



Revised and Updated

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BOOKS



“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”
— BISHAN SINGH BEDI

Includes
**COMPETENCY-BASED
QUESTIONS (CBQs)**
Assertion-Reason
Type Questions
Data-Based/Picture-Based/
Case-Based Questions
MCQs



As per the
guidelines of
NEP 2020

— A TEXTBOOK OF —

Physical Education

Based on the latest CBSE syllabus

XI

SCAN QR CODE

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BOOKS

A Textbook of Physical Education Class 11

Chapter 1

CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION



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“Physical education is a process through which an individual claims optimal physical, mental and social skills and fitness through physical activity.”

– Lumpkin

Figure 1.1 Physical education leads to holistic development of the students.



MEANING AND DEFINITION OF PHYSICAL EDUCATION

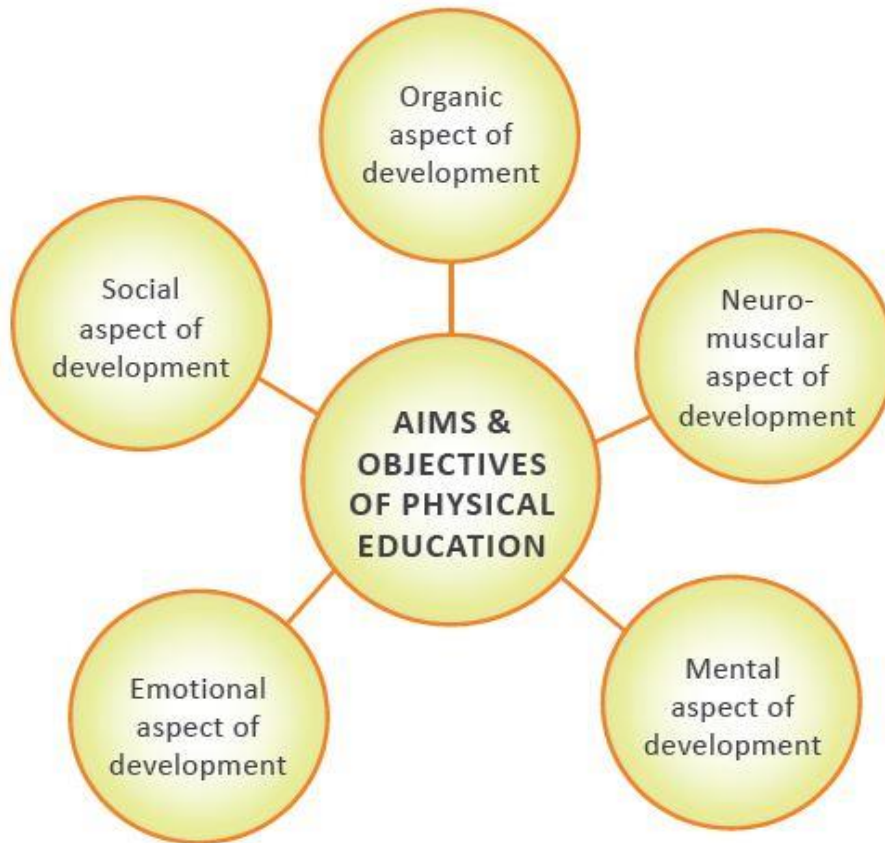
“Physical education is a programme of physical activities that develops health in youth through various organic systems of the body; develops their skills in physical activities with an implication for enjoyment, emotional development, recreation and the optimum development of the human organism.”

– Irwin

“Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit.”

– Central Advisory Board of Physical Education and
Recreation

AIMS AND OBJECTIVES OF PHYSICAL EDUCATION



“The aim of physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities which will help him to live happily with others and build him up as a good citizen.”

CAREER OPTIONS IN PHYSICAL EDUCATION

- Teaching;
- Coaching;
- Personal Trainer
- Professional Sportsperson;
- Sports Officiating and Umpiring



Figure 1.5 Effective coaching helps in developing skills and improving performance.

- Sports Administration;
- Sports Medicine;
- Sports Marketing,
- Sports Journalism;
- Sports Broadcasting;
- Sports Photography;
- Publication and Authorship of Books; etc.



Figure 1.8 Sports photography has created new opportunities for students.

COMPETITIONS IN VARIOUS SPORTS AT NATIONAL AND INTERNATIONAL LEVEL

A number of sports and games are played around the world. Some sporting events are organised at the national level while some are at the international level. At the national level, a few competitions are common to almost all sports. Senior and Junior Nationals are organised by the respective Federations; National School Games are organised by School Games Federation of India; and the All India Inter University Championships are organised by the Association of Indian Universities.

Please refer to Table No. 1.1.

KHELO-INDIA PROGRAMME

Objectives of Khelo-India Programme

1. **Play Field Development**
2. **Community Coaching Development**
3. **State Level Khelo-India Centres**
4. **Annual Sports Competition**
5. **Talent Search and Development**
6. **Utilisation and Creation/Upgradation of Sports Infrastructure**
7. **Support to National/Regional/State Sports Academics**
8. **Physical Fitness of School Children**

9. Sports for Women

10. Promotion of Sports amongst People with Disabilities

11. Sports for Peace and Development

12. Promotion of Rural and Indigenous/Tribal Games



SUMMARY

1. The primary goal of Physical Education is to increase the student's productivity by keeping her/him physically fit by including physical activity programmes as part of the curriculum.
2. As sound bodies create sound minds, physical education classes produce healthier students with sharper intellects.
3. Physical education activities serve as a good outlet for their surplus energy, reduce their anxiety and may bring them closer to their peers.
4. One of the most important positive outcomes of physical education is the growth of social skills, although it may not be immediately visible.
5. The mind of the student is stimulated by both the process of physical exertion and the absorption of knowledge that give extensive insight into the subject as a whole.
6. Physical education is recognised as an indispensable part of the school curriculum because of its many faceted benefits.
7. Routine medical check-up should be conducted not only for pure health benefits, but also to monitor the progress of the students and assess the effectiveness of the programmes.

SUMMARY

8. Sachin Tendulkar, MS Dhoni, Virat Kohli, Saina Nehwal and Mary Kom are some examples of contemporary famous personalities whose success stories we are familiar with.
9. Some sporting events are organised at the national level while some are at the international level. At the national level, a few competitions are common to almost all sports. Senior and Junior Nationals are organised by the respective Federations; National School Games are organised by School Games Federation of India; and the All India Inter University Championships are organised by the Association of Indian Universities.
10. Khelo-India is a national programme for the development of sports. It is an initiative of the Government of India to strengthen the sports ecosystem by encouraging mass participation and promotion of excellence.