

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

<b>TERM I – THEORY MCQBASED -35 MARKS</b>		<b>TERM II – THEORY SHORT/LONG ANSWER – 35 MARKS</b>	
<b>Unit No.</b>	<b>Name of the Unit</b>	<b>Unit No.</b>	<b>Name of the Unit</b>
<b>1</b>	<p><b>Planning in Sports</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Objectives of Planning</li> <li>• Various Committees &amp; its Responsibilities (pre; during &amp; post)</li> <li>• Tournament Knock-Out, League or Round Robin &amp; Combination</li> <li>• Procedure to Draw Fixtures Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li> </ul>	<b>3</b>	<p><b>Yoga &amp; Lifestyle</b></p> <ul style="list-style-type: none"> <li>• Asanas as preventive measures</li> <li>• <b>Obesity</b> Procedure, benefits &amp; contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana</li> <li>• <b>Diabetes</b> Procedure, Benefits &amp; contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana</li> <li>• <b>Asthma</b> Procedure, Benefits &amp; contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana</li> <li>• <b>Hypertension</b> Procedure, Benefits &amp; contraindications for Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana</li> </ul>
<b>2</b>	<p><b>Sports &amp; Nutrition</b></p> <ul style="list-style-type: none"> <li>• Balanced Diet &amp; Nutrition: Macro &amp; Micro Nutrients</li> <li>• Nutritive &amp; Non-Nutritive Components of Diet</li> <li>• Eating For Weight Control <ul style="list-style-type: none"> <li>▪ A Healthy Weight,</li> <li>▪ The Pitfalls of Dieting,</li> <li>▪ Food Intolerance &amp;</li> <li>▪ Food Myths</li> </ul> </li> </ul>	<b>4</b>	<p><b>Physical Education &amp; Sports for Children with Special Needs (CWSN) Divyang</b></p> <ul style="list-style-type: none"> <li>• Concept of Disability &amp; Disorder</li> <li>• Types of Disability, its causes &amp; nature Cognitive Disability, Intellectual Disability, Physical Disability.</li> <li>• Types of Disorder, its cause &amp; nature (ADHD,SPD,ASD,ODD,OCD)</li> <li>• Disability Etiquettes</li> <li>• Strategies to make Physical Activities assessable for children with special need.</li> </ul>

5	<p><b>Children &amp; Women in Sports</b></p> <ul style="list-style-type: none"> <li>• Motor development &amp; factors affecting it</li> <li>• Exercise Guidelines at different stages of growth &amp; Development</li> <li>• Common Postural Deformities <ul style="list-style-type: none"> <li>▪ Round Shoulders</li> <li>▪ Kyphosis</li> <li>▪ Lordosis</li> <li>▪ Scoliosis</li> <li>▪ Knock Knee</li> <li>▪ Bow Legs &amp;</li> <li>▪ Flat Foot.</li> </ul> </li> </ul> <p>and their corrective measures</p> <ul style="list-style-type: none"> <li>• Sports participation of women in India</li> </ul>	7	<p><b>Physiology &amp; Injuries in Sports</b></p> <ul style="list-style-type: none"> <li>• Physiological factor determining component of Physical Fitness</li> <li>• Effect of exercise on Cardio Respiratory System</li> <li>• Effect of exercise on Muscular System</li> <li>• Sports Injuries: Classification Soft Tissue Injuries <ul style="list-style-type: none"> <li>▪ Abrasion,</li> <li>▪ Contusion,</li> <li>▪ Laceration,</li> <li>▪ Incision,</li> <li>▪ Sprain &amp;</li> <li>▪ Strain.</li> </ul> </li> </ul> <p>Bone &amp; Joint Injuries Dislocation Fractures:</p> <ul style="list-style-type: none"> <li>▪ Stress Fracture,</li> <li>▪ Green Stick,</li> <li>▪ Comminuted,</li> <li>▪ Transverse,</li> <li>▪ Oblique &amp;</li> <li>▪ Impacted.</li> </ul> <p>Its Causes, Prevention &amp; treatment</p> <ul style="list-style-type: none"> <li>• First Aid Aims &amp; Objectives</li> </ul>
6	<p><b>Test &amp; Measurement in Sports</b></p> <ul style="list-style-type: none"> <li>• Motor Fitness Test <ul style="list-style-type: none"> <li>▪ 50 M Standing Start,</li> <li>▪ 600 M Run/Walk,</li> <li>▪ Sit &amp; Reach,</li> <li>▪ Partial Curl Up,</li> <li>▪ Push Ups (Boys),</li> <li>▪ Modified Push Ups (Girls),</li> <li>▪ Standing Broad Jump,</li> <li>▪ Shuttle Run (4 x10 M).</li> </ul> </li> <li>• Measurement of Cardio Vascular Fitness Harvard Step Test/Rockport Test - <math display="block">\frac{\text{Duration of Exercise (Seconds)} \times 100}{5.5 \times \text{One Pulse count of 1-1.5 Min after Exercise}}</math></li> <li>• Rikli &amp; Jones Senior Citizen Fitness Test</li> </ul>	9	<p><b>Psychology &amp; Sports</b></p> <ul style="list-style-type: none"> <li>• Personality; its definition &amp; types – Trait &amp; Types <ul style="list-style-type: none"> <li>▪ Sheldon</li> <li>▪ Jung Classification &amp;</li> <li>▪ Big Five Theory</li> </ul> </li> <li>• Motivation, its type &amp; techniques</li> <li>• Meaning, Concept &amp; Types of Aggressions in Sports</li> </ul>
8	<p><b>Biomechanics &amp; Sports</b></p> <ul style="list-style-type: none"> <li>• Meaning and Importance of Biomechanics in Sports</li> <li>• Types of movements <ul style="list-style-type: none"> <li>▪ Flexion,</li> <li>▪ Extension,</li> <li>▪ Abduction &amp;</li> </ul> </li> </ul>	10	<p><b>Training in Sports</b></p> <ul style="list-style-type: none"> <li>• Strength – Definition, types &amp; methods of improving Strength <ul style="list-style-type: none"> <li>▪ Isometric,</li> <li>▪ Isotonic &amp;</li> <li>▪ Isokinetic</li> </ul> </li> <li>• Endurance - Definition, types &amp; methods to</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Adduction</li> <li>• Newton's Law of Motion &amp; its application in sports</li> </ul>		<ul style="list-style-type: none"> <li>develop Endurance <ul style="list-style-type: none"> <li>▪ Continuous Training,</li> <li>▪ Interval Training &amp;</li> <li>▪ Fartlek Training</li> </ul> </li> <li>• Speed – Definition, types &amp; methods to develop Speed <ul style="list-style-type: none"> <li>▪ Acceleration Run &amp;</li> <li>▪ Pace Run</li> </ul> </li> <li>• Flexibility – Definition, types &amp; methods to improve flexibility</li> <li>• Coordinative Abilities – Definition &amp; types</li> </ul>
<b>TERM I – PRACTICAL</b>		<b>TERM II – PRACTICAL</b>	
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
<b>Total</b>	15	<b>Total</b>	15