

PHYSICAL EDUCATION (048)
Class XI (2019–20)

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.

Suggested Question Paper Design
Physical Education (Code No. 048)
Class XI (2019-20)

Marks: 70

Duration: 3 hrs.

| SN | Typology of Questions | Objective Type/ MCQ 1 Mark | Short Answer I 3 Marks | Short Answer II 5 Marks | Marks |
|--------------|---|-------------------------------|---------------------------|----------------------------|----------------|
| 1 | Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers. | 5 | 3 | 2 | 24 |
| 2 | Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas | 5 | 3 | 1 | 19 |
| 3 | Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way. | 5 | 2 | 1 | 16 |
| 4 | Analysing and Evaluating: Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations. Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria. Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions. | 5 | 2 | - | 11 |
| Total | | 20x1=20 | 10x3=30 | 4x5=20 | 70 (34) |

There will be **Internal Choice** in questions of 1 mark (4 choices), 3 marks (3 choices) and 5 marks (2 choices). In all, total 9 internal choices.

PHYSICAL EDUCATION (048)
Class XII (2019–20)

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, Pavanuktasana, Ardh Matsyendrasana
- Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana
- 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 Disfunction)
- 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

Practical

Max. Marks 30

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|---|-----------|
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| 03. Yogic Practices | - 7 Marks |
| 04. Record File ** | - 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga) | - 5 Marks |

* 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).

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