

Series : @PSQR

SET - 4



प्रश्न-पत्र कोड
Q.P. Code **369**

रोल नं.

Roll No.

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परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें।

Candidates must write the Q.P. Code on the title page of the answer-book.

नोट / NOTE :

- (i) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 15 हैं।
Please check that this question paper contains 15 printed pages.
- (ii) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- (iii) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 21 प्रश्न हैं।
Please check that this question paper contains 21 questions.
- (iv) कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में यथा स्थान पर प्रश्न का क्रमांक अवश्य लिखें।
Please write down the serial number of the question in the answer-book at the given place before attempting it.
- (v) इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक परीक्षार्थी केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।
15 minutes time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.



शारीरिक गतिविधि प्रशिक्षक

PHYSICAL ACTIVITY TRAINER

निर्धारित समय : 2 घण्टे

Time allowed : 2 hours

अधिकतम अंक : 50

Maximum Marks : 50

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P.T.O.

General Instructions :

- (i) Please read the instructions carefully.
- (ii) The question paper consists of 21 questions in two Sections : Section - A & Section - B.
- (iii) Section - A has Objective Type Questions whereas Section - B contains Subjective Type Questions.
- (iv) 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.
- (v) All questions of a particular section must be attempted in the correct order.
- (vi) Section - A : Objective Type Questions (24 marks) :
 - (a) This section has 05 questions.
 - (b) Marks allotted are mentioned against each question/part.
 - (c) There is no negative marking.
 - (d) Do as per the instructions given.
- (vii) Section - B : Subjective Type Questions (26 marks) :
 - (a) This section has 16 questions.
 - (b) A candidate has to do 10 questions.
 - (c) Do as per the instructions given.
 - (d) Marks allotted are mentioned against each question/part.

SECTION - A

(Objective Type Questions)

1. Answer any 4 out of the given 6 questions on Employability Skills : $4 \times 1 = 4$
- (i) Which stage of active listening involves judging the value, quantity, importance and amount of something ? 1
 - (A) Receiving (B) Remembering
 - (C) Evaluating (D) Understanding
 - (ii) Which of the following is NOT a recommended way to manage stress ? 1
 - (A) Stay positive and analyse the situation.
 - (B) Maintain an accomplishment sheet of achievement.
 - (C) Keep thoughts focused on the present.
 - (D) Avoid talking to friends or family and isolate yourself.

- (iii) What is the function of pressing Ctrl + X on the keyboard ? 1
- (A) Copy selected text or object
(B) Cut selected text or object
(C) Paste copied text or object
(D) Undo the last action
- (iv) Interpersonal skills refer to _____. 1
- (A) The ability to work alone without interaction
(B) Competencies required to communicate and work effectively with other people
(C) Technical knowledge in a specific field
(D) Skills – related to manage finances
- (v) A sentence that states a fact or opinion is called : 1
- (A) Interrogative sentence (B) Exclamatory sentence
(C) Declarative sentence (D) Imperative sentence
- (vi) According to UNEP, which type of jobs involve work those contribute to preserving or restoring environment quality ? 1
- (A) Blue-collar jobs (B) Green jobs
(C) White-collar jobs (D) Freelance jobs

2. Answer any 5 out of the given 6 questions : $5 \times 1 = 5$

- (i) In physical education, teacher observation is most suitable for : 1
- (A) Assessing theoretical knowledge of rules
(B) Assessing acquisition of critical elements of skills for mature motor patterns
(C) Judging classroom participation only
(D) Measuring fitness levels through written records.
- (ii) Aerobic capacity refers to the ability to sustain activity for a longer duration in the presence of _____. 1
- (A) Carbon dioxide (B) Glucose
(C) Nitrogen (D) Oxygen

(iii) Which of the following body parts are preferred for placing ice pack or cold wet towel during heat stroke ? 1

- (A) Hands and feet (B) Legs only
(C) Neck, armpits and groin (D) Head and shoulders

(iv) Which medication reduces airways inflammations and makes them less sensitive to triggers when taken daily ? 1

- (A) Preventers (B) Relievers
(C) Nebulizer (D) Steroids

(v) Poor personal hygiene can affect _____. 1

- (A) only yourself
(B) only family members
(C) only community health workers
(D) Both – yourself and those around you

(vi) Which of the following item should not be used by the players ? 1

- (A) Helmet (B) Solvent based adhesives
(C) Guards (D) Leather Gloves

3. Answer any 5 out of the given 6 questions. 5 × 1 = 5

(i) Which issue is most likely addressed in a high frequency inspection ? 1

- (A) Wear and tear of equipment chains
(B) Sanitation problems and presence of trash
(C) Surfacing standards verifications
(D) Structural redesign of playground

(ii) Most literature on emergency action plans focus on _____ 1

- (A) Athletic areas (B) Physical education
(C) Classroom management (D) Fitness testing

- (iii) In most fitness tests, a student's score is compared to _____. 1
(A) Previous year's result (B) Teachers expectations
(C) Class average (D) Norm tables
- (iv) What emergency number should you call if the person is not breathing? 1
(A) 102 (B) 108
(C) 112 (D) 100
- (v) Which cleaning agent is preferred to clean the leather items? 1
(A) Harsh detergents (B) Baby soaps
(C) Solvent-based cleanser (D) Permanent marker
- (vi) What should be given between different tests to ensure accurate results? 1
(A) Appropriate recovery (B) Extra practice
(C) Immediate repetitions (D) Snacks only

4. Answer any 5 out of the given 6 questions. $5 \times 1 = 5$

- (i) Which medicine in a first aid kit helps to reduce fever and pain? 1
(A) Calamine lotion
(B) Antibiotic ointment
(C) Acetaminophen and ibuprofen
(D) Hydrocortisone cream
- (ii) Which of the following is NOT considered a general rule of hygiene and sanitation? 1
(A) Wash your hands, face and feet after returning home from play.
(B) Change clothes and undergarments only once a week
(C) Cut your hand and foot nails regularly.
(D) Never go to bed in your daily clothes.
- (iii) One key difference between assessment and evaluation is that assessment is _____ while evaluation provides closure. 1
(A) Optional (B) Final
(C) Graded (D) Continuous

(iv) Which of the following is an example of an external factor affecting sports facilities? 1

- (A) Climate (B) Equipment age
(C) Overuse (D) Material quality

(v) In the R.I.C.E. method, what does "R" stands for? 1

- (A) Recovery (B) Relief
(C) Repair (D) Rest

(vi) Post assessment, what should be done before uploading the data on Excel sheets? 1

- (A) Share with students (B) Print the report
(C) Check the data carefully (D) Collect feedback

5. Answer any 5 out of the given 6 questions : 5 × 1 = 5

(i) What should NOT be done, if you don't know the answer to a parent's query? 1

- (A) Ask them to write to the given email
(B) Admit politely you will check later
(C) Give a wrong or random answer
(D) Guide them towards the right source

(ii) _____ is an injury to a ligament caused by tearing of the fibres of the ligament by a single application of force. 1

- (A) Strain (B) Sprain
(C) Fracture (D) Dislocation of bone

(iii) Which test is used to measure anaerobic capacity in students? 1

- (A) 30 metre Sprint test (B) Beep test
(C) 600 metre Run/Walk (D) Sit and Reach test

- (iv) While swimming in a pool, which of the safety protocol is not vital ? 1
- (A) Wear a correct swimming attire.
 (B) If suffering from infectious disease don't go to the pool.
 (C) Do not swim beyond your capacity.
 (D) Do not imitate drowning.
- (v) Frequency of wiping the cemented playing surface is _____. 1
- (A) Once a week (B) Daily
 (C) Only after matches (D) Monthly
- (vi) How will you clear the airways if, a blockage is visible at the back of the throat ? 1
- (A) Give water (B) Start chest compressions
 (C) Sweep it out with a finger (D) Leave it as it is

SECTION - B

(Subjective Type Questions)

Answer any 3 out of the given 5 questions on Employability skills : $3 \times 2 = 6$

Answer each question in 20-30 words.

6. What is the role of conjunctions in a complex sentence ? Explain with suitable example. $1 + 1 = 2$
7. Explain any two roles and functions of an entrepreneur. 2
8. Suggest any four ways to the managers of manufacturing plants and factories to minimize waste and pollution. $\frac{1}{2} \times 4 = 2$
9. What are the steps to filter data in a spreadsheet ? 2
10. How positive attitude can be maintained to improve mental and physical health ? $\frac{1}{2} \times 4 = 2$

Answer any 4 out of the given 6 questions in 20-30 words each. $4 \times 2 = 8$

11. What do you understand by assessment rubric ? Explain A-3 point grading scale to assess performance. $\frac{1}{2} \times 4 = 2$
12. What are the basic principles of First Aid ? $\frac{1}{2} \times 4 = 2$
13. Explain any four special maintenance activities that should be carried out at least once a year to ensure the proper upkeep of a sports ground. 2
14. Mention any four safety measures that should be followed by the person providing food and drinks during play. $\frac{1}{2} \times 4 = 2$
15. Enlist any four symptoms of allergic reactions and asthma. $\frac{1}{2} \times 4 = 2$
16. Mention any four important points to remember on the day of the assessment. 2

Answer any 3 out of the given 5 questions in 50-80 words each.

- $3 \times 4 = 12$
17. Describe in details the procedure and steps involved in the DRABC method. 4
 18. How Low and High frequency Inspections contribute in maintaining sports facilities and kits ? Explain. 4
 19. While organising qualitative assessment in Physical Education, explain the Pre and Post assessment responsibilities of a teacher. $2 + 2 = 4$
 20. Define evaluation. Explain three different types of evaluations. 4
 21. How should a parent-teacher meeting be managed ? Explain in detail. 4