

ANSWER KEY & MARKING SCHEME · CBSE CLASS 11**Changing Trends and Career in Physical Education**

Physical Education · Chapter 1 · Use this with the Board Paper · Companion to Quick Drill

HOW TO USE

Attempt the Board Paper first (closed-book, full time). Then come here. For 2-mark+ questions, compare your answer to the model. For 3-4 mark questions, also consult the **Topper Templates** below — these show the exact step-by-step structure that scores full marks per CBSE marking-scheme conventions.

MODEL ANSWERS · BOARD PAPER**Section A — Short (2 × 4 = 8 marks)****Q1. Define physical education in one or two sentences. [2 marks]**

Ans: Physical education is a planned, purposeful process of education that uses physical activities (games, sport, exercise) as the medium to develop a person physically, mentally, socially and emotionally — i.e. for all-round development.

Q2. Name any two early/post-Independence physical-education institutes in India with their location. [2 marks]

Ans: LNIPE — Gwalior (PE degrees); NSNIS — Patiala (coaching). Other valid: HVPM — Amravati (1914); YMCA College of PE — Madras (1920).

Q3. State the launch year and aim of the Fit India Movement. [2 marks]

Ans: Launched 29 August 2019; aim — to make fitness a part of everyday life for all citizens (mass fitness, not only athletes).

Q4. List any four career options in physical education and sports. [2 marks]

Ans: Any four of: teaching, coaching, officiating, sports management, sports journalism, fitness/wellness training, sports medicine/physiotherapy, sports psychology.

Section B — Medium (4 × 3 = 12 marks)**Q5. Differentiate between the AIM and the OBJECTIVES of physical education with examples. [3 marks]**

Ans: AIM is the single broad, long-term purpose — all-round development of the individual. OBJECTIVES are specific, measurable steps toward it — physical, mental/intellectual, neuro-muscular, social and emotional development. One aim, many objectives.

Q6. Explain any three changing trends in sports with one example each. [3 marks]

Ans: (1) Playing surfaces — synthetic track for athletics / AstroTurf for hockey. (2) Wearable gear & equipment — GPS vest, carbon racquet, lighter shoes. (3) Technology — Hawk-Eye / VAR / DRS in officiating.

Q7. Differentiate between physical fitness and wellness, and list two healthy-lifestyle habits. [3 marks]

Ans: Physical fitness = body works efficiently without undue fatigue (mainly bodily); wellness = holistic well-being (physical, mental, emotional, social, spiritual). Fitness is a component of wellness. Healthy-lifestyle habits: balanced diet, adequate sleep, regular activity, avoiding tobacco/alcohol (any two).

Q8. Write a short note on the development of physical education in India, naming any three institutes with their location and role. [3 marks]

Ans: PE grew from early physical-culture movements to formal institutions: HVPM, Amravati (1914, indigenous physical culture); YMCA College of PE, Madras (1920, first systematic PE training); LNIPE, Gwalior (PE degrees / teacher education); NSNIS, Patiala (high-performance coaching). Post-Independence, SAI and schemes like Khelo India (2018) and Fit India (2019) expanded sport nationally. (Any three institutes with place + role.)

Section C — Long (5 × 2 = 10 marks)

Q9. Explain the aim and objectives of physical education. [5 marks]

Ans: AIM (1): all-round / holistic development of the individual. OBJECTIVES (1 each): physical development (strength, endurance, posture); mental/intellectual + neuro-muscular coordination (strategy, decision-making, smooth movement); social development (cooperation, leadership, sportsmanship); emotional development (confidence, self-control, channelling aggression). All objectives serve the single aim.

Q10. Discuss any five career options available in physical education and sports. [5 marks]

Ans: Teaching (PE teacher/lecturer); coaching (training athletes/teams); officiating (referee/umpire/judge); sports management (events, leagues, facilities); sports medicine/physiotherapy (preventing & rehabilitating injuries). Other valid: sports journalism, fitness/wellness trainer, sports psychology. One line each, five distinct careers.

★ TOPPER ANSWER TEMPLATES

3 TEMPLATES · MEMORISE THE FORMAT

★ TOPPER TEMPLATE — 5 marks: Explain the aim and objectives of physical education.

Most papers

Step 1 [1 mark]	AIM	The AIM of physical education is the ALL-ROUND (holistic) DEVELOPMENT of the individual — physical, mental, social and emotional — through the medium of physical activities. It is the single broad, long-term purpose under which all objectives sit. Write the aim FIRST and clearly state it is 'one broad purpose' to signal you know aim differs from objectives.
Step 2 [1 mark]	Physical development objective	PHYSICAL DEVELOPMENT — building strength, speed, endurance, flexibility and good posture, and improving the working of the heart, lungs and muscles through regular activity. This is the most visible objective and the foundation for the rest.
Step 3 [1 mark]	Mental / intellectual + neuro-muscular development	MENTAL (INTELLECTUAL) DEVELOPMENT — sport teaches rules, strategy, quick decision-making, concentration and knowledge of the body. NEURO-MUSCULAR COORDINATION — improving the link between nerves and muscles so movements become smooth, accurate and efficient (e.g. eye-hand coordination in catching).
Step 4 [1 mark]	Social development objective	SOCIAL DEVELOPMENT — through team play a student learns cooperation, leadership, fair play, respect for rules and opponents, discipline and how to win or lose gracefully (sportsmanship). PE is one of the strongest tools for socialisation in school.
Step 5 [1 mark]	Emotional / affective development	EMOTIONAL (AFFECTIVE) DEVELOPMENT — sport channels energy and aggression positively, builds confidence and self-control, relieves stress and teaches a student to manage joy of victory and disappointment of defeat. Close by noting all objectives together serve the single AIM of all-round development.

COMMON LOSS OF MARKS:

- Writing only the aim and forgetting the objectives (or vice-versa).
- Listing objectives as bare words without a one-line explanation each.
- Confusing aim with objective — examiners often give a separate mark for stating the difference clearly.

★ TOPPER TEMPLATE — 5 marks: Discuss any five career options in physical education and sports.

Annual

Step 1 [1 mark]	Teaching + Coaching	TEACHING — a PE teacher / lecturer in schools, colleges and universities (qualifications like B.P.Ed./M.P.Ed.). COACHING — a sports coach who trains athletes and teams for competition (e.g. NIS-Patiala diploma). Both turn knowledge of the body and sport into a livelihood and are the most traditional PE careers.
Step 2 [1 mark]	Officiating + Sports management	OFFICIATING — becoming a qualified referee, umpire or judge who conducts matches fairly under the rules. SPORTS MANAGEMENT — organising and running events, leagues, stadiums and academies (event managers, facility managers, sports administrators). Both are fast-growing as professional leagues expand in India.
Step 3 [1 mark]	Sports journalism + Fitness/Wellness	SPORTS JOURNALISM & COMMENTARY — reporting, writing, broadcasting and analysing sport across TV, print and digital media. FITNESS & WELLNESS — personal trainer, gym instructor, yoga instructor, aerobics/Zumba instructor or wellness coach in clubs and corporates. These suit students who like communication or hands-on fitness work.
Step 4 [1 mark]	Sports medicine + Physiotherapy + Psychology	SPORTS MEDICINE & PHYSIOTHERAPY — preventing, diagnosing and rehabilitating sports injuries (sports physician, physiotherapist, athletic trainer). SPORTS PSYCHOLOGY — helping athletes with motivation, focus and pressure. SPORTS NUTRITION — planning athletes' diets. These science-linked careers are in high demand with professional teams.
Step 5 [1 mark]	Allied / emerging careers	ALLIED CAREERS — sports administration (federations, SAI), adventure-sports and outdoor-education leadership, sports goods design and marketing, performance analyst using technology, and being a professional ATHLETE itself. End by noting that as sport becomes a serious industry, PE careers are far wider than the old idea of 'only a PT teacher'.

COMMON LOSS OF MARKS:

- Naming only teacher and player — examiners want FIVE distinct careers.
- Listing careers without a one-line description of each.
- Repeating the same career under two names (e.g. 'gym trainer' and 'fitness instructor') to pad the count.

★ TOPPER TEMPLATE — 3 marks: Explain the changing trends in sports with examples.

Most papers

Step 1 [1 mark]	Playing surfaces	PLAYING SURFACES have transformed — synthetic athletics tracks (instead of cinder), AstroTurf for hockey and football, sprung wooden / acrylic courts for basketball and tennis, and engineered surfaces that reduce injury and standardise play. Better surfaces have raised speeds and changed techniques across sports.
Step 2 [1 mark]	Wearable gear and equipment	WEARABLE GEAR & EQUIPMENT keep advancing — lighter and grippier shoes, aerodynamic clothing, protective helmets and pads, GPS vests and heart-rate monitors, and improved equipment such as composite cricket bats, carbon racquets and streamlined swimwear. This gear improves both performance and safety.
Step 3 [1 mark]	Technology + sport as career/ schemes	TECHNOLOGICAL ADVANCEMENTS — Hawk-Eye, the Decision Review System, video assistant referee (VAR), instant replay, electronic timing and performance-analytics software now shape officiating and training. Alongside this, SPORT HAS BECOME A SERIOUS CAREER, supported by government schemes like KHELO INDIA and the FIT INDIA MOVEMENT. Mention at least one example per point for full marks.

COMMON LOSS OF MARKS:

- Giving only one trend when the question expects the range (surfaces / gear / technology).
- No concrete examples — examiners reward Hawk-Eye, AstroTurf, GPS vests, Khelo India by name.
- Confusing 'changing trends' with 'inventing new games'.

MARKING SCHEME — GENERAL NOTES

- Definition of PE: full marks need 'education THROUGH physical activities' + 'all-round development', not 'just exercise'.
- Aim vs objectives: state ONE broad aim and at least three named objectives for full marks.
- Changing trends: each trend must carry a concrete example (AstroTurf, GPS vest, Hawk-Eye) to score.
- Career options: five DISTINCT careers with a one-line role each; synonyms do not count twice.
- Institutes: location + role expected (LNIPE Gwalior/degrees, NSNIS Patiala/coaching).