

## Name of course: XII Sports-Physical Trainer (F-1)

### BLUE PRINT

Sr. No	Unit	Knowledge			Understanding			Application			Total Marks	Total Marks With Option
		Objective	Short Answer	Long Answer	Objective	Short Answer	Long Answer	Objective	Short Answer	Long Answer		
01	Role & Responsibilities of Physical Education Teacher & A Sports Coach	1(1)					4(1)				05	05
02	Learn to plan for the Year	1(1)		4(1)	1(1)		4(1)	1(1)	3(1)	6(1)	16	20
03	Identify & Conduct Events in School	1(1)	3(1)		1(2)		4(1)	1(1)	3(1)	6(1)	11	20
04	Maintain Everyday Health & Hygiene	1(1)	3(1)		1(1)	3(1)		1(1)	3(2)		12	15
05	Teaching Age Appropriate Activities to Children	1(1)	3(1)	4(1)	1(1)	3(1)	4(1)	1(1)	3(1)		13	20
06	Learn to Coach & Build School Team	1(1)	3(1)	4(1)	1(1)	3(1)		1(2)		6(1)	11	20
07	Introduction to Information & Communication Technology (ICT)	1(1)			1(1)		4(1)		4(1)		06	10
08	Work Integrated Learning						4(1)			6(1)	06	10
	No of Question	07	04	03	07	03	06	06	06	04	80	120
	Total Marks	07	12	12	07	09	24	06	19	24	80	120
	Marks with options	31			40			49			80	120

Figures in bracket indicate number of questions and figures outside bracket indicate total marks for the question.

## Name of course: XII Sports-Physical Trainer (F-1)

Time -3 Hrs.

Max Marks -80

### A) Unitwise Distribution of Marks:

Chapter No.	Topic / Unit	Marks without option	Marks with option
1.	Role & Responsibilities of Physical Education Teacher & A Sports Coach	05	05
2.	Learn to plan for the Year	16	20
3.	Identify & Conduct Events in School	11	20
4.	Maintain Everyday Health & Hygiene	12	15
5.	Teaching Age Appropriate Activities to Children	13	20
6.	Learn to Coach & Build School Team	11	20
7.	Introduction to Information & Communication Technology (ICT)	06	10
8.	Work Integrated Learning	06	10
Total:		80	120

### B) Objectwise Distribution of Marks:

Sr. No	Objective	Marks	Percentage	Marks with Option
1	Knowledge	25	26	31
2	Understanding	21	33	40
3	Application	34	41	49
Total:		80	100	120

### C) Questionwise Distribution of Marks:

Sr. No	Types of the Question	Marks	Marks with option
1	Objective	20	20
2	Short ans.Type (3 marks)	24	36
3	Long ans. .Type (4 marks)	24	40
4	Long ans. .Type (6 marks)	12	24
Total:		80	120

**Question Paper Pattern for Theory Papers**  
**Name of course : Sports-Physical Trainer(F-1)**

**Time -3 Hrs.**

**Max Marks -80**

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**Q.1: A) Select correct alternative and rewrite the sentence** **[5 X 1=5 ]**

1)-----

a)-----                  b)-----                  c)-----

2)-----

a)-----                  b)-----                  c)-----

3)-----

a)-----                  b)-----                  c)-----

4)-----

a)-----                  b)-----                  c)-----

5)-----

a)-----                  b)-----                  c)-----

**B) Match the following pairs** **[5 X 1=5 ]**

1)    a)

2)    b)

3)    c)

4)    d)

5)    e)

**C) State the following sentences is true or false** **[5 X 1=5 ]**

a)

b)

c)

d)

e)

D) Answer the following in one sentence only

[5 X 1=5 ]

- a)
- b)
- c)
- d)
- e)

Q. 2: Attempt any FOUR of the following

[4X3=12]

- a)
- b)
- c)
- d)
- e)
- f)

Q. 3: Attempt any FOUR of the following

[4X3=12]

- a)
- b)
- c)
- d)
- e)
- f)

Q. 4: Attempt any THREE of the following

[3X4=12]

- a)
- b)
- c)
- d)
- e)

Q. 5: Attempt any THREE of the following

**[3X4=12]**

- a)
- b)
- c)
- d)
- e)

Q. 6: A) Attempt any ONE of the following

**[6X1=06]**

- a)
- b)

B) Attempt any ONE of the following

**[6X1=06]**

- a)
- b)

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