MODEL PAPER OF HEALTH SCIENCES FOR CLASS-9
Objective Type

Time allowed: 15 Min. **(1 × 10 = 10)**

Note: Four possible answers A, B, C and D to each question are given. The choice which you think is correct, fill that circle with marker or pen ink in the answer-book. Cutting or filling two or more circles will result in zero mark in that question.

(i) A person feels weak, but medical tests are normal. This is

(a) A disease (b) A disorder

(c) An illness (d) An infection

(ii) Which diagnostic procedure uses flexible tube to examine the GI tract

(a) X-ray (b) Endoscopy

(c) MRI (d) CT scan

(iii) What is the common symptom of tuberculosis

(a) Short term headache (b) Persistent cough lasting more than three weeks

(c) Skin rash (d) Increased appetite

(iv) Which of the following is a risk factor for coronary artery disease

(a) Regular exercise (b) High cholesterol

(c) Low blood pressure (d) Healthy diet

(v) Which lab result is most commonly elevated in both AKI and CKD

(a) Blood glucose (b) Serum creatinine

(c) Platelet count (d) Haemoglobin level

(vi) What does the "D" stands for

(a) Diagnosis (b) Danger

(c) Delivery (d) Duration

(vii) Which method is used for suspected muscle or tendon injury

(a) R.I.C.E (b) A.B.C

(c) D.R.A (d) I.C.E

(vii) What is the normal range of serum creatinine in healthy adults

(a) 0.1-0.3 mg/dL (b) 0.5-1.2 mg/dL

(c) 2-3.5 mg/dL (d) 4-5.5 mg/dL

(xi) What is a major health risk associated with obesity

(a) Improved digestion (b) Stronger Immune system

(c) Increased risk of heart disease and diabetes (d) Higher bone density

(x) Pale skin and fatigue suggest a deficiency of

(a) Vitamin A (b) Calcium

(c) Iron (d) Protein

Subjective Type (Part-I)

Time allowed: 1.45 Hrs. **Max. Marks: 16**

Q. 2: Write short answers to any Four (04) questions **(2 × 4 = 8)**

(i) Differentiate between communicable and non-communicable diseases.

(ii) What are some preventive measures for cholera?

(iii) Discuss the symptoms and causes of asthma

(iv) Write the names of diagnostic methods used to evaluate lung function and respiratory conditions

(v) Write the risk factors for hypertension

(vi) What is an ECG and what does it measure

Q. 3: Write short answers to any four (04) questions: **(2 × 4 = 8)**

(i) What is urinalysis? What abnormalities in urine indicate diseases.

(ii) What does DRABC approach stand for in first aid?

(iii) What is the primary first aid for a person suffering from burns?

(iv) What is the most common cause of kidney stones?

(v) What is the role of proteins in the body?

(vi) Differentiate between wasting and stunting.

Subjective Type (Part-II)

Note: Attempt any two questions. **(7 × 2 = 14)**

Q. 4: (a) Describe non communicable diseases with examples?

(b) Describe the role of pulmonary function test(PTF) and imaging techniques in diagnosing respiratory conditions.

Q. 5: (a) Describe the function of heart.

(b) Discuss the different type of wounds and their appropriate first aid.

Q. 6: (a) What is anaemia? Explain its causes, symptoms, effects on body and how it can be prevented.

(b) Explain how the urinary system helps maintain homeostasis in body

List of Excluded Practicals of Health Sciences-9
• Measure the heart rate by Checking the pulse at different points on the body. • Demonstration of basic First Aid Techniques for Treating a Sprain or Strain. • Observe Common Posture Mistakes and demonstrate their correction.

Pairing Scheme for Practicals of Health Sciences Grade-9 for Academic Session 2026-27 & BISE Exam-2027

Max Marks: 35 **Time Duration: 2 Hrs.**

Note: Attempt any one of the following practical.

Q. 1:

- 1 practical will be given from Practicals No. 1 to 6. **12**

OR

- 1 practical will be given from Practicals No. 7 to 10, 15 & 16

Q. 2: **12**

- 1 practical will be given from Practicals No. 12, 13, 14, 17, 18

OR

- 1 practical will be given from Practicals No. 19, 20, 23, 24

This section will consist of checking Practical Notebooks and conducting Viva Voce.

The details are as follows:

Q. 3: Practical Notebook **6**

Q. 4: Viva Voce **5**

MODEL PAPER OF HEALTH SCIENCES
PRACTICAL FOR CLASS-9

Time Allowed: 2 Hrs. **Max. Marks: 35**

Note: Distribution of 12 marks

The procedure and diagram will carry 4 marks and if diagram is not necessary then the only procedure will be given 4 marks. Setting of apparatus 2 marks, Performance 3 marks observation 2 marks and result 1 mark

Q. 1: The student has to perform one experiment as per allotted by examiner. (12)

- Measure how much air you can breathe in and out to check how well your lungs work

OR

- Measure the oxygen levels in blood using the Pulse Oximeter

Q.2: The student has to perform one experiment as per allotted by examiner. (12)

- Use a sphygmomanometer to measure blood pressure

OR

- Illustrate proper burn treatment including cooling, covering and avoiding incorrect methods

Q. 3: Notebook (6)

Q. 4: Viva Voce (5)