
- An Objective of Physical Education is :
- (16) (A) 06 Meters (B) 01 Meter (C) 03 Meters (D) 02 Meters
- The Length of Take off Board in triple Jump is :
- (17) (A) Throw in (B) Kick Off (C) Goal Kick (D) Service
- Football Game starts with _____
- (16) (A) 02 Kg (B) 01 Kg (C) 03 Kg (D) 04 Kg
- The Weight of Discus for Women is :
- (17) (A) 30 Meters (B) 30.50 Meters (C) 35 Meters (D) 40 Meters
- The Length of Net Ball Court is :