

FitEduHub.com

Knowledge in Motion

CBSE Class XI: PAT (845)

UNIT-WISE COMPETENCY BANK

Matching & Picture-Based Case Studies

(5 Matching Pairs + 5 Case/Picture Questions Per Unit)

(Covers Part A: Units 1-5 & Part B: Units 1-4)

PART A: EMPLOYABILITY SKILLS

Unit 1: Communication Skills-III

A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Kinesics	A. Distance between sender and receiver
2. Proxemics	B. Study of body language and posture
3. Haptics	C. Translating thoughts into a message
4. Encoding	D. The receiver's response to a message
5. Feedback	E. Communicating through touch (e.g., high-five)

Correct Answer: 1-B, 2-A, 3-E, 4-C, 5-D

B. Competency-Based Questions (Pictures & Case Studies)



Q1. Look at the communication cycle diagram above. Which critical element is missing in the dashed box?

Answer: The missing element is the ****Receiver****. The sender encodes a message, sends it through a channel, and it goes to the receiver.

Q2. During a district match at Ramagya School, a coach uses highly complex sports jargon while yelling at the 7th-class players. Identify the communication barrier.

Answer: This is a **Linguistic Barrier** combined with a Psychological Barrier (yelling). The complex jargon is not understood by young, beginner-level students.

Q3. You draft a notice for the Jyoti House vs Pragati House match. It explicitly mentions the date, time, and that only 7th & 8th class students can participate. Which 'C' of communication is this?

Answer: This demonstrates being **Concrete** and **Complete**. The information is specific and provides all necessary details.

Q4. An athlete is physically exhausted after a 40-minute main activity phase. Why should the trainer avoid giving complex verbal instructions at this moment?

Answer: Extreme fatigue creates a **Physiological Barrier**, reducing the athlete's cognitive ability to process and decode complex verbal instructions.

Q5. During the 'Teach-Back' method, a student fails to demonstrate the dribbling drill correctly. What should the trainer do?

Answer: The trainer must acknowledge the negative **Feedback**, adjust their teaching method (perhaps using a visual demonstration), and re-encode the message more simply.

PART A: EMPLOYABILITY SKILLS

Unit 2: Self-management Skills-III

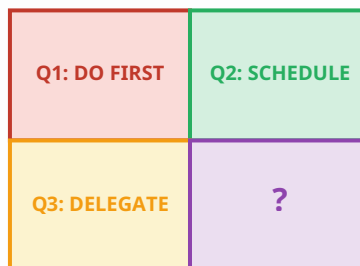
A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Intrinsic Motivation	A. Performing a task to win a trophy
2. Extrinsic Motivation	B. Positive stress that enhances alertness
3. Eustress	C. Playing a sport for pure personal joy
4. SWOT Analysis	D. Urgent & Important tasks (e.g., Crisis)
5. Eisenhower Q1	E. Identifying personal strengths and weaknesses

Correct Answer: 1-C, 2-A, 3-B, 4-E, 5-D

B. Competency-Based Questions (Pictures & Case Studies)



Q1. Look at the Eisenhower Matrix above. What is the name of the missing Quadrant 4 (Q4), and what type of tasks go there?

Answer: Quadrant 4 is ****Eliminate****. It contains tasks that are ****Not Urgent & Not Important**** (e.g., mindless social media scrolling).

Q2. A P.E.T. at Modern School feels overwhelmed by the upcoming Annual Sports Day. Should the P.E.T. focus on delegating or scheduling?

Answer: The P.E.T. should ****Schedule (Quadrant 2)**** long-term planning tasks and ****Delegate (Quadrant 3)**** minor routine tasks to student captains to manage stress.

Q3. A player misses a crucial penalty kick and cries. How can the trainer help build the player's emotional resilience?

Answer: By using positive reframing, the trainer helps the player view the failure not as a disaster, but as a learning opportunity to analyze mechanics and improve.

Q4. During the 'Storming' phase of group development, the team members argue over who should be captain. What is the trainer's role?

Answer: The trainer must act as a mediator, enforcing team rules, clarifying individual roles, and guiding the team towards the collaborative 'Norming' phase.

Q5. How does deep breathing (Pranayama) act as a stress management technique before a district tournament?

Answer: It activates the parasympathetic nervous system, lowering the heart rate, reducing cortisol levels, and calming pre-match anxiety.

PART A: EMPLOYABILITY SKILLS

Unit 3: ICT Skills-III

A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Spreadsheet (Excel)	A. Digital design software for certificates
2. Canva Pro	B. Web development language for custom utilities
3. HTML/JS	C. Hides email addresses of recipients
4. WordPress	D. Managing budgets and student fitness data
5. BCC in Email	E. Content Management System for websites

Correct Answer: 1-D, 2-A, 3-B, 4-E, 5-C

B. Competency-Based Questions (Pictures & Case Studies)

Name	Class	Section
Rahul S.	8th	B

Q1. Look at the spreadsheet format above. Why is the 'Class' and 'Section' layout superior to using a generic 'Age Group' column?

Answer: It provides highly granular, specific data. This eliminates administrative ambiguity and makes sorting/filtering students for tournament eligibility (like the 7th & 8th class matches) much faster.

Q2. A sports trainer utilizes 3 years of web development experience to build a custom 'BMR Calculator' on FitEduHub.com. How does this benefit the students?

Answer: It provides an interactive digital tool that allows athletes to scientifically track their daily metabolic and caloric needs, bridging the gap between field training and nutritional health.

Q3. Why should a coach export a tournament fixture list as a PDF before emailing it to Ramagya School?

Answer: Exporting as a PDF ensures that the document's tables, fonts, and formatting remain locked and intact, regardless of the device or OS the receiving school uses.

Q4. You are using WordPress and Rank Math SEO for your school's sports blog. What is the primary purpose of Rank Math SEO here?

Answer: It optimizes the blog's content so that it ranks higher on search engines (like Google), making the school's sports achievements and health resources easily discoverable online.

Q5. A physical activity trainer wants to create a visually exciting poster for the upcoming inter-house finals. Which software should they use?

Answer: The trainer should use digital design platforms like ****Canva Pro****, which allows for the rapid creation of professional-grade, engaging visual graphics.

PART A: EMPLOYABILITY SKILLS

Unit 4: Entrepreneurial Skills-III

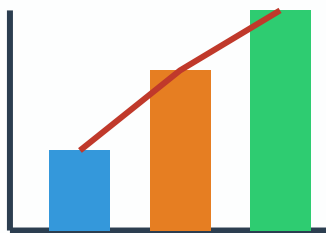
A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Resilience (Grit)	A. Recognizing an unfulfilled need in the sports market
2. Adaptability	B. Making bold business decisions based on data
3. Identifying a Gap	C. The ability to bounce back from business failure
4. Calculated Risk-Taking	D. Generates local jobs and financial growth
5. Economic Impact	E. Flexibility to pivot strategies when trends change

Correct Answer: 1-C, 2-E, 3-A, 4-B, 5-D

B. Competency-Based Questions (Pictures & Case Studies)



Q1. The bar chart represents a sports academy's growth. Which entrepreneurial trait allows a founder to keep growing despite initial low phases?

Answer: This requires ****Resilience (Grit)****. The ability to endure early struggles, learn from mistakes, and persist until the venture scales upward.

Q2. A trainer with 23 years of physical education experience notices a lack of digital fitness resources and launches FitEduHub.com. Which stage is this?

Answer: This is the ****Ideation & Innovation**** stage. The trainer identified a market gap and created an innovative digital solution to solve it.

Q3. Why is 'Adaptability' a crucial trait for a sports entrepreneur when facing a sudden ban on outdoor gatherings?

Answer: An adaptable entrepreneur will quickly pivot their business model, perhaps by offering virtual coaching sessions or digital fitness tracking, rather than letting the business fail.

Q4. How does launching a specialized youth sports academy contribute to 'Regional Development'?

Answer: It generates economic activity by renting facilities, buying equipment, and hiring assistant coaches (creating jobs). It also acts as a community hub, boosting nearby local businesses.

Q5. An entrepreneur invests in high-end biometric sensors for their academy after researching market demand. Is this gambling or calculated risk-taking?

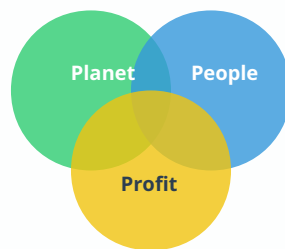
Answer: This is ****Calculated Risk-Taking****. The decision is backed by market research and data, designed to give the academy a competitive edge, unlike blind gambling.

PART A: EMPLOYABILITY SKILLS**Unit 5: Green Skills-III****A. Matching Question (5 Items)**

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Planet (Environment)	A. Promoting equitable health and education for all students
2. People (Society)	B. Running a financially viable sports academy
3. Profit (Economy)	C. Using LED stadium lights and solar panels
4. Energy Efficiency	D. Enforcing a 'Bring Your Own Bottle' (BYOB) rule
5. Waste Reduction	E. Conserving natural resources and reducing waste

Correct Answer: 1-E, 2-A, 3-B, 4-C, 5-D

B. Competency-Based Questions (Pictures & Case Studies)

Q1. Look at the Venn diagram of Sustainability. What represents the 'Planet', 'People', and 'Profit' intersection?

Answer: The intersection of all three circles represents true ****Sustainable Development****, where economic growth is achieved without harming the environment or society.

Q2. During the Under-14 girls' basketball tournament, the organizer mandates the use of compostable areca palm leaf plates. Which pillar does this support?

Answer: It primarily supports the ****Planet (Environment)**** pillar by eliminating non-biodegradable plastic waste, while also supporting the Economy by purchasing from local eco-vendors.

Q3. How can 'Water Management' green skills be applied to a natural grass football field?

Answer: By implementing rainwater harvesting systems and using smart irrigation that only waters the grass when soil moisture levels are low, preventing massive water wastage.

Q4. What is the concept of a 'Zero-Waste' sports tournament?

Answer: It is an event organized with the goal of generating no landfill waste. This is achieved by using digital certificates, reusable bottles, and strict color-coded waste segregation.

Q5. Why should a sports department practice 'Sustainable Procurement'?

Answer: By purchasing equipment made from recycled materials or from companies with ethical manufacturing, the school uses its economic power to support the global Green Economy.

PART B: SUBJECT SPECIFIC SKILLS

Unit 1: Role of Physical Education in Child Development

A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Macro-plan	A. Detailed blueprint for a single 45-minute class
2. Meso-plan	B. Stress management and self-esteem
3. Micro-plan	C. Long-term training plan covering a whole year
4. Daily Lesson Plan	D. Phase-specific training block (e.g., 4 weeks)
5. Mental Health (Triangle)	E. Short training cycle, typically lasting one week

Correct Answer: 1-C, 2-D, 3-E, 4-A, 5-B

B. Competency-Based Questions (Pictures & Case Studies)



Q1. The stick diagram shows a Yoga posture (Vrikshasana/Tree Pose). Which physical capacity and mental skill does this primarily develop?

Answer: It primarily develops ****Balance/Core Strength**** (Physical) and intense ****Mental Focus/Concentration**** (Mental), as holding the pose requires stillness and breath control.

Q2. A student is physically very fit but bullies his teammates during practice. According to the 'Health Triangle', is this student healthy?

Answer: No. The student is failing in the **Social Health** dimension (building healthy relationships and empathy). True health requires a balance of Physical, Mental, and Social well-being.

Q3. You are designing a 60-minute daily lesson plan for Jyoti House. How will you divide the time between Warm-up, Main Activity, and Cool-down?

Answer: A scientifically sound split is: **10 mins** Warm-up (light jogging/dynamic stretching), **40 mins** Main Activity (skill drills/scrimmage), and **10 mins** Cool-down (static stretching/feedback).

Q4. How do 'Economic Influences' dictate the sports culture of a region?

Answer: Wealthier regions can afford expensive infrastructure (synthetic tracks, indoor pools), whereas economically constrained areas rely on indigenous, low-cost sports like Kabaddi or Kho-Kho.

Q5. What are the physiological benefits of weight-bearing activities (like jumping) during childhood development?

Answer: They stimulate bone mineralization, increasing peak bone mass and density, which drastically reduces the risk of osteoporosis in later life.

PART B: SUBJECT SPECIFIC SKILLS

Unit 2: Props and Equipment

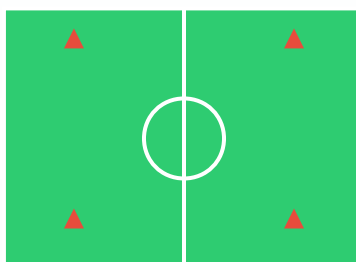
A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Fixed Equipment	A. Agility cones, ladders, and colored team bibs
2. Props	B. Done daily before practice to find acute hazards
3. High-Frequency Inspection	C. Checking structural bolts of a basketball pole annually
4. Low-Frequency Inspection	D. Punching holes in soil to allow oxygen to grass roots
5. Aeration	E. Basketball backboards and football goalposts

Correct Answer: 1-E, 2-A, 3-B, 4-C, 5-D

B. Competency-Based Questions (Pictures & Case Studies)



Q1. The diagram shows a playfield. The white rectangular goals represent ____ while the red triangles (cones) represent ____.

Answer: The goals represent ****Fixed Equipment**** (necessary to play the official game), while the cones represent ****Props**** (used for teaching, drills, and marking spaces).

Q2. A coach is preparing for the 7th & 8th class match. Why is it crucial to use age-modified equipment (like size 5 basketballs) instead of adult sizes?

Answer: Using oversized or heavy equipment ruins young players' shooting mechanics and poses a severe risk of finger and wrist injuries. Age-modified gear ensures safety and builds confidence.

Q3. It is the morning of the tournament at Modern School. The coach sweeps the court for dew and leaves. Is this a High or Low-Frequency inspection?

Answer: This is a ****High-Frequency Inspection****. Its primary goal is to identify and mitigate immediate, transient hazards (like a slippery wet court) that pose an acute injury risk today.

Q4. What maintenance is required for indoor wooden gym floors to prevent them from becoming slippery?

Answer: They require daily dry mopping with specialized microfiber mops to remove abrasive dust. Proper ventilation is also needed to control humidity and prevent wood warping.

Q5. Why must tension on tennis or volleyball nets be slackened at the end of the day?

Answer: Slackening the tension prevents the net cables and the supporting poles from stretching, fatiguing, and eventually warping or snapping under constant high pressure.

PART B: SUBJECT SPECIFIC SKILLS

Unit 3: Hygiene and Safety

A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Sprain	A. A sequence used during CPR (Compressions, Airway, Breathing)
2. Strain	B. An injury caused by tearing a ligament (bone to bone)
3. C-A-B Sequence	C. An injury caused by tearing a muscle or tendon (muscle to bone)
4. Choking First Aid	D. Heimlich Maneuver (Abdominal thrusts)
5. R.I.C.E. Protocol	E. Rest, Ice, Compression, Elevation

Correct Answer: 1-B, 2-C, 3-A, 4-D, 5-E

B. Competency-Based Questions (Pictures & Case Studies)



Q1. The stick figure above shows a player who just landed awkwardly and twisted her ankle. Identify the soft-tissue injury and the specific tissues involved.

Answer: This is a severe ****Sprain****. It involves the overstretching or tearing of ****Ligaments****, which are the tough bands of tissue connecting bone to bone at the ankle joint.

Q2. You are applying the R.I.C.E. protocol to the ankle injury above. What is the specific purpose of the 'E' (Elevation)?

Answer: **Elevation** (raising the injured limb above heart level) uses gravity to drain excess fluid away from the injury site, significantly minimizing swelling.

Q3. During a hot summer camp, an athlete stops sweating, has hot dry skin, and loses consciousness. Is this Heat Exhaustion or Heat Stroke? What should you do?

Answer: This is **Heat Stroke**, which is a life-threatening medical emergency. The trainer must call an ambulance immediately, move the athlete to shade, and rapidly cool their body with cold water/ice.

Q4. Why must shared team bibs be laundered after every single use?

Answer: To maintain Equipment Hygiene. Unwashed, sweaty bibs are fomites that can easily transmit fungal infections (like ringworm) or bacterial infections (like staph) between athletes.

Q5. What is the correct hand placement and depth for chest compressions during CPR?

Answer: Place the heel of one hand in the center of the chest (lower half of the sternum). Push hard and fast, at least **2 inches deep**, allowing full chest recoil between compressions.

PART B: SUBJECT SPECIFIC SKILLS

Unit 4: Sports and Fitness

A. Matching Question (5 Items)

Match the items in Column A with their correct definitions/examples in Column B.

Column A	Column B
1. Aerobic Capacity	A. Executing a perfect split or high kick in martial arts
2. Anaerobic Capacity	B. Maximum force against resistance (e.g., Rugby tackle)
3. Strength	C. Sustained oxygen-fueled activity (e.g., Marathon)
4. Flexibility	D. Intense short bursts without oxygen (e.g., 100m sprint)
5. Pre-Event Phase	E. Drawing fixtures, forming committees, and venue inspection

Correct Answer: 1-C, 2-D, 3-B, 4-A, 5-E

B. Competency-Based Questions (Pictures & Case Studies)



Q1. The diagram shows an athlete in a forward-leaning, explosive sprinting posture (e.g., a 100m dash). Which physiological capacity is primarily being used here?

Answer: This relies primarily on ****Anaerobic Capacity****. The activity is too intense and short for the body to supply sufficient oxygen, so it relies on stored energy systems (ATP-PC).

Q2. You are scouting for the Under-14 basketball team. Why is evaluating raw attributes like 'explosive vertical jump' crucial during the Talent Identification phase?

Answer: Shooting mechanics can be taught and refined during the ****Development phase****, but raw physical attributes like anaerobic power (vertical jump) indicate the athlete's natural biological ceiling and potential in basketball.

Q3. Why is skipping a warm-up the leading cause of muscle strains on the sports field?

Answer: Skipping a warm-up leaves muscles cold and inelastic. A proper warm-up raises tissue temperature, drastically increasing muscle and tendon elasticity, allowing them to stretch without tearing under stress.

Q4. During the 'Post-Event' phase of the inter-house tournament, what are the three main responsibilities of the organizing committee?

Answer: 1. ****Prize Distribution:**** Conducting the closing ceremony. 2. ****Equipment Audit:**** Collecting and securing all props. 3. ****Financial Accounting:**** Settling vendor bills and submitting expenditure reports.

Q5. Describe the preliminary screening process for a school football team.

Answer: It involves testing general fitness parameters necessary for the sport before assessing specific ball skills. For football, this usually involves an aerobic endurance test (like a 12-minute cooper run) to ensure players can sustain 90 minutes of running.