

Class X - Physical Activity Trainer

Top 50 Exam Questions with Easy Answers

Q1. Define communication and explain its types.

- Communication: Process of sharing information, ideas, or feelings.
- Types: Verbal (spoken/written), Non-verbal (gestures, body language), Visual (charts/posters).

Q2. What are the 7 Cs of effective communication?

- Clear
- Concise
- Concrete
- Correct
- Coherent
- Complete
- Courteous

Q3. Differentiate between verbal and non-verbal communication.

- Verbal: Spoken/written words (speech, letter).
- Non-verbal: Gestures, tone, facial expressions.

Q4. Give two examples of barriers to communication.

- Noise
- Language difference

Q5. Write any two advantages of written communication.

- Permanent record
- Can be shared with many people

Q6. Define self-management skills with examples.

- Ability to manage one's emotions, work, and time.
- Example: Stress control, punctuality.

Q7. Mention three techniques to handle stress.

- Deep breathing
- Meditation/yoga
- Physical exercise

Q8. How can you improve your time management?

- Make timetable
- Prioritize tasks
- Avoid distractions

Q9. Explain SMART goal setting.

- S = Specific
- M = Measurable
- A = Achievable
- R = Realistic
- T = Time-bound

Q10. Define motivation with one example.

- Motivation: Inner drive to act.
- Example: Studying hard to score good marks.

Q11. What are ICT skills? Give examples.

- Using technology for work/study.
- Examples: MS Word, email, internet browsing.

Q12. Differentiate between hardware and software.

- Hardware: Physical parts of computer (keyboard, mouse).
- Software: Programs inside computer (MS Office, apps).

Q13. Write steps to create a folder in a computer.

- Right click → New → Folder
- Type folder name → Press Enter

Q14. Explain the importance of computer maintenance.

- Prevents data loss
- Increases life of computer

Q15. What is the role of ICT in daily life?

- Online classes
- Digital payments
- Online shopping

Q16. Define entrepreneurial skills.

- Skills needed to start and run a business.

Q17. List qualities of a good entrepreneur.

- Hard working
- Risk-taker
- Innovative
- Good leader

Q18. Explain the importance of innovation in business.

- Helps in growth
- Attracts customers
- Beats competition

Q19. What is risk-taking? Give an example.

- Trying new ideas with uncertainty.
- Example: Opening a new shop.

Q20. Mention two differences between entrepreneur and employee.

- Entrepreneur: Owner, takes risks.
- Employee: Works for salary, less risk.

Q21. Define Green Skills with examples.

- Environment-friendly skills.
- Examples: Recycling, energy saving.

Q22. What are eco-friendly practices at school?

- Planting trees
- Using paper wisely
- Saving electricity

Q23. Mention the importance of sustainability.

- Protects nature
- Saves resources for future

Q24. How can students contribute to green practices?

- Use cycle instead of car
- Switch off fans/lights
- Avoid plastic

Q25. Write three advantages of using renewable energy.

- Clean and safe

- Saves environment
- Never finishes

Q26. Define the role of an early years physical activity facilitator.

- To guide, supervise, and promote safe physical activities for young children.

Q27. List three responsibilities of a physical activity facilitator.

- Plan activities
- Ensure safety
- Record progress

Q28. Why is safety important in physical activities?

- Prevents injuries
- Builds confidence

Q29. Explain the importance of planning before conducting activities.

- Saves time
- Ensures discipline
- Achieves objectives

Q30. Write two qualities of a good facilitator.

- Patience
- Communication skills

Q31. Define assessment and evaluation.

- Assessment: Measuring performance.
- Evaluation: Judging overall progress.

Q32. Differentiate between diagnostic and formative assessment.

- Diagnostic: Before teaching, to know level.
- Formative: During teaching, to check improvement.

Q33. Write any two tools used in evaluation of students.

- Observation
- Checklist

Q34. Why is feedback important in evaluation?

- Helps students improve
- Motivates them

Q35. Explain the role of assessment in child development.

- Identifies strengths and weaknesses
- Helps in personal growth

Q36. Define free-play with examples.

- Unstructured play without strict rules.
- Example: Playing in garden.

Q37. Write three benefits of free-play.

- Improves creativity
- Reduces stress
- Builds social skills

Q38. How is free-play useful for rehabilitation?

- Helps recover faster
- Improves coordination

Q39. Mention two methods to organize free-play activities.

- Small groups
- Using safe play materials

Q40. Why is documentation of free-play important?

- Tracks progress
- Helps teachers plan better

Q41. Define inventory management.

- Process of checking and controlling sports equipment.

Q42. List three items to be checked in sports inventory.

- Balls
- Bats
- Skipping ropes

Q43. Why is monitoring of equipment necessary?

- Avoids shortage
- Prevents misuse

Q44. Explain the process of inventory checking.

- Count items
- Compare with records
- Report shortage

Q45. Write two advantages of proper inventory management.

- Saves money
- Ensures availability

Q46. Differentiate between monitoring and evaluation.

- Monitoring: Regular checking.
- Evaluation: Judging results.

Q47. What is the importance of record-keeping in physical education?

- Keeps student progress safe
- Helps in planning

Q48. Explain how to manage shortage of equipment in class.

- Share equipment in groups
- Use alternatives

Q49. Write steps to prepare an inventory report.

- List items
- Count stock
- Note shortage/excess

Q50. Why is regular maintenance of sports equipment important?

- Increases life of equipment
- Ensures safety