

PHYSICAL EDUCATION

Class XII – Theory Max.Marks 70

PART – A

UNIT 1 : PHYSICAL FITNESS & WELLNESS

- 1.1 Meaning & Importance of Physical Fitness & Wellness
- 1.2 Components of Physical Fitness & Wellness
- 1.3 Factors Affecting Physical Fitness & Wellness
- 1.4 Principles of Physical Fitness Development
- 1.5 Means of Fitness Development - Aerobic & Anaerobic, Games & Sports, Yoga and Recreational Activities

UNIT 2 : PLANNING IN SPORTS

- 2.1 Fixtures - Knock Out; League; Seeding and Bye
- 2.2 Intramurals And Extramurals
- 2.3 Formation Of Committees for Organizing Sports Events
- 2.4 Specific Sports Programmes - Health Runs; Run for Fun; Run for Unity;
Run for Awareness; Run for Specific Causes.

UNIT 3 : SPORTS ENVIRONMENT

- 3.1 Meaning & Need for Sports Environment
- 3.2 Essential Elements of Positive Sports Environment
- 3.3 Role of Individual in Improvement of Sports Environment for Prevention of Sports Related
Accidents
- 3.4 Role of Spectators and Media for Creating Positive Sports Environment

UNIT 4 : POSTURES

4.1 Meaning and Concept of Correct Postures - Standing And Sitting

4.2 Advantages of Correct Posture²⁸⁴

4.3 Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses

4.4 Physical Activities as Corrective Measures

UNIT 5 : YOGA

5.1 Meaning & Importance of Yoga

5.2 Yoga as an Indian Heritage

5.3 Elements of Yoga

5.4 Role of Yoga in Sports - Asanas, Pranayam and Mediation

UNIT 6 : SPORTS AND NUTRITION

6.1 Balanced Diet

6.2 Elements of Diet

6.3 Components of Diet

6.4 Role of Diet on Performance

UNIT 7 : TRAINING METHODS

7.1 Meaning, Concept and Principles of Training

7.2 Methods of Flexibility Development

7.3 Methods of Strength Development - Isometric & Isotonic

7.4 Methods of Endurance Development - Continuous Method, Interval Training & Fartlek.

7.5 Methods of Speed Development

7.6 Circuit Training

UNIT 8 : PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION

8.1 Definition & Importance of Sports Psychology

8.2 Types and Techniques of Motivation

8.3 Developmental Characteristics at Different Stages of Growth²⁸⁵

8.4 Adolescent Problems & its Management

8.5 Ethics in Sports

8.6 Anxiety and its Management

Part B

Following sub topics related to any one Game/Sport of choice of student out of: Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho Kho, & Volleyball.

Unit 1

1.1 History of the Game/Sport

1.2 Latest General Rules of the Game/Sport

1.3 Specifications of Play Fields and Related Sports Equipments

1.4 Important Tournaments and Venues

1.5 Sports Personalities

1.6 Proper Sports Gear and its Importance

Unit 2

2.1 Fundamental Skills of the Game/Sport

2.2 Specific Exercises of Warm-up and Conditioning

2.3 Related Sports Terminologies

2.4 Sports Awards

2.5 Common Sports Injuries & its Prevention

2.6 SGFI & its Organizational Set-Up²⁸⁶

V. PART 'C' - PRACTICAL

(For classes XI & XII)

Max.Marks 30

The Practical Syllabus has been divided into five parts & the marks allotted for each part are as

follows:

(i) Physical Fitness Test (Compulsory) : 10 Marks

(ii) Skill of Chosen Sport/Game : 05 Marks

(iii) Any Five Asanas : 05 Marks

(iv) Viva : 05 Marks

(v) Record Book(File)* : 05 Marks

* Record Book (File) must include other than the details of Game/Sport of your choice the following:

(i) BMI calculation of minimum ten Students

(ii) AAHPHER Test Score of minimum ten Students