

CBSE Class 10 – Physical Activity Trainer (Code 418)

100 One-Mark Objective Questions with Answers

Employability Skills - Unit 1: Communication Skills-II

- Q1. Communication means _____.
Ans: Exchange of ideas, thoughts, or information
- Q2. Two types of communication are _____.
Ans: Verbal and Non-verbal
- Q3. Written communication example is _____.
Ans: Email / Letter
- Q4. Listening carefully is part of _____ skills.
Ans: Active listening
- Q5. Eye contact shows _____.
Ans: Confidence
- Q6. Body language is part of _____ communication.
Ans: Non-verbal
- Q7. Noise in communication is called _____.
Ans: Barrier
- Q8. Sender, message, channel, receiver are elements of _____.
Ans: Communication process
- Q9. Feedback in communication means _____.
Ans: Response from receiver
- Q10. Politeness in speech shows _____.
Ans: Good manners

Employability Skills - Unit 2: Self-Management Skills-II

- Q11. Self-motivation means _____.
Ans: Encouraging oneself to achieve goals
- Q12. SMART goals stand for _____.
Ans: Specific, Measurable, Achievable, Relevant, Time-bound
- Q13. Time management improves _____.
Ans: Productivity
- Q14. Positive thinking reduces _____.
Ans: Stress
- Q15. Meditation helps in _____.
Ans: Relaxation / Stress control
- Q16. Self-confidence helps in _____.
Ans: Decision making
- Q17. Writing daily tasks in order is _____.
Ans: To-do list

Q18. Punctuality is an example of _____.

Ans: Good habit

Q19. Regular exercise improves _____.

Ans: Self-discipline and health

Q20. Stress can be managed by _____.

Ans: Yoga, breathing, hobbies

Employability Skills - Unit 3: ICT Skills-II

Q21. ICT stands for _____.

Ans: Information and Communication Technology

Q22. MS Word is used for _____.

Ans: Word processing

Q23. Shortcut key for copy is _____.

Ans: Ctrl + C

Q24. Shortcut key for paste is _____.

Ans: Ctrl + V

Q25. PowerPoint is used for _____.

Ans: Presentations

Q26. Excel is used for _____.

Ans: Spreadsheets / Calculations

Q27. Full form of URL is _____.

Ans: Uniform Resource Locator

Q28. Email is an example of _____ communication.

Ans: Electronic

Q29. A computer virus is a _____.

Ans: Malicious program

Q30. Cloud storage means _____.

Ans: Saving data on internet servers

Employability Skills - Unit 4: Entrepreneurial Skills-II

Q31. An entrepreneur is a _____.

Ans: Person who starts and manages a business

Q32. Risk-taking is an _____ quality.

Ans: Entrepreneurial

Q33. A business plan is prepared _____.

Ans: Before starting a business

Q34. Innovation means _____.

Ans: Creating new ideas or products

Q35. Profit = _____ – _____.

Ans: Revenue – Expenses

Q36. Market survey helps to know _____.

Ans: Customer needs

Q37. A startup is _____.

Ans: New small business venture

Q38. Self-confidence is important for _____.

Ans: Entrepreneurs

Q39. Job creation is role of _____.

Ans: Entrepreneur

Q40. Leadership means _____.

Ans: Guiding and inspiring others

Employability Skills - Unit 5: Green Skills-II

Q41. Renewable energy example is _____.

Ans: Solar / Wind

Q42. Coal is a _____ source of energy.

Ans: Non-renewable

Q43. The 3Rs stand for _____.

Ans: Reduce, Reuse, Recycle

Q44. Afforestation means _____.

Ans: Planting trees

Q45. Cutting down trees is called _____.

Ans: Deforestation

Q46. Solar energy is a _____ source.

Ans: Clean / Renewable

Q47. Water harvesting helps in _____.

Ans: Conserving water

Q48. Using public transport reduces _____.

Ans: Pollution

Q49. Green jobs mean _____.

Ans: Jobs that protect environment

Q50. Eco-friendly practices promote _____.

Ans: Sustainable development

Subject Specific Skills - Unit 1: Roles & Responsibilities

Q51. Physical Activity Facilitator helps in _____.

Ans: Developing motor skills in children

Q52. Main role of facilitator is to ensure _____.

Ans: Safety of children

Q53. Facilitator should know _____.

Ans: Age-appropriate activities

Q54. Motor skills are of two types: _____ and _____.

Ans: Gross and Fine

Q55. Interaction with parents improves _____.

Ans: Child's growth

Q56. Physical activity improves _____ health.

Ans: Physical and mental

Q57. Facilitator also acts as a _____.

Ans: Guide and motivator

Q58. Early childhood means age group _____.

Ans: 0–8 years

Q59. Play-way method means _____.

Ans: Learning through play

Q60. Communication skill is important for _____.

Ans: Trainer / Facilitator

Subject Specific Skills - Unit 2: Assessment and Evaluation

Q61. Assessment means _____.

Ans: Measuring student's learning

Q62. Evaluation means _____.

Ans: Judging student's performance

Q63. Formative assessment is done _____.

Ans: During teaching

Q64. Summative assessment is done _____.

Ans: At the end of term

Q65. Observation is a tool of _____.

Ans: Assessment

Q66. Report card is an example of _____.

Ans: Summative evaluation

Q67. Continuous feedback helps in _____.

Ans: Improvement

Q68. Checklist is used in _____.

Ans: Evaluation

Q69. Portfolio assessment means _____.

Ans: Collecting student's work samples

Q70. Assessment helps teacher to _____.

Ans: Improve teaching methods

Subject Specific Skills - Unit 3: Free Play

Q71. Free play means _____.

Ans: Unstructured play without strict rules

Q72. Free play develops _____.

Ans: Creativity

Q73. Social skills are developed by _____.

Ans: Free play

Q74. Outdoor free play improves _____.

Ans: Physical fitness

Q75. Indoor free play improves _____.

Ans: Imagination / Thinking

Q76. Role of facilitator in free play is _____.

Ans: Ensure safety

Q77. Sharing toys in free play develops _____.

Ans: Cooperation

Q78. Free play reduces _____.

Ans: Stress

Q79. Play is essential for _____.

Ans: Child's holistic development

Q80. Free play provides _____ to children.

Ans: Freedom of choice

Subject Specific Skills - Unit 4: Monitoring & Inventory Management

Q81. Inventory means _____.

Ans: List of goods, equipment, or materials

Q82. Monitoring means _____.

Ans: Checking progress of activities

Q83. Record keeping helps in _____.

Ans: Proper management

Q84. Sports equipment should be checked for _____.

Ans: Safety and condition

Q85. Damaged equipment should be _____.

Ans: Repaired or replaced

Q86. Proper storage increases _____.

Ans: Life of equipment

Q87. Equipment register is used for _____.

Ans: Recording usage

Q88. Monitoring ensures _____.

Ans: Efficiency and accountability

Q89. Stock verification means _____.

Ans: Checking available items

Q90. Responsibility of trainer is to maintain _____.

Ans: Inventory of equipment

Extra Mixed Questions

Q91. First aid is given _____ medical help.

Ans: Before

Q92. Sportsmanship means _____.

Ans: Fair play and respect

Q93. Olympic Games are held every _____ years.

Ans: 4

Q94. National Sports Day in India is on _____.

Ans: 29th August

Q95. Father of Modern Olympics is _____.

Ans: Pierre de Coubertin

Q96. Sprain is injury of _____.

Ans: Ligament

Q97. Strain is injury of _____.

Ans: Muscle

Q98. PRICE in first aid stands for _____.

Ans: Protection, Rest, Ice, Compression, Elevation

Q99. Yoga Day is celebrated on _____.

Ans: 21st June

Q100. Trainer is also called a _____.

Ans: Coach