

Class 12 Physical Activity Trainer

PAT - Part A (Employability Skills)

Section 1: Top 15 Important MCQs

Q1. Which of the following is an example of an external barrier to communication? (a) Lack of confidence (b) Loud noise from a loudspeaker outside the window (c) Not knowing the language (d) Being angry

- **Answer:** (b) Loud noise from a loudspeaker outside the window

Q2. Active listening involves: (a) Listening just to reply (b) Paying full attention, making eye contact, and understanding the message (c) Looking at your phone while someone is speaking (d) Interrupting the speaker frequently

- **Answer:** (b) Paying full attention, making eye contact, and understanding the message

Q3. 'Motivation' that comes from within oneself to do a task for personal satisfaction is called: (a) External Motivation (b) Reward Motivation (c) Internal (Intrinsic) Motivation (d) Forced Motivation

- **Answer:** (c) Internal (Intrinsic) Motivation

Q4. According to the 'Big Five' personality traits, a person who is highly outgoing, talkative, and energetic has a high level of: (a) Neuroticism (b) Extraversion (c) Agreeableness (d) Conscientiousness

- **Answer:** (b) Extraversion

Q5. Which shortcut key is used to copy the selected text in a digital document? (a) Ctrl + V (b) Ctrl + P (c) Ctrl + X (d) Ctrl + C

- **Answer:** (d) Ctrl + C

Q6. What is the primary purpose of antivirus software on a computer? (a) To create presentation slides (b) To protect the system from malicious software and viruses (c) To edit videos (d) To increase internet speed

- **Answer:** (b) To protect the system from malicious software and viruses

Q7. An entrepreneur is someone who: (a) Prefers to work a 9-to-5 job for a fixed salary (b) Avoids any kind of risk (c) Identifies a problem, takes a financial risk, and starts a business to solve it (d) Only invests in government bonds

- **Answer:** (c) Identifies a problem, takes a financial risk, and starts a business to solve it

Q8. Which of the following is NOT a characteristic of a successful entrepreneur? (a) Hard working (b) Fear of failure and giving up easily (c) Innovative thinking (d) Goal-oriented

- **Answer:** (b) Fear of failure and giving up easily

Q9. 'Sustainable Development' means: (a) Using all natural resources as quickly as possible (b) Stopping all industrial development (c) Meeting the needs of the present without compromising the ability of future generations to meet their own needs (d) Only planting trees in urban areas

- **Answer:** (c) Meeting the needs of the present without compromising the ability of future generations to meet their own needs

Q10. Which of the following is an example of a 'Green Job'? (a) Solar panel installer (b) Coal miner (c) Plastic bag manufacturer (d) Petrol pump attendant

- **Answer:** (a) Solar panel installer

Q11. What is the first step in effective time management? (a) Procrastination (b) Setting clear goals and prioritizing tasks (c) Multitasking constantly (d) Sleeping for 12 hours

- **Answer:** (b) Setting clear goals and prioritizing tasks

Q12. In a spreadsheet (like Excel), what is the intersection of a row and a column called? (a) Table (b) Box (c) Cell (d) Border

- **Answer:** (c) Cell

Q13. 'Paranoia' or extreme worry about what others think is a sign of poor: (a) ICT Skills (b) Self-Management Skills (c) Entrepreneurial Skills (d) Green Skills

- **Answer:** (b) Self-Management Skills

Q14. Feedback is crucial in communication because: (a) It allows the sender to know if the message was understood correctly (b) It confuses the receiver (c) It delays the communication process (d) It is a waste of time

- **Answer:** (a) It allows the sender to know if the message was understood correctly

Q15. Which sector is heavily involved in creating Green Jobs to reduce greenhouse gas emissions? (a) Fossil fuel industry (b) Renewable energy sector (Wind/Solar) (c) Single-use plastic industry (d) Tobacco industry

- **Answer:** (b) Renewable energy sector (Wind/Solar)

{Part B}

Section 2: (Unit 1) Important MCQs

Class 12 Physical Activity Trainer (Unit 1): Top 10 Important MCQs

Q1. What is the main aim of Physical Education?

- (a) To develop only physical strength (b) Holistic development of an individual
(c) To win medals in international events (d) To provide entertainment

- **Answer:** (b) Holistic development of an individual

Q2. In which year was the 'Fit India Movement' launched by the Prime Minister of India?

- (a) 2014 (b) 2017 (c) 2019 (d) 2021

- **Answer:** (c) 2019

Q3. Which scheme was introduced to identify and fund sporting talent at the grassroots level in India? (a) TOPS (b) Khelo India Programme (c) SAI Training Scheme (d) National Sports Talent Contest

- **Answer:** (b) Khelo India Programme

Q4. What is the full form of SAI? (a) Sports Association of India (b) Sports Authority of India (c) State Athletics Institute (d) Sports Academy of India

- **Answer:** (b) Sports Authority of India

Q5. TOPS (Target Olympic Podium Scheme) is primarily designed for: (a) School-level athletes (b) Retired coaches (c) Potential Olympic medal winners (d) Organizing national games

- **Answer:** (c) Potential Olympic medal winners

Q6. Which of the following is NOT a traditional/indigenous game of India? (a) Mallakhamb (b) Kho-Kho (c) Kalaripayattu (d) Baseball

- **Answer:** (d) Baseball

Q7. A Physical Activity Trainer's primary role is to: (a) Treat major sports injuries like a doctor (b) Design, implement, and monitor fitness programs (c) Sell fitness equipment to schools (d) Organize international level tournaments

- **Answer:** (b) Design, implement, and monitor fitness programs

Q8. Which of these is an emerging career in the modern sports sector? (a) Sports Biomechanist (b) Sports Data Analyst (c) Sports Psychologist (d) All of the above

- **Answer:** (d) All of the above

Q9. 'Wellness' is best defined as: (a) Absence of disease only (b) High level of cardiovascular endurance (c) A state of complete physical, mental, and social well-being (d) Ability to lift heavy weights

- **Answer:** (c) A state of complete physical, mental, and social well-being

Q10. The Ministry responsible for promoting sports and youth welfare in India is: (a) Ministry of Education (b) Ministry of Health and Family Welfare (c) Ministry of Youth Affairs and Sports (MYAS) (d) Ministry of Home Affairs

- **Answer:** (c) Ministry of Youth Affairs and Sports (MYAS)

(Unit 2): Top 10 Important MCQs

Q1. What is the primary purpose of conducting a fitness assessment for students? (a) To fail them in physical education class (b) To identify their baseline fitness level and plan a suitable training program (c) To force them to participate in national tournaments (d) To check their academic performance

- **Answer:** (b) To identify their baseline fitness level and plan a suitable training program

Q2. Which test is commonly used to measure cardiovascular endurance? (a) Sit and Reach Test (b) 50m Dash (c) 12-Minute Run/Walk Test (Cooper Test) (d) Push-ups

- **Answer:** (c) 12-Minute Run/Walk Test (Cooper Test)

Q3. BMI stands for: (a) Body Muscle Index (b) Basal Metabolic Indicator (c) Body Mass Index (d) Bone Mass Index

- **Answer:** (c) Body Mass Index

Q4. What is the formula to calculate Body Mass Index (BMI)? (a) Weight (in kg) / Height (in m) (b) Height (in m) / Weight (in kg) (c) Weight (in kg) / Height² (in m²) (d) Weight (in lbs) / Height (in cm)

- **Answer:** (c) Weight (in kg) / Height² (in m²)

Q5. The 'Sit and Reach Test' is specifically designed to measure: (a) Muscular strength of the arms (b) Cardiovascular endurance (c) Flexibility of the lower back and hamstring muscles (d) Agility

- **Answer:** (c) Flexibility of the lower back and hamstring muscles

Q6. According to WHO criteria, a BMI of 27.5 falls into which category? (a) Underweight (b) Normal weight (c) Overweight (d) Obese

- **Answer:** (c) Overweight

Q7. Which component of fitness does the 'Push-up test' primarily evaluate? (a) Upper body muscular endurance and strength (b) Lower body explosive power (c) Flexibility (d) Speed

- **Answer:** (a) Upper body muscular endurance and strength

Q8. What does 'Agility' refer to in sports assessment? (a) The ability to run continuously for a long time (b) The ability to lift maximum weight in one repetition (c) The ability to rapidly and accurately change the direction of the whole body in space (d) The ability to stretch muscles to their maximum limit

- **Answer:** (c) The ability to rapidly and accurately change the direction of the whole body in space

Q9. Which instrument is used to measure body fat percentage by pinching the skin? (a) Stadiometer (b) Sphygmomanometer (c) Skinfold Caliper (d) Goniometer

- **Answer:** (c) Skinfold Caliper

Q10. Before starting any physical assessment, it is mandatory to: (a) Make the student run 5 kilometers (b) Take informed consent and record medical history (c) Give them a heavy meal (d) Perform maximum weightlifting

- **Answer:** (b) Take informed consent and record medical history

(Unit 3): Top 10 Important MCQs

Q1. What is the very first step a Physical Activity Trainer should take in an emergency situation? (a) Start giving CPR immediately (b) Assess the scene for any immediate danger to self and the victim (c) Call the victim's parents (d) Move the victim to another place

- **Answer:** (b) Assess the scene for any immediate danger to self and the victim

Q2. In the treatment of sports injuries, what does 'R.I.C.E' stand for? (a) Run, Ice, Call, Emergency (b) Rest, Ice, Compression, Elevation (c) Rescue, Inspect, Care, Evacuate (d) Rest, Ibuprofen, Care, Exercise

- **Answer:** (b) Rest, Ice, Compression, Elevation

Q3. A 'Sprain' is an injury specifically related to: (a) Muscles (b) Bones (c) Ligaments (joints) (d) Tendons

- **Answer:** (c) Ligaments (joints)

Q4. What is the correct ratio of chest compressions to rescue breaths during CPR for an adult? (a) 15 compressions to 2 breaths (b) 30 compressions to 2 breaths (c) 10 compressions to 1 breath (d) 50 compressions to 5 breaths

- **Answer:** (b) 30 compressions to 2 breaths

Q5. What is the full form of CPR? (a) Cardiopulmonary Resuscitation (b) Cardiac Pressure Recovery (c) Central Pulmonary Rescue (d) Chest Pulse Revival

- **Answer:** (a) Cardiopulmonary Resuscitation

Q6. If an athlete experiences a nosebleed (epistaxis) during a match, what is the correct first-aid? (a) Tilt the head backwards and lie down (b) Lean slightly forward and pinch the soft part of the nose (c) Blow the nose vigorously (d) Pour hot water on the face

- **Answer:** (b) Lean slightly forward and pinch the soft part of the nose

Q7. A 'Strain' is a common sports injury that affects: (a) Brain and skull (b) Joints and ligaments (c) Muscles and tendons (d) Internal organs

- **Answer:** (c) Muscles and tendons

Q8. Which type of injury involves a complete or partial break in a bone? (a) Contusion (b) Abrasion (c) Dislocation (d) Fracture

- **Answer:** (d) Fracture

Q9. What is the immediate first aid for a minor sports-related burn (like a friction burn from the turf)? (a) Apply butter or oil over it (b) Hold the burned area under cool running water for at least 10 minutes (c) Wrap it tightly with a dry cloth immediately (d) Pop the blisters if they form

- **Answer:** (b) Hold the burned area under cool running water for at least 10 minutes

Q10. A 'Concussion' is a type of injury associated with: (a) Knee joint (b) Spinal cord (c) Brain (Head injury) (d) Ankle ligaments

- **Answer:** (c) Brain (Head injury)

(Unit 4): Top 10 Important MCQs

Q1. What is the primary reason for maintaining hygiene in a sports play area? (a) To make the ground look beautiful for spectators (b) To prevent the spread of infectious diseases and ensure athlete safety (c) To reduce the cost of maintenance (d) To win the match easily

- **Answer:** (b) To prevent the spread of infectious diseases and ensure athlete safety

Q2. Which of the following is a poor personal hygiene practice in sports? (a) Trimming nails regularly (b) Showering immediately after a heavy workout (c) Sharing personal water bottles and towels with teammates (d) Washing sports uniforms daily

- **Answer:** (c) Sharing personal water bottles and towels with teammates

Q3. 'Athlete's Foot' is a common sports-related infection caused by: (a) Bacteria (b) Virus (c) Fungi (due to wearing sweaty socks and shoes for long periods) (d) Parasites

- **Answer:** (c) Fungi (due to wearing sweaty socks and shoes for long periods)

Q4. How should indoor gymnasiums manage air quality to ensure the health of athletes? (a) By keeping all windows and doors permanently closed (b) By using room fresheners constantly (c) By ensuring proper cross-ventilation and exhaust systems (d) By allowing smoking in corners

- **Answer:** (c) By ensuring proper cross-ventilation and exhaust systems

Q5. What is the correct method to clean gymnastics mats or yoga mats? (a) Dusting them with dry hands (b) Wiping them with a disinfectant solution after every session (c) Leaving them out in the rain (d) Spraying perfume on them

- **Answer:** (b) Wiping them with a disinfectant solution after every session

Q6. Stagnant water around an outdoor sports field can lead to the breeding of: (a) Earthworms (b) Mosquitoes (causing Dengue or Malaria) (c) Butterflies (d) Honey bees

- **Answer:** (b) Mosquitoes (causing Dengue or Malaria)

Q7. What is the role of a Physical Activity Trainer regarding the First-Aid kit? (a) To hide it so students do not misuse it (b) To check it regularly, replace expired medicines, and keep it hygienic (c) To keep it locked at home (d) To replace bandages with ordinary cloth

- **Answer:** (b) To check it regularly, replace expired medicines, and keep it hygienic

Q8. Proper waste management in a sports stadium involves: (a) Burning all plastic waste on the field (b) Throwing garbage in the spectator stands (c) Using color-coded bins for recyclable and non-recyclable waste (d) Dumping waste near the drinking water cooler

- **Answer:** (c) Using color-coded bins for recyclable and non-recyclable waste

Q9. Wearing unwashed, sweaty sports gear repeatedly can most likely lead to: (a) Better sports performance (b) Muscle cramps (c) Severe skin infections like ringworm (d) Bone fractures

- **Answer:** (c) Severe skin infections like ringworm

Q10. Who holds the primary responsibility to ensure that the play area is safe and hygienic before a training session begins? (a) The school principal (b) The spectators (c) The Physical Activity Trainer (PAT) / Coach (d) The parents of the athletes

- **Answer:** (c) The Physical Activity Trainer (PAT) / Coach