

DELHI PUBLIC SCHOOL, JAMMU
SESSION 2025-26
ASSIGNMENT- Month (APRIL)

CLASS: XI

SUBJECT: PHYSICAL EDUCATION

MM: 15

Topic: Changing Trends & Career in Physical Education

Based on your Critical Thinking & understanding of the above topic, answer the following questions.

MCQ Based (100% marks for correct answers)

1. The sports which is not included in the Olympics is:

(A) Cricket (B) Hockey (C) Football (D) Athletic

2. Which sports uses artificial grass in the 1976 Olympic for the first time?

(A) Field Hockey (B) Football (C) Badminton (D) Golf

3. How many sports have been included in the khelo Indian programme?

(A) 10 (B) 16 (C) 12 (D) 18

4. Which of the following is not the objective of physical education?

(A) Emotional Development (B) Social Development

(C) Evaluation (D) Neuro-muscular Development

5. Which of the following is not a source of physical education?

(A) Gym Trainer (B) Umpire (C) Agriculture Profession (D) Administration Related Profession

B Case: Anjali, an athlete and fitness enthusiast, is passionate about making a career in the field of physical education. However, her parents want her to pursue engineering. During a career counseling session at school, she learns about various career options such as physiotherapy, sports psychology, fitness training, coaching, and sports management.

Questions:

1. What are two career options Anjali can pursue if she continues in the field of physical education?
2. Why is career awareness important for students interested in sports?
3. How can schools support students in exploring careers in physical education and sports?
4. Do you think parental support is important in choosing sports as a career? Why or why not?

Note: Submit your assignment to your respective subject teacher before 25th of April 2025 positively.