



## **PHYSICAL EDUCATION (048)**

### **CHAPTER 1**

1. Define physical education.
2. Briefly explain the aims and objectives of physical education.
3. Discuss the various career options in the field of physical education and sports
4. What is sports journalism?
5. Discuss the health related careers.
6. Describe the objectives of Khelo India program.
7. Which are the teaching career options in physical education?
8. What are the technological changes that has developed in physical education?
9. What is the aim of Khelo India program?
10. List down some protective gears and the sports with which they are associated.
11. How does physical education leads to moral development of an individual?
12. What is the role of physical education in the educational process?
13. Describe the Khelo India program.
14. How the changes in playing surface have improved the performance of an athlete?
15. What physical education develops neuro muscular coordination?
16. What is the aim of physical education?
  - a) Physical development
  - b) psychological development
  - c) Motor development
  - d) All of these
17. 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

18. The international governing body for Basketball  
a) BWF            b) FIBA            c) IBA            d) IBF
19. Which one of the following is NOT a multi-sports competition?  
a) Commonwealth Games            b) Asian Games  
c) Olympics            d) Champions Trophy
20. The Ministry of Youth Affairs and Sports, Govt. of India launched the Khelo India Programme in  
a) 2013-2014            b). 2014-2015  
c). 2016-2017            d). 2017-2018

### ANSWERS

16. d  
17. b  
18. b  
19. d  
20. d

- 1. Physical education is a systematic training of an individual by using his/her own body to achieve the objectives of developing and maintaining the body, developing motor skills, physical abilities, making a habit of living a healthy lifestyle, developing the ability to control emotions for a fuller living.**
- 2. The aim of physical education is the optimum and wholesome development of individual for complete living. The objectives of physical are Physical development, motor development, psychological development, moral development and social development**
- 3. There are many career option in physical education. They can be categorized into:  
Teaching sector, coaching sector, health related sector, performance related sector, media and communication.**
- 4. Sports journalists review, report, write and research sports stories. They should have a bachelors in journalism. They should also have basic skill of reporting, editing, and feature writing, also have good communication skills.**
- 5. Health related physical education careers are: sports physiotherapists, athletic trainers, sports nutritionists, dieticians, gym instructors, sports psychologists, fitness trainers.**

6. **The objectives of Khelo India program is as follows:**  
**Play Field Development • Community Coaching Development, • State Level Khelo India Centres • Annual Sports Competitions • Talent Search and Development • Utilization and Creation/Upgradation of Sports Infrastructure • Support to National/Regional/State Sports Academies • Physical fitness of school children • Sports for Women • Promotion of sports amongst people with disabilities • Sports for peace and development • Promotion of rural and indigenous/tribal games.**
7. **When an individual graduates with a professional degree in Physical Education, the most obvious career option for her/him is to work as a Physical Education Teacher (PET) at an elementary, middle, secondary or senior secondary level school. They can also work as adapted physical education teacher, health education teacher.**
8. **Technological changes has been very helpful in improving the performance of the athletes. Some of them are playing surface, wearable gears, sport equipment.**
9. **The Khelo India Programme has been introduced to revive the sports culture in India at the grassroots level by building a strong framework for all sports played in our country and to establish India as a great sporting nation.**
10. **Head gears – cricketers, hockey goal keeper  
Shin guards – football players, hockey players  
Knee pad – volleyball players  
Tooth gum – boxers  
Wrist bands – badminton players**
11. **Sports build character. Characteristics like courage, persistence, determination, and discipline are often observed in sports persons. The value of sportsmanship is taught through physical education programme. It is believed that physical education leads to high moral standards among individuals that are reflected in their personal life.**
12. **Education of a child cannot be imagined without Physical Education being an integral part of the curriculum. A well-structured and well-implemented Physical Education Programme is the burning need of the current education system. It improves physical fitness, develop skills, improves physical growth and development, improves neuro-muscular development and develops leadership qualities.**
13. **The Khelo India Programme has been introduced to revive the sports culture in India at the grassroots level by building a strong framework for all sports played in our country and to establish India as a great sporting nation. Participation in sports is an extremely important component for development of any nation. The intention is to achieve the two main objectives which are mass**

**participation and promotion of excellence in sports in the country. The aim of Khelo India Programme is to provide a platform to each and every citizen of India, despite their individual differences of age and gender, to participate in sports and channelize their sporting skills which ultimately leads to an all-round development of every child and youth. This will lead to community development, social integration and gender equality. It will inculcate a healthy lifestyle, bring laurels to country and provide economic opportunities.**

- 14. Playing surface has changed in almost all sports disciplines. Some games like volleyball and badminton which used to be played on clay courts are now held on wooden floor covered by synthetic surface, hockey is played on astro turf. Nowadays all national and international level track and field competitions are conducted on the synthetic track. The change in playing surface has not only improved the performance of the athletes but it has also minimised the chances of sports injuries.**
  
- 15. Physical activities lead to neuro-muscular coordination, especially if various types of skills and exercises are carried out repeatedly over a long period of time. For carrying out a task accurately or learning a skill, a good neuromuscular control is in dispensable.**