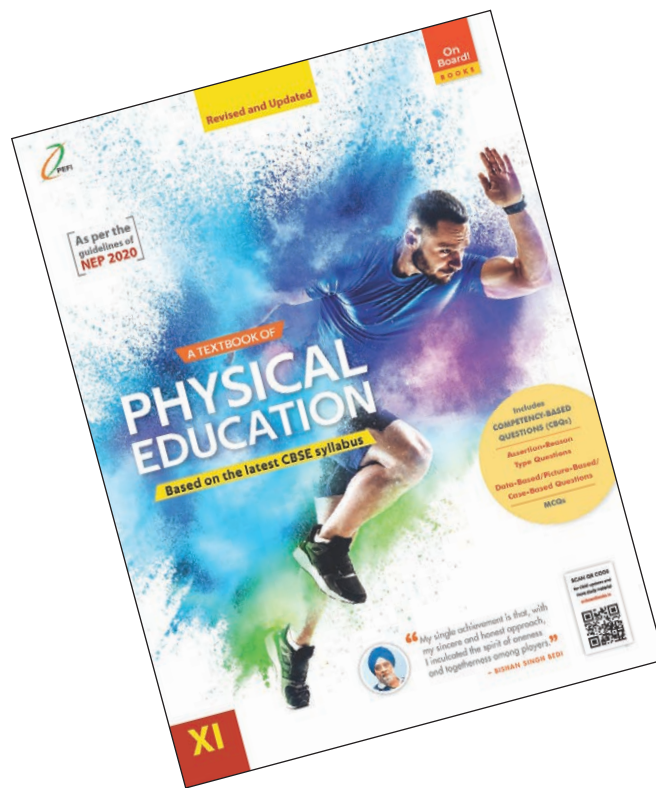


TEACHER'S HANDBOOK

A TEXTBOOK OF PHYSICAL EDUCATION Book 11



An imprint of Ratna Sagar P. Ltd.

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CHAPTER 1
CHANGING TRENDS AND CAREER IN
PHYSICAL EDUCATION

P. 25–30

A. Objective Type/Multiple-Choice Questions

I. Multiple-Choice Questions

1. What is the primary goal of physical education?

- (a) Increase productivity
- (b) Decrease productivity
- (c) Improve academic scores
- (d) Improve professional relationships

Ans. (a) Increase productivity

2. What kind of a system do sports and games rely on and why?

- (a) Two systems for coordination
- (b) Two systems for balance
- (c) Two systems for concentration
- (d) Two systems for endurance

Ans. (a) Two systems for coordination

3. When was the Central Advisory Board of Physical Education established?

- (a) 1947 (b) 1948
- (c) 1950 (d) 1956

Ans. (c) 1950

4. What was the objective of the Coaching Scheme introduced by Rajkumari Amrit Kaur?

- (a) To establish National Institute of Sports
- (b) To encourage Indian youth to participate in games and sports
- (c) To streamline coaching programs in India
- (d) To liaison between Government and National Sports Federations

Ans. (c) To streamline coaching programs in India

5. Which event motivated Indian youth to participate in games and sports at the international level?

- (a) First College of Physical Education
- (b) National Physical Efficiency Drive
- (c) Asian Games
- (d) Sports Talent Search Scheme

Ans. (c) Asian Games

6. What was the purpose of the Rural Sports tournament scheme introduced by the government?

- (a) To promote indigenous physical activities

(b) To evaluate the physical fitness status of peoples in India

(c) To involve rural youth and spot natural talent in different sports

(d) To enhance women participation in sports

Ans. (c) To involve rural youth and spot natural talent in different sports

7. Where Lakshmi Bai National Institute of Physical Education (LNIFE) is situated?

- (a) New Delhi (b) Patiala
- (c) Bhubaneswar (d) Gwalior

Ans. (d) Gwalior

8. Central Government Physical Education Committees was set-up in 1948, which is also known as?

- (a) Tara Chand Committee
- (b) Rajkumari Amrit Kaur Committee
- (c) Tara Prasad Committee
- (d) NIS Committee

Ans. (a) Tara Chand Committee

9. SAI Stands for

- (a) Sports Appointment of India
- (b) Sports Academic of India
- (c) Sports Authority of India
- (d) Sports Accreditation of India

Ans. (c) Sports Authority of India

10. Which of the following tournaments, is played on clay courts?

- (a) Australian Open (b) French Open
- (c) US Open (d) The Wimbledon

Ans. (b) French Open

11. Which of the following career options is associated with physical education?

- (a) Sports marketing
- (b) Sports administration
- (c) Professional sportsperson
- (d) All of these

Ans. (d) All of these

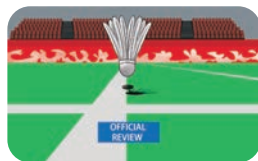
12. For those who have a strong passion for the camera, is a career option.

- (a) Sports journalism
- (b) Sports photography
- (c) Sports broadcasting
- (d) Sports marketing

Ans. (b) Sports photography

13. Which technology is used in the picture given alongside?

- (a) GATE
(b) GPS
(c) Speedometer
(d) VAR



Ans. (d) VAR

14. Khelo-India is an initiative of the

- (a) Government of Delhi
(b) Government of UP
(c) Government of India
(d) Government of Maharashtra

Ans. (c) Government of India

15. Khelo-India would cover most talented and deserving young athletes every year.

- (a) 1000 (b) 2000
(c) 3000 (d) 4000

Ans. (a) 1000

16. Khelo-India strives to promote

- (a) 'Sports for one' as well as 'Sports for all'
(b) 'Sports for all' as well as 'Sports for excellence'
(c) 'Sports for one' as well as 'Sports for many'
(d) 'Sports for development' as well as 'Sports for excellence'

Ans. (b) 'Sports for all' as well as 'Sports for excellence'

17. How much annual scholarship shall each selected athlete receive under the Khelo-India Scheme for eight consecutive years?

- (a) Two lakhs (b) Five lakhs
(c) Three lakhs (d) Eight lakhs

Ans. (b) Five lakhs

18. When was the Fit-India Movement launched?

- (a) 29 August 2013 (b) 29 August 2016
(c) 29 August 2019 (d) 29 August 2021

Ans. (c) 29 August 2019

19. There is a picture given alongside. This is the logo of

- (a) Khelo-India Program.
(b) Fit-India Program.
(c) Khel-India Program.
(d) Fitness India Program.



Ans. (a) Khelo-India Program.

II. Match the following:

List I – Acronym

List II – Full-form

- | | |
|----------|---|
| (a) PU | (1) National Testing Agency |
| (b) SAI | (2) National Council of Teacher Education |
| (c) NCTE | (3) Polyurethane |
| (d) NTA | (4) Sports Authority of India |

Select the correct set of options:

- (a) (i)—(3), (ii)—(4), (iii)—(2), (iv)—(1)
(b) (i)—(2), (ii)—(4), (iii)—(1), (iv)—(3)
(c) (i)—(1), (ii)—(2), (iii)—(3), (iv)—(4)
(d) (i)—(4), (ii)—(3), (iii)—(2), (iv)—(1)

Ans. (a) (i)—(3), (ii)—(4), (iii)—(2), (iv)—(1)

III. Assertion-Reason Type Questions: CBQ

Given below are the two statements labelled Assertion (A) and Reason (R).

A: Sports and games are an integral part of human culture and social interactions.

R: A number of sports events and games are played around the world.

In the context of the two statements given above, which one of the following is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans. (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).

IV. Data-Based Questions: CBQ

The following pie-chart depicts the number of people engaged in various career options related to physical education:

The number of people engaged in various career options related to physical education



On the basis of the pie-chart given above, answer the following questions:

- Which is the most popular profession?
 - Being a coach
 - Being an umpire
 - Being a professional player
 - Being a journalist
- Which profession shows minimum engagement?
 - Journalism
 - Coaching
 - Administration
 - Medicine
- A school, college or academy can be a possible place of work for
 - Sports Teachers/Coaches
 - Sports Administrators
 - Sports Doctors/Physicians
 - All of these

Ans. 1. (c) being a professional player;
2. (a) Journalism; 3. (d) All of these

V. Picture-Based Questions:

CBQ

Identify the professions in sports:



Ans. 1. Sports Coaching; 2. Umpiring;
3. Sports Photography; 4. Sports Medicine

VI. Case-Based Questions:

CBQ

- A school did not have sports periods as part of its curriculum.

On the basis of the case given, answer the following questions:

- Which skills will most likely be missing in the students of such a school?
- If the school creates a sports department in future, what sort of employees will it require?
- is an important objective of physical education.
- A and Physical Education Program must be an integral part of school curriculums.

Ans. (a) Teamwork and cooperation

- Sports doctor and Coach
- Economic development
- well-structured; well-implemented

- Look at the following figures and answer these questions.



- What does Figure A depict? Write one of its objectives.
- What does Figure B depict? Write one of its objectives.
- There were initially disciplines under Figure A Program.
- Figure B Program was launched on by the Prime Minister of India.

Ans. (a) Khelo–India Program, Community Coaching Development

- Fit-India Program, To promote fitness as easy, fun and free.
- 16
- 29 August 2019

B. Very Short Answer Type Questions

- Define physical education.

Ans. Physical education is education through physical activities for the development of the total personality of child to its fullness and perfection in body, mind and spirit.

2. What is the primary aim of physical education?

Ans. The primary aim of physical education is to make every child physically, mentally and emotionally fit and also to develop in her/him such personal and social qualities as will help her/him to live happily with others and build him up as a good citizen.

3. When was the National Institute of Sports (NIS) established?

Ans. NIS was established in 1961.

4. What was the objective of the National Fitness Corps?

Ans. The objective of the National Fitness Corps was to make youth physically strong.

5. What was the objective of the Rural Sports tournament scheme?

Ans. The objective of the Rural Sports tournament scheme was to involve rural youth and spot natural talent in different sports.

6. Give a list of career options in physical education.

Ans. Teaching, Coaching, Personal Trainer, Professional sportsperson, Sports officiating and umpiring, Sports administration.

7. What are some diploma courses in physical education that you can take up in India?

Ans. Diploma courses in Physical education are for a duration of two years after class 12 in any stream. Diploma in Aerobics, Yoga Teacher Training, Yoga & Physical Education, Yoga, Physical Education, Special Olympics and Fitness are some courses.

8. What is the duration of a certificate course in physical education in India?

Ans. Certificate courses in physical education in India can be taken for a duration of one year after the student has passed 12th in any stream.

9. Give examples of at least two skills needed to become a coach.

Ans. Communication skills, Empathy, Work ethics, Leadership qualities, Time management abilities.

10. Mention two objectives of Khelo-India Program.

Ans. (i) Play Field Development
(ii) Community Coaching Development

11. How many sports disciplines are covered under Khelo-India Program? Mention any two.

Ans. 25 sports; Athletics and Badminton

12. What is the fitness mantra of Fit-India Program?

Ans. Fit-India Mission encourages people to become part of Fit-India Movement by including at least 30–60 minutes of physical activities in their day-to-day lives.

C. Short Answer Type-I Questions

1. Mention the different categories of the broad objective of physical education.

Ans. The different categories of the broad objective of physical education include organic aspect, neuromuscular aspect, mental aspect, emotional and social aspects of development.

2. What was the purpose of the Central Advisory Board of Physical Education?

Ans. The purpose of the Central Advisory Board of Physical Education was to advise the government regarding physical education issues and introduce Physical Education Subject as Compulsory subject at elementary, middle and senior secondary level.

3. What was the objective of the Coaching Scheme introduced by Rajkumari Amrit Kaur?

Ans. The objective of the Coaching Scheme was to streamline coaching program in India and produce qualified coaches in different games and sports.

4. Mention the three courses for physical education teachers for schools in India recognised by the NCTE.

Ans. (i) Diploma in Physical Education (DPED)
(ii) Bachelor of Physical Education (BPEd)
(iii) Master of Physical Education (MPED)

5. Write briefly about the coaching career in physical education.

Ans. Refer to pages 19-20 of the book.

6. What are the different kinds of job opportunities available under sports administration?

Ans. Chief Administrator in schools and colleges, Directors of Sports, District Sports Officers, etc.

7. Why do celebrities, models and sportspersons hire a personal trainer?

Ans. Celebrities, models and sportspersons are under constant pressure to appear fit and fabulous under the glare of cameras and the public eye or on the playground. And they often have a strict regime to follow. Almost every celebrity out there has their own personal trainer to help guide them with their training sessions.

8. Mention any two career options in physical education.

Ans. Teaching and personal trainer (Refer P-18-19)

9. What is Hawk-Eye Technology?

Ans. Hawk-Eye System employs six to seven very powerful cameras which are fixed at various positions of the stadium to track and get the clear view of the ball from different angles in games like cricket, football, tennis, etc. This powerful and strong combination ensures that no shot is missed to be tracked by it. It also provides 3-D animation of the path of the ball.

10. Briefly write about any two features of Khelo-India Program.

Ans. (i) The Program aims to promote 20 universities across the country as centres of sporting excellence, which would enable talented sportspersons to pursue both studies as well as sports.

(ii) The Program also aims at creating an active population with healthy lifestyle.

11. Write any two objectives of Fit-India Program.

Ans. (i) To encourage indigenous sports.

(ii) To make fitness reach every school, college/ university, panchayat/village, etc.

12. What is the goal of Fit-India Program?

Ans. The goal of Fit-India is to change people's habits and encourage them to adopt a more physically active lifestyle.

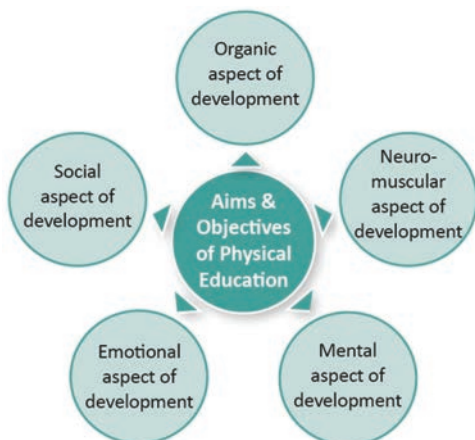
13. What is the fitness pledge of Fit-India Program?

Ans. "I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation."

D. Short Answer Type-II Questions

1. Create a mind map depicting the aims and objectives of physical education.

Ans.



2. Why is physical education important for youth? Give any three reasons.

Ans. Physical education is important for the youth for the following three reasons:

(i) Physical activities like jogging, walking, engaging in various sports help in maintaining correct posture and strengthening of the internal organs and muscles.

(ii) Physical education classes help the youths fruitfully employ their leisure time.

(iii) Many sporting activities function on certain social values like team spirit, fair play, cooperation and respect. These make the youths positive and mature.

3. How is physical education different from academic classroom-based education?

Ans. Physical education activities serve as a good outlet for students' surplus energy, reduce their anxiety and may bring them closer to their peers. Moreover, students get an opportunity to leave the classrooms and textbooks for a while and refresh their body and mind.

4. When and where was the first College of Physical Education established?

Ans. The first College of Physical Education was established in 1957 as Lakshmibai College of Physical Education (LCPE) at Gwalior, Madhya Pradesh.

5. What was the objective of the National Plan of Physical Education and Recreation?

Ans. The objective of the National Plan of Physical Education and Recreation was to promote indigenous physical activities in India.

6. What was the objective of the National Sports championship for women?

Ans. The objective of the National Sports championship for women was to enhance women participation in sports.

7. Write in brief about different wearable gears.

Ans. Sports gears are mostly worn to ensure basic safety related to the game/sport. Sports injury is the only limitation for the players to sustain their sports performance. So, all the respective sports have their minimum requirement of wearing sports gears as laid down in their regulations. Few common sports gears used are: Batting/kiping gloves, pads, helmets/ head gears used in various sports, shin/abdominal guards, caps used in various joints knee caps, etc.

8. What are the basic educational qualifications required for pursuing a serious career in physical education in India?

Ans. After passing class 12th with any stream, a student can pursue various certificate and diploma courses. Apart from these, other courses like degree courses, postgraduate courses and advanced courses are also available.

9. What are the duties involved in teaching physical education?

Ans. Teaching physical education is a science in its own right, entailing a number of duties such as:

- training students in gymnastics, callisthenics and other physical activities
- coaching the students in specific sports
- organising sporting events
- maintaining sports equipment, gymnasiums, fields, pools, etc.

10. Make a table listing the various objectives of Khelo-India Program and Fit-India Program.

Ans. Objectives of Khelo-India Program

- (i) Play Field Development
- (ii) Community Coaching Development
- (iii) State Level Khelo-India Centres
- (iv) Annual Sports Competition
- (v) Talent Search and Development

Objectives of Fit-India Program

- (i) To promote fitness as easy, fun and free.
- (ii) To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- (iii) To encourage indigenous sports.
- (iv) To make fitness reach every school, college/ university, panchayat/village, etc.
- (v) To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

11. What is the Khelo-India Program?

Ans. The Khelo-India is a national Program for the development of sports. It is an initiative of the Government of India to strengthen the sports ecosystem by encouraging mass participation and promotion of excellence. This Program has been introduced to revive the sports culture in India at the grassroot level by building a strong framework for all sports in India. It will provide

a national level platform to the grassroot level talents.

12. Name the schemes that have been merged and revamped as Khelo-India Scheme.

Ans. Being approved by the Union Cabinet, Khelo-India Program has been revamped after the merger of Rajiv Gandhi Khel Abhiyan (RGKA), Urban Sports Infrastructure Scheme (USIS) and National Sports Talent Search Scheme (NSTSS).

13. What are the different objectives of Fit-India Program? Mention any three.

Ans. Refer to Answer of Question 10.

E. Long Answer Type Questions

1. What are the various aspects of development achieved through physical education? Explain in detail.

Ans. The various aspects of development achieved through physical education are given below:

- (i) **Organic aspect of development:** The first step of physical education is to establish physical fitness through regular exercise to strengthen the internal organs and muscles.
- (ii) **Neuromuscular aspect of development:** Neuromuscular aspect of physical education enhances their relationship, in addition to gradually decreasing fatigue and providing mental satisfaction.
- (iii) **Mental aspect of development:** Sports and games require mental alertness and concentration. The players learn how to face tough challenges and find within themselves a sense of self-reliance.
- (iv) **Emotional aspect of development:** Physical education activities serve as a good outlet for teenagers' surplus energy, reduce their anxiety and may bring them closer to their peers.
- (v) **Social aspect of development:** One of the most positive outcomes of physical education is the growth of social skills, although this may not be immediately visible. It is human nature to seek the society of fellow human beings, no matter how well we can act alone.

2. Discuss the various initiatives taken by the Government of India to promote physical education and sports in India after independence.

Ans. After getting independence in 1947, the Government of India took various initiatives

to promote physical education and sports in India. Some of the important initiatives are: establishment of the Central Government Physical Education Committee in 1948, setting up of the Central Advisory Board of Physical Education in 1950, introduction of Physical Education Subject as Compulsory subject at elementary, middle and senior secondary level, preparation of the National Plan of Physical Education and Recreation in 1956 to promote indigenous physical activities, establishment of the National Institute of Sports in 1961 to produce qualified coaches in different games and sports, establishment of the All India Council of Sports in 1954 to liaison between Government and National Sports Federations in order to assist in financial matters, introduction of the Sports Talent Search Scheme in 1970–71 to promote sportspersons of state and National level, and launch of the National Sports championship for women in 1975 to enhance women participation in sports. These initiatives have played a significant role in promoting physical education and sports in India.

3. What are the changing trends in sports in terms of playing surfaces?

Ans. Refer to pages 14-15 of the book.

4. Describe in detail about the changing trends in sports in terms of technological advancements.

Ans. Refer to page 16 of the book.

5. Classify various playing surfaces in sports.

Ans. Refer to page 12, Table 1.1 Different types of playing surfaces for outdoor and indoor sports of the book.

6. Make a table listing out the different courses available in physical education.

Ans. Refer to pages 17-18 of the book.

7. Discuss in detail about any five careers options available in physical education.

Ans. Refer to pages 17-20 of the textbook.

8. Write any five objectives of Khelo-India Program.

Ans. The objectives of Khelo-India Program are as follows:

- (i) Play Field Development
- (ii) Community Coaching Development
- (iii) State Level Khelo-India Centres
- (iv) Annual Sports Competition
- (v) Talent Search and Development

(vi) Utilisation and Creation/Upgradation of Sports Infrastructure

(vii) Support to National/Regional/State Sports Academics

(viii) Physical Fitness of School Children (any five)

9. What are the features of Khelo-India Program? Write about any five.

Ans. Features of Khelo-India Program are given below.

(i) This Program/scheme will be implemented by the Central Government machinery and 100 per cent of the funds will be provided by the central government.

(ii) A Pan Indian Sports Scholarship scheme, which would cover 1,000 most talented and deserving young athletes every year across selected sports disciplines. Initially, there are 16 disciplines. They are: Archery, Athletics, Badminton, Basketball, Boxing, Football, Gymnastics, Hockey, Judo, Kabaddi, Kho-Kho, Shooting, Swimming, Volleyball, Weightlifting and Wrestling.

(iii) Each selected athlete under the scheme shall receive an annual scholarship worth five lakh rupees for eight consecutive years.

(iv) A long-term athlete development pathway would be made available to gifted and talented youngsters to excel in competitive sports and will create a pool of highly competitive athletes who can compete to win at the global platform.

(v) The Program aims to promote 20 universities across the country as hubs of sporting excellence, which would enable talented sportspersons to pursue both studies as well as sports.

(vi) The Program also aims at creating an active population with healthy lifestyle.

(vii) The Program would cover about 20 crore children in the age group of 10–18 under a massive national physical fitness drive, which will not only measure the physical fitness of all children in the age group, but also support their fitness related activities. (any five)

10. What is Fit-India Program? How is it important for rural players of India?

Ans. The Fit India Program is a government initiative launched by the Ministry of Youth Affairs and Sports in India in 2019. The program aims to

encourage people to incorporate physical activity and sports into their daily lives and promote a culture of fitness across the country. The initiative intends to inspire citizens to adopt an active lifestyle by creating awareness about the benefits of regular exercise, a healthy diet, and the importance of mental well-being.

For rural players in India, the Fit-India Program is particularly important as it provides them with access to resources and opportunities that may not have been available to them previously. The program seeks to reach people in every corner of the country and aims to provide them with the necessary infrastructure, equipment, and guidance to promote fitness and sports. It also aims to create awareness about traditional Indian games and encourage their revival, which can have a positive impact on rural players who may have grown up playing these games.

Through the Fit-India Program, rural players can benefit from the various schemes and initiatives that are offered, such as the construction of sports infrastructure, the promotion of indigenous games, the training of coaches, and the provision of financial assistance to individuals and institutions that promote fitness and sports. The program also aims to create a network of community-based fitness programs that can reach people at the grassroots level and help them adopt a healthy lifestyle.

Overall, the Fit-India Program is important for rural players in India as it provides them with opportunities to participate in sports and fitness activities, which can have a positive impact on their physical and mental well-being. Additionally, the program can help in creating a culture of fitness in rural areas and promote the development of sports infrastructure and talent.

11. Make a list of objectives, fitness pledge and fitness mantra of Fit-India Program.

Ans. Objectives of Fit-India Program:

- (i) To promote physical activity and sports in every corner of the country.
- (ii) To create awareness about the benefits of regular exercise, a healthy diet, and the importance of mental well-being.
- (iii) To encourage citizens to adopt an active lifestyle.
- (iv) To provide necessary infrastructure, equipment, and guidance to promote fitness and sports.
- (v) To revive traditional Indian games and promote their importance.
- (vi) To promote the development of sports infrastructure and talent in the country.
- (vii) To create a network of community-based fitness programs that can reach people at the grassroots level.

Fitness Pledge of Fit-India Program:

"I pledge to make fitness an integral part of my daily routine. I will take the stairs instead of the elevator. I will cycle or walk short distances instead of taking a vehicle. I will take up a sport or physical activity that I enjoy. I will encourage my family, friends, and colleagues to join me on this journey towards a fit India."

Fitness Mantra of Fit-India Program:

"Fitness is not just about physical strength, but also mental well-being. It is a way of life that can help us lead a healthier, happier, and more fulfilling life. Let us make fitness a part of our daily routine and inspire others to do the same."

CHAPTER 2
OLYMPISM VALUE EDUCATION

P. 44–48

A. Objective Type/ Multiple-Choice Questions

I. Multiple-Choice Questions

1. Which of the following values are a part of Olympic values?
- (a) Friendship and Solidarity
 - (b) Peace and Equality
 - (c) Fair Play
 - (d) All of these

Ans. (d) All of these

2. Which of the following is the Olympic symbol?



Ans. (d)

3. According to the UNESCO Charter, what is the fundamental right of every human being?
- (a) Access to education
 - (b) Access to healthcare
 - (c) Access to physical education and sport
 - (d) Access to food and water

Ans. (c) Access to physical education and sport

4. Which of the following is not one of the core educational values of the Olympic Values Education?
- (a) Joy of effort
 - (b) Fair play
 - (c) Respect for others
 - (d) Freedom of choice

Ans. (d) Freedom of choice

5. What is the goal of the Olympic Charter?
- (a) To promote peace and respect for others
 - (b) To create a new society in which there is acceptance and respect for people of all races
 - (c) To contribute to building a peaceful and better world through educating youth through sport
 - (d) To provide daily opportunities for children and youth to participate in physical activity

Ans. (c) To contribute to building a peaceful and better world through educating youth through sport

6. What can the concept of fair play lead to?

- (a) The development and reinforcement of similar behaviour in one's everyday life
- (b) The development of bad memories
- (c) The reinforcement of negative attitudes and behaviour towards the community
- (d) The promotion of unethical practices as a way to solve conflicts

Ans. (b) The development and reinforcement of similar behaviour in one's everyday life

7. Where can the ruins of the birthplace of Olympic Games be found?

- (a) Florence, Italy
- (b) Paris, France
- (c) Olympia, Greece
- (d) Berlin, Germany

Ans. (c) Olympia, Greece

8. What was the other name of the Olympic Truce?

- (a) Ekecheiria
- (b) Elecheiria
- (c) Elkcheiria
- (d) Emcheiria

Ans. (a) Ekecheiria

9. When were the first modern Olympics held?

- (a) 1982
- (b) 1882
- (c) 1896
- (d) 1892

Ans. (c) 1896

10. When did women participate in the games for the first time?

- (a) 1900
- (b) 1880
- (c) 1904
- (d) 1888

Ans. (d) 1900

11. Who composed the Olympic Anthem?

- (a) Rabindranath Tagore
- (b) Spiro Samara
- (c) Kostis Palamas
- (d) George Bernard Shaw

Ans. (a) Spiro Samara

12. Which of these sports forms an event at the Winter Olympics?

- (a) Judo
- (b) Luge
- (c) Handball
- (d) Water Polo

Ans. (b) Luge

13. In which country were the first Summer Olympics held?

- (a) France
- (b) USA
- (c) Greece
- (d) Great Britain

Ans. (c) Greece

14. At present, there are NOCs recognised by the IOC.

- (a) 106 (b) 206
(c) 260 (d) 306

Ans. (b) 206

15. There are international federations recognised by the IPC.

- (a) 6 (b) 9
(c) 10 (d) 17

Ans. (d) 17

16. Which of the following are the positions in the IOA board for which the elections are held?

- (a) President and Senior Vice President
(b) Secretary General and Treasurer
(c) One representative elected out of the Athletes Commission
(d) All of these

Ans. (d) All of these

17. In which year was the Indian Olympic Association created?

- (a) 1927 (b) 1947
(c) 1952 (d) 1964

Ans. (a) 1927

18. What is the name of the anti-doping foundation initiated by the International Olympic Committee to promote, coordinate and monitor the fight against drugs in sports?

- (a) International Drug Monitoring Agency (IDMA)
(b) World Anti-Drugs Council (WADC)
(c) International Doping Committee (IDC)
(d) World Anti-Doping Agency (WADA)

Ans. (d) World Anti-Doping Agency (WADA)

II. Match the following:

List I – Olympic Games Venue **List II – Year**

- | | |
|-------------|----------|
| (a) Antwerp | (1) 2000 |
| (b) Sydney | (2) 2012 |
| (c) London | (3) 1896 |
| (d) Athens | (4) 1920 |

Select the correct set of options:

- (a) (i)—(4), (ii)—(1), (iii)—(3), (iv)—(2)
(b) (i)—(2), (ii)—(4), (iii)—(1), (iv)—(3)
(c) (i)—(1), (ii)—(2), (iii)—(3), (iv)—(4)
(d) (i)—(4), (ii)—(3), (iii)—(2), (iv)—(1)

Ans. (a) (i)—(4), (ii)—(1), (iii)—(3), (iv)—(2)

III. Assertion-Reason Type Questions:

CBQ

Given below are the two statements labelled Assertion (A) and Reason (R).

A: Olympic Games encourage the adoption of peace.

R: All individual differences are forgotten when participants arrive at the Games, and the event commences with mutual respect and harmony.

In the context of the two statements given above, which one of the following is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

IV. Data-Based Questions:

CBQ

Given below is the depiction of equal importance of the values of Olympics:



On the basis of the pie-chart given above, answer the following questions:

- Congratulating the winner despite losing depicts which value?
 - Friendship and Solidarity
 - Respect
 - Excellence
 - Fair Play
- Which of the following values is represented by a dove above the Olympic symbol?
 - Friendship and Solidarity
 - Excellence
 - Respect
 - Fair Play
- Penalising a player for adopting any unfair means to win the games is an example of
 - Friendship and Solidarity

- (b) Respect
- (c) Excellence
- (d) Fair Play

Ans. 1. (c) Equality; 2. (a) Friendship and Solidarity;
3. (d) Fair Play

V. Picture-Based Questions:

CBQ

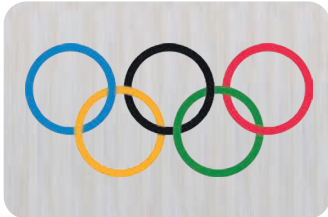
Identify the following pictures related to Olympic Games and write their description:

1.



.....

2.



.....

3.



.....

4.



.....

Ans. 1. Olympic Wreath – Award; 2. Olympic Rings – Symbol; 3. Olympic Torch – Ceremony; 4. Olympic Value – Truce Symbol – Friendship and Solidarity

VI. Case-Based Questions:

CBQ

1. Look at the following figure and answer these questions.



- (a) What do the five rings of the given flag represent?
- (b) The Olympic Flag was first hoisted in
- (c) What does the white background of the flag symbolise?
- (d) The Olympic symbol of five rings was designed by

Ans. (a) The five rings represent the five continents, i.e. Africa, America, Asia, Australia and Europe.
(b) The Olympic flag was first hoisted in 1920 at the Antwerp Games, Belgium.
(c) Peace
(d) Baron de Coubertin (Pierre de Coubertin)

2. The International Olympic Committee consists of President, Vice Presidents and the members of the Executive Board.

On the basis of the case given, answer the following questions:

- (a) The President will be elected for years.
- (b) VPs are elected for a term of four years.
- (c) When is the President eligible for a re-election?
- (d) Where is the IOC based in?

Ans. (a) 8 years
(b) 4
(c) Right after the expiry of his/her term.
(d) Lausanne, Switzerland

B. Very Short Answer Type Questions

1. What is Olympism?

Ans. Olympism is a philosophy of life. The word 'Olympism' refers to the philosophy of the Olympic Games.

2. What is the goal of Olympism?

Ans. The goal of Olympism is to help construct a more peaceful and better world by teaching kids through sport activities, which must be done without prejudice, and inculcating the Olympic spirit, which demands mutual understanding, solidarity and fair play.

3. What are the five educational values incorporated in the Olympic Values Education?

Ans. The five educational values incorporated in the Olympic Values Education are Joy of effort, Fair play, Respect for others, Pursuit of excellence, and Balance between body, will and mind.

4. How can sports help in promoting acceptance and respect for diversity?

Ans. Sports can help in promoting acceptance and respect for diversity by bringing people from different cultures together to work towards a common goal, which fosters understanding and acceptance of cultural differences.

5. When was the first recorded Olympic Games held in ancient Greece?

Ans. The first recorded Olympic Games were held in Greece in 776 BCE.

6. Name the venue of the ancient Olympics.

Ans. The name of the Venue of the ancient Olympic Games was a valley in Elis on the Peloponnese Peninsula.

7. What were the rules of the ancient Olympics?

Ans. The rules of the ancient Olympics were as under:

- Only freeborn Greek males could participate in the Games. However, athletes from the Roman Empire were later allowed to join.
- Slaves and convicts were banned.
- Women were not even allowed to enter the stadiums once they were married.
- Competitors had to stay in Olympia for one month and practice before the commencement of the Games. They also had to take an oath that they were already trained for ten months in their state before coming to Olympia. (*any one*)

8. Write down the oath taken by the participants in the modern Olympics.

Ans. The oath taken by the participants in the modern Olympics is as under: "In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

9. What would you say is the biggest single difference between the ancient and the modern Olympic rules when it comes to participation rules?

Ans. The biggest difference between the ancient and modern Olympic rules when it comes to participation rules is that previously no women whether married or unmarried could participate in Olympic Games and now all females can participate in Olympic Games if they are eligible.

10. Where is the torch of the modern Olympic Games originally lit before it is brought to the host city?

Ans. The torch of the modern Olympic Games, originally lit, before it is brought to the host city, is Olympia Village, Greece.

11. What does Olympic symbol represent?

Ans. Olympic Symbol represents to celebrate the – sporting friendship and cooperation between the people of all the five continents.

12. What is the motto of the modern Olympic Games?

Ans. The new Olympic motto in Latin words – *Citius, Altius, Fortius* – *Communiter* for Faster, Higher, Stronger – Together.

13. What do you understand by *Citius, Altius, Fortius* and *Communiter*?

Ans. The Latin words – *Citius, Altius, Fortius* – *Communiter* mean Faster, Higher, Stronger – Together.

14. In which years were the modern Olympic Games cancelled and why?

Ans. The Olympic Games were cancelled in the year 394 BCE by the Roman Emperor Theodosius as he did not favour "Pagan Practices".

15. Who composed Olympic Anthem?

Ans. Spiro Samara

16. Which are the three primary components of the Olympic Movement?

Ans. The IOC, International Sports Federations (IFs), and National Olympic Committees (NOCs) are the three primary components of the Olympic Movement.

17. Where is the headquarters of International Olympic Committee located?

Ans. The headquarters of International Olympic Committee is located at Lausanne, Switzerland.

C. Short Answer Type-I Questions

1. What is the Olympic oath?

Ans. "In the name of all the competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

2. What are the five educational values under the core Olympic values?

Ans. The five educational values under the core Olympic values are: Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, and Balance between Body, Will and Mind. These values aim to promote personal development and a positive attitude towards sports and life.

3. What is the focus of the modern Olympic Movement?

Ans. The focus of the modern Olympic Movement extends beyond sports, embracing cultures, artistic works, environmental awareness and education.

4. What did Pierre de Coubertin believe about learning?

Ans. Pierre de Coubertin believed that learning happened in the whole body, not just in the mind, and that physical learning took place in both body and mind but could not be done without will.

5. Where and when did the Olympics begin? What was the event and who won?

Ans. The ancient Olympic Games were first held in Olympia, Greece, in 776 BCE. The event was a one-day athletic competition that featured a single foot race, which was won by a cook from the city of Elis named Coroebus.

6. Mention any two rules of the ancient Olympics.

Ans. (i) Only freeborn Greek males could participate in the Games. However, athletes from the Roman Empire were later allowed to join.

(ii) Slaves and convicts were banned.

7. How did the modern Olympic Games begin?

Ans. The modern Olympic Games began in Athens, Greece in 1896, inspired by the ancient Olympics. The idea was proposed by French educator Baron de Coubertin, who believed in promoting international understanding and sportsmanship through athletics.

8. Mention any two rules of modern Olympics.

Ans. (i) They should be the citizen of a participating country by law.

(ii) Previously professionals were not allowed. This was eventually rectified.

9. Excellence is not only on the playground; it is also in the classroom. Comment.

Ans. This statement reflects the Olympic value of the pursuit of excellence, which encourages individuals to strive for their best in all aspects of life, including academics. The value of

excellence is not limited to athletic achievements but extends to personal growth, education and character development.

10. Mention the broad structure of the IOC.

Ans. The International Olympic Committee (IOC) is composed of the President, Vice Presidents, Executive Board, and Session, which is the supreme authority of the IOC. The IOC also includes commissions responsible for various aspects of the Olympic Games and the Olympic Movement.

11. Write any two functions of the IOC.

Ans. (i) To encourage and support the organisation, development and coordination of sports and sports competitions.
(ii) To ensure the regular celebration of the Olympic Games.

12. Why was IOA established?

Ans. To prepare aspiring and skilled sportspersons of the country for participation in the Olympic Games, the Indian Olympic Association (IOA), also known as Bharatiya Olympic Sangh, was established in 1927.

13. Write two main objectives of the IOA.

Ans. (i) To educate the public of the country as to the value of sports.
(ii) To guard and enforce the applicable rules in cooperation with National Sports Federations.

D. Short Answer Type-II Questions

1. What do you mean by Olympic values?

Ans. The Olympic Games are about spreading the spirit of friendship and solidarity among the people from various countries of the world.

2. Create a mind map showing the fundamental principles of Olympism.

Ans. Mind Map



3. What is the purpose of Olympic Movement?

Ans. The purpose of the Olympic Movement is to promote and spread the Olympic values of excellence, friendship, and respect across the world through the celebration of the Olympic Games and other initiatives. It aims to use sport as a means to promote social and cultural exchange and to build a better, more peaceful world.

4. Write about Respect in Olympic values.

Ans. Respect is one of the core Olympic values, promoting fair play and sportsmanship. It calls for mutual understanding and tolerance among individuals of different backgrounds and cultures. Respect extends beyond the playing field to the Olympic Movement's governance, anti-doping efforts, and environmental sustainability initiatives. It aims to create a better world through respect for diversity, integrity and human dignity.

5. How can you justify this statement — 'Respect lies in the heart of Olympism'?

Ans. Respect is one of the fundamental Olympic values that lies at the heart of Olympism. It is the foundation of the Olympic spirit, encouraging individuals to treat each other with fairness and dignity, on and off the playing field. The pursuit of excellence and the joy of effort are built on the foundation of mutual respect, which fosters a sense of belonging and unity among athletes, coaches, officials, and fans, creating a harmonious and peaceful Olympic community.

6. What is the role of sports in promoting respect for diversity?

Ans. Sports provide an opportunity for people from different cultures to come together and work towards a common goal, such as winning a game. Through this experience, individuals can learn to appreciate the worth of all people and cultures, irrespective of race, age, gender, and ability. This acceptance can help to promote peace and respect for diversity.

7. How does pursuit of excellence in sports benefit young people?

Ans. Pursuing excellence in sports can help young people make positive, healthy choices and strive to become the best that they can be in whatever they do. It provides an opportunity for players to make healthy choices in safe social and physical surroundings, while also developing skills and learning to work towards a goal. Additionally, participating in sports can help to build a balanced approach to life, which

includes mental, emotional, and physical well-being.

8. Write a brief note on the ancient Olympics.

Ans. The Olympic began in Ancient Greece thousands of years ago. It is difficult to determine when exactly they did begin. We only know about venue and that venue is – Olympic, a valley in Elis on the Peloponnese Peninsula. The first recorded Olympics were held in 776 BCE. The only event was a single footrace won by a cook named Coroebus.

9. Why did the ancient Olympic Games decline?

Ans. The Olympic Games reached their peak by 400 BCE and began to decline. The Olympic Games were abolished in 394 CE by the Roman Empire Theodossius I, who was Christian and did not favour pagan practice.

10. How were the ancient Olympics a period of peace?

Ans. Olympic Games played a vital role for peace by an agent of friendship and solidarity and encouraged the adoption of peace. The Olympic Games encourage to forget all the individual differences. The event commences with mutual respect and harmony.

11. Make a table to bring out the similarities and differences between the ancient Olympics and the modern Olympics?

Ans. The similarities between the ceremonies of the ancient Olympic and modern Olympics is that:

- (i) A torch is lit;
- (ii) The flag is hoisted. (*Refer to P-33*)

12. What are the objectives of the Olympic Games?

Ans. Baron de Coubertin said of the Olympic Games: "Why did I restore the Olympic Games? To enable and strengthen sports, to ensure their independence and duration and thus to enable them better to fulfil the educational role incumbent upon them in the modern world."

The Objectives of the Olympic Games are thus:

- The development of team spirit, sense of loyalty, and honour not only among sportsperson but also among humanity beyond the realm of sports.
- To promote competitive sports and preserve them for future generations.
- To bring international communities closer and call for peace and harmony by getting rid of divisions of caste, creed, colour, race and religion.

- To highlight the importance of physical education and the positive impact it has on the youth's character and personality development.

13. What do you understand by *Citius, Altius* and *Fortius – Communiter*?

Ans. We understand by these Latin words *Citius, Altius* and *Fortius – Communiter* to celebrate the spiring friendship and cooperation between the people of all the five continents together.

The Olympic motto of three Latin words – *Citius, Altius, Fortius – Communiter* for Faster, Higher, Stronger – Together; is carved under the emblem

14. What is the significance of the design on the Olympic Flag?

Ans. The Olympic Flag was created in 1913 at the suggestion of the Baron de Coubertin. Olympic Flag is made of white silk and contains five interlocking rings / circles in five colours representing five continents of the world viz. America, Europe, Australia, Asia, and Africa.

The five rings have different colours: Yellow, Red, Blue, Green and Black. The Interlocking of rings/circles symbolizes cooperation and friendship between the people of all five continents.

15. Write briefly on Baron de Coubertin and how he helped bring the Olympics back to life.

Ans. Baron de Coubertin, a Parisian, is considered the pioneer for injecting the life into the Olympics. He found the games as an agent to work for international peace. He called a meeting of various countries in 1893. The countries included the Greece, Italy and Spain. In the meeting he talked about his endeavour. Then he called the second meeting on 16 June 1894 in Paris. In this meeting 75 representatives of 13 countries participated and resolved that; "Sports competition should be held every four years on the line of the Greek Olympic Games and every nation should be invited to participate." The first modern Olympic was organized in 1896. Athens hosted it and nine countries competed.

16. Write in brief about International Olympic Committee (IOC).

Ans. The International Olympic Committee is an international, non-profit, non-governmental organization and the governing authority of the modern Olympic Games. It is based in Lausanne, Switzerland.

The IOC was founded by Pierre de Coubertin on 23 June, 1894 with Demetrio Vikelas as its first President. Its membership consists of 105 active members and 32 honorary members. It organizes the summer and winter Olympic Games every four years. The structure of the IOC may be represented as under:

President: Elected by members for a term of eight years. She/he can be re-elected after the expiry of the term.

The Vice Presidents: Four VPs are elected by the members for a term of four years. They can also be re-elected after the term finishes.

Executive Board: It consists of the President, VPs, and ten other members elected by an IOC session through secret ballot with a simple majority declaring the chosen members. This Board is responsible for the administration of the IOC.

17. Write a note on Indian Olympic Association.

Ans. The Indian Olympic Association also known as Bhartiya Olympic Sangh was established in 1927 by Sir Dorabji Tata and A.G. Noehren as President and General Secretary. The former resigned in 1928 and the post was taken up by Maharaja Bhupinder Singh. It is a non-profit and non-governmental organization. It has its headquarters located at New Delhi. The official year of the IOA lasts from 1 April to 31 March. With the approval of the General Assembly the members consist of National Sports Federation whose sports are included in the Programs of the Olympic Games or the Commonwealth Games or Asian Games. To appoint:

- President
- Senior Vice Presidents
- Eight Vice Presidents
- Secretary General
- Treasurer
- Six Joint Secretaries
- Ten Executive Council members
- One representative elected out of the Athletes Commission, elections are held once every four years.

One male and one female athlete who have participated in the Olympic Games and fulfil the eligibility criteria of the guide lines; State and Union Territories Olympic Association; Service Sports Control Board, and the National Federation of Kho-Kho.

E. Long Answer Type Questions

1. What role do the Olympic Values Education play in the holistic development of individuals?

Ans. The Olympic Values Education is based on the Olympic philosophy that learning takes place through the balanced development of body and mind. The core values, including Joy of effort, Fair play, Respect for others, Pursuit of excellence, and Balance between body, will and mind, are aimed at promoting the holistic development of individuals. These values promote physical fitness, emotional well-being, and intellectual growth, and help individuals to make positive, healthy choices in their lives. The pursuit of excellence encourages individuals to strive to become the best that they can be in whatever they do, while respect for others fosters understanding and acceptance of diversity. Fair play helps individuals to develop positive attitudes and behaviour, while the balance between body, will, and mind promotes a healthy and balanced approach to life. Overall, the Olympic Values Education plays an important role in promoting the holistic development of individuals, and can help to create a peaceful and better world through educating youth through sport.

2. Discuss the ancient Olympic Games.

Ans. The Olympic Games began in Ancient Greece thousands of years ago. When exactly the Olympics began is not known, but the venue is known where the Olympics were held and it is at Olympia, a valley in Elis on the Peloponnese

Peninsula. The first recorded Olympics were held in 776 BCE. The only event was a single footrace, won by a cook named Coroebus.

With the passage of time other events like: the hoplitodrome, chariot races, pentathlon consisting of five events like: Jumping, Javelin, Sprint, Discus, Wrestling and Pankration of boxing and wrestling where a player could be declared or lay unconscious in the arena, were eventually added. The Olympic Games were actually just one of four ancient PanHellenic Games held at two or four year intervals, but they were more prestigious than the other three – the Pythian, Nemean and Isthmian Games.

3. Write an essay on the modern Olympics.

Ans. The modern Olympics, which began in 1896, are a global sporting event that bring together athletes from around the world to compete in various sports. Inspired by the ancient Olympics, the modern Olympics are held every four years

and showcase the highest levels of athletic achievement.

The modern Olympics have grown to become more than just a sporting event. They promote international understanding, friendship, and fair play. The Olympic values of excellence, respect, and friendship serve as a guide for athletes, coaches, and fans to foster a culture of sportsmanship and mutual respect.

In addition to the Summer Olympics, the Winter Olympics were introduced in 1924, featuring cold-weather sports such as skiing and ice skating. The Paralympic Games, which began in 1960, provide an opportunity for athletes with disabilities to showcase their abilities in a competitive setting.

Overall, the modern Olympics have become a symbol of unity and peace, showcasing the power of sport to bring people together from all corners of the world.

4. Write short notes on

- (a) the Olympic ceremony.
- (b) Olympic values.

Ans. (a) **The Olympic ceremony:** Olympic ceremony begins with the burning of the torch in Olympic village, Greece. This torch is then brought to the host city. The participants of each country conduct a march past, with the Greek troupe taking the lead and athletes from the host country take up the rear. An assortment of culture and entertainment Program is shown in the stadium, after which the Olympic Flag is hoisted and the flame lit by torch. The leader of the host city then declares the commencement of the Games.

The Olympic Games are closed with an assembly of all participants. They gather at the Stadium as a group.

Three flags are then hoisted. First, the Greek flag to the tune of the Greek national anthem; Second the host country's flag with its national anthem and third, the flag of the country hosting the next games, to the tune of its national anthem.

The president of the IOC expresses words of gratitude to the organizers and the participants and formally closes the games.

The Olympic flag is handed over to the mayor of the city, who keeps it safe till the next Games. The flame is finally extinguished.

(b) Olympic values: The Olympic Games are about spreading the spirit of friendship and solidarity among the people from various countries of the world. It is not only the players but also nations come together to participate in these games, leaving aside whatever political or any other differences they might have. Its endorsement of peace is reflected in its Olympic Truce Movement and in its logo: a dove drawn above the Olympic Symbol, therefore, IOC does not need to send out spondophoroi.

5. Enumerate the main functions of the IOC.

Ans. The main functions of IOC are:

- To encourage and support the promotions of ethics in sports as well as education of youth through sports and to dedicate its efforts to ensure that, in sports the spirit of fair play prevails and violence is banned.
- To encourage and support the organization, development and coordination of sports and sports competitions.
- To ensure the regular celebration of the Olympic Games.
- To cooperate with competent public or private organizations and authorities in the endeavour to place sports at the service of humanity and thereby to promote peace.
- To take action in order to strengthen the unity and to protect the independence of the Olympic Movement.

6. Write in detail about the objectives of the IOA.

Ans. The main objectives of the IOA are as under:

- Development and promotion of the Olympic movement.
- Promotion and encouragement of the physical, moral and cultural education of the young people of the nation so that their character can be developed.
- Provision of the Olympic Charter, the Olympic movement, the World Anti-Doping Code and to abide by the decisions of the International Olympic Committee.
- To enforce and defend the exclusive right of the IOC and Association to the use of the Olympic properties to the Olympic Charter.
- To certify the eligibility of competitors from India for such international competitions that require such certificates.

- To act as the channel of communication between National Sports Federation and the Government of India for financial or other assistance to the Federation.
- To have full and complete jurisdiction over all matters pertaining to the designation of the city in relation to hosting the Olympic Games in India.
- To resist in the realm of sports all pressure of any kind whether of a political, legal, racial, religious or economic.

7. Make a table to show the differences between IOC and IOA.

Ans. The differences between IOC and IOA can be enumerated as under:

	International Olympic Committee (IOC)		Indian Olympic Association (IOA)
a.	IOC is an international organization.	a.	It is a National organization.
b.	It is based in Lausanne, Switzerland.	b.	It was established in 1927.
c.	It was founded by Pierre de Coubertin.	c.	It is known as Bhartiya Olympic Sangh also.
d.	It was founded on 23 June, 1894.	d.	Its first president was Sir Dorabji Tata.
e.	Its first President was Demetrios Vikelas.	e.	Its headquarters are located in New Delhi.
f.	It organizes the youth Olympic Games.	f.	The official year of the IOA is 1 April to 31 March.
g.	It is made up of IFSSs and 15 representatives of the NOCs.	g.	It has to take the approval of the General Assembly which is fixing its members from different sports organizations.
h.	It has the President, 4 VPs, and an executive consisting of the President, VPs, and ten other members elected by an IOC session through secret ballot with a simple majority declaring the chosen members.	h.	It consists of one President, Senior VP, 8 VPs, Secretary General, 6 Joint Secretaries, 10 Executive Council members, one representative elected out of the Athletes.
i.	The board is responsible for the administration of the IOC.		