

INDIAN SCHOOL AL WADI AL KABIR

Class 11 – Physical Education

UNIT 1-CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

**TOPIC- Changing Trends in Sports- playing surface, wearable gears
and sports equipment, technological advancements**

Date: _____

Worksheet 2

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is a synthetic alternative to grass used in football fields?
a) Clay
b) Astroturf
c) Wooden
d) Acrylic
 2. Which playing surface is made from rubber particles bound with latex or polyurethane?
a) Grass
b) Clay
c) Synthetic Athletic Track
d) Wooden Court
 3. What is the major advantage of Astroturf in hockey?
a) High maintenance
b) Natural appearance
c) Faster ball movement
d) Softer feel
 4. Which surface is common for indoor badminton courts?
a) Polygrass
b) Clay
c) Synthetic Mat
d) Asphalt
 5. What is MUGA designed for?
a) Single sport events
b) Gardening
c) Multi-sport usage
d) Cooking contests
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Section B: Very Short Answer Questions (2 Marks Each)

6. Define polygrass and name one sport that uses it.
7. What are the two main types of indoor court surfaces?

8. Mention any two types of wearable gears used for performance enhancement.
 9. What is the purpose of using video technology in sports?
 10. Name two natural surfaces used in athletic jogging tracks.
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Section C: Short Answer Questions (3 Marks Each)

11. State three advantages of synthetic athletic tracks over clay and cinder tracks.
 12. Write a short note on technological advancements in sports officiating.
 13. How do wearable gears help in injury prevention?
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Section D: Long Answer Questions (5 Marks Each)

14. Explain the use and benefits of MUGA for both indoor and outdoor sports.
 15. Describe the role of technology in performance monitoring and analysis in sports. Provide at least three examples.
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Answer Key

Date: _____

Worksheet 2

Section A: MCQs

1. b) Astroturf
2. c) Synthetic Athletic Track
3. c) Faster ball movement
4. c) Synthetic Mat
5. c) Multi-sport usage

Section B: Very Short Answers

6. Poly grass is a synthetic turf used as an alternative to natural grass. It is commonly used in football.
7. Wooden and synthetic court surfaces.
8. Modern swimsuits and aerodynamic boots/shoes.
9. To aid officiating decisions by providing instant replays or slow-motion visuals.
10. Clay and cinder.

Section C: Short Answers

11.
 - Better traction and grip
 - All-weather usability
 - Longer durability with less maintenance
12.
 - Use of LED stumps in cricket
 - Hotspot infrared system for bat-ball contact

- **VAR video replays in football**

13. Wearable gears like helmets, guards, and gloves are made with advanced materials that absorb impact and reduce injury risk during play.

Section D: Long Answers

14. MUGA (Multi Utility Games Area) is a versatile sports flooring used in schools, communities, and gyms. Outdoor MUGAs are made of synthetic rubber for shock absorption and are weather-resistant. Indoor MUGAs are used for multiple sports like basketball, badminton, and fitness training due to their safe, durable, and low-maintenance surfaces.

15. Technology helps athletes by:

- **Using GPS trackers to monitor movement and performance**
 - **Biomechanical software to analyze form and correct errors**
 - **Force platforms to measure reaction force and improve technique**
- These tools help coaches make data-driven training decisions and prevent injuries.**
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