PAIRING SCHEME

INSTRUCTIONS FOR PREPARATION OF PRACTICAL PAPER OF HEALTH SCIENCES FOR CLASS-9

ESSENTIAL INSTRUCTIONS FOR PRACTICAL PAPER SETTERS

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

Attempt any two practicals from the following:	12
Note: Attempt any one of the following practical. **Q-1:** • 1 practical will be given from Practicals No. 1, 2, 3, 4, 5, 6 OR • 1 practical will be given from Practicals No. 7, 8, 9, 10, 15, 16	
Q-2: • 1 practical will be given from Practicals No. 11, 12, 13, 14, 17, 18 OR • 1 practical will be given from Practicals No. 19, 20, 21, 22, 23, 24	12
This section will consist of checking Practical Notebooks and conducting Viva Voce. The details are as follows:	
Practical Notebook	6
Viva Voce	5

PECTAA

Practical Model Paper for
Health Sciences Class-9

Maximum Marks: 35 **Time Allowed: 2 Hours**

Question No. 1 12

Note: Attempt any one of the following practical.

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

OR

Use a pulse oximeter to measure oxygen saturation.

Question No. 2 12

Note: Attempt any one of the following practical.

Use a sphygmomanometer to measure blood pressure.

OR

Demonstrate basic First Aid techniques for treating a sprain or strain.

Practical Notebook 6

Viva Voce 5

PECTAA

LIST OF PRACTICALS
HEALTH SCIENCES FOR CLASS-9

1. Identify different of parts of GI system on Models / Diagrams.
2. Demonstrate the Use of nebulizer to give medication to lungs.
3. Measure how much air you can breathe in and out to check how well your lungs work.
4. Check the breathing rate by counting how many breathe a person takes in one minute.
5. Demonstrate the use of Stethoscope to listen sounds and identify any problems like wheezing or crackling.
6. Demonstrate that exhaled air contains carbon dioxide by blowing air into lime water and observing the colour change.
7. Observe the Effect of Posture on Breathing.
8. Demonstrate the working of Oxygen Concentrator and Oxygen Cylinder.
9. Demonstrate the working of Suction Machine to clear Airway.
10. Measure the oxygen levels in blood using the Pulse Oximeter.
11. Measure the heart rate by Checking the pulse at different points on the body.
12. Measure the number of heart beats per minute during rest and after exercise.
13. Use of Stethoscope to listen heart Sounds.
14. Use a Sphygmomanometer to measure blood pressure.
15. Develop a model to demonstrate of Kidney Filtration.
16. Perform an experiment to observe salt crystallization as a simulation of kidney stone formation.
17. Perform chest compressions and rescue breaths under supervision on a Mannequin.

18. Stimulate bleeding wound dressing using fake sounds or red coloured liquid.
19. Demonstrate how Splints and Slings are used to immobilize injured limbs.
20. Illustrate proper burn treatment including cooling, covering and avoiding incorrect methods.
21. Demonstration of basic First Aid Techniques for Treating a Sprain or Strain.
22. Observe Common Posture Mistakes and demonstrate their Correction.
23. Analyze food samples to detect the presence of macronutrients (starch, proteins and fats) using standard biochemical tests.
24. Determine the pH levels of Different Digestive Juices and explain their role in digestion.