

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE - 845)

MARKING SCHEME FOR CLASS XII (SESSION 2025-2026)

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. There is no negative marking.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section contains 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 (1 x 4 = 4 marks)	Marks	Unit
i.	c. Maintaining eye contact	1	1
ii.	c. Completing a task to earn a reward or praise from others	1	2
iii.	c. Empathy	1	2
iv.	a. A → Ctrl + N; B → Ctrl + S; C → Ctrl + Z	1	3
v.	b. Resilience	1	4
vi.	c. Recycle them through an authorized e-waste recycling program	1	5

Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	Marks	Unit/ Chapter
i.	c. Teaching, Coaching, and Sports Journalist	1	1
ii.	c. Running a marathon	1	1
iii.	b. To measure what has been learned	1	2
iv.	b. To guide people in responding to serious medical events	1	3
v.	b. Rapid pulse and flushed skin	1	3
vi.	c. To protect yourself and others from illness	1	4

Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	Marks	Unit/ Chapter
i.	c. Engineering	1	1
ii.	a. Upper Body Strength	1	2
iii.	c. To provide a clear set of criteria for assessing performance quality	1	2
iv.	d. M for Medication	1	3
v.	c. Harsh chemicals	1	4
vi.	b. Report it to the authorities and follow up for repairs	1	4

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	Marks	Unit/ Chapter
i.	b. Developing	1	2
ii.	d. Official rules and regulations	1	1
iii.	d. Recreation	1	1
iv.	c. To respond effectively to common injuries	1	3
v.	a. Breathing	1	3
vi.	d. Store them in a well-ventilated place away from direct sunlight	1	4

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	Marks	Unit/ Chapter
i.	c. To ensure all assessment pieces are connected	1	2
ii.	d. Sports Medicine	1	1
iii.	a. Assessment focuses on grades, while evaluation is product-oriented	1	2
iv.	b. At least 2 inches (5 cm)	1	3
v.	c. Dispose of it in a dustbin	1	4
vi.	c. To provide a healthy and germ-free environment	1	4

SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills in 20 – 30 words each (2 x 3 = 6 marks)

	Answer	Marks	Unit/ Chapter
Q. 6	Active listening contributes to effective teamwork in the workplace by fostering better communication, trust, and collaboration among team members. It involves giving full attention to the speaker, understanding their perspective, and responding thoughtfully. This leads to improved problem-solving, conflict resolution, and a more cohesive team.	2	1
Q. 6	Setting clear personal and professional goals enhances self-management skills and contributes to career growth by providing direction and motivation. When individuals have well-defined goals, they can prioritize tasks, stay organized, and measure progress. This clarity and focus help in achieving career milestones and personal growth.	2	2
Q. 8	Data security and privacy differ in the digital age. Data security focuses on safeguarding data from breaches or unauthorized access. Privacy, on the other hand, is about controlling personal information and consent over its use. Examples of protective measures include using strong passwords, encryption, and multi-factor authentication for data security, and reviewing and adjusting privacy settings on social media for privacy.	2	3
Q. 9	Key qualities and characteristics for a successful entrepreneur include resilience, adaptability, creativity, risk-taking, leadership, and strong interpersonal skills. These qualities are important for effectively starting and running a business because they enable entrepreneurs to navigate challenges, identify opportunities, innovate, and build successful teams and partnerships.	2	4
Q. 10	Two benefits of green jobs in the greening of the economy are: a. Reduced environmental impact: Green jobs often focus on sustainable practices and technologies, leading to reduced resource consumption and lower emissions. This helps in mitigating environmental issues and climate change. b. Economic growth and innovation: The transition to a greener economy creates opportunities for new businesses, products, and services. It fosters economic growth, innovation, and job creation while also lowering energy costs.	2	5

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

	Answer	Marks	Unit/ Chapter
Q. 11	It's essential for a Physical Education Assistant to guide and inspire students in choosing suitable career paths and help them understand the diversity of options available in the field.	2	1
Q. 12	Knowing these differences allows tailoring activities to age-appropriate interests and needs, promoting physical well-being and a lifelong love for sports and recreation.	2	1
Q. 13	Showcasing props during PTMs can provide visual aids that help parents better understand their child's progress and areas for improvement, enhancing the overall communication and engagement during the meeting.	2	2

Q. 14	Maintaining the recommended compression depth during hands-only CPR ensures effective blood circulation by properly compressing the chest and facilitating the flow of oxygen to vital organs, increasing the chances of survival for the victim.	2	3
Q. 15	The primary purpose of the "DRABC" sequence in first aid is to assess and prioritize the patient's condition systematically. It is crucial in emergencies as it helps identify dangers, assess responsiveness, clear airways, check breathing, and evaluate circulation, ensuring prompt and effective care.	2	3
Q. 16	High-frequency inspections help address rapidly changing conditions like weather, use, and vandalism, ensuring the safety and quality of sports facilities, while low-frequency inspections focus on in-depth, wear-and-tear assessments. Both are essential for effective maintenance.	2	4

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

	Answer	Marks	Unit/ Chapter
Q. 17	It is crucial for students to comprehend the instructions and rules during assessments to ensure a smooth and successful process. When students understand what is expected, it reduces confusion, anxiety, and the likelihood of errors. This clarity leads to more accurate data collection, benefiting both students and the assessment process. Additionally, it fosters a positive assessment experience, promoting student engagement and cooperation.	4	2
Q. 18	Incorporating various fitness tests in physical education programs provides a comprehensive view of a student's fitness. Aerobic tests evaluate endurance, anaerobic tests assess power, flexibility tests measure range of motion, and strength tests determine muscle capacity. This holistic approach helps educators tailor fitness plans to individual student needs and encourages a more well-rounded approach to physical fitness.	4	2
Q. 19	Signs of heatstroke include high fever, mental confusion, hot and dry skin, nausea, rapid pulse, and headache. Immediate first aid measures for heatstroke involve cooling the person down, such as placing them in cool water, spraying with water, or using ice packs on specific areas of the body to lower their temperature rapidly and seeking medical assistance.	4	3
Q. 20	It is essential to maintain hygiene at the playground to ensure the health and safety of individuals using the area. Steps to achieve this include not littering, disposing of waste in dustbins, avoiding spitting, keeping changing rooms clean, preserving plants, and segregating waste into biodegradable and non-biodegradable categories.	4	4
Q. 21	When inspecting and maintaining sports facilities and equipment, key factors include checking for broken or unsafe equipment, ensuring surfaces are well-maintained, using durable materials, creating safe distances between equipment, and regularly inspecting for hazardous objects. Regular cleaning, reporting issues promptly, and following up on maintenance are also crucial aspects of maintaining safety and hygiene.	4	4