

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE - 418)

Blue-print for Sample Question Paper for Class X (Session 2022-2023)

Max. Time: 2Hours

Max. Marks: 50

PART A - EMPLOYABILITY SKILLS (10 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	
1	Communication Skills - II	-	-	-
2	Self-Management Skills - II	2	2	4
3	ICTSkills - II	2	1	3
4	Entrepreneurial Skills - II	2	2	4
5	Green Skills - II	-	-	-
TOTAL QUESTIONS		6	5	11
NO. OF QUESTIONS TO BE ANSWERED		Any 4	Any 3	07
TOTAL MARKS		1 x 4 = 4	2 x 3 = 6	10 MARKS

PART B - SUBJECT SPECIFIC SKILLS (40 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	4 MARKS EACH	
1	Roles and responsibility of a physical activity facilitator	6	1	1	8
2	Assessment and evolution of students	6	2	2	10
3	Free Play	6	1	1	8
4	Monitoring and inventory management	6	2	1	9
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		20	Any 4	Any 3	27
TOTAL MARKS		1 x 20 = 20	2 x 4 = 8	4 x 3 = 12	40 MARKS

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Sample Question Paper for Class X (Session 2022-2023)

Max. 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	Self-Management Skills - ICT Skills- Entrepreneurial Skills - Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Anita works hard to get the scholarship at the end of year. What type of motivation is this? A)Internal B)External C)Both internal and external D)Not any specific type of motivation	1
ii.	Managing stress is about making A) A Plan to visit Psychologist. B) A plan to develop emotional stability. C) A plan to be able to cope effectively with daily pressures. D) A plan to fun trip	1
iii.	Which of the following is a valid file extension for Notepad file? A) .jpg B) .doc C) .text (POST) starts D) . txt	1
iv.	Shortcut key to open a find dialog box is A) Ctrl+V B) Ctrl+F C) Ctrl+H D) Ctrl+Z	1
v.	Ajit has a Sweet outlet. He pays his employees on the 1st of every month. A) Creates a new product B) Manages the business C) Takes risk D) Marketing	1
vi.	Chetna decides to sell her company tires in Sri Lanka. It does not sell and she has a loss. She apologises to the people who work for her. She says she will plan better next time. She- A)Takes responsibility for your mistakes B) Thinks before making a decision C)Does not give up D)Is creative	1

Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	The standard duration of the Assembly should be A) 15-20 minutes. B) 5 – 10 minutes. C) 30- 40 minutes. D) 1 hour.	1

ii.	The word 'assess' comes from the Latin <i>assidere</i> , which means A) To sit beside. B) To come first. C) To win. D) To score.	1
iii.	Formula of Body Mass Index (BMI) = A) Weight (in kg) / Height ² (in inch) B) Weight (in kg) / Height ² (in m) C) Weight (in kg) / Height (in m) D) Weight (in kg) / Height (in inch)	1
iv.	When the play is planned, conducted step by step in a particular way, it becomes A) Tournament. B) Structured play. C) League Tournament D) IPL	1
v.	Inventory refers to A) Sports goods B) Materials stocked C) Infrequent sports goods D) Sports Kit	1
vi.	Which of these is True? A) Basket is used for Throwing & target practice. B) Inventory can be done only with Software C) Budget is part of inventory management D) Inventory is not the part of job role of Physical Education Teacher	1

Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which of these are not a type of activity which is conducted by the Physical Activity Facilitator? A) Service Programs B) Intramural Programs C) Extramural Programs D) Intersecting Programs	1
ii.	Health Related Fitness can be assessed by measuring the following abilities: A) Aerobic Capacity. B) Action C) Balance D) Coordination	1
iii.	Assessment is the process deployed to A) Understand student learning. B) Understand test pattern C) Understand sports cultural D) Understand team building process	1

iv.	Sports is played as per A) School Rules B) Universal rules C) Adaptive rules D) Modified rules	1
v.	Roman rings, vaulting horse, parallel bars are terms related to: A) Horse Riding B) Gymnastics C) Stainless Steel Products D) Obstacle Race	1
vi.	Sports equipment or props should be A) High quality & expensive B) Universally designed C) From good brand D) Age appropriate	1

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Agenda for the Parent Teacher Meeting in the context of the subject of Physical Education A) Parent awareness about the PE programme in the school. B) Student awareness about the PE programme in the school. C) Management awareness about the PE programme in the school. D) Development of student teacher relationship.	1
ii.	The aim of physical education is to offer all students an opportunity to - A) Enhance their physical well- being. B) Win the medals at competition. C) Enhance only physical fitness. D) Work for the society.	1
iii.	Which training is appropriate for Students of early years (below the age of 7 years) A) Aerobic Capacity B) Anaerobic Capacity C) Strength D) Balancing	1
iv.	Free Play is to A) Fun B) Learn C) Win D) Loose	1
v.	Which of this is not possible to do in Free Play sessions? A) Improve Communication B) Assess and give Report Card C) Promote sense of Sportsmanship D) Encourage Creativity	1

vi.	Equipment require for training of Jumping, hopping, waist rotation for early years children A) Hula hoop B) Agility Ladder C) Parachute D) Saucer cone	1
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Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	“In most schools, the day begins with a morning assembly, when the entire school gathers to do things together. This time can be used for reading the headlines of the morning newspaper, performing some physical exercises and singing the national anthem. Other activities could also be added, for example, singing together, or listening to a story, or inviting a person from the local community or an outside guest to speak to the children, or hold small events to mark some significant local or national happening. Classes that have undertaken some interesting projects could also use this time to share their work with the whole school”., Is recommendation of – A) NCE 2005 B) NEP 2020 C) National Curriculum Framework 2005 D) National Curriculum Framework NCF 1975	1
ii.	Which of these equipment is not appropriate for catching and throwing? A) Bean Bag B) Scarf C) Relay baton D) Football	1
iii.	Free play is a form of recreation, in which it is necessary to have A) Rules B) Participants C) Officials D) Winning and loosing	1
iv.	Which of these is not Disadvantages of excess usage of free play A) May develop wrong techniques B) Progress cannot be tracked C) Student Assessment cannot be done D) Promotes sense of ownership	1
v.	A physical activity facilitator’s job is to a) Teach students b) Engage colleagues c) Engage parents and community Which of these are correct: 1) A 2) A and B 3) A and C 4) All of above	1

vi.	Used in team game as jersey to differentiate from the opponent. A) Bib B) Sports safety gears C) Track Suit D) Color strips	1
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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	Describe stress and stress management.	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	Write a short note on "Physical Activity Facilitator nurture each student's cognitive, physical, emotional and social development"	2
Q. 12	What are the Difference between Assessment and Evaluation.	2
Q. 13	Write the type of evaluation.	2
Q. 14	What is free play?	2
Q. 15	Explain the importance of budget.	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	What are the components of fitness?	4
Q. 19	Create a Sample assessment report of fitness of class 7 th student.	4
Q. 20	Prepare a Lesson plan of Free play activity.	4
Q. 21	Elaborate the factors influencing the selection of props and equipment	4