

INDIAN SCHOOL AL WADI AL KABIR

Class 11 – Physical Education

UNIT 1-CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

TOPIC- Career Options in Physical Education, Khelo India Programme, and the Fit India Movement.

Date: _____

Worksheet 3

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is a career option after completing a course in Physical Education?
 - a) Software Developer
 - b) Sports Coordinator
 - c) Chartered Accountant
 - d) Civil Engineer
 2. What is the main vision of the Khelo India Programme?
 - a) To boost technology in sports
 - b) To promote grassroots sports culture
 - c) To increase sports export
 - d) To support cricket
 3. Which of the following is not a vertical of Khelo India?
 - a) Play Field Development
 - b) Talent Search and Development
 - c) National Health Mission
 - d) Sports for Women
 4. The Fit India Movement was launched in which year?
 - a) 2015
 - b) 2016
 - c) 2019
 - d) 2021
 5. Who launched the Fit India Movement?
 - a) Ministry of Education
 - b) Prime Minister of India
 - c) Sports Authority of India
 - d) Niti Aayog
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Section B: Very Short Answer Questions (2 Marks Each)

6. Name any two career options in Physical Education besides Physical Education Teacher.
 7. State any two objectives of the Khelo India Programme.
 8. What is the aim of the Fit India Movement?
 9. What qualification is required to become a Professional Coach?
 10. Define the role of a Sports Journalist.
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Section C: Short Answer Questions (3 Marks Each)

11. Explain the career option of a Health and Fitness Club Manager.
 12. List any three verticals of the Khelo India Programme.
 13. How does the Fit India Movement propose to reach every individual?
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Section D: Long Answer Questions (5 Marks Each)

14. Discuss five diverse career opportunities available for graduates in Physical Education.
 15. Explain the vision, aims and twelve verticals of the Khelo India Programme.
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Answer Key

Date: _____

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Section A: MCQs

1. b) Sports Coordinator
 2. b) To promote grassroots sports culture
 3. c) National Health Mission
 4. c) 2019
 5. b) Prime Minister of India
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Section B: Very Short Answers

6. Sports Administrator, Yoga Trainer
 7.
 - Identify and groom grassroots talent
 - Establish India as a great sporting nation
 8. To promote fitness as an integral and fun part of life and bring about positive behavioural changes.
 9. A Diploma in Sports Coaching
 10. A Sports Journalist covers, writes, and reports news and stories about sports events and personalities.
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Section C: Short Answers

11. A Health and Fitness Club Manager is responsible for overseeing gym operations, managing trainers and clients, ensuring facility cleanliness, and promoting healthy living among members.
- 12.

- Talent Search and Development
- Physical Fitness of School Children
- Promotion of Rural and Indigenous Games

13. Through focused campaigns, school programmes, and by promoting indigenous sports at every level including schools, colleges, villages, and panchayats.

Section D: Long Answers

14. Five Career Options in Physical Education:

- **Sports Coach: Train individuals or teams for competition.**
- **Yoga Instructor: Provide yoga training to individuals/groups.**
- **Sports Administrator: Oversee and manage sports organisations.**
- **Recreational Services Provider: Run clubs or parks offering fun physical activities.**
- **Adapted Physical Education Teacher: Teach specially designed PE to individuals with disabilities.**

15. Vision of Khelo India:

To develop sports culture and excellence from grassroots to international levels.

Aims:

- **Develop sporting infrastructure**
- **Promote talent from the grassroots**
- **Enhance participation across all groups**

Twelve Verticals:

- **Play Field Development**
- **Community Coaching Development**
- **State Level Khelo India Centres**
- **Annual Sports Competitions**
- **Talent Search and Development**
- **Infrastructure Upgradation**

- **Support to Sports Academies**
 - **Fitness in Schools**
 - **Sports for Women**
 - **Promotion among Disabled Persons**
 - **Sports for Peace and Development**
 - **Promotion of Indigenous Games**
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