

PHYSICAL EDUCATION (048)

Class XI (2022–23)

Theory

Max. Marks 70

Unit I Changing Trends & Career in Physical Education

- Concept, Aims & Objectives of Physical Education
- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements
- Career Options in Physical Education
- Khelo-India and Fit-India Program

Unit II Olympism

- Ancient and Modern Olympics
- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympics - Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure - IOC, NOC, IFS, Other members

Unit III Yoga

- Meaning & Importance of Yoga
- Introduction to Ashtanga Yoga
- Introduction to Yogic Kriyas (Shat Karma)

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

- Concept of Disability and Disorder
- Types of Disability, its causes & nature (Intellectual disability, Physical disability)
- Aim & Objective of Adaptive Physical Education
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

Unit V Physical Fitness, Health and Wellness

- Meaning and Importance of Wellness, Health and Physical Fitness
- Components/Dimensions of Wellness, Health and Physical Fitness
- Traditional Sports & Regional Games for promoting wellness

Unit VI Test, Measurement & Evaluation

- Concept of Test, Measurement & Evaluation in Physical Education & sports.
- Classification of Test in Physical Education and Sports.
- Test administration guidelines in physical education and sports

Unit VII Fundamentals of Anatomy, Physiology in Sports

- Definition and Importance of Anatomy and Physiology in exercise and sports
- Functions of Skeletal system, classification of bone and types of joints.
- Function and Structure of Circulatory system and heart.
- Function and Structure of Respiratory system.

Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports

- Definition and Importance of Kinesiology and Biomechanics in sports
- Principles of Biomechanics
- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation
- Axis and Planes – Concept and its application in body movements

Unit IX Psychology & Sports

- Definition & Importance of Psychology in Physical Education & Sports
- Adolescent Problems & Their Management
- Team Cohesion and Sports

Unit X Training and Doping in Sports

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation, and Recovery
- Concept of Doping and its disadvantages

Practical

Max. Marks 30

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| 01. Physical Fitness Test: SAI Khelo India test , Brockport Physical Fitness Test (BPFT) * | 6 Marks |
| 02. Yogic Practices | 7 Marks |
| 03. Record File *** | 5 Marks |
| 04. Viva Voce (Health/ Games & Sports/ Yoga) | 5 Marks |

* Test for CWSN (any 4 items out of 27 items but 1 item from each component: Aerobic function, Body Composition, Muscular strength & endurance, range of motion or flexibility)

**Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket.

**CWSN (Children With Special Needs – Divyang): Bocce/Boccia, Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel chair races and throws, or any other sport/games of choice.

**Children With Special Needs may opt any one sport/game from the list as alternative for Yogic Practices. However, the sport/game must be different for skill of Game and alternate to yogic practices.

***Record File shall include:

- ❖ Practical-1: Labelled diagram of 400 M Track & Field with computations.
- ❖ Practical-2: Describe Changing Trends in Sports in terms of change in playing surface, wearable gears and sports equipment, technological advancements.
- ❖ Practical-3: Labelled diagram of field & equipment of any one game of your choice out of the above list.

PHYSICAL EDUCATION (048)

Class XII (2022–23)

Theory

Max. Marks 70

Unit I Management of Sporting Events

- Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
- Various Committees & their Responsibilities (pre; during & post)
- Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)

Unit II Children & Women in Sports

- Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures
- Special consideration (Menarche & Menstrual Dysfunction)
- Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

Unit III Yoga as Preventive measure for Lifestyle Disease

- Obesity: Procedure, Benefits & Contraindications for Vajrasana, Hastotansana, Trikonasana, Ardha - Matsyendrasana
- Diabetes: Procedure, Benefits & Contraindications for Bhujangasana, Paschimottanasana, Pavan muktasana, Ardha - Matsyendrasana, Kapalabhati
- Asthma: Procedure, Benefits & Contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana, Matsyaasana, Anulom-Vilom
- Hypertension: Procedure, Benefits & Contraindications for Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana

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

- Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
- Advantages of Physical Activities for children with special needs.
- Strategies to make Physical Activities assessable for children with special needs.

Unit V Sports & Nutrition

- Concept of balance diet and nutrition
- Macro and Micro Nutrients: Food sources & functions
- Nutritive & Non-Nutritive Components of Diet

Unit VI Test & Measurement in Sports

- Fitness Test – SAI Khelo India Fitness Test in school:
 - Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test
 - Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).
- Computing Basal Metabolic Rate (BMR)
- Rikli & Jones - Senior Citizen Fitness Test
 - I. Chair Stand Test for lower body strength
 - II. Arm Curl Test for upper body strength
 - III. Chair Sit & Reach Test for lower body flexibility
 - IV. Back Scratch Test for upper body flexibility
 - V. Eight Foot Up & Go Test for agility
 - VI. Six Minute Walk Test for Aerobic Endurance

Unit VII Physiology & Injuries in Sports

- Physiological factors determining components of physical fitness
- Effect of exercise on Muscular System
- Effect of exercise on Cardio-Respiratory System
- Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

Unit VIII Biomechanics & Sports

- Newton's Law of Motion & its application in sports
- Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- Friction & Sports
- Projectile in Sports

Unit IX Psychology & Sports

- Personality; its definition & types (Jung Classification & Big Five Theory)
- Meaning, Concept & Types of Aggressions in Sports
- Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting

Unit X Training in Sports

- Concept of Talent Identification and Talent Development in Sports
- Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.
- Types & Method to Develop – Strength, Endurance and Speed
- Types & Method to Develop – Flexibility and Coordinative Ability

Practical

Max. Marks 30

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

- ❖ *Practical-1: Fitness tests administration.*
- ❖ *Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.*
- ❖ *Practical-4: Anyone game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).*