

CLASS 11 – SPORTS & FITNESS (PAT) NOTES

Physical Fitness-Ability of an individual to perform daily tasks efficiently without fatigue and with extra energy for emergencies.

Components of Physical Fitness

Strength – Ability of muscles to exert force.

Endurance – Ability of body to sustain activity for long duration.

Speed – Ability to move from one place to another in the shortest time.

Flexibility – Ability of joints to move through full range of motion.

Agility – Ability to change direction quickly.

Coordination – Smooth functioning of body parts.

Balance – Ability to maintain posture (static/dynamic).

Wellness

A state of complete physical, mental, and social well-being.

Dimensions of Wellness

Physical – Exercise, diet, rest

Mental – Stress management

Social – Relationships

Emotional – Self-control

Spiritual – Values, purpose

Healthy Lifestyle Habits

Balanced diet

Regular physical activity

Adequate sleep

Avoiding addictions

Positive social relationships

BODY TYPES (Somatotypes)

Endomorph – Fatty, round body

Mesomorph – Muscular, athletic

Ectomorph – Slim, lean

DIET, NUTRITION AND SPORTS

Balanced Diet Includes

Carbohydrates (energy)

Proteins (growth, repair)

Fats (energy reserve)

Vitamins & Minerals (regulation)

Water (hydration)

Sports Nutrition Needs

Pre-event meal: carbohydrates, light food

During event: water/electrolytes

Post-event: carbs + protein for recovery

FIRST AID IN SPORTS

RICE Method for injuries

Rest

Ice

Compression

Elevation

Common injuries: sprain, strain, fracture, dislocation

CPR basics (Check–Call–Compress)

YOGA AND FITNESS

Yoga Benefits

Improves flexibility, concentration, relaxation

Reduces stress & anxiety

Important Asanas

Tadasana – posture

Bhujangasana – spine strength

Vrikshasana – balance

Paschimottanasana – flexibility

TEST AND MEASUREMENT

Common Tests

BMI – body weight status

Sit & Reach Test – flexibility

Harvard Step Test – cardiovascular endurance

Push-ups / Pull-ups – strength

50m sprint – speed

1. What is Talent Detection?

ANS-Talent detection is the early process of finding children or beginners who show natural ability or potential for sports.

It usually happens before they start formal sports training, and helps in selecting those who may perform well in the future.

2. What is Talent Identification?

ANS-Talent identification is the systematic process of testing, measuring, and evaluating players to know their abilities, skills, and suitability for a particular sport.

It involves scientific tests, physical fitness tests, psychological tests, and skill assessments.

3. What is Talent Development?

ANS-Talent development is the long-term process of training, coaching, and guiding selected athletes to improve their performance and reach elite levels.

It includes training programs, nutrition, competition experience, and psychological support.

4. In addition to the skill part during Talent Detection what are the other attributes that you can detect with regard to a team sport?

ANS-During talent detection, apart from skill ability, the following physical, psychological, and social attributes can also be identified:

1. Physical Attributes

- Speed
- Strength
- Endurance
- Agility
- Flexibility
- Height, weight, body composition
- Reaction time

2. Physiological Attributes

- Aerobic capacity (VO_2 max)
- Anaerobic power
- Heart rate recovery

3. Psychological Attributes

- Motivation
- Confidence
- Competitive spirit
- Concentration
- Emotional control
- Resilience (ability to handle pressure)

4. Social / Team-related Attributes

- Teamwork and cooperation
- Communication skills
- Leadership qualities
- Discipline and coachability (ability to follow instructions)

5. How to conduct a Sports Day in the school?

ANS-To conduct a Sports Day in school, proper planning and organization are essential. First, the school forms various committees such as the organizing committee, technical committee, discipline committee, first-aid committee, refreshment committee, and prize committee. Then, a schedule of events is prepared, and suitable track and field events are selected for different age groups. Ground preparation is done by marking tracks, arranging equipment, seating, water points, and sound systems. Students are registered for events and allotted numbers.

On the event day, the programme begins with an inaugural ceremony that includes March Past, the oath, and a welcome speech. All events are conducted according to the timetable with proper officiating by judges, starters, and timekeepers. Safety arrangements such as first aid and drinking water are ensured. Finally, results are recorded, prizes are awarded to winners, and the event concludes with a closing ceremony.

6. How to teach March Past?

ANS-Teaching March Past requires systematic training and step-by-step instruction. First, the teacher forms the students in proper rows and files and explains the basic drill positions such as **Attention**, **Stand at Ease**, and **Stand Easy**. After this, students are taught correct marching techniques, including body posture, arm swing, leg movement, and maintaining rhythm. The teacher demonstrates the steps slowly and ensures uniformity in the squad. Next, students practise basic commands such as **Quick March**, **Mark Time**, **Halt**, **Left/Right Turn**, and **About Turn**. The teacher corrects mistakes related to spacing, timing, and synchronization. Once the squad becomes confident, they are trained in coordinated movements like **Eyes Right/Left** and **Saluting** while marching. Regular practice, clear commands, and continuous supervision help students learn March Past effectively.

7. How to conduct Mass Drill?

ANS-Conducting a mass drill requires proper planning, organization, and rhythmic coordination. First, the teacher selects the drill movements and prepares the music or commands that will be used. Students are arranged in a large formation such as rows, columns, or blocks to ensure uniform spacing. The instructor demonstrates each movement slowly, explains body posture, arm actions, and timing, and has students practise part by part. After students learn the basic steps, the drill is practised in sequence to develop coordination, rhythm, and synchronisation. The teacher gives clear commands, corrects mistakes, and maintains discipline and safety. Finally, full rehearsals are carried out with music or counts until the entire group performs smoothly and uniformly. Thus, systematic teaching, proper spacing, rhythmic practice, and repeated rehearsals help in conducting a successful mass drill.

8. Differentiate between the Three Stages of Tournament Organization: Pre-Tournament, Tournament Day, and Post-Tournament.

ANS-

Stage	Description
Pre-Tournament Stage	This stage includes all preparations done before the event. It involves forming committees, preparing fixtures, arranging equipment, marking fields, preparing schedules, making budgets, and sending invitations or notices. It ensures everything is ready for the smooth conduct of the tournament.
Tournament Day	This is the actual conduct of the tournament. It includes team reporting, opening ceremony, officiating matches, announcing fixtures, maintaining discipline, providing first aid, recording results, and ensuring smooth flow of events. All committees work actively on this day.
Post-Tournament Stage	This stage begins after the tournament ends. It includes result compilation, prize distribution, submitting reports, returning equipment, evaluating the tournament's success, and settling financial accounts. Feedback is collected for improvement in future events.

IMPORTANT QUESTIONS (OBJECTIVE TYPE)

Tournament Organisation

1. The stage in which fixtures are prepared is called: **Pre-tournament stage**
2. Prize distribution is part of which stage? **Post-tournament**
3. Which of the following is done on the tournament day? **Conducting matches**
4. Evaluating the success of a tournament is done in: **Post-tournament**
5. Preparing budget for tournament is done in: **Pre-tournament stage**
6. Inviting teams for a tournament is part of: **Pre-tournament stage**
7. Maintaining discipline during matches is the duty of: **Tournament day**
8. Settling accounts after a tournament is part of: **Post-tournament stage**

March Past

9. "Quick-March" is an example of: **Executive command**
10. The command given to stop the squad is: **Squad Halt**
11. Which posture requires feet apart and hands behind the back? **Stand at Ease**
12. Command for marching on the spot is: **Mark Time**
13. Command used to turn the squad 180° is: **About Turn**
14. Eyes Right/Left is given to: **Salute the chief guest while marching**
15. Left/Right Wheel is used to: **Change direction while marching**

Mass Drill

16. Mass drill mainly helps to improve: **Coordination and rhythm**
17. In a mass drill, students are usually arranged in: **Rows and columns**
18. Demonstration of steps before practice is called: **Teacher demonstration**
19. Safety during mass drill is ensured by: **Proper spacing and supervision**
20. Rhythmic music in mass drill helps to: **Maintain coordination**

Sports Day

21. Which committee is responsible for medical or injury care? **First aid committee**
22. The first step in organizing a Sports Day is: **Forming committees**
23. Which event usually begins the Sports Day? **March Past**
24. Recording timings and distances during events is the duty of: **Technical officials**
25. Prize distribution and trophies are handled by: **Prize committee**
26. Refreshments for students are arranged by: **Refreshment committee**
27. Ensuring discipline and order on the field is the duty of: **Discipline committee**
28. Preparing schedule and fixture of events is done by: **Organising committee**

Talent Detection / Identification / Development

29. Identifying potential athletes at an early stage is called: **Talent detection**
30. Scientific testing of players to match them with a suitable sport is known as: **Talent identification**
31. Long-term training provided to promising athletes refers to: **Talent development**
32. Physical attributes like speed and strength are checked during: **Talent detection**
33. Mental attributes like confidence and concentration are part of: **Talent identification**

