

Session 2023-24
Annual Syllabus Class XII
Subject: Physical Education (Code: 048)
COURSE CONTENT
Theory

| Unit | Content |
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| Unit (I) Management of Sporting Events | <ul style="list-style-type: none"> ● Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) ● Various Committees & their Responsibilities (pre; during & post) ● Fixtures and its Procedures Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular Method) and Combination tournaments ● Intramural & Extramural tournaments – Meaning, Objectives & Its Significance ● Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity) |
| Unit (II) Children & Women in Sports | <ul style="list-style-type: none"> ● Exercise guidelines of WHO for different age groups ● Common Postural Deformities- Knock Knee, Flat Foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis, and Bow Legs and their corrective measures ● Women’s participation in Sports–Physical, Psychological, and social benefits. ● Special consideration (Menarche & Menstrual Dysfunction) ● Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders) |
| Unit (III) | <ul style="list-style-type: none"> ● Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha–Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama |

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| <p>Yoga as Preventive measure for Lifestyle Disease</p> | <ul style="list-style-type: none"> ● Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati ● Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyaasana, Anuloma-Viloma ● Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, ArdhaHalasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam ● Back Pain and Arthritis: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama |
| <p>Unit (IV) Physical Education & Sports for CWSN (Children with Special Needs - Divyang)</p> | <ul style="list-style-type: none"> ● Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) ● Concept of Classification and Divisioning in Sports. ● Concept of Inclusion in sports, its need, and Implementation ● Advantages of Physical Activities for children with special needs ● Strategies to make Physical Activities assessable for children with special needs |

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| <p style="text-align: center;">Unit (V) Sports & Nutrition</p> | <ul style="list-style-type: none"> ● Concept of balance diet and nutrition ● Macro and Micro Nutrients: Food sources & functions ● Nutritive & Non-Nutritive Components of Diet ● Eating for Weight control– A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, & Food Myths ● Importance of Diet in Sports-Pre, During and Post competition Requirements |
| | <ul style="list-style-type: none"> ● Syllabus of mid-term Examination to be completed by 15/09/2023 ● Revision work midterm syllabus ● Discussion on question paper, project work |
| <p style="text-align: center;">Unit (VI) Test & Measurement in Sports</p> | <ul style="list-style-type: none"> ● Fitness Test- SAI Khelo India Fitness Test in school: <ul style="list-style-type: none"> ○ 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) ● Measurement of Cardio-Vascular Fitness: $\text{Harvard Step Test} = \frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1-1.5 Min (after Exercise)}}$ ● Computing Basal Metabolic Rate (BMR) ● Rikli & Jones - Senior Citizen Fitness Test <ul style="list-style-type: none"> ○ Chair Stand Test for lower body strength ○ Arm Curl Test for upper body strength |

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| | <ul style="list-style-type: none"> ○ Chair Sit & Reach Test for lower body flexibility ○ Back Scratch Test for upper body flexibility ○ Eight Foot Up & Go Test for agility ○ Six Minute Walk Test for Aerobic Endurance ● Johnsen – Methney Test of Motor Educability: (Front Roll, Roll, Jumping Half-Turn, Jumping full turn) |
| Unit (VII) Physiology & Injuries in Sports | <ul style="list-style-type: none"> ● Physiological factors determining components of physical fitness ● Effect of exercise on Muscular System ● Effect of exercise on Cardio-Respiratory System ● Physiological changes due to aging ● Sports injuries: Classification (Soft Tissue Injuries: Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries: Dislocation: Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted) |
| Unit (VIII) Biomechanics & Sports | <ul style="list-style-type: none"> ● Newton's Law of Motion & its application in sports ● Types of Levers and their application in Sports ● Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports ● Friction & Sports ● Projectile in Sports |
| Unit (IX) Psychology & Sports | <ul style="list-style-type: none"> ● Personality; its definition & types (Jung Classification & Big Five Theory) ● Motivation, its type & techniques. |

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| | <ul style="list-style-type: none"> ● Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it ● Meaning, Concept & Types of Aggressions in Sports ● Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting |
| Unit (X) Training in Sports | <ul style="list-style-type: none"> ● Concept of Talent Identification and Talent Development in Sports ● Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. ● Types & Method to Develop- Strength, Endurance and Speed ● Types & Method to Develop – Flexibility and Coordinative Ability ● Circuit Training -Introduction & its importance |
| | <ul style="list-style-type: none"> ● Project work (as per CBSE guidelines) ● Complete the annual syllabus by 15th December 2023 ● PRE BOARD EXAM ● Complete syllabus will be covered in Annual Exam <p>Revision with Last Year Board papers and support material issued by DOE, Delhi.</p> |

Practical

| Practical No. | Practical Content |
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| Practical (I) | <ul style="list-style-type: none"> ● Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* <p>* 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)</p> |
| Practical (II) | <ul style="list-style-type: none"> ● Proficiency in Games and Sports(Skill of any one IOA recognised Sport/Game of Choice)** <p>**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.</p> |
| Practical (III) | <ul style="list-style-type: none"> ● Yogic Practices* <p>*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’</p> |
| Note: | <ul style="list-style-type: none"> ● 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:Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills. |