

## Chapter 1

### Changing Trends and Career

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#### QUESTION FOR 1 MARK (30 WORDS)

**1. What is the aim of physical education?**

**Ans.** The aim of physical education is all round development of the personality of the individual.

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**2. What do you mean by sport journalism?**

**Ans.** Such PETs who have skills in communicating by oral or writing can avail the career option in the field of sports journalism.

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**3. What is adaptive physical education?**

**Ans.** Through adaptive physical education disable students are encourage to participate in safe, satisfactory and physical activities.

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**4. When was sports Authority of India established?**

**Ans.** The sports Authority of India was established by the Govt. of India in January 1984.



### QUESTION FOR 3 MARK (60 WORDS)

#### 1. Describe the principles if integrated and comprehensive physical education.

- Ans.**
- i. It should be based on the inter related sub-topics of physical education.
  - ii. It should cater to the requirements of different people.
  - iii. It should be capable of facing the challenges of the present and the future.
  - iv. It should be capable of providing comprehensive and deep knowledge about physical education.
  - v. It should motivate an individual to engage in a lifelong healthy and active lifestyle.
  - vi. It should be able to develop social and emotional skill among people.

#### 2. Write a note on the teaching career in physical education.

**Ans.** Teaching career is appropriate for those people who are really interested in it one can choose one's career in elementary schools, middle schools, high schools and schools and collages according to one's educational qualification. Teachers enjoy lots of respect among their students because the teacher contributes a lot to the society. It also provides inner satisfaction.

#### 3. Discuss the programmes of the sports Authority of India.

- Ans. i.** To search and nurture sports taken: Through this talented children are researched. they are property trained and provided other facilities. So that the level of sports many go up in India.
- ii.** To provide Sports scholarship: Players are given sports scholarships according to their achievements. for this purpose, a merit list of their achievement at national level is prepared.
- iii.** To organise national sports talent competition time to time sports competition are held at national level to select talented players.
- iv.** To promote indigenous games and marshal art: Competitions are organised to promote indigenous sports and marshal arts. Such competitions are organised continuously in north - eastern states of India.



## QUESTION FOR 5 MARK (150 WORDS)

### 1. What are the main objectives of physical education.

**Ans. i. Physical development:** Its main aim is physical development physical activities enhances the size, shape and capability of different organs which is good for healthy body, healthy citizen can only contribute in nation - building.

**ii. Mental development:** Physical activities makes the mind aware and helps in increasing concentration.

While playing, many situations arise player's have to take independent decisions, thus it relates to mental development.

**iii. Social Development:** Its aim is to develop social qualities in individual which is very important for making adjustment in life. Player get many opportunities to come near to each other which develop many qualities like, unity, friendship, cooperation, respect, sportsmen spirit, brother- hood, assurance etc.

**iv. Emotional Development:** One of its main aim is emotional development of individual different activities of physical education teach how to have control over impulse. One has to control different feelings in different situations like pleasure, hope, jealousy, sorrow, anger, fear etc.

**v. Neuro-muscular Development:** Physical activities develop coordination between nervous and muscular systems. A healthy nervous system keeps the unnecessary fatigue away. It reduces reaction time of the player and increases the speed. Thus the main aim of physical education is to develop co-ordination between them.

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### 2 Describe the objectives and role of the central advisory board of physical education



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**and recreation.**

**Ans. Objectives:**

- i.** To introduce physical education as compulsory subjects in schools.
- ii.** To suggest all the educational institutions of the country in preparing syllabus.
- iii.** To suggest the qualification for the selection process and training of the physical education teachers.
- iv.** To introduce physical education at elementary middle, high school and university level and prepare course-content accordingly.

**Role of the Board :**

- i.** The board suggests bold steps for physical education and prepares syllabus for the certificate and diploma courses to the Govt. of India.
- ii.** To suggest - different physical training methods for the boys and the girls to the centre.
- iii.** The union education ministry started scholarship in 1958 in the fields of leadership training, research etc.
- iv.** The union education ministry started giving monetary help to the organizations running programmes related to national physical efficiency test after 1958.
- v.** Many steps were taken to run the physical education programmes successfully at state level.
- vi.** Many steps were initiated to write, publish, encourage and popularise physical education.
- vii.** On board's suggestion, the central govt. has started many programmes related to national health core in different educational institutions of India.

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**3. Describe the aims and objectives of Netaji Subhash National Institute of Sport.**

- Ans. i.** To prepare coaches for imparting special training in different games and sports.
- ii.** To enhance the technical skills of the coaches



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- iii. To make available a latest information in the field of sports.
  - iv. To help in searching talented players.
  - v. To impart proper training to the players to participate at the international level.
  - vi. To provide scholarships to the players to encourage them towards sports.
  - vii. To help 'Nehru Yuva Kendra's in order to encourage games and sports.
  - viii. To impart technical knowledge to the industry engaged in the field of making sports related equipments using latest technology.
  - ix. To promote publication of different sports magazine for the development of sports.
  - x. To promote research work in the field of sports.
  - xi. To organise refresher courses for the teaching of physical education.
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**4. Which principal are required to be followed to make the adapted physical education effective? Explain.**

**Ans. i. Medical Examination:** It is very important for the success of programmes related to adapted physical education. Otherwise, it will be difficult to find out what kind of disability, the student is suffering from. Therefore, it is imperative to conduct medical examination of the students.

**ii. Programmes according to the interest of the students:** Programmes should be made keeping in mind the interest, capacity and previous experience of the students. The teachers should also have deep knowledge about. It, then only they can make any successful programme.

**iii. Equipment should be appropriate:** Students should be provided with equipment as per disability concerned. For example, students suffering from visual impairment should be given a ball with bell so that they may catch the ball as it rolls because of the sound. Thus such students can make out. The direction and distance of the ball.

**iv. Proper Environment :** The play area also should be limited because of the limited speed



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capacity of the children. For example, speech impaired children should be given rest in between the games. The play area should be limited to top smaller area.

**v. Modification of Rules :** Rules and regulations of the games and sports should be modified depending on the specific needs of students. In order to learn new skill they may be given extra time, extra effort, extra rest and 2 marks in place of 1 mark.

Thus, they might be given the opportunity for all round development.

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### 5. Write a note on special Olympic - Bharat?

**Ans.** This organisation was established in 2001. Its aim is to increase the participation of disabled people in games and sports. Its another objective was to develop leadership quality, social quality and health.

This organisation organises sports competition at state and national level. It also serves talented players and trains them for international games. After 2002, about 23,750 participants have participated in national games.

Between 1987 and 2013, a total of 671 Indian athletes participated in seven summer and five winter special Olympics. They won 246 gold medals, 265 silver medals and 27 bronze medals and they raised the glory of the country in the world.

Today, around 1 million athletes are the members of this organisation and 84,950 coaches train these athletes. This organisation does the all round development of the players through games and sports.

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