



DELHI PUBLIC SCHOOL (JOKA) SOUTH KOLKATA
SYLLABUS - 2020-2021
CLASS XII
PHYSICAL EDUCATION

PERIODIC TEST - I

UNIT - III : YOGA AND LIFRSTYLE

- Asana as preventive measures
- Obesity : Procedure, benefits and contraindications for vajrasana ,hastasana, trikonasana , ardha matsyendrasana
- Diabetes : Procedure, benefits and contraindications for bhujangasana, Paschimottasana,pawanmuktasana, ardha matsyendrasana
- Asthma : Procedure ,benefits and contraindications for sukhasana, chakrasana, gomukhasana, Parvatasana ,bhujangasana ,Paschimottasana, matsyasana
- Hypertension : Procedure, brnifits and contraindications of tadasana, vajrasana, pawanmuktasana ,ardha chakrasana ,bhujangasana, savasana.

UNIT - IV : PHYSICAL EDUCATION AND SPORTS FOR CWSN (CHILDTEN WITH SPECIAL NEEDS - DIVYANG)

- Concept of disability and disorder
- Types of disability, its causes and nature
- Types of disorder its causes and nature
- Disability etiquettes
- Strategies to make physical activities accessible for children with special needs.

UNIT - V : CHILDREN AND WOMEN IN SPORTS

- Motor development and factors affecting it
- Exercise guidelines at different stages of growth and development
- Common postural deformities
- Sports participation of women in India

UNIT - VI : TEST AND MEASUREMENT IN SPORTS

- Motor fitness test
- Measurement of cardiovascular fitness - Harvard step test/ Rockport test
- Computation of fitness index
- Rikli and Jones senior citizen fitness test

MIDTERM EXAMINATION

THEORY

UNIT - I : PLANNING IN SPORTS

- Meaning and objectives of planning
- Various committees and its responsibilities (pre, during, post)
- Tournament- knockout ,League or Round Robin and combination
- Procedure to draw fixture- knockout and League

UNIT - II :SPORTS AND NUTRITION

Balanced diet and nutrition- macro and micro nutrients

Nutritive and non nutritive components of diet

Eating for weight control - a healthy weight, the pitfalls of dieting ,food intolerance and foodmyths

UNIT - III : YOGA AND LIFRSTYLE

- Asana as preventive measures
- Obesity : Procedure, benefits and contraindications for vajrasana ,hastasana, trikonasana , ardha matsyendrasana
- Diabetes : Procedure, benefits and contraindications for bhujangasana, Paschimottasana,pawanmuktasana, ardha matsyendrasana
- Asthma : Procedure ,benefits and contraindications for sukhasana, chakrasana, gomukhasana, Parvatasana ,bhujangasana ,Paschimottasana, matsyasana
- Hypertension : Procedure, brnifits and contraindications of tadasana, vajrasana, pawanmuktasana ,ardha chakrasana ,bhujangasana, savasana.

UNIT - IV : PHYSICAL EDUCATION AND SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS - DIVYANG)

- Concept of disability and disorder
- Types of disability, its causes and nature
- Types of disorder its causes and nature
- Disability etiquettes
- Strategies to make physical activities accessible for children with special needs.

UNIT - V : CHILDREN AND WOMEN IN SPORTS

- Motor development and factors affecting it
- Exercise guidelines at different stages of growth and development
- Common postural deformities
- Sports participation of women in India

UNIT - VI : TEST AND MEASUREMENT IN SPORTS

- Motor fitness test
- Measurement of cardiovascular fitness - Harvard step test/ Rockport test
- Computation of fitness index
- Rikli and Jones senior citizen fitness test

UNIT - VII : PHYSIOLOGY AND INJURIES IN SPORTS

- Physiological factors determining components of physical fitness
- Effect of exercise on cardiorespiratory system
- Effect of exercise on Muscular System
- Sports injuries
- First aid

PRACTICAL

- Physical fitness test
- Proficiency in games and sports
- Yogic practices

- Record file

- Viva

PERIODIC TEST - II

UNIT - VIII : BIOMECHANICS AND SPORTS

- Meaning and importance of biomechanics in sports
- Types of movements (flexion ,extension ,abduction ,adduction)
- Newton's Law of Motion and its application in sports

UNIT IX : PSYCHOLOGY AND SPORTS

- Personality : its definition and types - trait and types
- Motivation ,its type and techniques
- Meaning ,concept and types of aggression in sports

UNIT X : TRAINING IN SPORTS

- Strength - definition, types and methods of improving strength
- Endurance - definition, types and methods to develop endurance
- Speed - definition ,types and methods to develop speed
- Flexibility - definition ,types and methods to improve flexibility
- Coordinative abilities - definition and types

**** IN CBSE CLASS - XII EXAMINATION THE ENTIRE YEAR'S SYLLABUS WILL BE ASSESSED.**

DELETED ITEMS

UNIT 1 - INTRAMURAL AND EXTRAMURAL

SPECIFIC SPORTS PROGRAMME

UNIT 2- BACK PAIN

UNIT 4 - ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS

UNIT 5 - SPECIAL CONSIDERATION

FEMALE ATHLETE TRIAD

UNIT 6 - GENERAL MOTOR FITNESS - BARROW 3 ITEMS GENERAL
MOTOR ABILITY

UNIT 7 - PHYSIOLOGICAL CHANGES DUE TO AGING

UNIT 8 - FRICTION AND SPORTS

UNIT 9 - EXERCISE ADHERENCE

STRATEGIES FOR ENHANCING EXERCISE TO ADHERENCE

UNIT 10 - CIRCUIT TRAINING