

CBSE Class 12 2026 Physical Activity Trainer Question Paper with Solutions

Time Allowed :2 Hours	Maximum Marks :50	Total Questions :15
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General Instructions

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

Section - A

1(i). Which of the following is an example of non-verbal communication?

- (A) Sending a text message
- (B) Speaking loudly
- (C) Maintaining eye contact
- (D) Writing an email

Correct Answer: (C) Maintaining eye contact

Solution:

Step 1: Understanding the Concept:

Communication is categorized into verbal (using words) and non-verbal (without words). Non-verbal communication involves body language, facial expressions, and gestures.

Step 2: Detailed Explanation:

- (A) Sending a text message: This uses written words, making it verbal communication.
- (B) Speaking loudly: This is verbal as it involves speech, though the volume is a para-verbal cue.
- (C) Maintaining eye contact: This is a form of body language that conveys message and intent without using any spoken or written words.
- (D) Writing an email: This is a form of written verbal communication.

Step 3: Final Answer:

Since eye contact involves conveying information through physical behavior rather than language, option (C) is the correct answer.

 Quick Tip

Non-verbal communication accounts for a large percentage of how we perceive messages. It includes "Kinesics" (body movement) and "Proxemics" (use of space).

1(ii). Which of the following is an example of extrinsic motivation?

- (A) Studying because you genuinely enjoy the subject
- (B) Exercising to stay healthy and fit
- (C) Completing a task to earn a reward or praise from others
- (D) Pursuing a hobby for personal satisfaction

Correct Answer: (C) Completing a task to earn a reward or praise from others

Solution:

Step 1: Understanding the Concept:

Motivation is the internal or external drive to perform an action.

Intrinsic motivation comes from within (personal joy), while extrinsic motivation comes from external factors (rewards or avoiding punishment).

Step 2: Detailed Explanation:

- (A) Enjoying the subject is an internal drive (Intrinsic).
- (B) Exercising for health is often considered intrinsic or self-determined motivation.
- (C) Working to get a prize, money, or praise is an external influence. This is the definition of extrinsic motivation.
- (D) Personal satisfaction is a result of internal fulfillment (Intrinsic).

Step 3: Final Answer:

Option (C) describes an action driven by external validation or tangible gains, making it extrinsic.

 Quick Tip

Extrinsic motivation is effective for short-term tasks, but intrinsic motivation is generally required for long-term commitment and passion.

1(iii). Which of the following personality traits is often associated with individuals who excel in leadership roles?

- (A) Shyness
- (B) Aggressiveness
- (C) Empathy
- (D) Introversion

Correct Answer: (C) Empathy

Solution:

Step 1: Understanding the Concept:

A leader must be able to understand, connect with, and motivate their team members. Emotional Intelligence is a core requirement for modern leadership.

Step 2: Detailed Explanation:

(A) Shyness: This may hinder open communication, which is essential for a leader.

(B) Aggressiveness: While leaders need to be assertive, being aggressive can damage team morale and trust.

(C) Empathy: The ability to understand and share the feelings of others allows a leader to build trust, resolve conflicts, and inspire loyalty.

(D) Introversion: While introverts can be great leaders, it is not a trait "often associated" with traditional leadership definitions as much as interpersonal sensitivity (empathy).

Step 3: Final Answer:

Empathy is a vital soft skill that enables leaders to manage people effectively, making (C) the most suitable choice.

 Quick Tip

The "Five-Factor Model" of personality suggests that traits like Extraversion and Agreeableness are often linked to leadership, with Empathy being a key part of Agreeableness.

1(iv). Match the following:

A. To create a new document in Microsoft Word

B. To save a document in Microsoft Word

C. To undo the last action in Microsoft Word

(A) $A \rightarrow \text{Ctrl} + N$; $B \rightarrow \text{Ctrl} + S$; $C \rightarrow \text{Ctrl} + Z$

(B) $A \rightarrow \text{Ctrl} + S$; $B \rightarrow \text{Ctrl} + N$; $C \rightarrow \text{Ctrl} + Z$

(C) $A \rightarrow \text{Ctrl} + N$; $B \rightarrow \text{Ctrl} + Z$; $C \rightarrow \text{Ctrl} + S$

(D) $A \rightarrow \text{Ctrl} + Z$; $B \rightarrow \text{Ctrl} + S$; $C \rightarrow \text{Ctrl} + N$

Correct Answer: (A) $A \rightarrow \text{Ctrl} + N$; $B \rightarrow \text{Ctrl} + S$; $C \rightarrow \text{Ctrl} + Z$

Solution:

Step 1: Understanding the Concept:

Keyboard shortcuts are used in software applications to perform tasks faster without using a mouse.

Step 2: Detailed Explanation:

1. Create a New document: The shortcut is usually $\text{Ctrl} + "N"$ (for New).

2. Save a document: The shortcut is usually Ctrl + "S" (for Save).
3. Undo the last action: The universal shortcut for undoing is Ctrl + "Z".

Step 3: Final Answer:

Matching these results in A-Ctrl+N, B-Ctrl+S, and C-Ctrl+Z, which aligns with option (A).

 Quick Tip

Most common shortcuts use the first letter of the command (New = N, Save = S). Remember Ctrl + P for Print and Ctrl + O for Open.

1(v). Priya faced numerous setbacks while starting her own business, but she remained determined and continued to work hard despite the challenges. Which employability skill is demonstrated by Priya's attitude?

- (A) Leadership
- (B) Resilience
- (C) Creativity
- (D) Time management

Correct Answer: (B) Resilience

Solution:

Step 1: Understanding the Concept:

Employability skills are a set of skills and behaviors necessary for workplace success. Entrepreneurs often need the mental strength to handle failure.

Step 2: Detailed Explanation:

- (A) Leadership: Relates to managing others.
- (B) Resilience: The ability to bounce back from difficult situations or setbacks. Priya's determination to continue despite business challenges is a perfect example of resilience.
- (C) Creativity: Relates to generating new ideas.
- (D) Time management: Relates to organizing tasks efficiently.

Step 3: Final Answer:

Because Priya did not give up and kept working through the setbacks, she demonstrated Resilience (B).

 Quick Tip

Resilience is a key entrepreneurial mindset. It involves maintaining a positive outlook even when things don't go as planned.

1(vi). Which of the following is the most environmentally responsible way to dispose of old mobile phones and electronic gadgets?

- (A) Donate them to a local charity
- (B) Sell them online to the highest bidder
- (C) Recycle them through an authorized e-waste recycling program
- (D) Bury them in your backyard

Correct Answer: (C) Recycle them through an authorized e-waste recycling program

Solution:

Step 1: Understanding the Concept:

Electronic waste (e-waste) contains hazardous materials like lead and mercury that can contaminate the environment if not handled properly.

Step 2: Detailed Explanation:

- (A) Donating is good for reuse, but if the device is broken or old, it will eventually become waste.
- (B) Selling also promotes reuse, but doesn't guarantee safe final disposal.
- (C) Authorized e-waste recyclers use specialized processes to recover valuable materials and safely dispose of toxic components. This is the most professional and sustainable method.
- (D) Burying electronics is dangerous as toxic chemicals can leak into the soil and groundwater.

Step 3: Final Answer:

Recycling through official e-waste channels (C) ensures the least environmental impact.

Quick Tip
Look for "E-waste collection centers" in your city. Many companies offer free pickup for old laptops and phones to ensure they are recycled correctly.

2(i). What are the career opportunities typically associated with a Physical Education Assistant?

- (A) Teaching only
- (B) Sports Medicine and Teaching
- (C) Teaching, Coaching, and Sports Journalist
- (D) Teaching, Coaching, and Equipment Management

Correct Answer: (D) Teaching, Coaching, and Equipment Management

Solution:

Step 1: Understanding the Concept:

A Physical Education (PE) Assistant helps the main instructor in managing daily physical education tasks in schools or sports clubs.

Step 2: Detailed Explanation:

The role of a PE assistant is multi-faceted:

- **Teaching:** They help in delivering the physical education curriculum.
- **Coaching:** They assist in training teams and individual athletes.
- **Equipment Management:** They are responsible for the inventory, maintenance, and safety of sports gear.

While options like Sports Journalism (C) or Sports Medicine (B) are related to sports, they usually require specialized degrees that go beyond the scope of a general PE Assistant role.

Step 3: Final Answer:

Option (D) covers the most common duties and progression paths for a PE assistant.

 Quick Tip

A PE Assistant position is an excellent entry point for students looking to eventually become certified Physical Education Teachers or professional Coaches.

2(ii). Which of the following is categorized as a "physical activity"?

- (A) Basketball match
- (B) Running a marathon
- (C) Watching a soccer game
- (D) Playing chess

Correct Answer: (B) Running a marathon

Solution:

Step 1: Understanding the Concept:

Physical activity is any bodily movement produced by skeletal muscles that results in energy expenditure.

Step 2: Detailed Explanation:

- (A) Basketball match: This is considered a "Sport" (structured, competitive).
- (B) Running a marathon: This is a classic "Physical Activity" (specifically exercise/endurance).
- (C) Watching a game: This is a sedentary activity.
- (D) Playing chess: This is a mental game with negligible physical movement.

Note: While (A) is also physical, in general categorization, (B) is the purest example of a physical effort/activity type.

Step 3: Final Answer:

Running a marathon (B) is a clear, high-expenditure physical activity.

 Quick Tip

Physical activity can be light (walking), moderate (jogging), or vigorous (running/sports). Every little bit of movement counts toward your health!

2(iii). What is the primary purpose of assessment in physical education?

- (A) To compete with other students
- (B) To measure what has been learned
- (C) To assign grades randomly
- (D) To create competition among teachers

Correct Answer: (B) To measure what has been learned

Solution:

Step 1: Understanding the Concept:

In any educational setting, assessment is a tool used to gather information about a student's progress and understanding.

Step 2: Detailed Explanation:

The goal of assessment in PE is to:

- Track the acquisition of skills (e.g., proper form in a push-up).
- Evaluate the understanding of game rules and strategies.
- Monitor improvements in physical fitness over time.

It is not meant to foster unhealthy competition or assign grades without a basis.

Step 3: Final Answer:

The core objective is to gauge educational outcomes, which corresponds to option (B).

 Quick Tip

Assessments in PE can be "Formative" (checking progress during the lesson) or "Summative" (final testing at the end of the term).

2(iv). What is the primary purpose of an Emergency Action Plan in physical education and sports?

- (A) To win sports competitions
- (B) To guide people in responding to serious medical events
- (C) To organize sports equipment
- (D) To determine sports schedules

Correct Answer: (B) To guide people in responding to serious medical events

Solution:**Step 1: Understanding the Concept:**

An Emergency Action Plan (EAP) is a formal document that outlines the steps to be taken during a medical emergency at a sporting event or facility.

Step 2: Detailed Explanation:

Sports involve inherent physical risks. An EAP identifies:

- Who provides first aid.
- Who calls for an ambulance.
- Where emergency equipment (like an AED) is kept.
- How the injured person is transported to the hospital.

Its goal is to reduce confusion during a crisis and save lives through a quick, organized response.

Step 3: Final Answer:

The EAP is a safety protocol for medical emergencies, making (B) the correct answer.

💡 Quick Tip

Every sports staff member should know the location of the EAP and have practiced the drills to ensure zero delays during a real emergency.

2(v). What are the signs and symptoms of heatstroke?

- (A) Runny nose and coughing
- (B) Rapid pulse and flushed skin
- (C) Cold extremities and shivering
- (D) Nausea and vomiting

Correct Answer: (B) Rapid pulse and flushed skin

Solution:**Step 1: Understanding the Concept:**

Heatstroke is a severe medical condition where the body's internal temperature rises above 104°F (40°C).

Step 2: Detailed Explanation:

- (A) Runny nose/coughing: Common for respiratory infections, not heatstroke.
- (B) Rapid pulse and flushed skin: When the body overheats, the heart pumps faster to try to cool the body down, and blood vessels dilate, causing redness (flushing). This is a definitive sign of heatstroke.
- (C) Cold/shivering: These are signs of hypothermia (cold exposure).
- (D) Nausea/vomiting: These occur in heatstroke, but are very common in many other conditions (like food poisoning), making (B) a more specific physical sign.

Step 3: Final Answer:

Option (B) represents the physiological response to extreme heat.

💡 Quick Tip

A key symptom of heatstroke is also "altered mental state" (confusion or loss of consciousness). It is a life-threatening emergency!

2(vi). What is the primary purpose of maintaining good personal hygiene practices?

- (A) To prevent damage to clothing
- (B) To impress others with cleanliness
- (C) To protect yourself and others from illness
- (D) To save money on cleaning products

Correct Answer: (C) To protect yourself and others from illness

Solution:**Step 1: Understanding the Concept:**

Hygiene refers to behaviors that maintain health and prevent the spread of diseases.

Step 2: Detailed Explanation:

- Washing hands, bathing, and brushing teeth remove germs (bacteria and viruses) from the body.
- Good hygiene prevents self-infection and prevents the spread of germs to friends, family, and colleagues.
- While (B) is a social benefit, the "primary" reason is always health-related.

Step 3: Final Answer:

The fundamental purpose of hygiene is health and illness prevention (C).

💡 Quick Tip

Proper hygiene is especially important in sports where physical contact and shared equipment are common. Always shower after a practice session!

Section - B**3. Explain how active listening contributes to effective teamwork in the workplace?**

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Active listening involves fully concentrating on what is being said rather than just passively 'hearing' the speaker. It involves providing feedback and showing engagement.

Step 2: Detailed Explanation:

Active listening enhances teamwork in several ways:

1. **Reduces Misunderstandings:** By clarifying information immediately, team members avoid mistakes caused by poor communication.
2. **Builds Trust and Respect:** When team members feel they are being heard, it creates a supportive and respectful work culture.
3. **Conflict Resolution:** Listening to all sides of an argument helps in finding a fair compromise, preventing small disagreements from escalating.
4. **Encourages Participation:** When people know their ideas will be listened to, they are more likely to share innovative suggestions.

Step 3: Final Answer:

Active listening is the cornerstone of teamwork as it fosters clarity, trust, and a collaborative spirit in the professional environment.

 Quick Tip

To be an active listener, use non-verbal cues like nodding and maintain eye contact. Avoid interrupting the speaker!

4. Explain how setting clear personal and professional goals can enhance your self-management skills and contribute to your career growth.

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Goal setting is the process of deciding what you want to achieve and devising a plan to reach those results.

Step 2: Detailed Explanation:

Impact on Self-Management:

- **Focus:** Goals act as a compass, helping you prioritize tasks and avoid distractions.
- **Time Management:** When you have a deadline for a goal, you learn to manage your schedule efficiently to meet that deadline.

- **Motivation:** Achieving small "milestones" builds confidence and keeps you motivated to work harder.

Contribution to Career Growth:

- **Skill Enhancement:** Professional goals often involve learning new skills which make you more valuable to employers.

- **Trackable Success:** Goals provide measurable data for your performance reviews, making it easier to earn promotions.

Step 3: Final Answer:

Clear goals provide structure to your life and work, turning vague intentions into actionable steps that lead to measurable career progress.

 Quick Tip

Use the "SMART" acronym for goal setting: Specific, Measurable, Achievable, Relevant, and Time-bound.

5. Differentiate between data security and privacy in the digital age. Provide examples of measures individuals and organizations can take to protect sensitive information.

Correct Answer:

Solution:

Step 1: Understanding the Concept:

While related, data security is about the "locks" on the data, whereas data privacy is about the "rights" of the data owner.

Step 2: Detailed Explanation:

Differences:

- **Data Security:** Focuses on protecting data from unauthorized access, breaches, or damage. (e.g., stopping a hacker).

- **Data Privacy:** Focuses on the proper handling, collection, and ethical use of personal data according to laws. (e.g., getting permission to share an email).

Protection Measures:

- **For Individuals:** Use strong, unique passwords; enable two-factor authentication (2FA); be wary of phishing links.

- **For Organizations:** Use encryption for stored data; install firewalls; perform regular security audits and employee training.

Step 3: Final Answer:

Data security is the technical protection of information, while privacy is the legal and ethical

framework for using it. Both are essential for digital safety.

 Quick Tip

Always check the "Privacy Settings" of any new app you install to control exactly what data (like location or contacts) the app can access.

6. Why is it important for a Physical Education Assistant to have knowledge about various career opportunities in the field of physical education and sports?

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Professional awareness allows a PE assistant to grow in their career and provide better guidance to their students.

Step 2: Detailed Explanation:

1. **Career Progression:** Knowing that one can move from being an assistant to a lead teacher, sports manager, or specialized coach helps in setting personal long-term goals.
2. **Student Mentorship:** Students often look up to PE assistants for advice. Knowing the industry allows the assistant to guide talented students toward relevant colleges or pro-clubs.
3. **Networking:** Understanding the roles of others (like sports psychologists or physiotherapists) allows for better collaboration in a sports facility.

Step 3: Final Answer:

Broad knowledge of career paths ensures the PE assistant remains professionally relevant and can serve as a valuable resource for aspiring student-athletes.

 Quick Tip

The sports industry is vast and includes areas like Sports Marketing, Event Management, and Fitness Tech. Never stop learning about new niches!

7. How can an understanding of the differences between physical activity, games, sports, and recreation benefit individuals of different age groups?

Correct Answer:

Solution:**Step 1: Understanding the Concept:**

Each category (activity, game, sport, recreation) serves a different physical and psychological purpose depending on a person's life stage.

Step 2: Detailed Explanation:

1. **Children:** Understanding "Games" is vital as play helps in motor skill development and social learning without the pressure of strict professional rules.
2. **Adolescents:** Benefit from "Sports" as the structure and competition build discipline, teamwork, and resilience.
3. **Adults:** Often focus on "Physical Activity" (like walking) for general health and "Recreation" (like hiking or yoga) for stress relief and work-life balance.
4. **Elderly:** Benefit from light "Recreation" to maintain mobility and cognitive health without the injury risks of high-contact sports.

Step 3: Final Answer:

Distinguishing between these allows individuals to choose movement types that match their physical capacity and mental needs at different ages.

💡 Quick Tip

Health experts recommend at least 150 minutes of moderate physical activity per week for adults to prevent chronic lifestyle diseases.

8. Explain the essential steps or tasks that should be carried out by a teacher after concluding a Parent-Teacher Meeting (PTM).

Correct Answer:**Solution:****Step 1: Understanding the Concept:**

The effectiveness of a PTM lies in the follow-up actions taken to improve student performance.

Step 2: Detailed Explanation:

1. **Documentation:** The teacher should immediately record key points, concerns raised by parents, and decisions made during the meeting.
2. **Action Plan:** Create a specific plan for students who need extra help or behavioral monitoring as discussed with parents.
3. **Communication with Student:** Discuss the meeting's positive feedback and areas of improvement with the student so they feel involved.
4. **Reporting:** Share significant findings (like a child's health issue or a home problem) with school management or the counselor if needed.

Step 3: Final Answer:

Post-PTM tasks involve organizing the information gathered and translating it into practical interventions to help the student succeed.

💡 Quick Tip

A quick "Thank You" email to parents after the PTM goes a long way in building a strong partnership between home and school.

9. Why is it crucial to ensure students understand the instructions and rules on the day of the assessment, and how can this contribute to a successful assessment process?

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Assessment must be a fair measure of a student's ability. Misunderstood instructions lead to invalid test results.

Step 2: Detailed Explanation:**Importance of Understanding Rules:**

- **Safety:** In PE assessments (like javelin or swimming), not knowing the safety rules can lead to serious injury.
- **Fairness:** Every student should have a clear, equal understanding of how they will be judged.
- **Anxiety Reduction:** Clear instructions help students focus on the task rather than worrying about doing it wrong.

Contribution to Success:

- It ensures that the results accurately reflect the student's skills rather than their ability to guess what the teacher wants.

Step 3: Final Answer:

Clear instructions are the foundation of a safe, fair, and accurate assessment process, ensuring that the final data is reliable and valid.

💡 Quick Tip

Always use the "Demonstrate and Ask" method: Show the movement once, then ask a student to repeat the rule back to you to check for understanding.

10. What are the advantages of incorporating various types of fitness tests, such as aerobic, anaerobic, flexibility, and strength assessments, in physical education programs, and how do they contribute to a holistic evaluation of a student's fitness level?

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Fitness is not a single trait; it is a combination of different physical components.

Step 2: Detailed Explanation:

Advantages of Varied Tests:

- **Aerobic (e.g., Running):** Measures cardiovascular endurance and heart health.
- **Anaerobic (e.g., Sprints):** Measures explosive power and muscle speed.
- **Flexibility (e.g., Sit and Reach):** Measures range of motion, which is crucial for injury prevention.
- **Strength (e.g., Push-ups):** Measures muscular force and endurance.

Holistic Evaluation:

By using all these tests, a teacher gets a complete picture of the student. A student might be very strong but have poor heart health or flexibility. Identifying these "gaps" allows for personalized fitness plans.

Step 3: Final Answer:

A diverse battery of tests ensures that no aspect of physical health is ignored, leading to a more comprehensive and meaningful assessment of the student's overall wellbeing.

 Quick Tip

Holistic evaluation helps in identifying a student's natural athletic strengths, which can guide them toward sports they are most suited for.

11. Why is it important to maintain hygiene at the playground, and what are some steps to achieve this?

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Playgrounds are high-traffic public areas where germs can spread quickly through shared equipment and surfaces.

Step 2: Detailed Explanation:

Importance:

- **Prevents Disease:** Reduces the transmission of skin infections, colds, and flu.
- **Safety:** Cleanliness helps identify broken equipment or sharp objects hidden in the grass or sand.
- **Community Pride:** A clean playground is more welcoming and encourages people to be active.

Steps to Achieve Hygiene:

- Regular sanitization of swings, slides, and shared sports equipment.
- Providing adequate waste bins and ensuring they are emptied daily.
- Installing hand-washing stations or sanitizer dispensers near the entrance.

Step 3: Final Answer:

Playground hygiene is essential for public health and safety. It requires a combination of routine cleaning and encouraging good personal habits among users.

💡 Quick Tip

Always check "sandboxes" in playgrounds, as they can often harbor animal waste and bacteria if not covered or raked regularly.

12. What are some key factors to consider when inspecting and maintaining sports facilities and equipment for safety and hygiene?

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Preventive maintenance is the key to ensuring a long life for equipment and a zero-accident environment for athletes.

Step 2: Detailed Explanation:

1. **Structural Integrity:** Check for cracks in basketball backboards, loose bolts on fitness machines, or frayed nets.
2. **Surface Condition:** Inspect the flooring for slipperiness, wet patches, or tears that could cause trips.
3. **Sanitization:** Sports equipment like yoga mats and gym pads must be disinfected daily to prevent fungal and bacterial growth.
4. **Storage:** Ensure a dry, well-ventilated storage room to prevent mold growth on leather balls or rust on metal weights.
5. **Lighting and Ventilation:** Ensure indoor areas have proper airflow and bright lighting to prevent collisions.

Step 3: Final Answer:

Inspections must look at both the mechanical safety (is it broken?) and the biological safety (is it clean?) to ensure a professional sports environment.

💡 Quick Tip

Keep a "Maintenance Logbook." Documenting when an item was last inspected or repaired helps in planning future budget requirements for the facility.

13. What are the key qualities and characteristics that make a successful entrepreneur, and why are they important for starting and running a business effectively?

Correct Answer:

Solution:

Step 1: Understanding the Concept:

An entrepreneur is a person who takes the risk of starting a new venture based on an innovative idea.

Step 2: Detailed Explanation:**Key Qualities:**

- **Risk-Taking:** The ability to move forward despite the possibility of financial loss.
- **Resilience:** The grit to keep going after a business failure or setback.
- **Creativity:** The ability to find a unique solution to a market gap.
- **Self-Motivation:** The discipline to work hard without a traditional boss.

Importance:

These traits are vital because a business owner faces constant uncertainty. Without risk-taking, no new business would exist. Without resilience, the first challenge would end the business.

Step 3: Final Answer:

A successful entrepreneur is defined by their mindset. Resilience and innovation are the fuels that keep a business alive in a competitive market.

💡 Quick Tip

Entrepreneurship is as much about "solving problems" as it is about making a profit. Identify a pain point in your community, and you've found a business opportunity!

14. The greening of the economy presents a major opportunity to start new businesses, develop new markets, and lower energy costs. Write any two benefits of green jobs.

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Green jobs are positions that contribute to preserving or restoring the environment in various industries.

Step 2: Detailed Explanation:

1. **Reduced Environmental Impact:** Green jobs (like solar panel installers or organic farmers) help reduce carbon footprints, minimize waste, and protect biodiversity.
2. **Economic Stability and Innovation:** Investing in green technology creates new industries and long-term jobs that are not dependent on depleting fossil fuel resources.

Step 3: Final Answer:

The two main benefits are: (1) Protection of natural resources and (2) Sustainable economic growth through the creation of new, future-proof markets.

 Quick Tip

"Greening the economy" isn't just for environmentalists; it's a huge economic move. Renewable energy jobs are growing faster than traditional fossil fuel jobs worldwide.

15. What are the signs and symptoms of heatstroke, and how should immediate first aid be administered to someone suspected of suffering from heatstroke?

Correct Answer:

Solution:

Step 1: Understanding the Concept:

Heatstroke is a medical emergency that occurs when the body's internal cooling system fails under extreme heat.

Step 2: Detailed Explanation:

Signs and Symptoms:

- High body temperature (often above 104°F).
- Mental confusion, slurred speech, or loss of consciousness.
- Hot, red, and dry skin (lack of sweating).

- Rapid pulse and throbbing headache.

First Aid Steps:

1. **Call for Help:** Call an ambulance immediately.
2. **Move to Shade:** Get the person out of the sun and into a cool, air-conditioned room.
3. **Cool Rapidly:** Spray them with cool water, use a fan, or apply ice packs to the armpits and neck.
4. **Positioning:** Lay them flat with legs slightly elevated to improve blood flow.

Step 3: Final Answer:

Heatstroke requires immediate professional medical attention. The goal of first aid is to bring the core temperature down as quickly as possible to prevent brain or organ damage.

 Quick Tip

Do not give the person anything to drink if they are unconscious or confused, as it can lead to choking. Focus entirely on external cooling until help arrives!