

CBSE Class 12 2026 Physical Activity Trainer Question Paper with Solutions

Time Allowed :2 Hours	Maximum Marks :50	Total questions :15
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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

Correct Answer: (C) Maintaining eye contact

Solution:

Step 1: What is non-verbal communication?

Non-verbal communication refers to the process of conveying meaning without using words. It involves body language, facial expressions, gestures, posture, and eye contact.

Step 2: Analyzing the options.

- Option (A) "Sending a text message" involves written communication and is thus verbal, not non-verbal.
- Option (B) "Speaking loudly" involves verbal communication, not non-verbal.
- Option (C) "Maintaining eye contact" is a clear example of non-verbal communication. Eye contact conveys emotions, attentiveness, and understanding without speaking.
- Option (D) "Writing an email" is written communication, which is verbal communication.

Step 3: Conclusion.

Thus, the correct answer is (C) Maintaining eye contact.

Final Answer: Maintaining eye contact.

Quick Tip

Non-verbal communication includes body language, facial expressions, eye contact, and gestures. It can significantly impact how messages are understood.

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

Correct Answer: (C) Completing a task to earn a reward or praise from others

Solution:

Step 1: Defining extrinsic motivation.

Extrinsic motivation refers to performing an activity to earn a reward or avoid punishment, i.e., external factors drive the motivation. This contrasts with intrinsic motivation, where actions are driven by internal factors such as personal enjoyment or satisfaction.

Step 2: Analyzing the options.

- Option (A) "Studying because you genuinely enjoy the subject" represents intrinsic motivation, not extrinsic.

- Option (B) "Exercising to stay healthy and fit" is also intrinsic because the motivation comes from personal well-being rather than external rewards.
- Option (C) "Completing a task to earn a reward or praise from others" is a classic example of extrinsic motivation, where external rewards such as praise or recognition are the motivating factors.
- Option (D) "Pursuing a hobby for personal satisfaction" is intrinsic motivation, driven by personal enjoyment rather than external rewards.

Step 3: Conclusion.

Therefore, the correct answer is (C) Completing a task to earn a reward or praise from others.

Final Answer: Completing a task to earn a reward or praise from others.

Quick Tip

Extrinsic motivation is often used to drive behavior in educational and workplace settings where external rewards like grades, bonuses, or recognition are involved.

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

Correct Answer: (C) Empathy

Solution:

Step 1: Defining the key personality trait.

Empathy is the ability to understand and share the feelings of others. It is an essential trait for leaders because it allows them to connect with their teams, understand their concerns, and create a positive working environment. Leaders with empathy tend to be more effective in motivating and inspiring others.

Step 2: Analyzing the options.

- Option (A) "Shyness" is not typically associated with leadership roles because it can limit communication and interaction with others.
- Option (B) "Aggressiveness" can sometimes be seen as a negative trait in leadership, as it may create a hostile or authoritarian environment.
- Option (C) "Empathy" is the correct answer, as it allows leaders to relate to their teams, address their needs, and make compassionate decisions.
- Option (D) "Introversion" is not directly linked with leadership, as it may hinder social interaction and team-building efforts, though introverts can still be effective leaders in the right circumstances.

Step 3: Conclusion.

Thus, the correct answer is (C) Empathy, which is vital for effective leadership.

Final Answer: Empathy.

Quick Tip

Effective leaders often possess empathy, as it helps them understand and connect with their teams, fostering trust and collaboration.

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

Correct Answer: (A) A → Ctrl + N; B → Ctrl + S; C → Ctrl + Z

Solution:

Step 1: Understanding the Microsoft Word shortcuts.

In Microsoft Word, each of these tasks is assigned a shortcut: - To create a new document, you use the shortcut `Ctrl + N`.

- To save a document, the shortcut is `Ctrl + S`.

- To undo the last action, you use the shortcut `Ctrl + Z`.

Step 2: Analyzing the given options.

- Option (A) correctly matches `Ctrl + N` with creating a new document, `Ctrl + S` with saving, and `Ctrl + Z` with undoing an action. - Other options mix up these shortcuts, making them incorrect.

Step 3: Conclusion.

Thus, the correct answer is (A) $A \rightarrow \text{Ctrl} + N$; $B \rightarrow \text{Ctrl} + S$; $C \rightarrow \text{Ctrl} + Z$.

Final Answer: $A \rightarrow \text{Ctrl} + N$; $B \rightarrow \text{Ctrl} + S$; $C \rightarrow \text{Ctrl} + Z$.

Quick Tip

Familiarize yourself with keyboard shortcuts for quick and efficient document editing in Microsoft Word.

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

Correct Answer: (B) Resilience

Solution:

Step 1: Analyzing Priya's attitude.

Resilience is the ability to recover from setbacks and continue pursuing one's goals despite

obstacles. Priya's ability to keep working hard after facing setbacks in her business is an example of resilience. She didn't give up and remained determined despite challenges.

Step 2: Identifying other skills.

- Leadership involves guiding and motivating others, which is not the focus here.
- Creativity involves coming up with innovative ideas, but it is not the main trait demonstrated in this scenario.
- Time management is about organizing and planning, but it doesn't capture Priya's ability to overcome obstacles.

Step 3: Conclusion.

Thus, the correct answer is (B) Resilience, as it demonstrates Priya's ability to persevere in the face of adversity.

Final Answer: Resilience.

Quick Tip

Resilience is a key trait for overcoming obstacles and achieving long-term success, especially in professional settings.

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

Correct Answer: (C) Recycle them through an authorized e-waste recycling program

Solution:

Step 1: Understanding the environmental impact of electronic waste.

Old mobile phones and electronic gadgets contain harmful materials that can pollute the environment if not disposed of properly. Recycling electronic waste through an authorized

program ensures that harmful substances are safely removed and valuable materials are recovered.

Step 2: Evaluating the options.

- Donating to a charity or selling online doesn't solve the environmental problem of e-waste.
- Burying them in your backyard is highly irresponsible and harmful to the environment.
- Recycling through a certified e-waste recycling program ensures proper disposal and minimal environmental harm.

Step 3: Conclusion.

Therefore, the correct answer is (C) Recycle them through an authorized e-waste recycling program.

Final Answer: Recycle them through an authorized e-waste recycling program.

Quick Tip

Recycling electronic gadgets through certified e-waste programs helps reduce environmental harm and recover valuable materials.

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

Correct Answer: (D) Teaching, Coaching, and Equipment Management

Solution:

Step 1: Understanding the role of a Physical Education Assistant.

A Physical Education Assistant typically helps in various aspects of physical education. This includes assisting the PE teacher with classroom activities, supporting the coaching of school teams, and managing sports equipment and facilities.

Step 2: Analyzing the options.

- Option (A) "Teaching only" is too narrow since the role involves more than just teaching.
- Option (B) "Sports Medicine and Teaching" is also incorrect because sports medicine is a specialized field, not a core function of a PE Assistant.
- Option (C) "Teaching, Coaching, and Sports Journalist" is partly correct but includes an unrelated career option, sports journalism, which isn't typically part of the PE Assistant role.
- Option (D) "Teaching, Coaching, and Equipment Management" is the best answer, as it reflects the full scope of responsibilities typically associated with a PE Assistant.

Step 3: Conclusion.

The correct answer is (D) Teaching, Coaching, and Equipment Management. This reflects the broad nature of the responsibilities of a Physical Education Assistant.

Final Answer: Teaching, Coaching, and Equipment Management.

Quick Tip

A Physical Education Assistant plays an important role in various areas including teaching, coaching, and managing equipment and resources.

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

Correct Answer: (B) Running a marathon

Solution:

Step 1: Understanding the concept of physical activity.

Physical activity involves any movement of the body that requires energy expenditure. This includes various forms of exercise, sports, and other activities that increase heart rate and burn calories.

Step 2: Analyzing the options.

- Option (A) "Basketball match" involves physical activity, but it's a team sport rather than an individual activity, so this isn't the best example.
- Option (B) "Running a marathon" is an excellent example of physical activity because it requires continuous movement, endurance, and energy expenditure over a long distance.
- Option (C) "Watching a soccer game" is a passive activity; it doesn't involve physical exertion or movement, so it's not considered physical activity.
- Option (D) "Playing chess" is a mental activity that involves strategy and thinking but doesn't qualify as physical activity.

Step 3: Conclusion.

The correct answer is (B) Running a marathon, as it is a clear example of physical activity that requires continuous physical effort.

Final Answer: Running a marathon.

Quick Tip

Physical activities involve exertion of physical effort, and can include exercises, sports, and any activity that engages the body.

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

Correct Answer: (B) To measure what has been learned

Solution:

Step 1: Understanding the role of assessment in physical education.

The purpose of assessment in physical education is to evaluate how well students have learned and applied physical skills and concepts. This assessment helps teachers gauge student progress and provides feedback for improvement.

Step 2: Analyzing the options.

- Option (A) "To compete with other students" is incorrect because assessment is not meant to encourage competition but rather to evaluate individual progress.
- Option (B) "To measure what has been learned" is the correct answer. Assessment helps determine how well students have grasped the concepts and skills taught.
- Option (C) "To assign grades randomly" is incorrect because grades should be based on student performance, not assigned randomly.
- Option (D) "To create competition among teachers" is not the purpose of assessment; the focus should be on student learning and development.

Step 3: Conclusion.

The correct answer is (B) To measure what has been learned. This reflects the primary objective of assessment in physical education.

Final Answer: To measure what has been learned.

Quick Tip

Assessments in physical education are designed to evaluate student progress and identify areas for improvement.

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

Correct Answer: (B) To guide people in responding to serious medical events

Solution:

Step 1: Understanding the Emergency Action Plan.

An Emergency Action Plan (EAP) in physical education and sports is designed to guide individuals in responding quickly and effectively to medical emergencies during sports activities.

Step 2: Evaluation of options.

- **(A) To win sports competitions:** Incorrect. The purpose of an EAP is not related to winning competitions.
- **(B) To guide people in responding to serious medical events:** Correct. The main purpose of the EAP is to ensure a rapid and effective response to medical emergencies.
- **(C) To organize sports equipment:** Incorrect. An EAP is focused on medical emergencies, not equipment management.
- **(D) To determine sports schedules:** Incorrect. Scheduling is unrelated to the primary purpose of an EAP.

Step 3: Conclusion.

Thus, the primary purpose of an Emergency Action Plan is to guide people in responding to serious medical events.

Final Answer: (B) To guide people in responding to serious medical events.

Quick Tip

An Emergency Action Plan ensures prompt and effective medical response during physical education activities or sports events.

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

Correct Answer: (B) Rapid pulse and flushed skin

Solution:

Step 1: Understanding heatstroke.

Heatstroke is a medical emergency caused by prolonged exposure to high temperatures, often accompanied by dehydration. Its symptoms include rapid pulse, flushed skin, and confusion.

Step 2: Evaluation of options.

- **(A) Runny nose and coughing:** Incorrect. These symptoms are typically associated with respiratory infections, not heatstroke.
- **(B) Rapid pulse and flushed skin:** Correct. These are common signs of heatstroke.
- **(C) Cold extremities and shivering:** Incorrect. These are more common in hypothermia, not heatstroke.
- **(D) Nausea and vomiting:** Incorrect. Although nausea can be a symptom, it is not the primary symptom of heatstroke.

Step 3: Conclusion.

Therefore, the signs and symptoms of heatstroke include rapid pulse and flushed skin.

Final Answer: (B) Rapid pulse and flushed skin.

Quick Tip

Heatstroke is a serious medical emergency. Symptoms include rapid pulse, flushed skin, confusion, and sometimes unconsciousness.

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

Correct Answer: (C) To protect yourself and others from illness

Solution:

Step 1: Understanding the importance of hygiene.

Good personal hygiene practices help prevent the spread of infections and illnesses. Proper hygiene includes washing hands, brushing teeth, and maintaining cleanliness to protect yourself and others.

Step 2: Evaluation of options.

- **(A) To prevent damage to clothing:** Incorrect. While hygiene can protect clothing, it is not the primary purpose.
- **(B) To impress others with cleanliness:** Incorrect. While cleanliness may create a good impression, the main purpose of hygiene is to prevent illness.
- **(C) To protect yourself and others from illness:** Correct. This is the main reason for maintaining good personal hygiene.
- **(D) To save money on cleaning products:** Incorrect. The purpose of hygiene is not to save money, but to maintain health.

Step 3: Conclusion.

Thus, the primary purpose of maintaining good personal hygiene is to protect yourself and others from illness.

Final Answer: (C) To protect yourself and others from illness.

Quick Tip

Maintaining good personal hygiene is essential for preventing the spread of diseases and promoting overall health.

Section - B

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

Solution:

Step 1: Define active listening.

Active listening involves fully concentrating, understanding, responding, and remembering what is being said. It requires focus and attention to the speaker and their message.

Step 2: How active listening contributes to teamwork.

Active listening plays a key role in effective teamwork by ensuring that all team members feel heard and understood. This leads to better communication, fewer misunderstandings, and more constructive discussions. It also fosters trust and respect among team members.

Step 3: Conclusion.

By practicing active listening, individuals can contribute to a positive work environment and improve collaboration, which is essential for successful teamwork.

Quick Tip

Active listening in the workplace encourages clear communication, builds stronger team relationships, and enhances overall productivity.

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

Solution:

Step 1: Define personal and professional goals.

Personal and professional goals are clear, specific objectives that guide an individual's growth and progress in their career and personal life.

Step 2: Setting clear goals.

Setting clear goals allows individuals to prioritize tasks, stay focused, and allocate resources efficiently. It provides a sense of direction, helping individuals stay motivated and measure their progress.

Step 3: Benefits of goal setting.

- **Enhancing self-management skills:** Goals help individuals stay organized, improve time management, and track their performance.
- **Career growth:** Well-defined goals lead to continuous improvement, career advancement, and job satisfaction.

Step 4: Conclusion.

Setting clear goals is an essential tool for personal and professional growth, enabling individuals to take charge of their career trajectory and improve self-management.

Quick Tip

Set SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound) to boost productivity and achieve long-term success.

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

Solution:

Step 1: Define data security.

Data security refers to the protection of data from unauthorized access, corruption, or theft. It involves measures to protect both physical and digital data from cyber-attacks, hacking, and other malicious activities.

Step 2: Define data privacy.

Data privacy focuses on the proper handling, processing, and storage of personal data, ensuring that individuals' sensitive information is only accessible to authorized parties and used for legitimate purposes.

Step 3: Differences between data security and privacy.

- **Data Security:** Protects data from external threats and ensures its integrity.
- **Data Privacy:** Protects individuals' rights to control their personal information and how it is used by others.

Step 4: Measures to protect sensitive information.

- **Individuals:** Use strong passwords, enable two-factor authentication, and avoid sharing sensitive information on unsecured platforms.
- **Organizations:** Implement encryption, access control policies, and regular security audits to protect sensitive data.

Step 5: Conclusion.

Both data security and privacy are essential in the digital age to protect sensitive information from misuse, ensuring individuals and organizations safeguard their data effectively.

Quick Tip

Both data security and privacy are critical to maintaining trust and protecting sensitive information in the digital world.

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?

Solution:

A Physical Education Assistant plays a vital role in supporting physical education programs and sports activities. Having knowledge about various career opportunities in the field of physical education and sports is essential for several reasons:

1. **Career Guidance for Students:** Physical Education Assistants can provide guidance to students interested in pursuing careers in sports and fitness, directing them to opportunities in coaching, sports management, fitness training, and health promotion.
2. **Opportunities for Professional Growth:** For the assistant themselves, understanding the range of careers in this field helps in identifying potential career paths such as becoming a sports coach, fitness expert, or physical therapist.
3. **Enhancing Program Development:** Knowledge of the industry enables the assistant to contribute effectively to the development and implementation of a diverse range of physical activities and sports programs within the school or organization.
4. **Inspiring the Next Generation:** A Physical Education Assistant with a strong understanding of career opportunities can inspire students to pursue these fields with passion and dedication, promoting the importance of physical activity and wellness.

By having this knowledge, the assistant not only contributes to the overall education of the students but also ensures that the school's physical education program is up-to-date and relevant to the needs of the community.

Quick Tip

Knowing the various career opportunities in physical education and sports enhances the role of the assistant by providing meaningful guidance to students and career advancement for themselves.

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

Solution:

Understanding the differences between physical activity, games, sports, and recreation is essential for optimizing physical well-being across different age groups. Each of these activities contributes uniquely to an individual's physical, mental, and social development.

1. **Physical Activity:** Any movement that requires energy expenditure, such as walking, cycling, or gardening. For children and adults, it can help improve overall health and fitness. For seniors, it can maintain mobility and reduce the risk of chronic diseases.

2. **Games:** Games involve structured or organized activities that usually have a specific set of rules. For children, games are a fun way to develop motor skills, coordination, and social interaction. For adults, games provide both recreational enjoyment and mental stimulation.

3. **Sports:** Sports are competitive physical activities governed by rules. For all age groups, participating in sports promotes teamwork, discipline, and physical endurance. In adults, sports also foster mental resilience and stress relief, while in older adults, it can improve cardiovascular health.

4. **Recreation:** Recreational activities are activities done for enjoyment and leisure, such as hiking or playing an instrument. For children, recreation allows for creativity and relaxation, while for adults, it offers stress relief and social interaction. For older adults, recreation ensures mental well-being and helps maintain physical activity levels.

By understanding the benefits of each type of activity, individuals can engage in appropriate exercises based on their age, capabilities, and health goals, thus maximizing overall health benefits.

Quick Tip

Different types of physical activity offer distinct benefits across age groups, ensuring well-being, fitness, and social engagement at all stages of life.

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

Solution:

After concluding a Parent-Teacher Meeting (PTM), a teacher must follow up with essential tasks to ensure effective communication and implement any necessary changes. These tasks include:

1. **Documenting the Discussion:** The teacher should write detailed notes of the meeting, including key points discussed, concerns raised by parents, and any decisions made. This will help in future follow-ups and ensure that no important information is forgotten.
2. **Action Plan:** Based on the discussion, the teacher should prepare an action plan addressing the issues raised by the parents, such as academic progress, behavior, or specific needs of the child. This plan may involve coordination with other staff members, such as counselors or special education teachers.
3. **Follow-up Communication:** The teacher should schedule follow-up meetings or send regular progress updates to the parents, ensuring that the concerns raised during the PTM are being addressed.
4. **Update Student Records:** If necessary, the teacher should update the student's academic records, notes, or development reports to reflect any changes or actions taken after the PTM.
5. **Informing Other Staff Members:** If the discussions during the PTM involve other areas (e.g., extracurricular activities, school behavior), the teacher should inform relevant staff members such as sports coaches, counselors, or the principal for proper coordination.
6. **Acknowledging Positive Feedback:** If parents provide positive feedback, the teacher should acknowledge and appreciate their involvement and encourage them to maintain continued communication.

These steps ensure that the teacher follows through with any commitments made during the

PTM, and helps build a stronger partnership between the school and parents, promoting the child's overall development.

Quick Tip

Following up after a PTM ensures that concerns are addressed and communication with parents remains open, fostering a productive learning environment for students.

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?

Solution:

Step 1: Importance of clear communication.

It is essential that students understand the instructions and rules before an assessment begins to avoid confusion and ensure fairness. Clear communication helps students know exactly what is expected of them, reducing anxiety and promoting confidence.

Step 2: Contribution to successful assessments.

When students understand the rules, they are more likely to perform to the best of their abilities. It also helps in maintaining consistency and objectivity in the assessment process, ensuring that all students are assessed under the same conditions.

Step 3: Conclusion.

Ensuring that students understand the instructions and rules promotes a fair and efficient assessment, contributing to accurate results and a positive learning environment.

Quick Tip

Effective communication of instructions is key to minimizing misunderstandings and maximizing the accuracy of the 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?

Solution:

Step 1: Define the types of fitness tests.

Different types of fitness tests assess various aspects of a student's physical health. These include: 1. **Aerobic Fitness Tests:** These tests measure the capacity of the cardiovascular system, typically through exercises like running or swimming. 2. **Anaerobic Fitness Tests:** These assess short-term high-intensity physical performance, such as sprints or strength exercises. 3. **Flexibility Tests:** These measure the range of motion in joints and muscles, helping to assess mobility and injury risk. 4. **Strength Assessments:** These measure muscle strength through activities like lifting weights or body resistance exercises.

Step 2: Benefits of diverse fitness tests.

Incorporating various fitness tests allows for a comprehensive understanding of a student's fitness level. Each test evaluates a different aspect of health, giving a well-rounded view of the student's physical condition. This helps in identifying strengths and areas for improvement.

Step 3: Contribution to holistic evaluation.

A holistic approach to fitness assessment ensures that no aspect of a student's health is overlooked. By assessing aerobic, anaerobic, flexibility, and strength, educators can create personalized fitness plans that cater to individual needs and promote overall well-being.

Step 4: Conclusion.

Incorporating a variety of fitness tests leads to a more thorough and accurate assessment of a student's fitness level, enabling more effective and tailored physical education programs.

Quick Tip

A well-rounded fitness assessment can help students improve all aspects of their physical health, leading to better performance and reduced injury risk.

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

steps to achieve this?

Solution:

Step 1: Importance of hygiene at playgrounds.

Maintaining hygiene at playgrounds is critical to prevent the spread of germs, infections, and diseases among children and others using the facilities. Unhygienic conditions can lead to a variety of health issues, including skin infections, respiratory diseases, and gastrointestinal problems.

Step 2: Steps to maintain hygiene.

To maintain hygiene, the following steps can be taken: 1. **Regular cleaning:** Playgrounds should be cleaned regularly, including the removal of trash and the disinfection of commonly touched surfaces like swings, slides, and handrails. 2. **Proper waste disposal:** Ensure that waste bins are available and used appropriately to avoid littering and contamination. 3. **Sanitation stations:** Provide hand sanitizers and washing stations for children and adults to use before and after playing. 4. **Inspecting equipment:** Regularly check playground equipment for any damage or dirt accumulation and repair as necessary.

Step 3: Conclusion.

By following these hygiene practices, the playground can remain a safe and healthy environment for all visitors, especially children.

Quick Tip

Maintaining a clean and hygienic playground promotes good health and ensures a safe play environment.

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

Solution:

Step 1: Importance of maintaining sports facilities and equipment.

Maintaining sports facilities and equipment is essential for ensuring the safety and well-being of athletes, preventing injuries, and promoting optimal performance. Regular

inspections help identify potential hazards or wear and tear that could compromise safety.

Step 2: Key factors to consider.

1. **Cleanliness and sanitation:** Ensure that all equipment is cleaned regularly and sanitized, particularly items that are frequently touched or come into contact with sweat, like gym mats, balls, and exercise machines. 2. **Inspection of equipment:** Check for signs of damage, wear, and tear in sports equipment, such as loose parts, frayed ropes, or cracks in the flooring, and repair or replace items as necessary. 3. **Safety standards compliance:** Ensure that all equipment meets the required safety standards and is installed correctly according to manufacturer guidelines. 4. **Environmental conditions:** Maintain the facility's environment, ensuring proper lighting, ventilation, and temperature control to ensure a comfortable and safe setting for activities. 5. **Pest control:** Prevent pests such as rodents and insects from entering the facility, as they can create hygiene hazards and damage equipment.

Step 3: Conclusion.

By regularly inspecting and maintaining sports facilities and equipment, you can ensure a safe and hygienic environment for athletes, reducing the risk of injuries and health issues.

Quick Tip

Regular inspections and cleanliness are key to ensuring safety, hygiene, and optimal performance in sports facilities.

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?

Solution:

Step 1: Define entrepreneurship.

Entrepreneurship is the process of starting and managing a business venture to make a profit. Successful entrepreneurs possess a set of key qualities that enable them to navigate the challenges of business ownership and achieve long-term success.

Step 2: Key qualities of a successful entrepreneur.

1. **Vision:** Successful entrepreneurs have a clear vision of what they want to achieve and

how they plan to get there. 2. **Resilience:** They are able to bounce back from failures and setbacks, learning from mistakes and improving. 3. **Risk-taking ability:** Entrepreneurs are willing to take calculated risks to achieve their business goals. 4. **Adaptability:** They are flexible and can adjust their strategies as the market or business environment changes. 5. **Leadership:** Entrepreneurs are strong leaders who can inspire, motivate, and guide their teams effectively. 6. **Decision-making skills:** Successful entrepreneurs make informed decisions quickly to capitalize on opportunities.

Step 3: Importance of these qualities.

These qualities are critical for navigating the uncertainties of starting and running a business. They enable entrepreneurs to overcome challenges, manage risks, and build a strong, sustainable business.

Quick Tip

Successful entrepreneurs possess qualities like vision, resilience, and risk-taking, which are essential for long-term business success.

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.

Solution:

Step 1: Define green jobs.

Green jobs are jobs that contribute to preserving or restoring the environment, often involving sustainable practices, renewable energy sources, and eco-friendly products or services.

Step 2: Benefits of green jobs.

1. **Environmental Impact:** Green jobs help reduce environmental harm by promoting sustainable practices, reducing pollution, and conserving resources, contributing to the health of the planet. 2. **Economic Growth and Innovation:** Green jobs stimulate the economy by encouraging the development of new technologies, industries, and markets, creating employment opportunities in the renewable energy sector and other sustainable industries.

Step 3: Conclusion.

Green jobs play a key role in supporting the transition to a more sustainable economy, addressing environmental challenges, and creating new business opportunities.

Quick Tip

Green jobs not only benefit the environment but also create new industries, contribute to job growth, and help lower long-term energy costs.

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

Solution:

Step 1: Define heatstroke.

Heatstroke is a severe condition that occurs when the body becomes overheated and is unable to regulate its temperature. It is a medical emergency that requires immediate attention.

Step 2: Signs and symptoms.

The signs and symptoms of heatstroke include: 1. **High body temperature (above 104°F or 40°C).** 2. **Hot, dry skin:** The skin may feel dry and hot to the touch, as sweating has ceased. 3. **Rapid pulse and breathing.** 4. **Confusion, dizziness, or disorientation.** 5. **Seizures or unconsciousness.**

Step 3: First aid steps.

Immediate first aid should include: 1. **Call for emergency medical help.** 2. **Move the person to a cooler area:** Get the individual to a shaded or air-conditioned place. 3. **Cool the body down:** Use cool water or ice packs on the body, focusing on the neck, armpits, and groin. 4. **Hydrate:** If the person is conscious and able to drink, provide fluids like water or electrolyte drinks. Avoid alcohol or caffeine.

Step 4: Conclusion.

Heatstroke is a medical emergency that requires immediate action. Recognizing the signs and providing prompt first aid can save lives.

Quick Tip

Heatstroke is life-threatening and requires immediate action. Always call for medical help while administering first aid.
