

**PHYSICAL EDUCATION (048) THEORY**  
**DISTRIBUTION OF SYLLABUS – CLASS XI – 2021-2022**  
**TERM - I AND TERM - II**

<b>TERM I – THEORY</b> <b>MCQ BASED – 35 MARKS</b>		<b>TERM II – THEORY</b> <b>SHORT/LONG ANSWER – 35 MARKS</b>	
<b>*Unit No.</b>	<b>Name</b>	<b>*Unit No.</b>	<b>Name</b>
<b>1.</b>	Changing Trends & Career in Physical Education <ul style="list-style-type: none"> <li>• Meaning &amp; definition of Physical Education</li> <li>• Aims &amp; Objectives of Physical Education</li> <li>• Career Options in Physical Education.</li> <li>• Khelo-India Program</li> </ul>	<b>4.</b>	Physical Education & Sports for CWSN (Children With Special Needs- Divyang) <ul style="list-style-type: none"> <li>• Aims &amp; objectives of Adaptive Physical Education</li> <li>• Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)</li> <li>• Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; special Educator)</li> </ul>
<b>2.</b>	Olympic Value Education <ul style="list-style-type: none"> <li>• Olympics</li> <li>• Olympic Symbols, Ideals, Objectives &amp; Values of Olympism</li> <li>• International Olympic Committee</li> <li>• Indian Olympic Association</li> </ul>	<b>5.</b>	Yoga <ul style="list-style-type: none"> <li>• Meaning &amp; Importance of Yoga</li> <li>• Elements of Yoga</li> <li>• Introduction - Asanas, Pranayam, Meditation &amp; Yogic Kriyas</li> <li>• Yoga for concentration &amp; related Asanas (Sukhasana; Tadasana; Padmasana &amp; Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)</li> </ul>
<b>3.</b>	Physical Fitness, Wellness & Lifestyle <ul style="list-style-type: none"> <li>• Meaning &amp; Importance of Physical Fitness, Wellness &amp; Lifestyle</li> <li>• Components of physical fitness and Wellness</li> <li>• Components of Health related fitness</li> </ul>	<b>6.</b>	Physical Activity & Leadership Training <ul style="list-style-type: none"> <li>• Leadership Qualities &amp; Role of a Leader</li> <li>• Meaning, objectives &amp; types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding)</li> <li>• Safety measures to prevent sports injuries</li> </ul>
<b>7.</b>	Test, Measurement & Evaluation <ul style="list-style-type: none"> <li>• Define Test, Measurement &amp; Evaluation</li> <li>• Importance of Test, Measurement &amp; Evaluation In Sports</li> <li>• Calculation of BMI &amp; Waist - Hip Ratio.</li> <li>• Measurement of health related fitness.</li> </ul>	<b>9.</b>	Psychology & Sports <ul style="list-style-type: none"> <li>• Definition &amp; Importance of Psychology in Phy. Edu. &amp; Sports</li> <li>• Define &amp; Differentiate Between Growth &amp; Development.</li> <li>• Adolescent Problems &amp; Their Management</li> </ul>
<b>8.</b>	Fundamentals of Anatomy, Physiology & Kinesiology in Sports <ul style="list-style-type: none"> <li>• Definition and Importance of Anatomy, Physiology &amp; Kinesiology</li> <li>• Function of Skeleton System, Classification of Bones &amp; Types of Joints .</li> <li>• Function &amp; Structure of Respiratory System and Circulatory System</li> <li>• Equilibrium – Dynamic &amp; Static And Centre of Gravity and its application in sports</li> </ul>	<b>10.</b>	Training and Doping in Sports <ul style="list-style-type: none"> <li>• Meaning &amp; Concept of Sports Training</li> <li>• Principles of Sports Training</li> <li>• Concept &amp; classification of doping</li> <li>• Prohibited Substances &amp; their side effects</li> </ul>

TERM I – PRACTICAL		TERM II – PRACTICAL	
05 Marks	Project File (About one sport/game of choice )	05 Marks	Project File (Yoga and General Motor Fitness Test)
05 Marks	Demonstration of Fitness Activity	05 Marks	Demonstration of Fitness Activity/Yoga
05 Marks	Viva Voce (From Project File; Fitness)	05 Marks	Viva Voce (From Viva Voce (From Project File; General Motor Fitness; Yoga)

## PHYSICAL EDUCATION XI (048) DELETED TOPICS

### THEORY

#### Unit I: Changing Trends and Career in Physical Education

- ◆ Competitions in Various Sports at National and International Level

#### Unit II: Olympic Value Education

- ◆ Paralympics and Special Olympics

#### Unit IV: Physical Education and Sports for CWSN (Children With Special Needs – *Divyang*)

- ◆ Concept of Inclusion, its Need and Implementation

#### Unit V: Yoga

- ◆ Relaxation Techniques for Improving Concentration – Yog-nidra

#### Unit VI: Physical Activity and Leadership Training

- ◆ Creating Leaders through Physical Education

#### Unit VII: Test, Measurement and Evaluation

- ◆ Somato Types (Endomorphy, Mesomorphy and Ectomorphy)

#### Unit VIII: Fundamentals of Anatomy, Physiology and Kinesiology in Sports

- ◆ Properties and Functions of Muscles

#### Unit IX: Psychology and Sports

- ◆ Developmental Characteristics at Different Stages of Development

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

- ◆ Warming up and Limbering down
- ◆ Skill, Technique and Style
- ◆ Dealing with Alcohol and Substance Abuse

**PHYSICAL EDUCATION (048) THEORY**  
**DISTRIBUTION OF SYLLABUS – CLASS XII – 2021-2022**  
**TERM - I AND TERM - II**

<b>TERM I – THEORY MCQ BASED - 35 MARKS</b>		<b>TERM II – THEORY SHORT/LONG ANSWER – 35 MARKS</b>	
<b>*Unit No.</b>	<b>Name</b>	<b>*Unit No.</b>	<b>Name</b>
<b>1.</b>	Planning in Sports <ul style="list-style-type: none"> <li>• Meaning &amp; Objectives Of Planning</li> <li>• Various Committees &amp; its Responsibilities (pre; during &amp; post)</li> <li>• Tournament – Knock-Out, League Or Round Robin &amp; Combination</li> <li>• Procedure To Draw Fixtures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li> </ul>	<b>3.</b>	Yoga & Lifestyle <ul style="list-style-type: none"> <li>• Asanas as preventive measures</li> <li>• Obesity: Procedure, Benefits &amp; contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana</li> <li>• Diabetes: Procedure, Benefits &amp; contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana</li> <li>• Asthma: Procedure, Benefits &amp; contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana</li> <li>• Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana</li> </ul>
<b>2.</b>	Sports & Nutrition <ul style="list-style-type: none"> <li>• Balanced Diet &amp; Nutrition: Macro &amp; Micro Nutrients</li> <li>• Nutritive &amp; Non-Nutritive Components Of Diet</li> <li>• Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance &amp; Food Myths</li> </ul>	<b>4.</b>	Physical Education & Sports for CWSN (Children with Special Needs - DIVYANG) <ul style="list-style-type: none"> <li>• Concept of Disability &amp; Disorder</li> <li>• Types of Disability, its causes &amp; nature (cognitive disability, intellectual disability, physical disability)</li> <li>• Types of Disorder, its cause &amp; nature (ADHD, SPD, ASD, ODD, OCD)</li> <li>• Disability Etiquettes</li> <li>• Strategies to make Physical Activities assessable for children with special need.</li> </ul>
<b>5.</b>	Children & Women in Sports <ul style="list-style-type: none"> <li>• Motor development &amp; factors affecting it</li> <li>• Exercise Guidelines at different stages of growth &amp; Development</li> <li>• Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures</li> <li>• Sports participation of women in India</li> </ul>	<b>7.</b>	Physiology & Injuries in Sports <ul style="list-style-type: none"> <li>• Physiological factor determining component of Physical Fitness</li> <li>• Effect of exercise on Cardio Respiratory System</li> <li>• Effect of exercise on Muscular System</li> <li>• Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain) Bone &amp; Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique &amp; Impacted) Causes, Prevention&amp; treatment</li> <li>• First Aid – Aims &amp; Objectives</li> </ul>

6.	<b>Test &amp; Measurement in Sports</b> <ul style="list-style-type: none"> <li>• Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit &amp; Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4×10 M Shuttle Run</li> <li>• Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - <math>\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}</math></li> <li>• Rikli &amp; Jones - Senior Citizen Fitness Test</li> </ul>	9.	<b>Psychology &amp; Sports</b> <ul style="list-style-type: none"> <li>• Personality; its definition &amp; types – Trait &amp; Types (Sheldon &amp; Jung Classification) &amp; Big Five Theory</li> <li>• Motivation, its type &amp; techniques</li> <li>• Meaning, Concept &amp; Types of Aggressions in Sports</li> </ul>
8.	<b>Biomechanics &amp; Sports</b> <ul style="list-style-type: none"> <li>• Meaning and Importance of Biomechanics in Sports</li> <li>• Types of movements (Flexion, Extension, Abduction &amp; Adduction)</li> <li>• Newton’s Law of Motion &amp; its application in sports</li> </ul>	10.	<b>Training in Sports</b> <ul style="list-style-type: none"> <li>• Strength – Definition, types &amp; methods of improving Strength – Isometric, Isotonic &amp; Isokinetic</li> <li>• Endurance - Definition, types &amp; methods to develop Endurance – Continuous Training, Interval Training &amp; Fartlek Training</li> <li>• Speed – Definition, types &amp; methods to develop Speed – Acceleration Run &amp; Pace Run</li> <li>• Flexibility – Definition, types &amp; methods to improve flexibility</li> <li>• Coordinative Abilities – Definition &amp; types</li> </ul>

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## PHYSICAL EDUCATION XII (048) DELETED TOPICS

### THEORY

#### Unit I: Planning in Sports

- ◆ Intramural and Extramural – Meaning, Objectives and Its Significance
- ◆ Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause and Run For Unity)

#### Unit III: Yoga and Lifestyle

- ◆ Back Pain: Tadasana, Ardha Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

#### Unit IV: Physical Education and Sports for CWSN (Children With Special Needs – *Divyang*)

- ◆ Advantage of Physical Activities for children with special needs

#### Unit V: Children and Women in Sports

- ◆ Special consideration (Menarche and Menstrual Dysfunction)
- ◆ Female Athletes Triad (Osteoporosis, Amenorrhoea, Eating Disorders)

#### Unit VI: Test and Measurement in Sports

- ◆ General Motor Fitness – Barrow Three Item General Motor Ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg and For Girls: 01 Kg)

#### Unit VII: Physiology and Injuries in Sports

- ◆ Physiological changes due to ageing

#### Unit VIII: Biomechanics and Sports

- ◆ Friction and Sports

#### Unit IX: Psychology and Sports

- ◆ Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- ◆ Strategies for Enhancing Adherence to Exercise

#### Unit X: Training in Sports

- ◆ Circuit Training – Introduction and its importance