

PHYSICAL EDUCATION (048)
DISTRIBUTION OF SYLLABUS – CLASS XI (2021-2022)
TERM - I AND TERM – II

TERM I – THEORY MCQ BASED - 35 MARKS		TERM II – THEORY SHORT/LONG ANSWER – 35 MARKS	
Unit No.	Name of the Unit	Unit No.	Name of the Unit
1	Changing Trends & Career in Physical Education <ul style="list-style-type: none"> • Meaning & Definition of Physical Education • Aims & Objectives of Physical Education • Career Options in Physical Education • Khelo India Program. 	4	Physical Education & Sports for CWSN (Children With Special Needs) Divyang <ul style="list-style-type: none"> • Aims & Objectives of Adaptive Physical Education • Organization promoting Adaptive Sports <ul style="list-style-type: none"> ▪ Special Olympics Bharat, ▪ Paralympics, ▪ Deaflympics • Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)
2	Olympic Value Education <ul style="list-style-type: none"> • Olympics • Olympic Symbols, Ideals, Objectives & Values of Olympism. • International Olympic Committee • Indian Olympic Association 	5	Yoga <ul style="list-style-type: none"> • Meaning & Importance of Yoga • Elements of Yoga • Introduction:- <ul style="list-style-type: none"> ▪ Asanas, ▪ Pranayam, ▪ Meditation & ▪ Yogic Kriyas. • Yoga for concentration & related Asanas <ul style="list-style-type: none"> ▪ Sukhasana; ▪ Tadasana; ▪ Padmasana ▪ Shashankasana,

			<ul style="list-style-type: none"> ▪ Naukasana, ▪ Vrikshasana (Tree pose), ▪ Garudasana (Eagle pose).
3	Physical Fitness, Wellness & Lifestyle <ul style="list-style-type: none"> • Meaning & Importance of Physical Fitness, Wellness & Lifestyle • Components of Physical Fitness and Wellness. • Components of Health Related Fitness. 	6	Physical Activity & Leadership Training <ul style="list-style-type: none"> • Leadership Qualities & Role of a Leader • Meaning, Objectives & Types of Adventure Sports <ul style="list-style-type: none"> ▪ Rock Climbing, ▪ Tracking, ▪ River Rafting, ▪ Mountaineering, ▪ Surfing and ▪ Paragliding. • Safety measures to Prevent Sports Injuries.
7	Test, Measurement & Evaluation <ul style="list-style-type: none"> • Define Test, Measurement & Evaluation • Importance of Test, Measurement & Evaluation In Sports • Calculation of BMI & Waist - Hip Ratio • Measurement of Health Related Fitness. 	9	Psychology & Sports <ul style="list-style-type: none"> • Definition & Importance of Psychology in Physical Education & Sports • Define & Differentiate Between Growth & Development • Adolescent Problems & Their Management.
8	Fundamentals of Anatomy, Physiology & Kinesiology in Sports <ul style="list-style-type: none"> • Definition and Importance of Anatomy, Physiology & Kinesiology • Function of Skeleton System, Classification of Bones & Types of Joints • Function & Structure of Respiratory System and Circulatory System. 	10	Training and Doping in Sports <ul style="list-style-type: none"> • Meaning & Concept of Sports Training • Principles of Sports Training • Concept & Classification of Doping • Prohibited Substances & their side effects.

	<ul style="list-style-type: none"> Equilibrium – Dynamic & Static and Centre of Gravity and its application in Sports. 		
TERM I – PRACTICAL		TERM II – PRACTICAL	
Project File (About one sport/game of choice)	05 Marks	Project File (Yoga and General Motor Fitness Test)	05 Marks
Demonstration of Fitness Activity	05 Marks	Demonstration of Fitness Activity/Yoga	05 Marks
Viva Voce (From Project File; Fitness)	05 Marks	Viva Voce (From Project File; General Motor Fitness; Yoga)	05 Marks
Total	15	Total	15