

# Chapter - 1

## Physical Education

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### I. Long Answer Questions

**1. Define physical education and discuss the importance of physical education in daily life.**

**Ans.** Physical education is a type of education that focuses on improving human performance through physical activities. Physical movements include walking, jogging, running, sprinting, skipping, jumping, climbing, throwing, moving, pulling, and kicking, among others. Physical activity without education is akin to having a body without a conscience.

There is no debate about the importance of physical education and various types of exercise in the overall educational system. Physical education is the foundation of all human education. Since life starts with movement, physical education is also known as movement education.

Physical development of a growing child is based on and closely linked to mental, intellectual, emotional, and social development. A physically fit person has a well-balanced personality that is mentally sharp, emotionally stable, and well-adjusted socially.

Physical education teaches students how to improve their stamina, pace, endurance, and coordination. It also emphasizes the development of social qualities such as empathy, teamwork, friendliness, team spirit, and rule compliance, all of which are essential for healthy interpersonal relationships.

**2. What are the main objectives of physical education? Explain any four in detail.**

**Ans.** Physical education is an essential aspect of the learning process and should be included in performance evaluations. In the educational sector, a nationwide infrastructure for physical education, sports, and games is needed. Playfields, facilities, coaches, and physical education teachers make up the infrastructure. In urban areas, available open spaces can be used for playgrounds.

Four objectives of Physical education-

- Motor Development

- Mental Development
- Emotional Development
- Social Development

### **3. What are the misconceptions about physical education and sports?**

**Ans.** Participation in these activities fosters a social or cooperative attitude, as well as a positive character and a well-balanced personality. However, failing to recognize this systematic approach to physical education leads to a slew of misunderstandings. People in society are either unaware of the benefits of participating in physical education programs or are falling behind in the modern educational system's speed. As a result, it is important for all of us to consider what we believe and how the modern world is viewed by society's educated and disciplined people.

### **4. What are the career options in physical education?**

**Ans.** Physical education teaches students how to improve their stamina, pace, endurance, and coordination. It also emphasizes the development of social qualities such as empathy, teamwork, friendliness, team spirit, and rule compliance, all of which are essential for healthy interpersonal relationships. Physical education and sports are considered important for health, fitness, wellness, vigor, and strength in this technological age.

## **II. Short Answer Questions**

### **1. Define recreation.**

**Ans.** Humans expend their time in everyday activities such as work, sleep, social obligations, and leisure, the latter of which is free of prior responsibilities to physiologic or social needs, and is a requirement of recreation. Others claim that time pressure has increased for modern people as they are dedicated to so many jobs, while others argue that leisure has increased with increased longevity and, for many, reduced hours expended for physical and economic survival.

### **2. What do you understand by the term 'Drill'?**

**Ans.** A drill, also known as a drilling machine, is a tool used to make circular holes or drive fasteners. It has a chuck that secures a bit, either a drill or a driver, depending on the application. A hammer feature is available on some driven drills. Drills differ in terms of speed, strength, and scale. They are usually corded electrically powered devices, with hand-operated models

declining in popularity and cordless battery-powered models gaining popularity.

**3. Write the names of apparatus used in Gymnastics.**

**Ans.** Gymnastics is a sport that requires balance, stamina, flexibility, agility, coordination, and endurance through physical exercises. Gymnastics exercises assist in the growth of the arms, legs, shoulders, back, stomach, and abdominal muscle groups.

**4. What are the differences between games and sports?**

**Ans.** These mental skills are translated into a particular collection of success techniques. Effectiveness and efficiency can be improved by mastering these skills. In the field of sports, there are main techniques that contribute to high performance—individuals may accelerate their progress and enhance their performance through training mental activities. One of the most critical aspects of performance is self-assurance. A physical exercise program, for example, can help to improve one's self-esteem.

### III. Fill in the Blanks

1. Games include different teams where the number of players is\_\_\_\_\_.

**Ans.** 9

2. In some of the countries physical education is considered as\_\_\_\_\_.

**Ans.** Dynamic

3. After hardwork, one can engage in any kind of\_\_\_\_\_ activities for releasing mental stress and get rid of fatigue.

**Ans.** Education

4. Drill includes different kinds of body\_\_\_\_\_for developing good posture of standing, walking and fighting, etc.

**Ans.** Exercise

### IV. State whether True or False

1. The concept of physical education is new.

**Ans.** Therefore the given statement is True.

**2. In modern times Physical Education is one of the most exciting and dynamic subjects in its history.**

**Ans.** Therefore the given statement is True.

**3. Charles A. Bucher has defined Physical Education as an “Integral part of total educational process”.**

**Ans.** Therefore the given statement is True.

**4. Gymnastics includes different exercises, without apparatus and with apparatus.**

**Ans.** Therefore the given statement is True.

**5. Physical education does not promote emotional development of a person.**

**Ans.** Therefore the given statement is False.