



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY|CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



PRE MIDTERM
PHYSICAL EDUCATION (048)

Class: XI Sci/Com/
Date : Max. Marks: 25

Duration: 1 Hrs

(SECTION – A)

1. Physical Education is the sum of changes in an individual caused by experience centring motor activity.” This definition was given by:

- a) Cassidy
- b) Williams
- c) Charles A. Butcher
- d) Prince Martin

2. Which one of the following is NOT a current trend in physical education?

- a) Integration of technology
- b) Emphasis on lifelong fitness
- c) Traditional teaching methods
- d) Diverse activities inclusion

3. Which value emphasizes ethical behaviour and playing by the rules?

- a) Joy of Effort
- b) Fair Play
- c) Respect for Others
- d) Pursuit of Excellence

4. What is the meaning of the Olympic motto "Citius, Altius, Fortius"?

- a) Faster, Higher, Stronger
- b) Unity, Peace, Harmony
- c) Win, Compete, Conquer
- d) Strength, Power, Victory

(SECTION – B)

1. Which organization oversees the Olympic Movement and was founded in 1894? 2

Answer: The International Olympic Committee (IOC)

2. Define sports journalism. 2

Answer: Sports journalism is the field of reporting, writing, and broadcasting on sports events, athletes, and topics related to sports culture.

(SECTION – C)

1. Discuss the significance of the Olympic flag and its symbols. 3

ANSWER -The Olympic flag features five interlocked rings on a white background, symbolizing the unity of the five inhabited continents—Africa, the Americas, Asia, Europe, and Oceania—and representing the universal reach of the Olympic Movement

- The colors (blue, yellow, black, green, and red, plus white) were deliberately chosen so that at least one of these appeared in every national flag at the time, promoting inclusivity among

all countries

- The interlocking design underscores global cooperation, friendship, and solidarity through sport

2. Explain the teaching career in physical education, including at least two educational level
3

Answer:

Physical Education teachers work to instruct students in physical fitness, sports, and wellness at different academic stages, including:

- School level (primary & secondary): leading PE classes, organizing games, planning fitness activities, and promoting healthy lifestyle habits.
- College/university level: teaching advanced sports theory, coaching student-athletes, supervising fitness programs, and potentially guiding sports research or internships.

This career demands strong pedagogical skills, leadership, and a passion for promoting physical, mental, and social development

(SECTION – D)

1. Compare and contrast the ancient and modern Olympic Games in terms of 4 origins, values, inclusivity, and global impact?

ANSWER -Ancient Olympics began in 776 BCE at Olympia as Greek religious festivals honoring Zeus, exclusive to freeborn men and city-states. Modern Games, revived in 1896 by Pierre de Coubertin, emphasize Olympism—excellence, friendship, respect—embrace global participation by all genders, and wield far-reaching cultural, diplomatic, and economic influence

2. Explain how PE contributes to physical, mental, social, emotional 4 development and name careers linked to these areas.

ANSWER Physical development: Enhances strength, flexibility, endurance, coordination; careers: fitness trainer, sports coach and athletic trainer.

Mental development: Promotes concentration, goal-setting, discipline; careers: sports psychologist, cognitive coach.

Social development: Teaches teamwork, cooperation, social skills; careers: school PE teacher, team-building facilitator.

Emotional development: Builds confidence, stress management, emotional resilience; careers: recreational therapist, life coach.

Overall, PE supports holistic growth and prepares the individual for a wide array of careers in health, education, sports, and therapy