



**BK BIRLA CENTRE FOR EDUCATION**  
**SARALA BIRLA GROUP OF SCHOOLS**  
**SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL**  
**PREBOARD –I 2024-25**  
**CLASS X**  
**PHYSICAL ACTIVITY TRAINER (418)**



**Class: X**  
**Date: 24.11.2024**  
**Name:**

**Duration: 2 hrs.**  
**Max Marks: 50**  
**Exam 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):**
  - 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)**
- i. What is the primary goal of sustainable agriculture, as mentioned in the passage? 1**
    - 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
  - ii. Which program focuses on developing skills through physical activities within a group or community? 1**
    - A. Service Program
    - B. Intramural Program
    - C. Extramural Program
    - D. Fitness and Recreational Programs
  - iii. Why is customization necessary for sports equipment used by small groups of learners? 1**
    - 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
  - iv. What is the purpose of a stopwatch in sports activities? 1**
    - A. To measure distance
    - B. To keep track of time
    - C. To indicate player positions
    - D. To calculate scores
  - v. Why is it crucial to match the sports type with the equipment used? 1**
    - 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
  - vi. How does the budget affect the selection of sports equipment and props? 1**
    - 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
- 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)? 1**
    - A. Weight / Height
    - B. Height / Weight
    - C. Weight × Height
    - D. Weight / Height<sup>2</sup>
  - ii. What does Balance in skill-related fitness refer to? 1**
    - 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

- iii. **What is the primary focus of Skill Related Fitness?** **1**  
 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
- iv. **How is a game defined?** **1**  
 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
- v. **What is the primary purpose of free play?** **1**  
 A. Competition  
 B. Entertainment and enjoyment  
 C. Exercise and fitness  
 D. Skill development
- vi. **What does "Industry Standard" mean in the context of sports equipment selection?** **1**  
 A. Equipment made from metal  
 B. Equipment manufactured as per industry guidelines  
 C. Equipment endorsed by famous athletes  
 D. Equipment with high resale value
- 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?** **1**  
 A. Color preference  
 B. Weight of the equipment  
 C. Age appropriateness  
 D. Brand popularity
- ii. **When does a play become structured?** **1**  
 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
- iii. **What is one of the disadvantages of excess usage of Free Play in physical activities for children?** **1**  
 A. Retains interest  
 B. Facilitates assessment  
 C. May develop wrong techniques  
 D. Enhances progress tracking
- iv. **What is the key learning outcome of the free play session?** **1**  
 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
- v. **What is a potential disadvantage of excess usage of Free Play?** **1**  
 A. Enhanced creativity  
 B. Conflicts among participants  
 C. Better communication skills  
 D. Improved techniques

- vi. What does formative evaluation primarily aim to achieve? 1**
- 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
- 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? 1**
- A. Enhancing intellectual skills
  - B. Providing relaxation
  - C. Offering thrill and action
  - D. Promoting cultural understanding
- ii. What does the demand mean in the context of entrepreneurship? 1**
- 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
- iii. What is the primary responsibility of a Physical Activity Facilitator? 1**
- A. Conducting academic classes
  - B. Organizing cultural events
  - C. Educating students in health, fitness, and sports
  - I. Managing administrative tasks
- iv. What do navigation keys, such as HOME and END, do on a keyboard? 1**
- 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
- v. What is emotional intelligence? 1**
- 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
- vi. What is the origin of the word 'communication'? 1**
- 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'
- 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? 1**
- 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
- ii. What is the purpose of Corrective and Rehabilitative Exercises in Physical Education programs? 1**
- A. Enhancing physical fitness
  - B. Fostering team spirit
  - C. Addressing defects or injuries for correction
  - D. Promoting recreational activities

- iii. **According to the National Curriculum Framework - 2005, what activities can be conducted during a school assembly?** 1
- 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
- iv. **What is one of the key recommendations for organizing a proper assembly according to the passage?** 1
- 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
- v. **What is the primary purpose of assessment in the context of teaching and learning?** 1
- 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
- vi. **What does the word 'assessment' mean etymologically?** 1
- A. To sit beside the learner  
 B. To judge student performance  
 C. To evaluate the final outcome  
 D. To monitor student progress

## **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 Define the meaning of a career 2
- Q. 7 In SMART goals, what does 'S' stand for? Explain. 2
- Q. 8 What is the function of the ENTER key 2
- Q. 9 List the ways in which an entrepreneur affects a society. 2
- Q. 10 Define the meaning of a career 2

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

- Q. 11 What are the key qualities of a good Physical Education Teacher or Sports Coach? 2
- Q. 12 What are the components of Health-Related Fitness and how can they be assessed? 2
- Q. 13 Describe the importance of creating an assessment and evaluation plan in physical education. 2
- Q. 14 What is free play? 2
- Q. 15 Define the term 'sport' and explain its characteristics. 2
- Q. 16 Write a short note on Inventory management system. 2

**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
- Q. 18 Why is it essential to prepare an assessment report in physical education? 4
- Q. 19 Explain the skill-related components of physical fitness with examples. 4
- Q. 20 Prepare a Lesson plan of Free play activity. 4
- Q. 21 Why is it important to conduct periodic audits of inventory? 4