

I. OBJECTIVE TYPE QUESTIONS

A. Choose the correct answer (MCQ).

1. What is the aim of physical education?
(a) Physical development
(b) Psychological development
(c) Motor development
(d) All of these
2. The nutritional requirement of an athlete depends on his/her
(a) Fitness level
(b) Sports
(c) Mental health
(d) Both (a) and (b)
3. In which year, the Fit India Movement was started?
(a) 2014
(b) 2017
(c) 2019
(d) 2021
4. In which stadium, the Fit India Movement was launched?
(a) J. L. Nehru Stadium
(b) Rajiv Gandhi Stadium
(c) Dhyan Chand Stadium
(d) Indira Gandhi Stadium
5. Physical activities are essential during the growing stages of a child to develop his/her
(a) Listening skills
(b) Motor skills
(c) Communication skills
(d) Problem-solving skills
6. To be a sports journalist, one should have at least
(a) passed secondary examination
(b) passed senior secondary examination
(c) bachelor's degree in journalism
(d) master's degree in journalism
7. In which city, *Khelo* India Youth Games were played?
(a) New Delhi
(b) Pune
(c) Chennai
(d) Mumbai
8. Under 21 is the age criteria to participate in *Khelo* India
(a) Youth games
(b) School games
(c) Institute games
(d) Both (b) and (c)
9. Who launched the *Khelo* India App?
(a) The President
(b) The Prime minister
(c) The Sports minister
(d) The Education minister
10. How many medals were won by Haryana in *Khelo* India School Games in the year 2018?
(a) 98 medals
(b) 100 medals
(c) 102 medals
(d) 109 medals
11. In which stadium, opening ceremony of *Khelo* India School Games was organised?
(a) Nehru Stadium
(b) Indira Gandhi Indoor Stadium
(c) Chhatrasal Stadium
(d) Shivaji Stadium

B. State True (T) or False (F):

1. Physical education is an integral component of education.
2. Physical education is the process of education through exercises and games.
3. The scope of physical education is limited to physical fitness.
4. Modern physical education was originated in Germany in 1800s.
5. Physical education and sports develop social skills in a person.
6. Social development is the only aim of physical education.
7. The purpose of *Khelo* India programme is to revive sports culture in India.
8. Sports photography is the career option associated with physical education.

C. Give answer in one word:

1. Who defined "Physical education is that phase of education which deals with big muscle activities and their related responses"?
2. Who wrote "Physical education should aim to provide skilled leadership"?
3. How many athletes took part in *Khelo* India School Games?
4. Mention the position of Maharashtra team in *Khelo*-India School Games.
5. Which team stood third in *Khelo* India Youth games in the year 2019?
6. Name the person that helps athletes manage their pain and recover from chronic conditions and injuries.
7. Expand *KISG* and *KIYG*.
8. Who helps in the treatment and rehabilitation of injured athletes?

D. Case/Source Based Questions:

1. Rishan, a 17-year-old boy, is an outstanding athlete of class 12. He wants to get trained under National coaches, which is possible only if he performs excellently in the *Khelo* India programme.

Based on the case given above, answer the following questions:

- (i) Rishan wants to perform in *Khelo* India youth games, part of the *Khelo* India Programme, that are organised:
(a) every year (b) after every two years
(c) after every three years (d) after every four years
- (ii) In which city, Rishan can find the headquarter of the *Khelo* India Programme?
(a) Patiala (b) Delhi (c) Bangalore (d) Chennai
- (iii) Rishan's sister Ria wants to participate in any of the two new games included in *Khelo* India Youth Games. The two new games are:
(a) Volleyball and ludo (b) Volleyball and shooting
(c) Table tennis and tennis (d) Table tennis and shooting

2. Radhika, a student of class 12, is brilliant in academics as well as in sports. She can have a profitable career in academics but Radhika wants to pursue a career in any of the sectors of her interest in physical education.

Based on the case given above, answer the following questions:

- (i) Which career option is available in the Health-related sector in physical education for Radhika?
- (a) Professional player
(b) Photographer
(c) Sports psychologist
(d) Sports host
- (ii) Which career option Radhika would find in the Media and Communication sector in physical education?
- (a) Sports journalist
(b) Sports photographer
(c) Sports physiotherapist
(d) Both (a) and (b)
- (iii) The career that Radhika can choose in the Sports Training sector in physical education is:
- (a) Teacher in a middle school
(b) Teacher in a high school
(c) Coach in a high school
(d) Author of a physical education book

E. Assertion-Reason Type Questions:

1. For question numbers (i) to (vi), two statements are given—one labelled *Assertion (A)* and the other labelled *Reason (R)*. Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true but (R) is false.
(d) (A) is false but (R) is true.

(i) **Assertion (A):** Physical education is an integral component of education.
Reason (R): Physical education is concerned with the development of the body, mind and soul of a person.

(ii) **Assertion (A):** Physical fitness and participation in sports are invaluable in one's life.

Reason (R): Participation in sports develops analytical thinking.

(iii) **Assertion (A):** The mission of *Khelo India* programme is to revive the sports culture at the grass-root level.

Reason (R): In the *Khelo India* programme, every year the best 1000 participants get a scholarship of ₹ 10 lakhs.

(iv) **Assertion (A):** Sports photographers click photos during National and International sports events.

Reason (R): Pictures clicked by sports photographers can be used to write stories and articles.

(v) **Assertion (A):** Athletic trainers provide nutritional counselling to enhance the health and performance of athletes.

Reason (R): Athletic trainers work under the supervision of a licensed physician.

(vi) **Assertion (A):** After the huge success of the *Khelo* India School Games, *Khelo* India Youth Games were launched.

Reason (R): In the *Khelo* India School Games, college students were not allowed to participate.

F. Other Questions

1. (i) Match List I with List II and select the correct answer from the code given below:

S. No.	List I	List II	
	<i>Khelo</i> India Programme	Year	
(i)	Fit India Movement	1.	January 31, 2018
(ii)	<i>Khelo</i> India Youth Games	2.	February 27, 2019
(iii)	<i>Khelo</i> India App	3.	January 9, 2019
(iv)	<i>Khelo</i> India School Games	4.	August 29, 2019

	Code			
	(i)	(ii)	(iii)	(iv)
(a)	3	4	1	2
(b)	4	3	2	1
(c)	3	2	4	1
(d)	2	4	1	2

Flow Chart

Draw a flow chart representing the aims and objectives of physical education.

ANSWER KEY

- | | | | | | |
|----------------------------|------------------|---------|-----------------|----------|--------|
| 1. (d) | 2. (d) | 3. (c) | 4. (d) | 5. (b) | 6. (c) |
| 7. (b) | 8. (a) | 9. (b) | 10. (c) | 11. (b) | |
| 1. T | 2. T | 3. F | 4. T | 5. T | 6. F |
| 7. T | 8. T | | | | |
| 1. J.B. Nash | 2. J.F. Williams | 3. 3700 | 4. 2nd position | 5. Delhi | |
| 6. Sports Physiotherapists | | | | | |

7. KISG-Khelo India School Games, KIYG-Khelo India Youth Games

8. Athletic tranier
- | | | | | | |
|---------------|----------|-----------|------------|----------|-----------|
| D. 1. (i) (a) | (ii) (b) | (iii) (c) | 2. (i) (c) | (ii) (d) | (iii) (c) |
| E. 1. (i) (b) | (ii) (b) | (iii) (c) | (iv) (a) | (v) (b) | (vi) (b) |
| F. 1. (i) (b) | | | | | |

II. SHORT ANSWER QUESTIONS

1. What are the main objectives of physical education?
2. Enlist any five protective gears and the sports with which they are associated.
3. What is the purpose of organising Fit India Quiz?
4. What type of jobs are available in sports media and communication?
5. How does physical education leads to moral development of an individual?
6. What type of jobs are available in health-related sector?
7. List the various career options in the field of physical education. Explain any one.

III. LONG ANSWER QUESTIONS

1. What is the importance of physical education programmes in modern times?

Or

What is the role of physical education in the educational process?

2. How do physical education programmes help in preparing individuals for a healthy social life?
3. How the changes in playing surface have improved the performance of an athlete? Explain.
4. Explain 'Technological Advancement' with reference to Changing Trends and Career in Physical Education.
5. Write a note on 'Fit India Movement'.
6. 'Physical education programmes are considered as an unnecessary structure attached to the superstructure of education.' Highlight the disciplines in which it can contribute in order to counter this claim.
7. 'The programmes of physical education are influenced by the needs of society. They fulfill physiological, social, psychological and economic needs of society.' Justify this statement.
8. Describe the Khelo India Programme.