

## IMPORTANT INFORMATION (PHYSICAL EDUCATION XI)

You must be aware that CBSE has released the syllabus of Physical Education Classes 11-12 (Code 48) for academic year 2022-23 on 21-04-2022. The changes (deletions and new topics) are shown below.

### Physical Education Class XI Curriculum 2021-22 Changes and Deletions

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

- Competitions in Various Sports at National and International Level

#### Unit II: Olympic Value Education (now renamed as Olympism)

- Paralympics and Special Olympics

#### Unit III: Physical Fitness, Wellness and life Style (Now Unit V: Physical Fitness, Health and Wellness)

No topics deleted

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

- Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- Concept of Inclusion, its Need and Implementation

#### Unit V: Yoga (Now Unit III)

- Yoga for Concentration and related Asanas (Sukhasana; Tadasana; Padmasana and Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
- Relaxation Techniques for Improving Concentration – Yog-nidra

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

- Leadership Qualities and Role of a Leader
- Creating Leaders through Physical Education
- Meaning, Objectives and Types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
- Safety Measures to Prevent Sports Injuries

#### Unit VII: Test, Measurement and Evaluation (Now Unit VI)

- Importance of Test, Measurement and Evaluation in Sports
- Calculation of BMI and Waist – Hip Ratio
- Somato Types (Endomorphy, Mesomorphy and Ectomorphy)
- Measurement of Health related Fitness

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

- Properties and Functions of Muscles
- Equilibrium – Dynamic and Static and Centre of Gravity and its Application in Sports

#### Unit IX: Psychology and Sports

- Define and Differentiate between Growth and Development
- 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 Class XI Curriculum 2022-23 Changes and New topics

### Theory

Max. Marks 70

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

- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements
- Fit-India Program

#### Unit II: Olympism

- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympics - Anthem
- Olympic Movement Structure - NOC, IFS, Other members

#### Unit III: Yoga

No new topics

#### 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)

#### Unit V: Physical Fitness, Health and Wellness

- 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

No new topics

#### 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

- Team Cohesion and Sports

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

- Training Load: Over Load, Adaptation, and Recovery
- Doping disadvantages

## IMPORTANT INFORMATION (PHYSICAL EDUCATION XII)

You must be aware that CBSE has released the syllabus of Physical Education Classes 11-12 (Code 48) for academic year 2022-23 on 21-04-2022. The changes (deletions and new topics) are shown below.

### Physical Education Class XII Curriculum 2021-22 Changes and Deletions

#### Theory

Max. Marks 70

##### Unit I: Planning in Sports (Renamed as Management of Sporting Events)

- Meaning and Objectives of Planning
- Tournament – Knock-Out, League or Round Robin and Combination
- 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 II: Sports and Nutrition

- Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths

##### Unit III: Yoga and Lifestyle

- Asanas as preventive measures
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

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

- Concept of Disability and Disorder
- Types of Disability, its causes and nature (cognitive disability, intellectual disability, physical disability)
- Types of Disorder, its cause and nature (ADHD, SPD, ASD, ODD, OCD)

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

- Motor development and factors affecting it
- Exercise Guidelines at different stages of growth and development
- Sports participation of women in India

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

- Motor Fitness Test – Standing Broad Jump, Agility – 4 x 10 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 and For Girls: 01 Kg)
- Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test
- Computation of Fitness Index:  $\text{Duration of the Exercise in Seconds} \times 100 / 5.5 \times \text{Pulse count of 1 – 1.5 Min after Exercise}$

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

- Physiological changes due to ageing

##### Unit VIII: Biomechanics and Sports

- Meaning and Importance of Biomechanics in Sports
- Types of movements (Flexion, Extension, Abduction and Adduction)

##### Unit IX: Psychology and Sports

- Motivation, its type and techniques
- 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

## Physical Education Class XII Curriculum 2022-23 Changes and New topics

### Theory

Max. Marks 70

#### Unit I: Management of Sporting Events

- Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)

#### Unit II: Children & Women in Sports

No New topics added

#### Unit III: Yoga as Preventive measure for Lifestyle Disease

- **Obesity:** Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.
- **Diabetes:** Procedure, Benefits & Contraindications for Katichakrasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.
- **Asthma:** Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Anuloma-Viloma.
- **Hypertension:** Procedure, Benefits & Contraindications for, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Nadishodhanapranayam, Sitlipranayam.

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

- Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)

#### Unit V: Sports & Nutrition

No new topics

#### 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
- Computing Basal Metabolic Rate (BMR)

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

No new topics

#### Unit VIII: Biomechanics & Sports

- Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- Projectile in Sports

#### Unit IX: Psychology & 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.