

**PHYSICAL EDUCATION (048)**  
**DISTRIBUTION OF SYLLABUS – CLASS XII – 2021-2022**  
**TERM - I AND TERM - II**

<b>TERM I – THEORY</b> <b>MCQ BASED - 35 MARKS</b>		<b>TERM II – THEORY</b> <b>SHORT/LONG ANSWER – 35 MARKS</b>	
<b>*Unit No.</b>	<b>Name</b>	<b>*Unit No.</b>	<b>Name</b>
<b>1</b>	<b>Planning in Sports</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meaning &amp; Objectives Of Planning</li> <li><input type="checkbox"/> Various Committees &amp; its Responsibilities (pre; during &amp; post)</li> <li><input type="checkbox"/> Tournament – Knock-Out, League Or Round Robin &amp; Combination</li> <li><input type="checkbox"/> Procedure To Draw Fixtures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li> </ul>	<b>3</b>	<b>Yoga &amp; Lifestyle</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Asanas as preventive measures</li> <li><input type="checkbox"/> Obesity: Procedure, Benefits &amp; contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana</li> <li><input type="checkbox"/> Diabetes: Procedure, Benefits &amp; contraindications for Bhujangasana, Paschimottasana, Pavan, Muktasana, Ardh Matsyendrasana</li> <li><input type="checkbox"/> Asthma: Procedure, Benefits &amp; contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana</li> <li><input type="checkbox"/> Hypertension: Tadasana, Vajrasana, Pavan, Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana</li> </ul>
<b>2</b>	<b>Sports &amp; Nutrition</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Balanced Diet &amp; Nutrition: Macro &amp; Micro Nutrients</li> <li><input type="checkbox"/> Nutritive &amp; Non-Nutritive Components Of Diet</li> <li><input type="checkbox"/> Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food</li> </ul>	<b>4</b>	<b>Physical Education &amp; Sports for CWSN (Children with Special Needs - DIVYANG)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Concept of Disability &amp; Disorder</li> <li><input type="checkbox"/> Types of Disability, its causes &amp; nature (cognitive disability, intellectual</li> </ul>

	Intolerance & Food Myths		<p>disability, physical disability)</p> <ul style="list-style-type: none"> <li>□ Types of Disorder, its cause &amp; nature (ADHD, SPD, ASD, ODD, OCD)</li> <li>□ Disability Etiquettes</li> <li>□ Strategies to make Physical Activities assessable for children with special need.</li> </ul>
<b>5</b>	<b>Children &amp; Women in Sports</b> <ul style="list-style-type: none"> <li>□ Motor development &amp; factors affecting it</li> <li>□ Exercise Guidelines at different stages of growth &amp; Development</li> <li>□ Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures</li> <li>□ Sports participation of women in India</li> </ul>	<b>7</b>	<b>Physiology &amp; Injuries in Sports</b> <ul style="list-style-type: none"> <li>• Physiological factor determining component of Physical Fitness</li> <li>• Effect of exercise on Cardio Respiratory System</li> <li>• Effect of exercise on Muscular System</li> <li>• Sports injuries: Classification (Soft Tissue Injuries: (Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain) Bone &amp; Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique &amp; Impacted) Causes, Prevention &amp; treatment</li> <li>• First Aid – Aims &amp; Objectives</li> </ul>
<b>6</b>	<b>Test &amp; Measurement in Sports</b> <ul style="list-style-type: none"> <li>○ Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit &amp; Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run</li> <li>○ Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test -  <u>Duration of the Exercise in Seconds</u>  <math>\times 100</math>            5.5 x Pulse count of 1-1.5 Min after Exercise</li> </ul>	<b>9</b>	<b>Psychology &amp; Sports</b> <ul style="list-style-type: none"> <li>• Personality; its definition &amp; types – Trait &amp; Types (Sheldon &amp; Jung Classification) &amp; Big Five Theory</li> <li>• Motivation, its type &amp; techniques</li> <li>• Meaning, Concept &amp; Types of Aggressions in Sports</li> </ul>

	<ul style="list-style-type: none"> <li>○ Rikli &amp; Jones - Senior Citizen Fitness Test</li> </ul>		
<b>8</b>	<b>Biomechanics &amp; Sports</b> <ul style="list-style-type: none"> <li>• Meaning and Importance of Biomechanics in Sports</li> <li>• Types of movements (Flexion, Extension, Abduction &amp; Adduction)</li> <li>• Newton's Law of Motion &amp; its application in sports</li> </ul>	<b>10</b>	<b>Training in Sports</b> <ul style="list-style-type: none"> <li>• Strength – Definition, types &amp; methods of improving Strength – Isometric, Isotonic &amp; Isokinetic</li> <li>• Endurance - Definition, types &amp; methods to develop Endurance – Continuous Training, Interval Training &amp; Fartlek Training</li> <li>• Speed – Definition, types &amp; methods to develop Speed – Acceleration Run &amp; Pace Run</li> <li>• Flexibility – Definition, types &amp; methods to improve flexibility</li> <li>• Coordinative Abilities – Definition &amp; types</li> </ul>
<b>TERM I – PRACTICAL</b>		<b>TERM II – PRACTICAL</b>	
Project File (About one sport/game of choice )	05 Marks	Project File (Yoga and General Motor Fitness Test)	05 Marks
Demonstration of Fitness Activity	05 Marks	Demonstration of Fitness Activity/Yoga	05 Marks
Viva Voce (From Project File; Fitness)	05 Marks	Viva Voce (From Project File; General Motor Fitness; Yoga)	05 Marks