



## **PHYSICAL EDUCATION (048)**

**CLASS- XII  
SYLLABUS- 2022-23**

### **Theory**

**Max. Marks -70**

### **PERIODIC ASSESSMENT I :**

#### **Unit I \*\* Planning in Sports**

- Various Committees & their Responsibilities (pre; during & post)
- Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)

#### **Unit II \*\* Children & Women in Sports**

- Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures
- Special consideration (Menarche & Menstrual Dysfunction)
- Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

### **PERIODIC ASSESSMENT II:**

#### **Unit III \*\* Yoga as Preventive measure for Lifestyle Disease**

- **Obesity:** Procedure, Benefits & Contraindications for Vajrasana, Hastotansana, Trikonasana, Ardha – Matsyendrasana
- **Diabetes:** Procedure, Benefits & Contraindications for Bhujangasana, Paschimottanasana, Pawan muktasana, Ardha - Matsyendrasana, Kapalabhati
- **Asthma:** Procedure, Benefits & Contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana, Matsyaasana, Anulom-Vilom
- **Hypertension:** Procedure, Benefits & Contraindications for Tadasana, Vajrasana, Pawan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana

## **Unit IV \*\* Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*)**

- Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
- Advantages of Physical Activities for children with special needs.
- Strategies to make Physical Activities assessable for children with special needs.

## **Unit V \*\* Sports & Nutrition**

- Concept of balance diet and nutrition
- Macro and Micro Nutrients: Food sources & functions
- Nutritive & Non-Nutritive Components of Diet

## **MID TERM EXAMINATION**

### **Unit I \*\* Planning in Sports**

- Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
- Various Committees & their Responsibilities (pre; during & post)
- Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)

### **Unit II \*\* Children & Women in Sports**

- Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures
- Special consideration (Menarche & Menstrual Dysfunction)
- Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

### **Unit III \*\* Yoga as Preventive measure for Lifestyle Disease**

- Obesity: Procedure, Benefits & Contraindications for Tadasana, Pavanmuktasana, Matsyasana, Halasana, Paschimattonasana, Ardha - Matsyendrasana

- Diabetes: Procedure, Benefits & Contraindications for Bhujangasana, Paschimottanasana, Pawan muktasana, Ardha - Matsyendrasana, Gomukhasana.
- Asthma: Procedure, Benefits & Contraindications for Gomukhasana, Bhujangasana, Paschimottanasana, Matsyasana, Tadasana
- Hypertension: Procedure, Benefits & Contraindications for Tadasana, Matsyasana Bhujangasana, Shavasana

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#### **Unit V \*\* Sports & Nutrition**

- Concept of balance diet and nutrition
- Macro and Micro Nutrients: Food sources & functions
- Nutritive & Non-Nutritive Components of Diet

#### **Unit VI \*\* Test & Measurement in Sports**

- Fitness Test – SAI Khelo India Fitness Test in school:
    - \* Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test
    - \* Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).
  - Computing Basal Metabolic Rate (BMR)
  - Rikli & Jones - Senior Citizen Fitness Test
1. Chair Stand Test for lower body strength
  2. Arm Curl Test for upper body strength
  3. Chair Sit & Reach Test for lower body flexibility
  4. Back Scratch Test for upper body flexibility

5. Eight Foot Up & Go Test for agility
6. Six Minute Walk Test for Aerobic Endurance

## **Unit VII \*\* Physiology & Injuries in Sports**

- Physiological factors determining components of physical fitness
- Effect of exercise on Muscular System
- Effect of exercise on Cardio-Respiratory System
- Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

### **Practical**

**Max. Marks- 30**

- |                                                                                        |         |
|----------------------------------------------------------------------------------------|---------|
| ❖ Physical Fitness Test: SAI Khelo India test, Brockport Physical Fitness Test (BPFT)* | 6 Marks |
| ❖ Proficiency in Games and sports (IOA recognized Games/Sport)                         | 7 Marks |
| ❖ Yogic Practices**                                                                    | 7 Marks |
| ❖ Record File ***                                                                      | 5 Marks |
| ❖ Viva- Voce (Health/ Games & Sports/ Yoga)                                            | 5 Marks |

\*Test for CWSN (any 4 items out of 27 items but 1 item from each component: Aerobic function, Body Composition, Muscular strength & endurance, range of motion or flexibility)

\*\*Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket.

\*\*CWSN (Children With Special Needs – Divyang): Bocce/Boccie/Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel chair races and throws, or any other sport/games of choice.

\*\*Children With Special Needs may opt any one sport/game from the list as alternative for Yogic Practices. However, the sport/game must be different for skill of Game and alternate to yogic practices.

**\*\*\*Record File shall include:**

- ❖ ***Practical-1: Fitness tests administration.***
- ❖ ***Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.***

- ❖ *Practical-4: Anyone game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).*

## **PRACTICE EXAMINATION:**

### **Unit I \*\* Planning in Sports**

- Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
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### **Unit III \*\* Yoga as Preventive measure for Lifestyle Disease**

- Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsyasana, Halasana, Paschimottanasana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.
- Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalavasana, Dhanurasana, Supta-vajrasana, Paschimottanasana, Ardha - Matsyendrasana, Mandukasana, Gomukhasana, Yugmudra, Ushtrasana, Kapalabhati
- Asthma: Procedure, Benefits & Contraindications for Tadasana, Uttan Mandukasana, Gomukhasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Matsyaasana, Anulom-Vilom, Urdhwahastottanasana.

- Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Makarasana, Nadi-shodhanapranayam, Sitli Pranayam, Bhujangasana, Shavasana

#### **Unit IV \*\* Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*)**

- Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
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## **Unit VIII \*\* Biomechanics & Sports**

- Newton's Law of Motion & its application in sports
- Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- Friction & Sports
- Projectile in Sports

## **Unit IX \*\* Psychology & Sports**

- Personality; its definition & types (Jung Classification & Big Five Theory)
- Meaning, Concept & Types of Aggressions in Sports
- Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self- Talk, Goal Setting

## **Unit X \*\* Training in Sports**

- Concept of Talent Identification and Talent Development in Sports
- Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.
- Types & Method to Develop – Strength, Endurance and Speed
- Types & Method to Develop – Flexibility and Coordinative Ability

## **Practical**

**Max. Marks 30**

- ❖ Physical Fitness Test-SAI Khelo India test, Brockport Physical Fitness Test (BPFT) 6 Marks
- ❖ Yogic Practices\*\* 7 Marks
- ❖ Record File \*\*\* 5 Marks
- ❖ Viva -Voce (Health/ Games & Sports/ Yoga) 5 Marks
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(IOA recognized Games/Sport)

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