

28. PHYSICAL EDUCATION (Code No.048)

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 - 048)
CLASS XI (2013-14)**

Theory		Max. Marks 70 No. of Periods: 180
Unit I. Physical Fitness, Wellness and Lifestyle		11 Periods
	<ul style="list-style-type: none">● 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
	<ul style="list-style-type: none">● 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
	<ul style="list-style-type: none">● 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, Hyper-Tension 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**

- 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**

- 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**

- 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**

- 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**

- 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