

INDIAN SCHOOL AL WADI AL KABIR

Class 11 – Physical Education

UNIT 1-CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

TOPIC- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements

Date: _____

Worksheet 2

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is a synthetic alternative to grass used in football fields?
a) Clay
b) Astro turf
c) Wooden
d) Acrylic
 2. Which playing surface is made from rubber particles bound with latex or polyurethane?
a) Grass
b) Clay
c) Synthetic Athletic Track
d) Wooden Court
 3. What is the major advantage of Astro turf in hockey?
a) High maintenance
b) Natural appearance
c) Faster ball movement
d) Softer feel
 4. Which surface is common for indoor badminton courts?
a) Polygrass
b) Clay
c) Synthetic Mat
d) Asphalt
 5. What is MUGA designed for?
a) Single sport events
b) Gardening
c) Multi-sport usage
d) Cooking contests
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Section B: Very Short Answer Questions (2 Marks Each)

6. Define polygrass and name one sport that uses it.
7. What are the two main types of indoor court surfaces?

8. Mention any two types of wearable gears used for performance enhancement.
 9. What is the purpose of using video technology in sports?
 10. Name two natural surfaces used in athletic jogging tracks.
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Section C: Short Answer Questions (3 Marks Each)

11. State three advantages of synthetic athletic tracks over clay and cinder tracks.
 12. Write a short note on technological advancements in sports officiating.
 13. How do wearable gears help in injury prevention?
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Section D: Long Answer Questions (5 Marks Each)

14. Explain the use and benefits of MUGA for both indoor and outdoor sports.
 15. Describe the role of technology in performance monitoring and analysis in sports. Provide at least three examples.
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