



## FAQs

**Q1. Define the term democracy.**

**Ans:** Democracy is a form of government which is ruled by the people.

**Q2. From which word, the term democracy is being derived?**

**Ans:** The term democracy is derived from the Greek demokratia, which was coined from demos which means people and kratos which means rule.

**Q3. What is the primary goal of the physical education program?**

**Ans:** The primary goal of the physical education program is to enable younger students to develop competence in fundamental movement skills through the provision of a wide variety of movement experiences and practice opportunities.

**Q4. How does the spread of hierarchical and authoritarian forms of social organization is encouraged?**

**Ans:** Greater inequalities in wealth and military power between communities, together with a marked increase in the typical community's size and scale, encouraged the spread of hierarchical and authoritarian forms of social organization.

**Q5. How does physical education sharpen the cognitive abilities and motor skills?**

**Ans:** Physical education is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities like martial arts and dance.