

Class 9 - Physical Education and Well Being

Khel Praveen

Careers in Physical Education

CBSE NOTES

Careers in Physical Education - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Careers in PE encompass diverse roles.

Physical Education careers include teaching, coaching, fitness training, and sports management.

2. Physiotherapist role and education.

Physiotherapists treat injuries with a BPT degree; specialized training is essential.

3. Role of Sports Nutritionist.

Sports Nutritionists design performance-oriented diets, requiring a B.Sc./M.Sc. in Nutrition.

4. What does a Sports Psychologist do?

They enhance athletes' mental resilience and focus, requiring a degree in Sports Psychology.

5. What is a Sports Biomechanist?

Sports Biomechanists analyze athletic movements to improve techniques via Biomechanics degrees.

6. Role of Exercise Physiologist.

They study body responses to training with a degree in Exercise Physiology, optimizing fitness regimens.



7. School PE Teacher's responsibilities.

They educate students on fitness and health, requiring an NCTE-approved PE programme qualification.

8. Training future professionals as College PE Teacher.

Requires NCTE certification; they instruct sports science and train future educators.

9. Role of a Sports Coach.

Sports Coaches train teams or individuals, needing B.P.Ed/M.P.Ed and related coaching certifications.

10. Fitness Trainer's main duties.

They create personalized workout plans and lead gym sessions, needing relevant certificates.

11. Yoga instructor requirements.

Yoga instructors teach yoga practices and meditation, needing a diploma or certificate in Yoga.

12. Aerobics/Zumba/Pilates Instructor's role.

They lead group fitness classes; short-term certifications often qualify practitioners.



13. Emerging: Esports Coach/Fitness Expert.

They enhance gamers' reflexes and fitness; knowledge in both gaming and fitness is crucial.

14. Adventure Sports Guide expertise.

Guides lead activities such as trekking; training from adventure institutes is required.

15. What does a Sports Technologist do?

They innovate sports tech and wearables, requiring knowledge in engineering and sports science.

16. Para-Sports Trainer's importance.

They train athletes with disabilities, needing specialized PE and adaptive sports certifications.

17. Role of Sports Event Manager.

They organize sports events; a degree/diploma in Sports Management is essential for success.

18. Responsibilities of a Sports Administrator.

They manage sports organizations and policies, requiring a Sports Management qualification.



19. Skills of a Sports Journalist.

Sports Journalists report and commentate on sports, needing a degree in journalism or media studies.

20. What do Sports Data Analysts do?

They analyze sports performance data; knowledge in stats and computer science is crucial.

21. Importance of Sports Engineer.

They create sports equipment and technology, requiring a degree in engineering and specialization.



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