

Class X - Physical Activity Trainer

Exam Ready Notes with Top 50 Questions

Part A: Employability Skills

- Communication Skills: verbal, non-verbal, written, barriers, 7Cs of communication.
- Self-Management: stress, time management, goal setting, motivation.
- ICT Skills: operating systems, file management, digital tools.
- Entrepreneurial Skills: qualities, risk-taking, innovation.
- Green Skills: sustainability, eco-friendly practices.

Part B: Physical Activity Trainer

- Roles & Responsibilities of Early Years Facilitator: planning, safety, record-keeping.
- Assessment & Evaluation: diagnostic, formative, summative, feedback.
- Free-play: importance, methods, grouping, documentation.
- Monitoring & Inventory: equipment checks, reporting, data management.

Top 50 Exam Questions

1. Define communication and explain its types.
2. What are the 7 Cs of effective communication?
3. Differentiate between verbal and non-verbal communication.
4. Give two examples of barriers to communication.
5. Write any two advantages of written communication.
6. Define self-management skills with examples.
7. Mention three techniques to handle stress.
8. How can you improve your time management?
9. Explain SMART goal setting.
10. Define motivation with one example.
11. What are ICT skills? Give examples.
12. Differentiate between hardware and software.
13. Write steps to create a folder in a computer.
14. Explain the importance of computer maintenance.
15. What is the role of ICT in daily life?
16. Define entrepreneurial skills.
17. List qualities of a good entrepreneur.
18. Explain the importance of innovation in business.
19. What is risk-taking? Give an example.
20. Mention two differences between entrepreneur and employee.
21. Define Green Skills with examples.
22. What are eco-friendly practices at school?
23. Mention the importance of sustainability.
24. How can students contribute to green practices?
25. Write three advantages of using renewable energy.
26. Define the role of an early years physical activity facilitator.
27. List three responsibilities of a physical activity facilitator.
28. Why is safety important in physical activities?
29. Explain the importance of planning before conducting activities.
30. Write two qualities of a good facilitator.

- 31 31. Define assessment and evaluation.
- 32 32. Differentiate between diagnostic and formative assessment.
- 33 33. Write any two tools used in evaluation of students.
- 34 34. Why is feedback important in evaluation?
- 35 35. Explain the role of assessment in child development.
- 36 36. Define free-play with examples.
- 37 37. Write three benefits of free-play.
- 38 38. How is free-play useful for rehabilitation?
- 39 39. Mention two methods to organize free-play activities.
- 40 40. Why is documentation of free-play important?
- 41 41. Define inventory management.
- 42 42. List three items to be checked in sports inventory.
- 43 43. Why is monitoring of equipment necessary?
- 44 44. Explain the process of inventory checking.
- 45 45. Write two advantages of proper inventory management.
- 46 46. Differentiate between monitoring and evaluation.
- 47 47. What is the importance of record-keeping in physical education?
- 48 48. Explain how to manage shortage of equipment in class.
- 49 49. Write steps to prepare an inventory report.
- 50 50. Why is regular maintenance of sports equipment important?