

**PHYSICAL EDUCATION (048)**  
**Class XI (2021–22)**

**Theory**

**Max. Marks 70**

**Unit I Changing Trends & Career in Physical Education**

- Meaning & definition of Physical Education
- Aims & Objectives of Physical Education
- Career Options in Physical Education
- Competitions in various sports at national and international level
- Khelo-India Program

**Unit II Olympic Value Education**

- Olympics, Paralympics and Special Olympics
- Olympic Symbols, Ideals, Objectives & Values of Olympism
- International Olympic Committee
- Indian Olympic Association

**Unit III Physical Fitness, Wellness & Lifestyle**

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of physical fitness and Wellness
- Components of Health related fitness

**Unit IV Physical Education & Sports for CWSN (Children With Special Needs- Divyang)**

- Aims & objectives of Adaptive Physical Education
- Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- Concept of Inclusion, its need and Implementation
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

**Unit V Yoga**

- Meaning & Importance of Yoga
- Elements of Yoga
- Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas
- Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
- Relaxation Techniques for improving concentration – Yog-nidra

**Unit VI Physical Activity & Leadership Training**

- Leadership Qualities & Role of a Leader
- Creating leaders through Physical Education
- Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
- Safety measures to prevent sports injuries

**Unit VII Test, Measurement & Evaluation**

- Define Test, Measurement & Evaluation
- Importance of Test, Measurement & Evaluation In Sports
- Calculation of BMI & Waist - Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurement of health related fitness

### **Unit VIII Fundamentals of Anatomy, Physiology & Kinesiology in Sports**

- Definition and Importance of Anatomy, Physiology & Kinesiology
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties and Functions of Muscles
- Function & Structure of Respiratory System and Circulatory System
- Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports

### **Unit IX Psychology & Sports**

- Definition & Importance of Psychology in Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics At Different Stages of Development
- Adolescent Problems & Their Management

### **Unit X Training and Doping in Sports**

- Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up & limbering down
- Skill, Technique & Style
- Concept & classification of doping
- Prohibited Substances & their side effects
- Dealing with alcohol and substance abuse

### **Practical**

**Max. Marks 30**

- |   |           |
|---|-----------|
| 01. Physical Fitness Test   | - 6 Marks |
| 02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)- 7 Marks |           |
| 03. Yogic Practices   | - 7 Marks |
| 04. Record File **  | - 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga)  | - 5 Marks |

\* Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Skating, Swimming, Taekwondo, Tennis, Aerobics, Gymnastics, Rope-Skipping, Yoga, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

*\*\*Record File shall include:*

*Practical-1: Labelled diagram of 400 M Track & Field with computations.*

*Practical-2: Computation of BMI from family or neighbourhood & graphical*

*representation of the data. Practical-3: Labelled diagram of field & equipment of any one game of your choice out of the above list. Practical-4: List of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award)*

*Practical-5: Pictorial presentation of any five Asanas for improving concentration.*

**PHYSICAL EDUCATION (048)**  
**Class XII (2021–22)**

**Theory**

**Max. Marks 70**

**Unit I Planning in Sports**

- Meaning & Objectives Of Planning
- Various Committees & its Responsibilities (pre; during & post)
- Tournament – Knock-Out, League Or Round Robin & Combination
- Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
- Intramural & Extramural – Meaning, Objectives & Its Significance
- Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

**Unit II Sports & Nutrition**

- Balanced Diet & Nutrition: Macro & Micro Nutrients
- Nutritive & Non-Nutritive Components Of Diet
- Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance & Food Myths

**Unit III Yoga & Lifestyle**

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana
- Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

**Unit IV Physical Education & Sports for CWSN (Children With Special Needs - *Divyang*)**

- Concept of Disability & Disorder
- Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- Disability Etiquettes
- Advantage of Physical Activities for children with special needs
- Strategies to make Physical Activities assessable for children with special need.

**Unit V Children & Women in Sports**

- Motor development & factors affecting it
- Exercise Guidelines at different stages of growth & Development
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures
- Sports participation of women in India
- Special consideration (Menarch & Menstrual Dysfunction)
- Female Athletes Triad (Oestoperosis, Amenoria, Eating Disorders)

**Unit VI Test & Measurement in Sports**

- Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run
- General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg)
  - Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test Computation of Fitness Index:  $\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}$

- Rikli & Jones - Senior Citizen Fitness Test
  1. Chair Stand Test for lower body strength
  2. Arm Curl Test for upper body strength
  3. Chair Sit & Reach Test for lower body flexibility
  4. Back Scratch Test for upper body flexibility
  5. Eight Foot Up & Go Test for agility
  6. Six Minute Walk Test for Aerobic Endurance

### **Unit VII Physiology & Injuries in Sports**

- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Respiratory System
- Effect of exercise on Muscular System
- Physiological changes due to ageing
- Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention& treatment
- First Aid – Aims & Objectives

### **Unit VIII Biomechanics & Sports**

- Meaning and Importance of Biomechanics in Sports
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Newton's Law of Motion & its application in sports
- Friction & Sports

### **Unit IX Psychology & Sports**

- Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to Exercise
- Meaning, Concept & Types of Aggressions in Sports

### **Unit X Training in Sports**

- Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic
- Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training
- Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run
- Flexibility – Definition, types & methods to improve flexibility
- Coordinative Abilities – Definition & types
- Circuit Training - Introduction & its importance

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\* Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

**\*\*Record File shall include:**

*Practical-1: Fitness tests administration for all items.*

*Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.*

*Practical-3: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members. Practical-4: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).*