

# **INDIAN SCHOOL AL WADI AL KABIR**

## **Class 11 – Physical Education**

### **UNIT 1- CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION**

#### **TOPIC- Concept, Aims & Objectives of Physical Education**

Date: \_\_\_\_\_

Worksheet 1

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#### Section A: Multiple Choice Questions (1 mark each)

1. Who defined Physical Education as "the sum of those experiences which come to the individual through movement"?
  - a) Charles A. Bucher
  - b) Delbert Oberteuffer
  - c) Jesse Feiring Williams
  - d) Jay B. Nash
2. When were the first Asian Games held in India?
  - a) 1950
  - b) 1951
  - c) 1961
  - d) 1982
3. Which institution was established in 1961 to produce qualified sports coaches?
  - a) SAI
  - b) CBSE
  - c) NIS
  - d) LNIPE
4. In which year did CBSE launch Physical Education as a compulsory subject from class IX to XII?
  - a) 2010
  - b) 2018
  - c) 2005
  - d) 1995
5. What is the main aim of Physical Education according to the National Plan of Physical Education and Recreation?
  - a) Professional sports performance
  - b) Emotional development only

- c) Holistic development and citizenship
  - d) Preparing athletes for Olympics
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**Section B: Very Short Answer Questions (1-2 marks each)**

- 6. Define Physical Education in your own words.
  - 7. Name two objectives of Physical Education.
  - 8. Mention any two organ systems developed through Physical Education.
  - 9. What was the purpose of the Coaching Scheme introduced in 1953?
  - 10. What does "education through movement" imply?
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**Section C: Short Answer Questions (3 marks each)**

- 11. Explain three psychological or emotional benefits of Physical Education.
  - 12. Describe the importance of neuro-muscular coordination.
  - 13. What are the remedial values of Physical Education?
  - 14. Explain the role of community development through Physical Education.
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**Section D: Long Answer Questions (5 marks each)**

- 15. Discuss the development of Physical Education in India after independence.
  - 16. Explain any five objectives of Physical Education in detail.
  - 17. Describe the role of institutions like LNIPE and SAI in promoting sports and Physical Education in India.
  - 18. How does Physical Education help in character building and social development?
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#### **Answer Key**

Date: \_\_\_\_\_

Worksheet 1

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#### **Section A: MCQs**

1. b) Delbert Oberteuffer
  2. b) 1951
  3. c) NIS (National Institute of Sports)
  4. b) 2018
  5. c) Holistic development and citizenship
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#### **Section B: Very Short Answers**

6. Physical Education is a systematic learning process using physical activity to develop health, skills, fitness, and overall development.
  7. Any two:
    - Emotional development
    - Development of motor skills
  8. Circulatory system, muscular system
  9. To introduce professional coaching and improve sports performance.
  10. It means learning life skills, values, and fitness through physical movement.
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#### **Section C: Short Answers**

11.
  - Enhances self-confidence
  - Helps in stress management
  - Teaches acceptance of success and failure

**12.**

- It helps in developing control, coordination, and balance between nerves and muscles which is essential for all physical activities.

**13.**

- It teaches corrective exercises, helps in injury prevention, and develops safety habits.

**14.**

- Encourages teamwork, builds social responsibility, and unites diverse groups in communities.

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#### **Section D: Long Answers**

**15.**

- Post-1947 developments included creation of committees, institutes (like NIS, LNIPE), introduction of compulsory PE in schools, Asian Games (1951, 1982), and formation of SAI (1984), etc.

**16.**

- (Any five from the given 16):
  - Physical fitness
  - Emotional development
  - Social skills
  - Motor skills
  - Character building

**17.**

- LNIPE provides academic training in Physical Education.
- SAI manages sports infrastructure, provides coaching, and promotes elite sports training.

**18.**

- Through team sports and competition, it builds self-discipline, fair play, loyalty, morality, and a positive attitude, helping in overall character development.
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