

**PHYSICAL EDUCATION (CODE 048)
CLASS XII (2014-15)**

THEORY

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

Unit I. Sports Environment and Society

11 Periods

- Meaning and need of sports environment
- Essential elements of positive sports environment
- Role of individual in improvement of sports environment
- Role of Spectators and media in creating positive sports environment
- Women participation - As discourse and Ideology

Unit II. Adventure Sports and Leadership Training

11 Periods

- Meaning and objectives of Adventure Sports
- Types of activities - Camping, Rock Climbing, Tracking, River Rafting and Mountaineering
- Material requirement and safety measures
- Identification and use of Natural Resources
- Conservation of environment
- Creating leaders through Physical Education

Unit III. Sports and Nutrition

11 Periods

- Balanced Diet and Nutrition: Macro and Micro Nutrients
- Nutritive and Non-Nutritive Components of Diet
- Eating Disorders - Anorexia Nervosa and Bulimia
- Effects of Diet on Performance
- Eating for Weight Control - A Healthy weight, The pitfalls of Dieting, food intolerance and food myths

Unit IV. Planning in Sports

11 Periods

- Meaning and Objectives of Planning
- Various Committees and its responsibilities
- Tournament - Knock-Out, League or Round Robin and Combination
- Procedure to draw Fixtures - Knock-Out (Bye and Seeding) and League (Staircase and Cyclic)
- Intramural and Extramural - Meaning, Objectives and its Significance
- Specific Sports Programme (Sports Day, Health Run, Run for Fun, Run for Specific Cause and Run for Unity)

Unit V. Postures **11 Periods**

- Meaning and concept of correct postures - standing and sitting
- Advantages of correct posture
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses
- Physical activities as corrective measures

Unit VI. Children and Sports **08 Periods**

- Motor development in children
- Factors affecting motor development
- Physical and Physiological benefits of exercise on children
- Advantages and disadvantages of weight training and food supplement for children
- Activities and quality of life

Unit VII. Test and Measurement in Sports **14 Periods**

- Measurement of Muscular Strength - Kraus Weber Test
- Motor Fitness Test - AAPHER
- Measurement of Cardio Vascular Fitness - Harward Step Test/Rockfort Test
- Measurement of Flexibility - Sit and Reach Test
- Rikli and Jones - Senior Citizen Fitness Test
 1. Chair Stand test for lower body strength
 2. Arm Curl test for upper body strength
 3. Chair Sit and Reach test for lower body flexibility
 4. Back Scratch test for upper body flexibility
 5. Eight Foot Up and Go test for agility
 6. Six minute walk test for Aerobic Endurance

Unit VIII. Physiology and Sports **11 Periods**

- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Vascular System
- Effect of exercise on Respiratory System
- Effect of exercise on Circulatory System
- Physiological changes due to ageing and role of regular exercise on ageing process

Unit IX. Biomechanics and Sports **11 Periods**

- Projectile and factors affecting Projectile Trajectory
- Angular and Linear Movements

- Introduction to Work, Power and Energy
- Friction
- Mechanical Analysis of Walking and Running

Unit X. Psychology and Sports **11 Periods**

- Understanding stress, anxiety and its management
- Coping Strategies - Problem Focused and Emotional focused
- Personality, its dimensions and types; Role of sports in personality development
- Motivation, its type and technique
- Self-esteem and Body image

Unit XI. Training in Sports **10 Periods**

- Strength - Definition, types and methods of improving strength - Isometric, Isotonic and Isokinetic
- Endurance - Definition, types and methods to develop Endurance - Continuous Training, Interval Training and Fartlek Training
- Speed - Definition, types and methods to develop speed - Acceleration run and pace run
- Flexibility - Definition, types and methods to improve flexibility
- Coordinative abilities - Definition and types

PRACTICAL **Max. Marks 30**

Periods - 60

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|---|------------|
| 01. Physical Fitness - AAHPER | - 05 Marks |
| 02. Athletics - Middle and Long Distance Runs and Throws* | - 05 Marks |
| 03. Health and Fitness Activities - Asanas/Swiss Ball/Plyometric/Aerobics (Any one) | - 05 Marks |
| 04. Skill of any one Team 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 Asanas, Swiss Ball and Plyometric.

2. Measure Resting Heart Rate and Respiratory Rate of ten members from family or neighbourhood for three weeks and show graphical representation of the data.
3. Draw a neat diagram of the Field/Court of any one Game of choice. Write its history, Rules and Regulations, Terminologies and Important Tournaments.

*** Athletics, Basketball, Football, Handball, Hockey, Kho Kho and Volleyball