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### **Q1 Meaning Aims and objectives of physical education**

Physical Education is a process of education which aims at the holistic development of an individual by using physical activity or body movement.

**Aim** – to develop wholesome /overall personality.

#### **Objectives:**

Physical development

Mental development

Social development

Health development

### **Q2 Career options in physical education**

Physical education teacher

Health education teacher

Professional coach

Sports administration

Event manager of sports club

Yoga trainer etc.

### **Q3 Khelo India**

The Khelo India programme is a national scheme launched by the **Central Government to improve the performance of India in sports.**

It is for For Youth of india

It was launched in \*Delhi in 2018\* by former Sports Minister Col. Rajyavardhan Singh Rathore.

Moto of khelo India is "**Kheloge Kudoge banoge Lajawaab.**"

### **Q4 Fit India programme**

The Fit India programme is a launched by the **Central Government** in 29 August 2019 to **address health issues.**

For diseases like diabeties, BP etc.

**Aim** : To promote fitness as easy, fun and free.

first Fit India Active Day- **14 April 2020**

### **Q7. Moto flag and symbol of Olympics**

Modern olympic started in **6 April 1896**

The new Olympic motto is

**“Faster, Higher, Stronger – Together”.**

**Q8. Olympic values**



1. Joy of effort
2. Fair play
3. Respect for others
4. Pursuit of excellence
5. Balance in life between body, will and mind

**Q9. Meaning and importance of yoga**

Yoga is a word derived from **Yuj** which in Sanskrit means union. Yoga is the union of Soul with spirit.

Importance of yoga:

1. Improve physical health
2. Improve mental health
3. Improve social health
4. Improve emotional health
5. Provide happiness
6. remove negativity
7. Improve personal power
8. develop attention/concentration

**Q10. Yogic kriyas**

Shat kriyas means six kriyas help to balance tridoshas of body.

1. Kaphalabhati – Purification of frontal lobes and lungs.
2. Trataka – gazing without blinking.
3. Neti– Nasal cleansing.
4. Dhauti– Cleaning of digestive tract, stomach.
5. Nauli– Abdominal massage.
6. Basti – Colon cleaning.

**Q11. Role of physical education teacher**

1. Improve movement skills
2. Improving flexibility
3. Develop sports specific skills (basketball, swimming)
4. Improving social skills
5. Mental and emotional support

**Q12. Any 3 disability etiquettes**

1. Talk directly
2. Do not ask personal questions
3. Do not hang or lean on person's wheelchair
4. Give additional time

**Q13. Dimensions of physical fitness / wellness**

1. Physical wellness
2. Emotional wellness
3. Mental wellness
4. Social wellness
5. Environmental wellness
6. Occupational wellness
7. spiritual wellness

**Q2. International Paralympic committee was found in.**

**22 September 1989** in West German

**Q3. Describe the organisational setup of international olympic organisation/ IOC/ International Olympic committee .**

The Executive Board consists of the International Olympic Committee (IOC) **President, four Vice-Presidents and ten other members.**

**Q4. What is the \*need/benefit\* of \*sports competition\* in school?**

**Or**

**What is the benefit of school \*sports day\* ?**

Ans. To develop

- 1) Self-confidence
- 2) Patience
- 3) Team work
- 4) Leadership