

CBSE Class 12 2026 Physical Activity Trainer Question Paper

Time Allowed :2 Hours

Maximum Marks :50

Total questions :15

General Instructions

Read the following instructions very carefully and strictly follow them:

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

Section - A

1(i). Which of the following is an example of non-verbal communication?

- (A) Sending a text message
- (B) Speaking loudly
- (C) Maintaining eye contact
- (D) Writing an email

ii. Which of the following is an example of extrinsic motivation?

- (A) Studying because you genuinely enjoy the subject
- (B) Exercising to stay healthy and fit
- (C) Completing a task to earn a reward or praise from others
- (D) Pursuing a hobby for personal satisfaction

iii. Which of the following personality traits is often associated with individuals who excel in leadership roles?

- (A) Shyness
 - (B) Aggressiveness
 - (C) Empathy
 - (D) Introversion
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iv. Match the following:

- A. To create a new document in Microsoft Word
- B. To save a document in Microsoft Word
- C. To undo the last action in Microsoft Word

- (A) A → Ctrl + N; B → Ctrl + S; C → Ctrl + Z
 - (B) A → Ctrl + S; B → Ctrl + N; C → Ctrl + Z
 - (C) A → Ctrl + N; B → Ctrl + Z; C → Ctrl + S
 - (D) A → Ctrl + Z; B → Ctrl + S; C → Ctrl + N
-

v. Priya faced numerous setbacks while starting her own business, but she remained determined and continued to work hard despite the challenges. Which employability skill is demonstrated by Priya's attitude?

- (A) Leadership
 - (B) Resilience
 - (C) Creativity
 - (D) Time management
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vi. Which of the following is the most environmentally responsible way to dispose of old mobile phones and electronic gadgets?

- (A) Donate them to a local charity

- (B) Sell them online to the highest bidder
 - (C) Recycle them through an authorized e-waste recycling program
 - (D) Bury them in your backyard
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2(i). What are the career opportunities typically associated with a Physical Education Assistant?

- (A) Teaching only
 - (B) Sports Medicine and Teaching
 - (C) Teaching, Coaching, and Sports Journalist
 - (D) Teaching, Coaching, and Equipment Management
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ii. Which of the following is categorized as a "physical activity"?

- (A) Basketball match
 - (B) Running a marathon
 - (C) Watching a soccer game
 - (D) Playing chess
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iii. What is the primary purpose of assessment in physical education?

- (A) To compete with other students
 - (B) To measure what has been learned
 - (C) To assign grades randomly
 - (D) To create competition among teachers
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iv. What is the primary purpose of an Emergency Action Plan in physical education and sports?

- (A) To win sports competitions
- (B) To guide people in responding to serious medical events
- (C) To organize sports equipment

(D) To determine sports schedules

v. What are the signs and symptoms of heatstroke?

- (A) Runny nose and coughing
 - (B) Rapid pulse and flushed skin
 - (C) Cold extremities and shivering
 - (D) Nausea and vomiting
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vi. What is the primary purpose of maintaining good personal hygiene practices?

- (A) To prevent damage to clothing
 - (B) To impress others with cleanliness
 - (C) To protect yourself and others from illness
 - (D) To save money on cleaning products
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Section - B

3. Explain how active listening contributes to effective teamwork in the workplace?

4. Explain how setting clear personal and professional goals can enhance your self-management skills and contribute to your career growth.

5. Differentiate between data security and privacy in the digital age. Provide examples of measures individuals and organizations can take to protect sensitive information.

6. Why is it important for a Physical Education Assistant to have knowledge about various career opportunities in the field of physical education and sports?

7. How can an understanding of the differences between physical activity, games, sports, and recreation benefit individuals of different age groups?

8. Explain the essential steps or tasks that should be carried out by a teacher after concluding a Parent-Teacher Meeting (PTM).

9. Why is it crucial to ensure students understand the instructions and rules on the day of the assessment, and how can this contribute to a successful assessment process?

10. What are the advantages of incorporating various types of fitness tests, such as aerobic, anaerobic, flexibility, and strength assessments, in physical education programs, and how do they contribute to a holistic evaluation of a student's fitness level?

11. Why is it important to maintain hygiene at the playground, and what are some steps to achieve this?

12. What are some key factors to consider when inspecting and maintaining sports facilities and equipment for safety and hygiene?

13. What are the key qualities and characteristics that make a successful entrepreneur, and why are they important for starting and running a business effectively?

14. The greening of the economy presents a major opportunity to start new businesses, develop new markets, and lower energy costs. Write any two benefits of green jobs.

15. What are the signs and symptoms of heatstroke, and how should immediate first aid be administered to someone suspected of suffering from heatstroke?
