



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



**PREBOARD –III 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.	<b>Job Description of an Early Years Physical Activity Facilitator</b> (a) Make a Structure Plan (b) Make a Schedule (c) Lead and Manage the Event (d) All of these	1
ii.	<b>What is one of the key recommendations for organizing a proper assembly according to the passage?</b> 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
iii.	<b>What is the primary purpose of assessment in the context of teaching and learning?</b> 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
iv.	<b>Set shot is related to</b> (a) Volleyball (b) Basketball (c) a and b (d) None of these	1
v.	<b>What are stressors in the context of stress management?</b> 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
vi.	<b>What is the purpose of Corrective and Rehabilitative Exercises in Physical Education programs?</b> A. Enhancing physical fitness B. Fostering team spirit C. Addressing defects or injuries for correction D. Promoting recreational activities	1
Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	<b>Job description of an early years Physical Activity Facilitator</b> (i) Make a structure plan (ii) Make a Schedule (iii) Lead and Manage the event (iv) All of the above	1
ii.	<b>Assessment for learning is.</b> (i) Summative assessment (ii) Diagnosis assessment (iii) Formative assessment (iv) None of the above	1

iii.	<b>Risk management checks on the facility and equipment is</b> (i)Facility Assessment (ii)Age-Appropriate Materials (iii)i and ii (iv)None of the above	<b>1</b>
iv.	<b>Below 7 years' students which skill related fitness can be assessed.</b> (i)Action (ii)Balance (iii)Coordination (iv)All of these	<b>1</b>
v.	<b>Question &amp; Answer Sessions by the Facilitator is related to:</b> (i)Dealing with customers/ Parents (ii)Teacher and Student (iii)i and ii (iv)None of the above	<b>1</b>
vi.	<b>Point should be kept in mind while analyzing the report-</b> (i)Event Summary (ii)Performance analysis (iii)Incidents reports (iv)All of these	<b>1</b>
<b>Q. 3</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	<b>Which factor is essential to consider while selecting sports equipment or props?</b> A. Color preference B. Weight of the equipment C. Age appropriateness D. Brand popularity	<b>1</b>
ii.	<b>When does a play become structured?</b> 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	<b>1</b>
iii.	<b>What is one of the disadvantages of excess usage of Free Play in physical activities for children?</b> A. Retains interest B. Facilitates assessment C. May develop wrong techniques D. Enhances progress tracking	<b>1</b>
iv.	<b>What is the key learning outcome of the free play session?</b> 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	<b>1</b>
v.	<b>What is a potential disadvantage of excess usage of Free Play?</b> A. Enhanced creativity B. Conflicts among participants C. Better communication skills D. Improved techniques	<b>1</b>

vi.	<b>What does formative evaluation primarily aim to achieve?</b> A. Providing closure to the assessment process <b>B. Monitoring students' learning progress and providing ongoing feedback</b> C. Evaluating the outcome of the program D. Identifying students' strengths and weaknesses	1
Q. 4	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	<b>What is the primary goal of sustainable agriculture, as mentioned in the passage?</b> A) Maximizing production at any cost B) Using chemical fertilizers extensively to boost crop yield <b>C) Producing agricultural crops or livestock without damage to human or natural systems</b> D) Utilizing large quantities of water for irrigation	1
ii.	<b>Qualities of Good Facilitator</b> (a) Create an Environment for learning (b) Professional Etiquette, <b>(c) a and b</b> (d) Pledge to himself	1
iii.	<b>Why is customization necessary for sports equipment used by small groups of learners?</b> A. To match the equipment with the team's uniform B. To confuse opponents C. To ensure fair play <b>D. To adapt to the learners' needs and group size</b>	1
iv.	<b>What is the purpose of a stopwatch in sports activities?</b> A. To measure distance <b>B. To keep track of time</b> C. To indicate player positions D. To calculate scores	1
v.	<b>Why is it crucial to match the sports type with the equipment used?</b> A. To confuse the players B. To improve the aesthetics of the game <b>C. To enhance player safety and game quality</b> D. To challenge the players	1
vi.	<b>How does the budget affect the selection of sports equipment and props?</b> A. Budget does not impact the selection of sports equipment B. Higher budget always leads to better equipment quality <b>C. Budget determines the quantity and quality of equipment that can be purchased</b> D. Lower budget ensures better equipment durability	1
Q. 5	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	<b>Risk management checks on the facility and equipment is</b> (i) Facility Assessment (ii) Age-Appropriate Materials <b>(iii) i and ii</b> (iv) None of the above	1
ii.	<b>Below 7 years' students which skill related fitness can be assessed.</b> (i) Action (ii) Balance (iii) Coordination <b>(iv) All of these</b>	1

iii	<b>Question &amp; Answer Sessions by the Facilitator is related to:</b> (i) Dealing with customers/ Parents (ii) <b>Teacher and Student</b> (iii) i and ii (iv) None of the above	1
iv	<b>Point should be kept in mind while analyzing the report-</b> (i) Event Summary (ii) Performance analysis (iii) Incidents reports (iv) <b>All of these</b>	1

v	<b>How much time should be given to warming up</b> I) 7-8 minutes <b>ii) 10-20 minutes</b> iii) 5-6 minutes iv) 2-3 minutes	
vi	<b>Assessment for learning is.</b> (i) Summative assessment (ii) Diagnosis assessment <b>(iii) Formative assessment</b> (iv) None of the above	

## **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:-	<b>Define the meaning of a career</b> A <b>career</b> is a long-term professional journey or occupation, involving progression through various roles and opportunities, focused on personal growth, skill development, and achieving specific career goals or ambitions.	2
Q. 7 ANS:-	<b>State the four steps of Time Management.</b> The four steps of <b>Time Management</b> are: 1. <b>Planning:</b> Prioritize tasks and set goals. 2. <b>Scheduling:</b> Allocate specific time slots for tasks. 3. <b>Execution:</b> Focus on completing tasks efficiently. 4. <b>Review:</b> Assess progress and adjust plans as needed	2
Q. 8 ANS:-	<b>List the ways in which an entrepreneur affects a society.</b> An entrepreneur positively affects society by creating jobs, driving economic growth, fostering innovation, improving living standards, and contributing to community development through investments and social initiatives.	2
Q. 9 ANS:-	<b>In SMART goals, what does 'S' stand for? Explain.</b> In SMART goals, 'S' stands for Specific. It means setting clear, well-defined goals that outline exactly what is to be achieved, ensuring focus and direction.	2
Q. 10 ANS:-	What are the rules and regulations and etiquette guidelines? <b>Rules and regulations</b> are official guidelines governing behavior and activities, ensuring safety and fairness. <b>Etiquette guidelines</b> refer to social norms and	2

	respectful behavior in specific settings, promoting harmony and professionalism.	
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**Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)**

Q. 11 ANS:-	What is free play? <b>Free play</b> refers to unstructured, self-directed play where children engage in activities of their choice, fostering creativity, social skills, and emotional development without adult-imposed rules or constraints.	2
Q. 12 ANS:-	Name any four skill related components. Four skill-related components of fitness are: 1. <b>Balance</b> : The ability to maintain stability. 2. <b>Coordination</b> : The ability to synchronize movements. 3. <b>Agility</b> : The ability to change direction quickly. 4. <b>Power</b> : The ability to exert force rapidly.	2
Q. 13 ANS:-	Name the various activities which can be conducted by the Physical Activity Facilitator A Physical Activity Facilitator can conduct activities such as group exercises, team sports, outdoor games, dance sessions, yoga, fitness challenges, stretching routines, cooperative games, and skill-building exercises for various age groups.	2
Q. 14 ANS:-	Define the term 'sport' and explain its characteristics. <b>Sport</b> is a physical activity involving skill, competition, and structured rules. Its characteristics include teamwork, physical exertion, goal-oriented play, structured rules, and fostering personal growth, discipline, and sportsmanship.	2
Q. 15 ANS:-	What do you understand by facilitator? A <b>facilitator</b> is a person who guides and supports individuals or groups in achieving their learning, development, or goals. They encourage participation, foster communication, and help create a positive, productive environment.	2
Q. 16 ANS:-	Write a short note on Inventory management system. An Inventory Management System tracks and manages inventory levels, orders, sales, and deliveries. It ensures optimal stock levels, reduces waste, improves efficiency, and helps businesses manage resources effectively for smooth operations.	2

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

Q. 17 ANS:-	Why is it important to conduct periodic audits of inventory? Periodic audits of inventory are crucial for maintaining accuracy in stock levels, identifying discrepancies, and preventing theft or loss. They help businesses ensure that records align with actual inventory, optimize stock management, reduce waste, and improve financial reporting. Regular audits also support better decision-making, cost control, and operational efficiency, contributing to overall business success.	4
Q. 18 ANS:-	Why is it essential to prepare an assessment report in physical education? Preparing an assessment report in physical education is essential for evaluating students' progress, identifying strengths and weaknesses, and tailoring instructional strategies. It helps track individual performance, set future goals, and provides valuable feedback for both students and educators. This report also aids in measuring overall program effectiveness and ensuring continuous improvement.	4

<p>Q. 19 ANS :-</p>	<p>What are the qualities of a good Physical Activity Facilitator? A good Physical Activity Facilitator possesses qualities such as strong communication skills, the ability to motivate and engage participants, adaptability to different learning styles, and knowledge of physical activities. They should also demonstrate empathy, patience, and leadership, ensuring a safe and inclusive environment. Moreover, they should encourage teamwork, foster positive attitudes, and promote health and well-being.</p>	<p>4</p>
<p>Q. 20 ANS:-</p>	<p>Describe the BMI. <b>Body Mass Index (BMI)</b> is a measurement that helps assess an individual's body weight relative to their height. It is calculated by dividing weight (kg) by the square of height (m<sup>2</sup>). BMI helps categorize weight status into underweight, normal weight, overweight, and obesity, aiding in health risk assessments.</p>	<p>4</p>
<p>Q. 21 ANS:-</p>	<p>Prepare a sample assessment report of fitness of Grade 7<sup>th</sup> student. <b>Fitness Assessment Report - Grade 7</b> <b>Student Name:</b> John Doe <b>Grade:</b> 7th <b>Date:</b> December 25, 2024 <b>Instructor:</b> Mr. Smith</p>	<p>4</p>
	<p><b>Results:</b></p> <ul style="list-style-type: none"> <li>• <b>Cardiovascular Endurance</b> (1-mile run): 9:30 minutes (Good)</li> <li>• <b>Muscular Strength</b> (Push-ups): 20 (Above average), <b>Sit-ups:</b> 25 (Average)</li> <li>• <b>Flexibility</b> (Sit-and-reach): 14 inches (Below average)</li> <li>• <b>BMI:</b> 19.5 (Normal)</li> </ul> <p><b>Strengths:</b></p> <ul style="list-style-type: none"> <li>• Good cardiovascular endurance and upper body strength.</li> <li>• Healthy body composition.</li> </ul> <p><b>Areas for Improvement:</b></p> <ul style="list-style-type: none"> <li>• Flexibility and core strength.</li> </ul> <p><b>Recommendations:</b></p> <ul style="list-style-type: none"> <li>• Include regular stretching exercises for flexibility.</li> <li>• Focus on core exercises (e.g., planks) to improve sit-ups.</li> </ul> <p><b>Instructor's Signature:</b> _____ <b>Date:</b> December 25, 2024</p>	

