



DELHI PUBLIC SCHOOL (JOKA) SOUTH KOLKATA

SUBJECT- PHYSICAL EDUCATION (048)

SYLLABUS- 2023-24

CLASS-11

PERIODIC TEST-1

Unit I: Changing Trends & Career in Physical Education

- Concept, Aims & Objectives of Physical Education
- Development of Physical Education in India – Post Independence
- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements
- Career Options in Physical Education
- Khelo-India Program & FIT India Program

Unit II: Olympism Value Education

- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind
- Ancient & Modern Olympics
- Olympics – Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure – IOC, NOC, IFS, Other members

Unit III: Yoga

- Meaning & Importance of Yoga
- Introduction to Ashtanga Yoga
- Introduction to Yogic Kriyas (Shat Karma)
- Pranayama and its types.
- Active Lifestyle and stress management through Yoga

MIDTERM EXAMINATION

THEORY

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

- Concept of Disability and Disorder
- Types of Disability, its causes & nature (Intellectual disability, Physical disability)
- Disability Etiquette
- Aim & Objective of Adaptive Physical Education
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

Unit V: Physical Fitness, Health and Wellness

- Meaning and Importance of Wellness, Health and Physical Fitness
- Components/Dimensions of Wellness, Health and Physical Fitness
- Traditional Sports & Regional Games for promoting wellness
- Leadership through Physical Activity and Sports
- Introduction to First Aid-PRICE

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 recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.

PERIODIC TEST-2

Unit VI: Test, Measurement & Evaluation

- Define Test, Measurements and Evaluation.
- Importance of Test, Measurements and Evaluation in Sports.
- Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurements of health-related fitness

Unit VII: Fundamentals of Anatomy, Physiology in Sports

- Definition and importance of Anatomy and Physiology in Exercise and Sports.
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties and Functions of Muscles

- Structure and Functions of Circulatory System and Heart.
- Structure and Functions of Respiratory System

Unit VIII: Fundamentals of Kinesiology and Biomechanics in Sports

- Definition and Importance of Kinesiology and Biomechanics in sports
- Principles of Biomechanics
- Kinetics and Kinematics in Sports
- Types of Body Movements – Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation
- Axis and Planes – Concept and its application in body movements

ANNUAL EXAMINATION

THEORY

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- Axis and Planes – Concept and its application in body movements

Unit IX: Psychology & Sports

- Definition & Importance of Psychology in Physical Education & Sports
- Developmental Characteristics at Different Stages of Development
- Adolescent Problems & their Management
- Team Cohesion and Sports
- Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness

Unit X: Training and Doping in Sports

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation, and Recovery

- Warming-up & Limbering Down – Types, Method & Importance
- Concept of Skill, Technique, Tactics & Strategies
- Concept of Doping and its disadvantages

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