

# 28. PHYSICAL EDUCATION

## (Code No. 048)

### CLASS-XI (2017-18)

Theory

Max. Marks 70

#### Unit-I : Changing Trends & Career In Physical Education

- Meaning & definition of Physical Education
- Aims & Objectives of Physical Education
- Changing trends in Physical Education
- Various Physical Education Courses available in India
- Career Options in Physical Education
- Soft skills required for different careers

#### Unit-II : Olympic Movement

- Ancient & Modern Olympics (Summer & Winter)
- Olympic Symbols, Ideals, Objectives & Values
- International Olympic Committee
- Indian Olympic Association
- Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
- Organisational set-up of CBSE Sports & Chacha Nehru Sports Award

#### Unit-III : Physical Fitness, Wellness & Lifestyle

- Meaning & Importance Of Physical Fitness, Wellness & Lifestyle
- Components of physical fitness
- Components of Health related fitness
- Components of wellness
- Preventing Health Threats Through Lifestyle Change
- Concept of Positive Lifestyle

#### Unit-IV : Physical Education & Sports for Differently Abled

- Aims & objectives of Adaptive Physical Education
- Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- Concept and need of Integrated Physical Education
- Concept of Inclusion, its need and Implementation
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

#### Unit-V : Yoga

- Meaning & Importance of Yoga
- Elements of Yoga

- Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas
- Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)
- Relaxation Techniques for improving concentration - Yog-nidra

#### **Unit-VI : Physical Activity & Leadership Training**

- Introduction to physical activity & leadership
- Qualities & role of a Leader
- Behaviour change stages for physical activity (Pre-contemplation; Contemplation; Planning; Active; Maintenance)
- Creating leaders through Physical Education
- Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
- Safety measures during physical activity and adventure sports

#### **Unit-VII : Test, Measurement & Evaluation**

- Define Test, Measurement & Evaluation
- Importance Of Test, Measurement & Evaluation In Sports
- Calculation Of BMI & Waist - Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Procedures Of Anthropometric Measurement - Height, Weight, Arm & Leg Length

#### **Unit-VIII : Fundamentals Of Anatomy & Physiology**

- Define Anatomy, Physiology & Its Importance
- Function Of Skeleton System, Classification Of Bones & Types Of Joints
- Properties of Muscles
- Function & Structure Of Muscles
- Function & Structure Of Respiratory System, Mechanism of Respiration
- Structure Of Heart & Introduction To Circulatory System
- Oxygen debt, second-wind

#### **Unit-IX : Kinesiology, Biomechanics & Sports**

- Meaning & Importance of Kinesiology & Biomechanics In Phy. Edu. & Sports
- Levers & Its Types and its application in sports
- Equilibrium - Dynamic & Static And Centre Of Gravity and its application in sports
- Force - Centrifugal & Centripetal and its application in sports
- Introduction to Buoyancy Force

#### **Unit-X : Psychology & Sports**

- Definition & Importance Of Psychology In Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics At Different Stage Of Development
- Adolescent Problems & Their Management

- Define Learning, Laws Of Learning (Law of Readiness; Law of Effect & Law of Exercise) & Transfer Of Learning
- Plateau & causes of plateau
- Emotion: Concept, Type & Controlling of emotion

#### Unit-XI : Training In Sports

- Meaning & Concept Of Sports Training
- Principles Of Sports Training
- Warming up & limbering down
- Load, Symptoms of Over-load, Adaptation & Recovery
- Skill, Technique & Style
- Role of Free-play in the development of Motor Component

#### Unit-XII : Doping

- Concept & classification of doping
- Prohibited Substances & Methods
- Athletes Responsibilities
- Side Effects Of Prohibited Substances
- Ergogenic aids & doping in sports
- Doping control procedure

## Practical

**Max. Marks 30**

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|--|------------|
| 01. Physical Fitness (AAHPER)  | - 10 Marks |
| 02. Skill of any one Individual Game of choice from the given list** | - 10 Marks |
| 03. Viva   | - 05 Marks |
| 04. Record File***   | - 05 Marks |

\*\*Archery, Badminton, Bocce, Gymnastics, Judo, Swimming, Table Tennis, Taekwondo & Tennis

\*\*\*Record File shall include:

Practical-1: Labelled diagram of 400 M Track & Field with computations.

Practical-2: Computation of BMI from family or neighbourhood & graphical representation of the data.

Practical-3: Labelled diagram of field & equipment of any one game of your choice out of the above list.

Practical-4: Explanation & list of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award)

Practical-5: Pictorial presentation of any five Asanas for improving concentration.