



**BK BIRLA CENTRE FOR EDUCATION**  
SARALA BIRLA GROUP OF SCHOOLS  
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL  
MID-TERM EXAMINATION 2024-25  
PHYSICAL ACTIVITY TRAINER (418)



Max. Marks: **50**

Admission No.:

Roll No.:

**General Instructions:**

1. Please read the instructions carefully.
2. This Question Paper consists of 21 questions in two sections: Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. Out of the given (5+16) 21 questions, a candidate has to answer (5+10) 15 questions in the allotted (maximum) time of 2 hours.
5. All questions of a particular section must be attempted in the correct order.
6. Section A: Objective Type Questions (24 Marks)
  - a. This section has 05 questions.
  - b. Marks allotted are mentioned against each question/part.
  - c. There is no negative marking.
  - d. Do as per the instructions given.
7. Section B: Subjective Type Questions (26 Marks)
  - a. This section has 16 questions.
  - b. A candidate has to do 10 questions.
  - c. Do as per the instructions given.
  - d. Marks allotted are mentioned against each question/part.

**Section-A**

*Answer any 4 out of the 5 questions.*

**1. What is stress management?**

1

- a) Avoiding all stressful situations
- b) Coping with and reducing the negative effects of stress**
- c) Increasing stress levels for improved performance
- d) Ignoring stress entirely

**2. Going on vacations can help reduce:**

1

- a) Stress levels**
- b) The need for work-life balance
- c) Social interactions
- d) Physical health

**3. What is the primary benefit of having a maintenance schedule for your computer?**

1

- a) It prevents all computer issues
- d) It reduces the need for any maintenance
- c) It helps identify and address problems proactively**
- b) It allows for unplanned maintenance

**4. How can a maintenance schedule help in resource allocation?**

1

- a) It can double the computer's performance
- b) It prevents all maintenance tasks
- c) It minimizes disruptions by planning tasks in advance**
- d) It increases the need for additional resources

**5. What is the primary purpose of antivirus software on a computer?**

1

- a) To improve internet speed

- b) to enhance graphics performance
- c) To protect against viruses and malware**
- d) Mouse

**2. Answer any 5 out of the given 6 questions**

**1. Job Description of an Early Years Physical Activity Facilitator 1**

- (a) Make a Structure Plan
- (b) Make a Schedule
- (c) Lead and Manage the Event
- (d) All of these**

**2. Qualities of Good Facilitator 1**

- (a) Create an Environment for learning
- (b) Professional Etiquette,
- (c) a and b**
- (d) Pledge to himself

**3. Which activities are to be conducted by facilitators 1**

- (a) Athletics event
- (b) **Free Play**
- (c) Combative
- (d) None of these

**4. Which activity will you include for warming up exercise- 1**

- (a) Jogging
- (b) Jumping
- (c) Whole body exercise
- (d) All of these**

**5. Set shot is related to 1**

- (a) Volleyball
- (b) Basketball**
- (c) a and b
- (d) None of these

**6. Dribbling is related to 1**

- (a) Basketball**
- (b) Volleyball
- (c) Athletics
- (d) All of these

**3. Answer any 5 out of the given 6 questions**

**1. How much time should be given to warming up 1**

- (a) 7-8 minutes**
- (b) 10-20 minutes
- (c) 5-6 minutes
- (d) 2-3 minutes

**2. Risk management checks on the facility and equipment is 1**

- (a) Facility Assessment
- (b) Age-Appropriate Materials
- (c) Both (a) and (b)**
- (d) None of these

**3. Question & Answer Sessions by the Facilitator is related to: 1 (a)**

- Dealing with customers/Parents
- (b) Teacher and student
- (c) Both (a) and (b)**
- (d) None of these

**4. What is a primary responsibility of an Early Years Physical Activity Facilitator? 1**

- a) Teaching advanced sports techniques
- b) Promoting physical activity and development in young children**
- c) Organizing professional development workshops for adults
- d) Managing school administrative tasks

**5. Which aspect is NOT a part of the Early Years Physical Activity Facilitator's role? 1**

- a) Conflict resolution
- b) Handling emergency incidents
- c) Classroom curriculum development**
- d) Promoting outdoor play and exploration

**6. What is a crucial skill for an Early Years Physical Activity Facilitator when responding to emergency incidents? 1**

- a) Art and craft activities
- b) Storytelling techniques
- c) Conflict resolution tactics
- d) **First aid and CPR knowledge**

**4. Answer any 5 out of the given 6 questions**

**1. An Early Years Physical Activity Facilitator should focus on: 1**

- a) Specialized sports training for older children
- b) Solely indoor activities for safety reasons
- c) **Holistic physical development for young children**
- d) Competitive events and tournaments

**2 The role of an Early Years Physical Activity Facilitator extends to: 1**

- a) Only classroom instruction
- b) Working solely with parents
- c) **Developing partnerships with other professionals**
- d) Administrative paperwork only

**3. Assessment is the 1**

- a) Assessment is process of locating, selecting, producing, compiling, assessing, deciphering, and utilizing data
- b) Assessment is a planned and ongoing process of collecting data
- c) **Both a and b**
- d) None of these

**4. Assessment for learning is 1**

- (a) Summative assessment
- b) **Diagnosis assessment**
- c) Formative assessment
- d) None of these

**5. Assessment comparison of actual performance of a skill 1**

- a) Summative assessment
- b) Diagnosis assessment
- c) Formative assessment
- d) **Skill assessment**

**6. Things should be kept in mind while assessing the students 1**

- a) Accountability.
- b) Performance based Assessment
- c) Evidence based Assessment
- d) **All of these**

**5. Answer any 5 out of the given 6 questions**

**1. Below the age of 7 years Students which skill related fitness can be assessed. 1**

- a) Action
- b) Balance
- c) Coordination
- d) **All of these**

**2. Points should be kept in mind while analyzing the report- 1**

- a) Event Summary
- b) Performance analysis
- c) Incidents reports
- d) **All of these**

**3. Steps to be Documented Feed Back- 1**

- a) Identifying tools Feed Back
- b) Determine who will be involved
- c) **both a and b**
- d) None of these

**4. What should you start with when documenting feedback? 1**

- a) Negative points
- b) **Criticisms**
- c) Positives
- d) Complex explanations

5. Why is it important to offer explanations in feedback? 1

- a) To confuse the recipient  
b) To show off your knowledge  
c) To provide context and understanding  
d) To make the document longer

6. Skill assessment helps measure a person's proficiency in: 1

- a) Baking cookies  
b) Riding a bicycle  
c) Swimming  
d) All of the above

## SECTION - B

6. Answer any 7 out of the given 8 question on Employability skills

Answer each question in 20-30 words:

1. How can we enhance the ability to work independently? 2

**Ans.** Ability to work independently can be enhanced by being self-aware, self-motivated and self regulated

2. Write down the steps of creating a folder in computer. 2

**Ans.** To create a folder on a computer: Right-click on the desktop or inside a directory, select "New," then choose "Folder." Name the folder and press "Enter" to save it.

3. State the four steps of Time Management. 2

**Ans.** The four steps of time management are: Set clear goals, prioritize tasks, create a schedule or plan, and regularly review and adjust your progress to stay on track

4. What are the factors that affect self-confidence? 2

**Ans.** Self-confidence is affected by past experiences, self-perception, social influences, support systems, and personal achievements or failures

5. What do you understand by facilitator? 2

**Ans.** A facilitator is someone who guides a group or individual through a process, ensuring effective communication, collaboration, and achieving desired outcomes, without directly influencing the content or decisions

6. Name the various activities which can be conducted by the Physical Activity Facilitator. 2

**Ans.** A physical activity facilitator can conduct activities like sports, fitness classes, group exercises, outdoor games, wellness workshops, and physical education sessions.

7. Write any two Emergency Incident Management. 2

**Ans. Fire:** Evacuate immediately, use fire extinguishers if safe, call emergency services, and avoid re-entering until declared safe.

**Medical Emergency:** Call for medical help, provide first aid if trained, keep the person calm, and follow emergency responders' instructions 2

8. Why are assessments necessary?

**Ans.** Assessments identify needs, measure progress, ensure effectiveness, and guide decisions. They help in setting goals and improving performance. 2

7. Answer any 3 out of the given 5 questions in 50-80 words each

1. What are the qualities of a Good Physical Activity Facilitator. 4

**Ans.** A good physical activity facilitator is knowledgeable, motivational, and communicative. They should be empathetic, adaptable to diverse needs, and skilled in creating engaging activities. Patience, strong organizational skills, and the ability to foster a positive environment are crucial. Safety awareness and a passion for fitness are also essential qualities

2. Explain the types of assessment.

**Ans** Assessments can be formative, providing ongoing feedback during a process; summative, evaluating overall achievement at the end; diagnostic, identifying strengths and weaknesses before instruction; and norm-referenced, comparing performance to peers. Each type serves different purposes, helping educators, organizations, or individuals gauge progress and inform future actions

4

3. Describe the BMI.

**Ans.** BMI (Body Mass Index) is a numerical value derived from an individual's weight and height (weight in kg divided by height in meters squared). It categorizes weight status into underweight, normal weight, overweight, or obese, helping to assess body fat and potential health risks.

4

4. Describe any two responsibilities of facilitator.

**Ans. Guiding Activities:** A facilitator organizes and leads activities, ensuring they align with goals and engaging participants effectively.

**Providing Feedback:** They offer constructive feedback to help individuals improve, address challenges, and ensure progress towards personal or group objectives

5. Prepare a sample assessment report of fitness of Grade 7<sup>th</sup> student.

**Ans.**

4

**Assessment Report 2017-2018**

**ABC School, Bangalore**

Name: Anam Fathima  
 Gender: F  
 Std & Sec: LKG A  
 ESID: 35824940  
 Month of Assessment: August 2017

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**EDUSPORTS PRE-SCHOOL  
ACTIVITIES CHART**

**Action**  
Activity can be demonstrated in any order

Jumping Jacks  
Run for fun  
Simon Says  
Transparence Pans  
Hop skip jump

**Balance**  
Activity can be demonstrated in any order

Roll a Ball  
Parachute Play  
Throw and Fetch  
Bull's Eye  
Move your body  
Kick the ball

**Coordination**  
Activity can be demonstrated in any order

Fun Yoga  
River Crossing  
Bean Balance  
Walk on the beam  
Animal Walking

**Skills Assessed**

**ACTION**

Skill	Grade
Hopping	B ★★★
Running	A ★★★

**BALANCE**

Skill	Grade
Balancing	B ★★★
Jumping & Landing	A ★★★
Self & General Space	A ★★★

**COORDINATION**

Skill	Grade
Catching	A ★★★
Throwing	A ★★★

  
Program Director

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