



PREBOARD –I 2024-25
CLASS X
PHYSICAL ACTIVITY TRAINER (418)

TIME: 2 HOURS

MAX.MARKS:50

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):**
 - i. This section has 05 questions.
 - ii. Marks allotted are mentioned against each question/part.
 - iii. There is no negative marking.
 - iv. Do as per the instructions given.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section has 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1x4=4 marks)	Marks
i.	What is the primary goal of sustainable agriculture, as mentioned in the passage? A) Maximizing production at any cost B) Using chemical fertilizers extensively to boost crop yield C) Producing agricultural crops or livestock without damage to human or natural systems D) Utilizing large quantities of water for irrigation	1
ii.	Which program focuses on developing skills through physical activities within a group or community? A. Service Program B. Intramural Program C. Extramural Program D. Fitness and Recreational Programs	1
iii.	Why is customization necessary for sports equipment used by small groups of learners? A. To match the equipment with the team's uniform B. To confuse opponents C. To ensure fair play D. To adapt to the learners' needs and group size	1
iv.	What is the purpose of a stopwatch in sports activities? A. To measure distance B. To keep track of time C. To indicate player positions D. To calculate scores	1
v.	Why is it crucial to match the sports type with the equipment used? A. To confuse the players B. To improve the aesthetics of the game C. To enhance player safety and game quality D. To challenge the players	1
vi.	How does the budget affect the selection of sports equipment and props? A. Budget does not impact the selection of sports equipment B. Higher budget always leads to better equipment quality C. Budget determines the quantity and quality of equipment that can be purchased D. Lower budget ensures better equipment durability	1
Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which formula is used to calculate Body Mass Index (BMI)? A. Weight / Height B. Height / Weight C. Weight × Height D. Weight / Height²	1
ii.	What does Balance in skill-related fitness refer to? A. The ability to maintain equilibrium in a stationary position B. The ability to perform the right movement in a sport C. Swift change of direction while moving D. Body composition in terms of body fat and lean tissue	1

iii.	What is the primary focus of Skill Related Fitness? A. General well-being and overall fitness B. Cardiovascular endurance and muscular strength C. Neuromuscular system and specific skill performance D. Flexibility and body composition	1
iv.	How is a game defined? A. A structured physical activity without rules B. A recreational activity without competition C. A recreational activity with a defined goal and set of rules D. A competitive activity without entertainment	1
v.	What is the primary purpose of free play? A. Competition B. Entertainment and enjoyment C. Exercise and fitness D. Skill development	1
vi.	What does "Industry Standard" mean in the context of sports equipment selection? A. Equipment made from metal B. Equipment manufactured as per industry guidelines C. Equipment endorsed by famous athletes D. Equipment with high resale value	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which factor is essential to consider while selecting sports equipment or props? A. Color preference B. Weight of the equipment C. Age appropriateness D. Brand popularity	1
ii.	When does a play become structured? A. When it involves competition B. When it is conducted impromptu C. When it is planned and conducted step by step D. When it is supervised by adults	1
iii.	What is one of the disadvantages of excess usage of Free Play in physical activities for children? A. Retains interest B. Facilitates assessment C. May develop wrong techniques D. Enhances progress tracking	1
iv.	What is the key learning outcome of the free play session? A. Understanding the history of sports B. Differentiating between sports and games C. Identifying free-play activities and their advantages/disadvantages D. Mastering complex physical activities	1
v.	What is a potential disadvantage of excess usage of Free Play? A. Enhanced creativity B. Conflicts among participants C. Better communication skills D. Improved techniques	1

vi.	What does formative evaluation primarily aim to achieve? A. Providing closure to the assessment process B. Monitoring students' learning progress and providing ongoing feedback C. Evaluating the outcome of the program D. Identifying students' strengths and weaknesses	1
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What is the aim of the Adventurous Activities mentioned in the passage? A. Enhancing intellectual skills B. Providing relaxation C. Offering thrill and action D. Promoting cultural understanding	1
ii.	What does the demand mean in the context of entrepreneurship? A) A product or service that entrepreneurs want B) A product or service that people want C) A product or service that is no longer needed D.A product or service that is difficult to sell	1
iii.	What is the primary responsibility of a Physical Activity Facilitator? A. Conducting academic classes B. Organizing cultural events C. Educating students in health, fitness, and sports D. Managing administrative tasks	1
iv.	What do navigation keys, such as HOME and END, do on a keyboard? A) Move the cursor to the left/right end of a line of text B) Delete characters to the right of the cursor C) Move one page up and one page down in a document D)Overwrite characters to the right of the cursor	1
v.	What is emotional intelligence? A) The ability to ignore one's emotions B) The ability to identify and manage one's own emotions, as well as the emotions of others C) The ability to suppress emotions entirely D)The ability to react impulsively to emotional triggers	1
vi.	What is the origin of the word 'communication'? A) From the Greek word "communis" meaning 'common' B) From the Latin word "communicare" meaning 'to share' C) From the French word "communiqué" meaning 'to exchange' D)From the Sanskrit word "Sam bandha" meaning 'relation'	1
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What are stressors in the context of stress management? A) Situations that cause relaxation and calmness B) Situations that do not affect an individual's well-being C) Situations that lead to emotional, mental, physical, or social reactions D)Situations that are always positive and desirable	1
ii.	What is the purpose of Corrective and Rehabilitative Exercises in Physical Education programs? A. Enhancing physical fitness B. Fostering team spirit C. Addressing defects or injuries for correction D. Promoting recreational activities	1

iii.	According to the National Curriculum Framework - 2005, what activities can be conducted during a school assembly? A. Only reading headlines of the morning newspaper B. Only performing physical exercises C. Reading headlines, performing physical exercises, singing the national anthem, and other activities like storytelling and inviting guest speakers D. None of the above	1
iv.	What is one of the key recommendations for organizing a proper assembly according to the passage? A. Allowing students to enter the assembly area without any supervision B. Categorizing tasks into before, during, and after the assembly C. Allocating places to classes during the assembly D. Conducting academic lectures during the assembly	1
v.	What is the primary purpose of assessment in the context of teaching and learning? A. Providing grades to students B. Making judgments about what has been learned and enhancing learning C. Summarizing the entire course content D. Evaluating the quality of instruction	1
vi.	What does the word 'assessment' mean etymologically? A. To sit beside the learner B. To judge student performance C. To evaluate the final outcome D. To monitor student progress	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)

Answer each question in 20 – 30 words.

Q. 6 Ans:-	Define the meaning of a career A career is a line of work that a person takes for life. There are two ways a person can earn a living. They are 1-self-employment 2- wage employment For example, a doctor who works for a hospital is a wage employed person. If the same doctor has their own clinic, he or she is a self employed person	2
Q. 7 Ans	In SMART goals, what does 'S' stand for? Explain.	2
Q. 8 Ans:-	What is the function of the ENTER key The enter key is a computer innovation which is an alternative to the OK button. The function of enter key is typically to finish an 'entry' and begin the desired process. It causes a dialog box, window form or command line to perform its default function	2
Q. 9 ANS	List the ways in which an entrepreneur affects a society. Entrepreneurship promotes economic growth, provides access to goods and services, and improves the overall standard of living	2
Q. 10 Ans:-	Define the meaning of a career The meaning of CAREER is a profession for which one trains and which is undertaken as a permanent calling —often used before another noun. How to use career	2

Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)

Q. 11 Ans:-	What are the key qualities of a good Physical Education Teacher or Sports Coach? A good Physical Education Teacher or Sports Coach serves as a positive role model, nurturing the overall development of students. They collaborate with others to create inclusive physical activity opportunities, demonstrate a commitment to	2
------------------------------	--	---

	personal growth, and uphold personal and professional integrity Read more on Sarthaks.com - https://www.sarthaks.com/3598270/what-are-the-key-qualities-of-a-good-physical-education-teacher-or-sports-coach	
Q. 12	What are the components of Health Related Fitness and how can they be assessed?	2
Ans:-	<p>Health: Health refers to the social, mental, and physical well-being of a person along with a disease-free life.</p> <p>Components of health-related fitness:</p> <p>A. Flexibility: 1. It is the range of motion of joints that is possible.</p> <p>B. Muscular endurance: 1. It is the capacity of muscles or a cluster of muscles to carry out repeated contraction of the muscles against resistance for a long period of time is muscular endurance.</p> <p>C. Body composition: 1. It is a fat-free body weight.</p> <p>D. Cardiorespiratory endurance: 1. It is the ability of the individual to carry out aerobic exercises for a long duration of time.</p> <p>E. Muscular strength: 1. It is the strength that is vital to carry out everyday activities.</p>	
Q. 13	Describe the importance of creating an assessment and evaluation plan in physical education.	2
Ans:-	Creating an assessment and evaluation plan is essential in physical education as it provides structure to the assessment process. It helps in understanding what was learned and how well it was learned. Moreover, it ensures that assessments are meaningful, consistent, and aligned with learning objectives. A well-designed plan guides both students and teachers, leading to a comprehensive evaluation process Read more on Sarthaks.com - https://www.sarthaks.com/3598275/describe-the-importance-of-creating-assessment-and-evaluation-plan-physical-education	
Q. 14	What is free play?	2
Ans:-	The primary aim of 'Play' though is to have fun and a competition, it can be conducted or performed in a structured or an unstructured way. When the play is planned, conducted step by step in a particular way, it becomes a structured play. When it is conducted or performed impromptu, without any plan or steps to be followed, it is considered as an unstructured play. Both structured and unstructured play, though, requires adult super vision in order to eliminate any injuries, especially working with early years' children. Read more on Sarthaks.com - https://www.sarthaks.com/3382181/what-is-free-play	
Q. 15	Define the term 'sport' and explain its characteristics.	2
Ans:-	A sport is a physical activity conducted under agreed rules, either for competition, self-enjoyment, or a combination of both. It is governed by national or international bodies and involves structured gameplay, often resulting in a winner. Read more on Sarthaks.com – https://www.sarthaks.com/3598283/define-the-term-sport-and-explain-its-characteristics	
Q. 16	Write a short note on Inventory management system.	2
Ans:-	Inventory management is responsible for ordering and tracking stock as it arrives at the warehouse. Order management is the process of receiving and tracking customer orders	

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

Q. 17	What are the qualities of a good Physical Activity Facilitator?	4
Ans:-	a. Create and maintain a physically and emotionally safe learning environment for all	

	<p>students. b. Respect each individual's dignity and worth, and help students value their own identities and appreciate differences in others. c. Foster growth in all students by integrating intellectual, physical, emotional and social learning. d. Provide a supportive environment for positive social interaction and team building. Assist students in becoming active, 2) * Collaborate with stakeholders like school staff, parents and the community like school staff, parents and the community to provide a wide variety of physical activity opportunities for the entire school community: 3) * Respect and value other's opinion and identities. Serve as role models by participating regularly in health-enhancing physical</p>	
<p>Q. 18 Ans:-</p>	<p>Why is it essential to prepare an assessment report in physical education? Identifying Strengths and Areas of Improvement: Assessments help pinpoint students' strengths and areas needing attention, allowing targeted support for improvement. Monitoring Learning and Fine-Tuning Teaching: Assessments reveal the effectiveness of teaching methods. Teachers can adjust their approaches based on assessment results, ensuring tailored and efficient teaching techniques. Talent Identification: Assessments establish a baseline of students' strengths, aiding in talent identification. This information can motivate students to participate in competitive sports aligned with their</p>	4
<p>Q. 19 Ans:-</p>	<p>Explain the skill-related components of physical fitness with examples. Action: Action refers to executing specific movements required in a sport. For instance, in basketball, shooting accurately or in hurdling, leaping over barriers with precision showcases action skills. Coordination: Coordination involves using different senses and body parts in harmony. For instance, hand-eye coordination is crucial in sports like cricket (catching a ball), while foot-eye coordination is vital in football (kicking accurately into the goal). Balance: Balance pertains to maintaining stability, either stationary or in motion. Examples include walking steadily, running smoothly, walking on a balancing beam without falling, or landing on one leg after a jump. Developing balance is fundamental for various physical activities and sports, ensuring control and preventing injuries</p>	4
<p>Q. 20</p>	<p>Prepare a Lesson plan of Free play activity.</p>	4
<p>Q. 21 Ans:-</p>	<p>Why is it important to conduct periodic audits of inventory? • Accuracy: Audits ensure stock levels match recorded data, preventing discrepancies and ensuring precise financial reporting. • Loss Prevention: Regular audits help detect theft or damage early, minimizing losses and enabling preventive actions. • Optimization: By analyzing turnover rates, businesses can optimize stock levels, avoiding overstocking or shortages. • Customer Satisfaction: Accurate inventory means timely order fulfillment, enhancing customer satisfaction and loyalty. • Supplier Relations: Reliable inventory data aids suppliers, fostering healthy relationships and efficient supply chain management. • Compliance: Audits ensure adherence to industry regulations, avoiding legal complications and penalties. Read more on Sarthaks.com - https://www.sarthaks.com/3598321/why-is-it-important-to-conduct-periodic-audits-of-inventory</p>	4