



**DELHI PUBLIC SCHOOL (JOKA) SOUTH KOLKATA**

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**SUBJECT- PHYSICAL EDUCATION (048)**

**SYLLABUS- 2023-24**

**CLASS-12**

**PERIODIC TEST-1**

**Unit II: Children & Women in Sports**

1. Exercise guidelines of WHO for different age groups.
2. Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures
3. Women's participation in sports- Physical, Psychological, and social benefits
4. Special consideration (Menarche & Menstrual Dysfunction)
5. Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

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

1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
2. Concept of classification & Divisioning in sports.

3. Concept of Inclusion in sports, its need, and implementation.
4. Advantages of Physical Activities for children with special needs.
5. Strategies to make Physical Activities assessable for children with special needs.

## **PERIODIC TEST-2**

### **Unit I: Management of Sporting Events**

1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
2. Various Committees & their Responsibilities (pre; during & post)
3. Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic, Tabular method) and Combination tournaments.
4. Intramural & Extramural tournaments- Meaning, Objectives & Its Significance
5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific cause & Run for Unity)

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

1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.
2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.

3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma.
4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayam, Sitlipranayam.
5. Back pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, SaralaMaysendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodana pranayama.

## **Unit V: Sports & Nutrition**

1. Concept of balance diet and nutrition
2. Macro and Micro Nutrients: Food sources & functions
3. Nutritive & Non-Nutritive Components of Diet
4. Eating for weight control- A healthy weight, The pitfalls of Dieting, Food Intolerance, and Food Myths.
5. Importance of Diet in Sports- Pre, During and Post competition requirements

## **MIDTERM EXAMINATION**

### **THEORY**

#### **Unit I Management of Sporting Events**

1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
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## **Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang)**

1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
2. Concept of classification & Divisioning in sports.
3. Concept of Inclusion in sports, its need, and implementation.
4. Advantages of Physical Activities for children with special needs.
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## **Unit V Sports & Nutrition**

1. Concept of balance diet and nutrition
2. Macro and Micro Nutrients: Food sources & functions
3. Nutritive & Non-Nutritive Components of Diet
4. Eating for weight control- A healthy weight, The pitfalls of Dieting, Food Intolerance, and Food Myths.
5. Importance of Diet in Sports- Pre, During and Post competition requirements

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

1. 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).

2. Measurement of cardio-vascular fitness test- Harvard step test- Duration of the exercise in seconds  $\times 100 / 5.5 \times$  pulse count of 1-1.5 Min after exercise.
3. Computing Basal Metabolic Rate (BMR)
4. Rikli & Jones - Senior Citizen Fitness Test I. Chair Stand Test for lower body strength II. Arm Curl Test for upper body strength III. Chair Sit & Reach Test for lower body flexibility IV. Back Scratch Test for upper body flexibility V. Eight Foot Up & Go Test for agility VI. Six Minute Walk Test for Aerobic Endurance
5. Johnsen-Methney Test of Motor Educability (Front Roll, Roll, Jumping, Half - turn, Jumping full-turn)

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

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

## **PRACTICAL**

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 recognized 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: Fitness tests administration. (SAI Khelo India Test)
- ❖ Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- ❖ Practical-3: Any one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.

## **PRACTICE EXAMINATION**

### **THEORY**

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## **Unit VIII Biomechanics & Sports**

1. Newton's Law of Motion & its application in sports
2. Types of Levers & their application in sports
3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
4. Friction & Sports
5. Projectile in Sports

## **Unit IX Psychology & Sports**

1. Personality; its definition & types (Jung Classification & Big Five Theory)
2. Motivation, its types & techniques.
3. Exercise Adherence: Reasons, Benefits & strategies for enhancing it
4. Meaning, Concept & Types of Aggressions in Sports

5. Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting

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

1. Concept of Talent Identification and Talent Development in Sports
2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.
3. Types & Method to Develop – Strength, Endurance and Speed
4. Types & Method to Develop – Flexibility and Coordinative Ability
5. Circuit training- Introduction & its importance

### **PRACTICAL**

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03. Yogic Practices 7 Marks
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