

# **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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