

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE - 845)

BLUE-PRINT FOR SAMPLE QUESTION PAPER – 1 (PRACTICE PAPER-1) CLASS XII (SESSION 2025-2026)

Max. Time: 2 Hours

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 -IV	1	1	2
2	Self-Management Skills - IV	2	1	3
3	ICT Skills - IV	1	1	2
4	Entrepreneurial Skills - IV	1	1	2
5	Green Skills - IV	1	1	2
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	Overview of Physical Education and Sports Sector	--	--	--	--
2	Assessment of students	8	2	2	12
3	Emergency Management	8	3	1	12
4	Health and Hygiene in Play Area	8	1	2	11
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		Any 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 - 1 (PRACTICE PAPER-1)

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. 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 (1 x 4 = 4 marks)	
i.	Which of the following is an example of non-verbal communication? a. Sending a text message b. Speaking loudly c. Maintaining eye contact d. Writing an email	1
ii.	Which of the following is an example of extrinsic motivation? a. Studying because you genuinely enjoy the subject b. Exercising to stay healthy and fit c. Completing a task to earn a reward or praise from others d. Pursuing a hobby for personal satisfaction	1
iii.	Which of the following personality traits is often associated with individuals who excel in leadership roles? a. Shyness b. Aggressiveness c. Empathy d. Introversion	1
iv.	Match the following: A. To create a new document in Microsoft Word B. To save a document in Microsoft Word C. To undo the last action in Microsoft Word a. A → Ctrl + N; B → Ctrl + S; C → Ctrl + Z b. A → Ctrl + S; B → Ctrl + N; C → Ctrl + Z c. A → Ctrl + N; B → Ctrl + Z; C → Ctrl + S d. A → Ctrl + Z; B → Ctrl + S; C → Ctrl + N	1
v.	Priya faced numerous setbacks while starting her own business, but she remained determined and continued to work hard despite the challenges. Which employability skill is demonstrated by Priya's attitude? a. Leadership b. Resilience c. Creativity d. Time management	1
vi.	Which of the following is the most environmentally responsible way to dispose of old mobile phones and electronic gadgets? a. Donate them to a local charity b. Sell them online to the highest bidder c. Recycle them through an authorized e-waste recycling program d. Bury them in your backyard	1

Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What are the career opportunities typically associated with a Physical Education Assistant? a. Teaching only b. Sports Medicine and Teaching c. Teaching, Coaching, and Sports Journalist d. Teaching, Coaching, and Equipment Management	1
ii.	Which of the following is categorized as a "physical activity"? a. Basketball match b. Running a marathon c. Watching a soccer game d. Playing chess	1
iii.	What is the primary purpose of assessment in physical education? a. To compete with other students b. To measure what has been learned c. To assign grades randomly d. To create competition among teachers	1
iv.	What is the primary purpose of an Emergency Action Plan in physical education and sports? a. To win sports competitions b. To guide people in responding to serious medical events c. To organize sports equipment d. To determine sports schedules	1
v.	What are the signs and symptoms of heatstroke? a. Runny nose and coughing b. Rapid pulse and flushed skin c. Cold extremities and shivering d. Nausea and vomiting	1
vi.	What is the primary purpose of maintaining good personal hygiene practices? a. To prevent damage to clothing b. To impress others with cleanliness c. To protect yourself and others from illness d. To save money on cleaning products	1

Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which of the following is NOT a potential career path for someone with a background in Physical Education? a. Sports Psychology b. Sports Nutritionist c. Engineering d. Fitness Sector	1

ii.	Which fitness parameter involves tests like Seated Medicine Ball Throw and Push-ups? a. Upper Body Strength b. Lower Body Strength c. Anaerobic Capacity d. Flexibility	1
iii.	How is a rubric typically used in assessing student skills? a. To measure the number of questions answered correctly b. To evaluate the color used in student assignments c. To provide a clear set of criteria for assessing performance quality d. To assess students' physical fitness levels	1
iv.	Which of the following is not part of the DRABC sequence in first aid? a. D for Danger b. R for Response c. A for Airways d. M for Medication	1
v.	Which of the following items should not be used for cleaning personal protective equipment? a. Warm soapy water b. Baby soap c. Harsh chemicals d. White vinegar	1
vi.	What should you do if you find damaged equipment on the playground? a. Leave it as is b. Report it to the authorities and follow up for repairs c. Use it carefully d. Discard it in a nearby trash bin	1

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	In a 3-point grading scale rubric, what does a "B" typically represent in terms of skill assessment? a. Proficient b. Developing c. Needs Improvement d. Excellent	1
ii.	What is the main characteristic that distinguishes "games" from "sports"? a. Competitive element b. Physical exertion c. Team involvement d. Official rules and regulations	1

iii.	In which category do leisurely activities like hiking and gardening primarily fall? a. Physical Activity b. Games c. Sports d. Recreation	1
iv.	What is the purpose of a well-stocked first aid kit in physical education classes? a. To provide equipment for sports activities b. To serve as a prop for first aid demonstrations c. To respond effectively to common injuries d. To store snacks and drinks for students	1
v.	In the ABC of first aid, what does the letter "B" stand for? a. Breathing b. Bandaging c. Broken bones d. Bleeding	1
vi.	How should you store leather props and equipment to prevent damage? a. Expose them to direct sunlight b. Keep them in a damp place c. Use a dry cloth for cleaning d. Store them in a well-ventilated place away from direct sunlight	1

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	According to the text, why is it essential to have a clear plan for assessment? a. To confuse students b. To make assessment difficult c. To ensure all assessment pieces are connected d. To eliminate assessment entirely	1
ii.	During a class discussion on various careers in physical education and sports, which occupation primarily deals with diagnosing and treating injuries related to physical activities and sports? a. Sports Journalism b. Sports Psychologists c. Equipment Managers d. Sports Medicine	1
iii.	According to the text, what is the main difference between assessment and evaluation? a. Assessment focuses on grades, while evaluation is product-oriented b. Assessment and evaluation are the same concepts c. Evaluation is ongoing, while assessment provides closure d. Evaluation improves learning quality, while assessment judges learning level	1

iv.	What is the recommended compression depth for performing chest compressions in hands-only CPR for adults and teenagers? a. At least 3 inches (7.5 cm) b. At least 2 inches (5 cm) c. At least 4 inches (10 cm) d. At least 1 inch (2.5 cm)	1
v.	What should be done with waste and garbage in a play area to maintain hygiene? a. Leave it where it is b. Bury it underground c. Dispose of it in a dustbin d. Throw it into a nearby water source	1
vi.	What is the main goal of using disinfecting and cleaning agents in a play area? a. To make the area smell better b. To create a colorful environment c. To provide a healthy and germ-free environment d. To add a shine to the play equipment	1

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	Explain how active listening contributes to effective teamwork in the workplace?	2
Q. 7	Explain how setting clear personal and professional goals can enhance your self-management skills and contribute to your career growth.	2
Q. 8	Differentiate between data security and privacy in the digital age. Provide examples of measures individuals and organizations can take to protect sensitive information.	2
Q. 9	What are the key qualities and characteristics that make a successful entrepreneur, and why are they important for starting and running a business effectively?	2
Q. 10	The greening of the economy presents a major opportunity to start new businesses, develop new markets and lower energy costs. Write any two benefits of green jobs.	2

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

Q. 11	Why is it important for a Physical Education Assistant to have knowledge about various career opportunities in the field of physical education and sports?	2
Q. 12	How can an understanding of the differences between physical activity, games, sports, and recreation benefit individuals of different age groups?	2
Q. 13	Explain the essential steps or tasks that should be carried out by a teacher after concluding a Parent-Teacher Meeting (PTM)	2

Q. 14	Why is it essential to maintain the recommended compression depth while performing hands-only CPR, and how does it contribute to the effectiveness of the procedure?	2
Q. 15	What is the primary purpose of the "DRABC" sequence in first aid, and why is it crucial in emergency situations?	2
Q. 16	Why is it important to regularly inspect and maintain sports facilities and equipment, and what are the consequences of neglecting maintenance?	2

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

Q. 17	Why is it crucial to ensure students understand the instructions and rules on the day of the assessment, and how can this contribute to a successful assessment process?"	4
Q. 18	What are the advantages of incorporating various types of fitness tests, such as aerobic, anaerobic, flexibility, and strength assessments, in physical education programs, and how do they contribute to a holistic evaluation of a student's fitness level?	4
Q. 19	What are the signs and symptoms of heatstroke, and how should immediate first aid be administered to someone suspected of suffering from heatstroke?	4
Q. 20	Why is it important to maintain hygiene at the playground, and what are some steps to achieve this?	4
Q. 21	What are some key factors to consider when inspecting and maintaining sports facilities and equipment for safety and hygiene?	4