



FAQs

Q1. What all should be included in physical education facilities?

Ans- It includes the play field, the play equipments, sports room, gymnasium, swimming pool, teaching aid, library, class rooms, and laboratory.

Q2. List down selection and type of surface.

- Ans -
1. The surface of the ground should not be black soil.
 2. Domut soil is the best for the surface of the ground.
 3. The surface of the ground should be useful throughout the year.

Q3. What are common facilities in schools, colleges and even in universities?

Ans – Natural and grassy surface these are very common in schools, colleges and even in universities. These surface are very good provided constructed and maintained properly. The preparation and maintenance of such play field surfaces is a difficult job.

Q4. What surface is best for kabaddi and kho-kho?

Ans- Mud surface is the best for kabaddi, kho-kho. A mixture of mud and sand surface is useful for jumping.

Q5. Mention one commonly used in hard surfaces in sports.

Ans - Wooden surface; A number of games are played on the wooden surface. Usually the wooden surface grounds are used for indoor games.

Q6. What is the advantage of synthetic turf surface?

Ans - This type of surfaces has many advantages and should be carefully considered by educational institutions. It is particularly valuable when outdoor space is at a premium since it can be used for on a round the clock basis for many difference activities even during several weather conditions.

Q7. Why fencing is needed in the play field?

Ans – The need for fencing is in the play field are

1. To keep balls and other play materials from rolling, flying, or being carried into other fields.
2. To provide safety.

Q8. What are the thing which should be done for the care and maintenance of outdoor facilities?

Ans –1. There should be proper arrangement of drainage system on all four sides of the ground.

2.The ground should have a fencing on all four sides.

Q9. Write the disadvantages of bituminous surfaces.

Ans-1. They have relatively high instillation costs.

2.Lack in resiliency as compared to some other type of surfaces.

Q10. What are the surfaces used for play fields.

Ans – 1. Natural and grassy surface

2. Hard surface

3. Synthetic/ Turf surface eyeball, lawn tennis poles, football etc.