

Y-56

Roll No.

Total No. of Questions **23**

Total No. of Printed Pages **4**

XIARJKUT23

9256

**PHYSICAL EDUCATION
AND SPORTS**

(Vocational)

Time : 2½ Hours

[Maximum Marks : 50

Section-A

(Very Short Answer Type Questions)

• each

- 1 Green development enhances _____ development**
- 2 Flash memory is _____ type of memory**
- 3 Physical fitness is not necessary for a sports person (True False)**
- 4 Physical means resemble human body (True False)**
- 5 Flexibility is _____ of physical fitness**

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6. Prime responsibility of a physical fitness trainer is
- (A) ☒ Physical development (B) Mental development
- (C) Social development (D) All round development
7. Olympic 2020-21 games were held at :
- (A) ☒ Tokyo (B) Belgium
- (C) Delhi (D) Mumbai
8. Essential quality needed for a successful physical trainer :
- (A) ☒ Disciplined (B) Passionate
- (C) Honest and Loyal (D) Motivator
9. The process of controlling and managing is known as :
- (A) ☒ Management (B) Communication
- (C) Development (D) Entrepreneurship
10. Treadmill is used mainly/especially :
- (A) Coaching centers (B) Tailoring centers
- (C) ☒ Gym centers (D) CSC centers

Section-B

(Short Answer Type Questions-I)

2 each

11. What do you mean by Physical Fitness ?
12. What is Muscular Endurance ?
13. Personal trainer means
14. Write any four duties of physical trainer in a school
15. What is Sports Management ?

Section-C

(Short Answer Type Questions-II)

3 each

(50-60 words each)

16. What are the career opportunities in health and fitness field ?
17. Summarise the very noble qualities required to become a good fitness trainer.
18. List out the different equipments used in health and fitness centers
19. What are the basic principles of good management ?
20. Discuss the various benefits of physical fitness

Section-D

(Long Answer Type Questions)

5 each

(150-200 words each)

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21. What is Communication and types of communication ?

Or

Explain Grooming. Give the guidelines for proper dressing and grooming

22. Discuss in detail the physical fitness and its essential components.

Or

Write down the benefits of Physical Fitness for sports person.

23. The role of fitness institutions in today's life. Justify with examples.

Or

Need and importance of management in establishing fitness centre.

Describe.