

PHYSICAL EDUCATION (048)

Class XI (2022–23)

Theory

Max. Marks 70

Unit I Changing Trends & Career in Physical Education

- Concept, Aims & Objectives of Physical Education
- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements
- Career Options in Physical Education
- Khelo-India and Fit-India Program

Unit II Olympism

- Ancient and Modern Olympics
- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympics - Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure - IOC, NOC, IFS, Other members

Unit III Yoga

- Meaning & Importance of Yoga
- Introduction to Ashtanga Yoga
- Introduction to Yogic Kriyas (Shat Karma)

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)
- Aim & Objective of Adaptive Physical Education
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

Unit V Physical Fitness, Health and Wellness

- Meaning and Importance of Wellness, Health and Physical Fitness
- Components/Dimensions of Wellness, Health and Physical Fitness
- 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

- Definition and Importance of Anatomy and Physiology in exercise and sports
- Functions of Skeletal system, classification of bone and types of joints.
- Function and Structure of Circulatory system and heart.
- Function and Structure of Respiratory system.

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

- Definition & Importance of Psychology in Physical Education & Sports
- Adolescent Problems & Their Management
- Team Cohesion and Sports

Unit X Training and Doping in Sports

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation, and Recovery
- Concept of Doping and its disadvantages

Practical

Max. Marks 30

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|---|---------|
| 01. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* | 6 Marks |
| 02. Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice)** | 7 Marks |
| 03. Yogic Practices | 7 Marks |
| 04. Record File *** | 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga) | 5 Marks |

* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)

**CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.

**Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - ‘Proficiency in Games and Sports’

***Record File shall include:

- ❖ Practical-1: Labelled diagram of 400 M Track & Field with computations.
- ❖ Practical-2: Describe Changing Trends in Sports & Games in terms of changes in Playing surface, Wearable gears, Equipment, Technological advancements.
- ❖ Practical-3: Labelled diagram of field & equipment of any one IOA recognised Sport/Game of choice.

PHYSICAL EDUCATION (048)

Class XII (2022–23)

Theory

Max. Marks 70

Unit I Management of Sporting Events

- Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
- Various Committees & their Responsibilities (pre; during & post)
- Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)

Unit II Children & Women in Sports

- Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures
- Special consideration (Menarche & Menstrual Dysfunction)
- Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

Unit III Yoga as Preventive measure for Lifestyle Disease

- Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.
- Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.
- Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma.
- Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam.

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

- Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
- Advantages of Physical Activities for children with special needs.
- Strategies to make Physical Activities assessable for children with special needs.

Unit V Sports & Nutrition

- Concept of balance diet and nutrition
- Macro and Micro Nutrients: Food sources & functions
- Nutritive & Non-Nutritive Components of Diet

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
 - Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).
- Computing Basal Metabolic Rate (BMR)

- Rikli & Jones - Senior Citizen Fitness Test
 - I. Chair Stand Test for lower body strength
 - II. Arm Curl Test for upper body strength
 - III. Chair Sit & Reach Test for lower body flexibility
 - IV. Back Scratch Test for upper body flexibility
 - V. Eight Foot Up & Go Test for agility
 - VI. Six Minute Walk Test for Aerobic Endurance

Unit VII Physiology & Injuries in Sports

- Physiological factors determining components of physical fitness
- Effect of exercise on Muscular System
- Effect of exercise on Cardio-Respiratory System
- Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

Unit VIII Biomechanics & Sports

- Newton's Law of Motion & its application in sports
 - Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- Friction & Sports
- Projectile in Sports

Unit IX Psychology & Sports

- Personality; its definition & types (Jung Classification & Big Five Theory)
- Meaning, Concept & Types of Aggressions in 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.
- Types & Method to Develop – Strength, Endurance and Speed
- Types & Method to Develop – Flexibility and Coordinative Ability

Practical

Max. Marks 30

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**Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

*****Record File shall include:**

- ❖ Practical-1: Fitness tests administration.
- ❖ Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- ❖ Practical-3: Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.

Note: For PE (048) Curriculum, Handbooks are already available at Board's website. However, the revised version of these Handbooks would soon be available that include following topics at Board's Academic website www.cbseacademic.nic.in

Class XI Handbook:

Unit I Changing Trends & Career in Physical Education - Concept, Aims & Objectives of Physical Education; Development of Physical Education in India – Post Independence; Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements; Career Options in Physical Education; Khelo-India and Fit-India Program

Unit II Olympism - Olympism – Concept and Olympics Values (Excellence, Friendship & Respect); Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind; Ancient and Modern Olympics; Olympics - Symbols, Motto, Flag, Oath, and Anthem; Olympic Movement Structure - IOC, NOC, IFS, Other members

Unit III Yoga - Meaning & Importance of Yoga; Introduction to Ashtanga Yoga; YogicKriyas (Shat Karma); Pranayama and its types; Active lifestyle and Stress Management through Yoga

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); Disability Etiquettes; Aim & Objective of Adaptive Physical Education; Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

Unit V Physical Fitness, Health and Wellness - Meaning and Importance of Wellness, Health and Physical Fitness; Components/Dimensions of Wellness, Health and Physical Fitness; Traditional Sports & Regional Games for promoting wellness; Leadership through Physical Activity and Sports; Introduction to First Aid – PRICE

Unit VI Test, Measurement & Evaluation - Concept of Test, Measurement & Evaluation in Physical Education & sports; Importance of Test, Measurement and Evaluation in Sports; Classification of Test in Physical Education and Sports; Test administration guidelines in physical education and sports; BMI, Waist-Hip Ratio, Skin fold Measures (3-site)

Unit VII Fundamentals of Anatomy, Physiology in Sports - Definition and Importance of Anatomy and Physiology in exercise and sports; Functions of Skeletal system, classification of bone and types of joints; Properties and Functions of Muscles; Function and Structure of Circulatory system and heart; Function and Structure of Respiratory system

Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports - Definition and Importance of Kinesiology and Biomechanics in sports; Principles of Biomechanics; Kinetics and Kinematics in Sports; 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 - Definition & Importance of Psychology in Physical Education & Sports; Developmental Characteristics at Different Stages of Development; Adolescent Problems & their Management; Team Cohesion and Sports; Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness

Unit X Training and Doping in Sports - Concept and Principles of Sports Training; Training Load: Over Load, Adaptation, and Recovery; Warming-up & Limbering Down – Types, Method & Importance; Concept of Skill, Technique, Tactics & Strategies; Concept of Doping and its disadvantages

Class XII Handbook:

Unit I Management of Sporting Events - Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling); Various Committees & their Responsibilities (pre; during & post); Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic); Intramural & Extramural – Meaning, Objectives & Its Significance; Community Sports – Purpose and benefits

Unit II Children & Women in Sports - Exercise Guidelines of WHO for different age groups; Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures; Women participation in Sports – Physical, Psychological and Social benefits; Special consideration (Menarche & Menstrual Dysfunction); Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

Unit III Yoga as Preventive measure for Lifestyle Disease - Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama; Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati; Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, Uttan Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma; Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam; Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastottansana, Ardha-Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana Pranayam;

Unit IV Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*) – Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics); Concept of Classification and Divisioning in Sports; Concept of Inclusion in sports, its need, and Implementation; Advantages of Physical Activities for children with special needs; Strategies to make Physical Activities assessable for children with special needs

Unit V Sports & Nutrition - Concept of balance diet and nutrition; Macro and Micro Nutrients: Food sources & functions; Nutritive & Non-Nutritive Components of Diet; Eating For Weight Control – A Healthy Weight, The Pit falls of Dieting, Food Intolerance & Food Myths; Importance of Diet in Sports and Pre, During and Post requirement

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; Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls)]; Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise; Computing Basal Metabolic Rate (BMR); Rikli & Jones - Senior Citizen Fitness Test - Chair Stand Test for lower body strength, Arm Curl Test for upper body strength, Chair Sit & Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight Foot Up & Go Test for agility, Six Minute Walk Test for Aerobic Endurance; Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)

Unit VII Physiology & Injuries in Sports - Physiological factors determining components of physical fitness; Effect of exercise on Muscular System; Effect of exercise on Cardio-Respiratory System; Physiological changes due to aging; Sports injuries: Classification (Soft Tissue Injuries – Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

Unit VIII Biomechanics & Sports - Newton's Law of Motion & its application in sports; Types of Lever and its application in Sports; Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports; Friction & Sports; Projectile in Sports

Unit IX Psychology & Sports - Personality; its definition & types (Jung Classification & Big Five Theory); Motivation, its type & techniques; Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it; Meaning, Concept & Types of Aggressions in 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; Types & Method to Develop – Strength, Endurance and Speed; Types & Method to Develop – Flexibility and Coordinative Ability; Circuit Training - Introduction & its importance