

## **28. PHYSICAL EDUCATION**

### **(Code No. 048)**

#### **(APRIL 2016 - MARCH 2017)**

**It covers the following:**

- I. Eligibility conditions for opting Physical Education as an elective subject
- II. Conditions for granting affiliation to the schools for offering Physical Education as an elective subject
- III. Theory syllabus for class XI (Part A & B)
- IV. Theory syllabus for class XII (Part A & B)
- V. Part C - Practical - Distribution of marks for the practical

#### **I. 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.

#### **II. 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.

### **PHYSICAL EDUCATION (Code No. 048)**

#### **CLASS XI (2016-17)**

**Theory**

**Max. Marks 70**  
**Periods: 180**

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

- Define Phy. Edu., Its Aims & Objectives
- Development of Phy. Edu. - Post Independence
- Concept & Principles of Integrated Phy. Edu.

- Concept & Principles of Adaptive Phy. Edu.
- Special Olympic Bharat
- Career Options In Phy. Edu.

## **Unit II Physical Fitness, Wellness & Lifestyle**

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of physical fitness
- Components of wellness
- Preventing Health Threats Through Lifestyle Change
- Components of Positive Lifestyle

## **Unit III Olympic Movement**

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

## **Unit IV Yoga**

- Meaning & Importance of Yoga
- Yoga as an Indian Heritage
- Elements of Yoga
- Introduction to - Asanas, Pranayam, Meditation & Yogic Kriyas
- Physiological benefits of Asana & Pranayam
- Prevention & Management of Common Lifestyle Diseases; Obesity, Asthma, Diabetes, Hyper-Tension & Back-Pain

## **Unit V Doping**

- Concept & classification of doping
- Prohibited Substances & Methods
- Athletes Responsibilities
- Side Effects of Prohibited Substances
- Ergogenic aids & doping in sports
- Doping control procedure

## **Unit VI Physical Activity Environment**

- Introduction to physical activity
- Concept & need of sports environment

- Essential elements of positive sports environment
- Principles of physical activity environment
- Components of health related fitness
- Behaviour change technique for physical activity
- Exercise Guidelines at different stages of growth

### **Unit VII Test & Measurement in Sports**

- Define Test & Measurement
- Importance of Test & Measurement In Sports
- Calculation of BMI & Waist - Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Procedures of Anthropometric Measurement - Height, Weight, Arm & Leg Length And Skin Fold

### **Unit VIII Fundamentals of Anatomy & Physiology**

- Define Anatomy, Physiology & Its Importance
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties of Muscles
- Function & Structure of Muscles
- Function & Structure of Respiratory System, Mechanism of Respiration
- Structure of Heart & Introduction to Circulatory System
- Oxygen debt, second-wind

### **Unit IX Biomechanics & Sports**

- Meaning & Importance of Biomechanics in Phy. Edu. & Sports
- Newton's Law of Motion and its application in sports
- Levers & Its Types and its application in sports
- Equilibrium - Dynamic & Static and Centre of Gravity and its application in sports
- Force - Centrifugal & Centripetal and its application in sports

### **Unit X Psychology & Sports**

- Definition & Importance of Psychology in Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics at Different Stage of Development
- Adolescent Problems & Their Management
- Define Learning, Laws of Learning & Transfer of Learning
- Plateau & causes of plateau
- Emotion: Concept & controlling of emotion

## Unit XI Training In Sports

- Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up & limbering down
- Load, Adaptation & Recovery
- Skill, Technique & Style
- Symptoms of Over-load & How to Overcome it

### Practical

**Max. Marks 30**

- |  |            |
|--|------------|
| 01. Physical Fitness   | - 05 Marks |
| 02. Athletics - Any two events - Sprints & Jumps*  | - 05 Marks |
| 03. Health & 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 & Pilates.

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

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

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

\*\*\* Badminton, Judo, Swimming, Table Tennis, Taekwondo & Tennis

## PHYSICAL EDUCATION (Code No. 048) CLASS XII (2016-17)

### THEORY

**Max. Marks 70**  
**No. of Periods 180**

#### Unit I Planning in Sports

- Meaning & Objectives of Planning
- Various Committees & Its Responsibilities
- 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 Adventure Sports & Leadership Training

- Meaning & objectives of Adventure Sports
- Types of activities - Camping, Rock Climbing, Tracking, River Rafting & Mountaineering