

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.