



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)

Class : X
Date : 26/09/2024
Admission No.:

Duration: 2 Hrs
Max. Marks: 50
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

I. 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
 - b. It reduces the need for any maintenance
 - c. It helps identify and address problems proactively
 - d. 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]
- To improve internet speed
 - To enhance graphics performance
 - To protect against viruses and malware
 - Mouse

II. Answer any 5 out of the given 6 questions

1. Job Description of an Early Years Physical Activity Facilitator. [1]
- Make a Structure Plan
 - Make a Schedule
 - Lead and Manage the Event
 - All of these
2. Qualities of Good Facilitator [1]
- Create an Environment for learning
 - Professional Etiquette,
 - a and b
 - Pledge to himself
3. Which activities are to be conducted by facilitators? [1]
- Athletics event
 - Free Play
 - Combative
 - None of these
4. Which activity will you include for warming up exercise- [1]
- Jogging
 - Jumping
 - Whole body exercise
 - All of these
5. Set shot is related to [1]
- Volleyball
 - Basketball
 - a and b
 - None of these
6. Dribbling is related to [1]
- Basketball
 - Volleyball
 - Athletics
 - All of these

III. Answer any 5 out of the given 6 questions

1. How much time should be given to warming up [1]
- 7-8 minutes
 - 10-20 minutes
 - 5-6 minutes
 - 2-3 minutes
2. Risk management checks on the facility and equipment is [1]
- Facility Assessment
 - Age-Appropriate Materials
 - Both (a) and (b)
 - 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

IV. 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]
- Summative assessment
 - Diagnosis assessment
 - Formative assessment
 - Skill assessment
6. Things should be kept in mind while assessing the students [1]
- Accountability.
 - Performance based Assessment
 - Evidence based Assessment
 - All of these

V. 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]
- Action
 - Balance
 - Coordination
 - All of these
2. Points should be kept in mind while analyzing the report- [1]
- Event Summary
 - Performance analysis
 - Incidents reports
 - All of these
3. Steps to be Documented Feed Back- [1]
- Identifying tools Feed Back
 - Determine who will be involved
 - both a and b
 - None of these
4. What should you start with when documenting feedback? [1]
- Negative points
 - Criticisms
 - Positives
 - Complex explanations
5. Why is it important to offer explanations in feedback? [1]
- To confuse the recipient
 - To show off your knowledge
 - To provide context and understanding
 - To make the document longer
6. Skill assessment helps measure a person's proficiency in: [1]
- Baking cookies
 - Riding a bicycle
 - Swimming
 - All of the above

Section-B

**VI. 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]
2. Write down the steps of creating a folder in computer. [2]
3. State the four steps of Time Management. [2]
4. What are the factors that affect self-confidence? [2]
5. What do you understand by facilitator? [2]
6. Name the various activities which can be conducted by the Physical Activity Facilitator. [2]
7. Write any two Emergency Incident Management. [2]
8. Why are assessments necessary? [2]

VII. 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]
2. Explain the types of assessment. [4]
3. Describe the BMI. [4]
4. Describe any two responsibilities of facilitator. [4]
5. Prepare a sample assessment report of fitness of Grade 7th student. [4]

*******All the Best*******