

## Short Answer Questions [1 Marks] :

1. What is the aim of physical education?

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

## 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.

### 3. What is adaptive physical education?

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

# Practice Question

**Q. When was Khelo India started?**

# **3 Marks Questions**

**1. Discuss the short and long-term courses available in the field of physical education in India by giving examples.**

**Ans.** Short-term courses are for a duration of a few months to 1-2 years. Diploma and certificate courses are short-term courses.

There are many such courses like Diploma in Physical Education, Diploma in Adaptive Physical Education etc.

Certificate courses are available in Aerobics, Yoga Science, Coaching, Sports Administration etc.

Long-term courses available in physical education are degree courses like Bachelor of Arts in Physical Education, Master of Arts in Physical Education, M. Phil. in Physical Education etc.

## Q.2 What do you mean by sports journalism?

Ans. Through sports journalism we mean that we can gather information regarding all sports activities and to collect different types of material required for physical education.

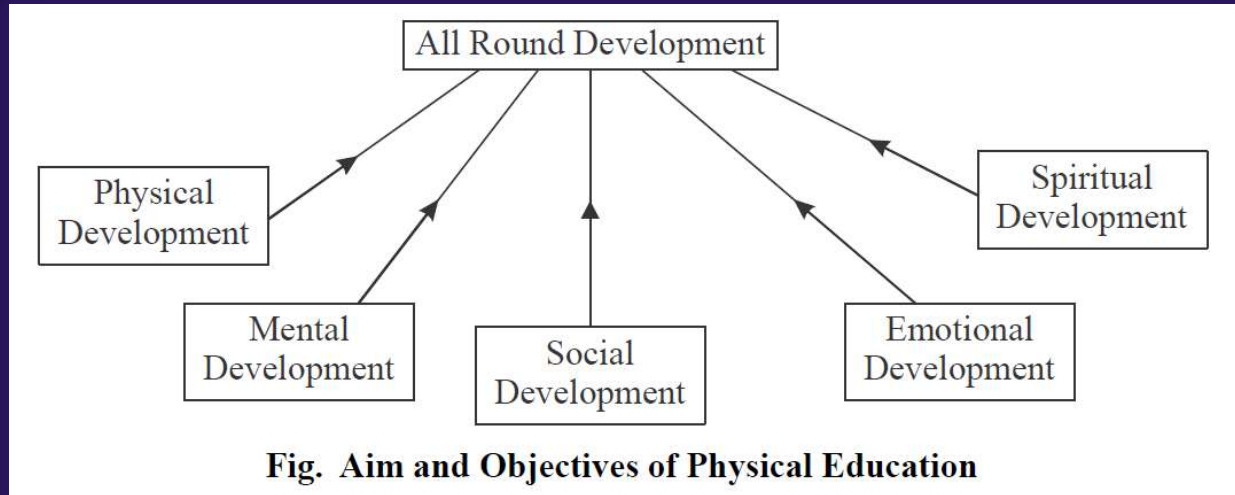
Such physical education teachers who have skill in communicating by oral or writing can avail the career option in the field of sports journalism.

### Q.3 What do you mean by Health related careers?

Ans. In the modern world, people are **more aware** of their health related issues. Each and every person is awake to his health. He wants to adopt a healthy life style. So there is an **increase in job opportunities** in health related careers in field of physical education. The number of health and weight control clubs has increased tremendously. The another field related to health career is **athletics training**.

## Q.4 What is the **objective** of physical education?

Ans. Physical education facilitates and ample time for the individual and the groups to participate in activities that are physically wholesome, mentally stimulating and socially sound.



# Long Answer Type Question (5 Marks)

Q.1 Write a short note on the following :

(i) Book Publishing

(ii) Sports Photography

Ans. (i) Book Publishing: There are a number of publishing houses who publish books concerning physical education, its sub-disciplines and such other subjects related to it.

They need highly qualified Physical Education experts who possess extraordinary knowledge in this field. Alongwith its sub-discipline health education is developing and in all these disciplines, publishing houses need persons to take care of books in the process.

**Editorial workers** are also **badly needed** by most of the publishing houses. They need such persons who are aware of publication needs.

These personnels should have knowledge of physical education writing and Editorial skill. They should be well aware of publication needs.

Personals are also required to the field of sales, for direct sales a number of persons who can move from and approach directly to sale these books are required.

The person doing this job should have a good knowledge of the field of physical education and comparative value of the available books. They should have the idea of market and experience in organizing sales and convincing power. Thus, there are a lot of opportunities in every field to step in. Sales opportunities are available almost on similar lines in the fields of magazines and journal particularly those which are related with sports.