



FAQs

Q1. What are the safety guidelines? Explain elementary and secondary levels of safety guidelines.

Ans. The Safety Guidelines include concussion protocols to help prevent and identify suspected concussions and manage a student's safe return to learning and physical activity. The Safety Guidelines are divided into Elementary and Secondary levels, each containing three separate modules:

- A. Curricular - physical education program.
- B. Interschool - competitive programs (practices and competitions).
- C. Intramurals - physical activity or recreation activities.

Q2. What is supervision? Write the aim and objectives of supervision.

Ans. The term "supervisor" is derived from the latin word "super" meaning "over" and "video" meaning "to watch and to see". It is a comparatively new word in the administration of education. The traditional word was inspection, which is nowadays used very sparingly.

The aim of supervision is "to develop or promote a better teaching-learning environment".

The objectives of supervision are:

- A. To set right goals for the educational institution
- B. To provide professional leadership to the teachers and the head of the institution.
- C. To check any inefficiency in the institution.
- D. To strengthen the positive outcomes of the educational programme and weed out the hindrances, if any in the educational settings.

Q3. Write some important features of modern indoor complex.

Ans. The most important features of modern indoor complex are:

1. It is acoustically balanced and fitted with sophisticated sound system for concerts, graduation exercises, aerobics and other special events.
2. Lobby: It is required for free walk and may be used for providing seats for the visitors on special occasions.
3. Swimming Pool: It should have 10 lanes, its shape depends upon the availability of space and other facilities planned along with.
4. Instructional aerobics and dance studio.
5. Gymnastic arrears (with and without equipment)
6. Racquet courts (lawns tennis camps, squash courts, badminton etc.)
7. Weight training room.
8. Teaching or instructional classrooms.
9. Labs- human performance labs, computer lab, physiotherapy lab, bio-mechanics lab etc.
10. Stairs-providing proper accessibility to each level of facility.
11. Facilities for combative games (boxing, wrestling, archery etc.)

12. Officers of the head of the department and other faculty members with different specification.

Q4. What are the non-consumable or permanent equipment?

Ans. Non-consumable or permanent equipment including goals posts (football, hockey, handball etc.) uprights, hurdles, basketball poles, netball poles, lawn tennis poles, gymnastics apparatus and equipment, strength training equipment etc. has comparably long life with the added advantage of repair.

Q5. Distinguish between the life span of consumable and non-consumable equipment.

Ans. The life span of consumable equipment depends on the following conditions.

- A. Their own quality.
- B. Handling or utility.
- C. The weather and atmospheric conditions under which they are used.
- D. The level of training and competition at which they were tested for durability and strength.
- E. The manner in which and how the equipment is stored.
- F. Compatibility of storing conditions.

The life span of non-consumable equipment depends on the following conditions.

- A. The quality of equipment.
- B. Regular checking of their functional condition.
- A. Dusting and cleaning.
- B. Maintenance and immediate repair

Q6. What is difference between Interactive and Independent instruction?

Ans. Interactive instruction is student-centered and requires students to interact with one another to acquire new understanding of a concept. Brainstorming, tutoring and interviewing are examples of interactive activities. Whereas, Independent instruction is student-centered. It is useful in building decision-making abilities. In independent-study instruction, the student teaches herself under the supervision of a teacher. Distance education is a prime example of independent-study instruction because the learner has very little interaction with the teacher. Some independent-study activities include research papers, essay writing and homework.