

PHYSICAL EDUCATION

ELIGIBILITY CONDITIONS FOR OPTING PHYSICAL EDUCATION

The following category of students shall be permitted to opt for the Physical Education:

- Those granted permission to join the course should be medically fit to follow the Physical Education Curriculum, theory and practical, prescribed by the Board.
- Those who have represented the school in the Inter School Sports and Games competitions in any game.
- The student should undergo the prescribed physical fitness test and secure a minimum of 40% score.

CONDITIONS FOR GRANTING AFFILIATION TO SCHOOLS FOR OFFERING PHYSICAL EDUCATION AS AN ELECTIVE SUBJECT

Only those schools satisfying the following conditions will be permitted to offer Physical Education as a course of study at +2 stage as an elective subject:

- (i) The school should have adequate open space to accommodate at least 200 M track and play fields for minimum three games/sports.
- (ii) The teacher handling the elective programme of Physical Education should hold a Master's Degree in Physical Education.
- (iii) The school should provide adequate funds for Physical Education and Health Education for purchase of equipment, books on Physical Education and also for the maintenance of sports facilities.

CLASS XI

Theory

Max. Marks 70
No. of Periods: 180

Unit I. Physical Fitness, Wellness and Lifestyle

11 Periods

- Meaning and importance of Physical Fitness, Wellness and Lifestyle
- Factors affecting Physical Fitness and Wellness
- Indicators of Health - Physical and Psychological
- Preventing Health Threats through Lifestyle Change
- Components of positive lifestyle

Unit II. Changing Trends and Career in Physical Education

11 Periods

- Define Physical Education, its Aims and Objectives
- Development of Physical Education - Post Independence
- Concept and Principles of Integrated Physical Education
- Concept and Principles of Adaptive Physical Education
- Career Options in Physical Education

Unit III. Olympic Movement

11 Periods

- Ancient and Modern Olympics
- Olympic Symbols, Ideals, Objectives and Values
- International Olympic Committee
- Indian Olympic Association
- Dronacharya Award, Arjuna Award and Rajiv Gandhi Khel Ratna Award
- Organisational set-up of CBSE Sports and Chacha Nehru Sports Award

Unit IV. Yoga	11 Periods
<ul style="list-style-type: none"> • Meaning and Importance of Yoga • Yoga as an Indian Heritage • Elements of Yoga • Introduction to - Asanas, Pranayam, Meditation and Yogic Kriyas • Prevention and Management of Common Lifestyle Diseases; Obesity, Diabetes, Hypertension and Back-Pain 	
Unit V. Doping	10 Periods
<ul style="list-style-type: none"> • Meaning and types of Doping • Prohibited substances and methods • Athletes responsibilities • Testing - in competition and Out-of-Competition • Side effects of prohibited substances 	
Unit VI. Management of Injuries	11 Periods
<ul style="list-style-type: none"> • Common sports injuries of soft Tissues, Joints and Bones • First-Aid in Common Sports Injuries • Prevention of Sports injuries • Rehabilitation through Massage and Exercise 	
Unit VII. Test and Measurement in Sports	11 Periods
<ul style="list-style-type: none"> • Define Test and Measurement • Importance of Test and Measurement in Sports • Calculation of BMI and Waist - Hip Ratio • Somato Types (Endomorphy, Mesomorphy and Ectomorphy) • Procedures of Anthropometric Measurement - Height, Weight, Arm and Leg Length and Skin Fold 	
Unit VIII. Fundamentals of Anatomy and Physiology	11 Periods
<ul style="list-style-type: none"> • Define Anatomy, Physiology and its importance • Function of skeleton system, Classification of bones and types of joints • Function and structure of muscles • Function and structure of Respiratory System • Structure of Heart and introduction to Circulatory System 	
Unit IX. Biomechanics and Sports	11 Periods
<ul style="list-style-type: none"> • Meaning and Importance of Biomechanics in Physical Education and Sports • Newton's Law of Motion and its application in sports • Levers and its types and its application in Sports • Equilibrium - Dynamic and Static and Centre of Gravity and its application in sports • Force - Centrifugal and Centripetal and its application in Sports 	
Unit X. Psychology and Sports	11 Periods
<ul style="list-style-type: none"> • Definition and importance of Psychology in Physical Education and Sports • Define and differentiate between 'Growth and Development' • Developmental characteristics at different stage of development • Adolescent problems and their management • Define Learning, Laws of Learning and transfer of Learning 	

Unit XI Training in Sports

11 Periods

- Meaning and Concept of Sports Training
- Principles of Sports Training
- Warming up and limbering down
- Load, Adaptation and Recovery
- Skill, Technique and Style

Practical

Max. Marks 30
No. of Periods 60

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|---------------------------------------------------------------------------------------------------|----------|
| 01. Physical Fitness - | 05 Marks |
| 02. Athletics - Any two events - Sprints and Jumps* - | 05 Marks |
| 03. Health and Fitness Activities - Medicine Ball/Thera Tube/
Pilates/Rope Skipping (Any one)- | 05 Marks |
| 04. Skill of any one Individual Game of choice from the given list*** - | 05 Marks |
| 05. Viva - | 05 Marks |
| 06. Record File** - | 05 Marks |

*The events being opted must be other than from those administered under Physical Fitness Test.

**1. Write benefits of Medicine Ball, Thera Tube and Pilates.

2. Measure BMI of ten members from family or neighbourhood and show graphical representation of the data.

3. Draw a neat diagram of Standard Track with all its specifications. Mention all the Track and Field Events.

Mention the latest records at Indian, World and Olympic Level.

***Badminton, Judo, Swimming, Table Tennis, Taekwondo and Tennis

CLASS XII

THEORY

Max. Marks 70
No. of Periods 180

Unit I. Sports Environment and Society

11 Periods

- Meaning and need of sports environment
- Essential elements of positive sports environment
- Role of individual in improvement of sports environment
- Role of Spectators and media in creating positive sports environment
- Women participation - As discourse and Ideology

Unit II. Adventure Sports and Leadership Training

11 Periods

- Meaning and objectives of Adventure Sports
- Types of activities - Camping, Rock Climbing, Tracking, River Rafting and Mountaineering
- Material requirement and safety measures

- Identification and use of Natural Resources
- Conservation of environment
- Creating leaders through Physical Education

Unit III. Sports and Nutrition

11 Periods

- Balanced Diet and Nutrition: Macro and Micro Nutrients
- Nutritive and Non-Nutritive Components of Diet
- Eating Disorders - Anorexia Nervosa and Bulimia
- Effects of Diet on Performance
- Eating for Weight Control - A Healthy weight, The pitfalls of Dieting, food intolerance and food myths

Unit IV. Planning in Sports

11 Periods

- Meaning and Objectives of Planning
- Various Committees and its responsibilities
- Tournament - Knock-Out, League or Round Robin and Combination
- Procedure to draw Fixtures - Knock-Out (Bye and Seeding) and League (Staircase and Cyclic)
- 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 V. Postures

11 Periods

- Meaning and concept of correct postures - standing and sitting
- Advantages of correct posture
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses
- Physical activities as corrective measures

Unit VI. Children and Sports

08 Periods

- Motor development in children
- Factors affecting motor development
- Physical and Physiological benefits of exercise on children
- Advantages and disadvantages of weight training and food supplement for children
- Activities and quality of life

Unit VII. Test and Measurement in Sports

14 Periods

- Measurement of Muscular Strength - Kraus Weber Test
- Motor Fitness Test - AAPHER
- Measurement of Cardio Vascular Fitness - Harward Step Test/Rockfort Test
- Measurement of Flexibility - Sit and Reach Test
- Rikli and Jones - Senior Citizen Fitness Test

1. Chair Stand test for lower body strength
2. Arm Curl test for upper body strength
3. Chair Sit and Reach test for lower body flexibility
4. Back Scratch test for upper body flexibility
5. Eight Foot Up and Go test for agility
6. Six minute walk test for Aerobic Endurance

Unit VIII. Physiology and Sports

11 Periods

- Physiological factor determining component of Physical Fitness

- Effect of exercise on Cardio Vascular System
- Effect of exercise on Respiratory System
- Effect of exercise on Circulatory System
- Physiological changes due to ageing and role of regular exercise on ageing process

Unit IX. Biomechanics and Sports

11 Periods

- Projectile and factors affecting Projectile Trajectory
- Angular and Linear Movements

Introduction to Work, Power and Energy

- Friction
- Mechanical Analysis of Walking and Running

Unit X. Psychology and Sports

11 Periods

- Understanding stress, anxiety and its management
- Coping Strategies - Problem Focused and Emotional focused
- Personality, its dimensions and types; Role of sports in personality development
- Motivation, its type and technique
- Self-esteem and Body image

Unit XI. Training in Sports

10 Periods

- Strength - Definition, types and methods of improving strength - Isometric, Isotonic and Isokinetic
- Endurance - Definition, types and methods to develop Endurance - Continuous Training, Interval Training and Fartlek Training
- Speed - Definition, types and methods to develop speed - Acceleration run and pace run
- Flexibility - Definition, types and methods to improve flexibility
- Coordinative abilities - Definition and types

PRACTICAL

**Max. Marks 30
Periods - 60**

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|---------------------------------------------------------------------------------------|----------|
| 01. Physical Fitness - AAHPER - | 05 Marks |
| 02. Athletics - Middle and Long Distance Runs and Throws* - | 05 Marks |
| 03. Health and Fitness Activities - Asanas/Swiss Ball/Plyometric/Aerobics (Any one) - | 05 Marks |
| 04. Skill of any one Team Game of choice from the given list*** - | 05 Marks |
| 05. Viva - | 05 Marks |
| 06. Record File** - | 05 Marks |

*The events being opted must be other than from those administered under Physical Fitness Test.

**1. Write benefits of Asanas, Swiss Ball and Plyometric.

2. Measure Resting Heart Rate and Respiratory Rate of ten members from family or neighbourhood for three weeks and show graphical representation of the data.

3. Draw a neat diagram of the Field/Court of any one Game of choice. Write its history, Rules and Regulations, Terminologies and Important Tournaments.

*** Athletics, Basketball, Football, Handball, Hockey, Kho Kho and Volleyball

RECOMMENDED BOOKS :

Theory

1. Physical Education & Health- Friends Publications, New Delhi.
2. Physical Education – Evergreen Publications, New Delhi
3. Physical Education & Health- B.R. International Publishers, Delhi
4. Physical Education for Classes XI & XII- Vishwas Publications
5. Physical Education – Pitambar Publications.
6. Health and Physical Education- Saraswati House Pvt. Ltd, New Delhi.

Practical

1. Practical for Physical Education- Evergreen Publications, New Delhi
2. Practical Guide to Physical
Education, Sports and Health
Friends Publication, New Delhi.
3. New Millennium Physical
Education Practical Note Book
B.R. International Publishers, Delhi
4. Practical Note Book of Physical and Health Education,
Tushar Publications, Dew Delhi.