

**PHYSICAL EDUCATION (048)****Class XI (2021–22)****Theory Max.****Marks 70****Unit I Changing Trends & Career in Physical Education**

- Meaning & definition of Physical Education
- Aims & Objectives of Physical Education
- Career Options in Physical Education
- Competitions in various sports at national and international level
- Khelo-India Program

**Unit II Olympic Value Education**

- Olympics, Paralympics and Special Olympics
- Olympic Symbols, Ideals, Objectives & Values of Olympism
- International Olympic Committee
- Indian Olympic Association

**Unit III Physical Fitness, Wellness & Lifestyle**

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of physical fitness and Wellness
- Components of Health related fitness

**Unit IV Physical Education & Sports for CWSN (Children With Special Needs- Divyang)**

- Aims & objectives of Adaptive Physical Education
- Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- 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, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
- Relaxation Techniques for improving concentration – Yog-nidra

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

- Leadership Qualities & Role of a Leader
- Creating leaders through Physical Education
- Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
- Safety measures to prevent sports injuries

## **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)
- Measurement of health related fitness

## **Unit VIII Fundamentals of Anatomy, Physiology & Kinesiology in Sports**

- Definition and Importance of Anatomy, Physiology & Kinesiology
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties and Functions of Muscles
- Function & Structure of Respiratory System and Circulatory System
- Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports

## **Unit IX Psychology & Sports**

- Definition & Importance of Psychology in Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics At Different Stages of Development • Adolescent Problems & Their Management

## **Unit X Training and Doping in Sports**

- Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up & limbering down
- Skill, Technique & Style
- Concept & classification of doping
- Prohibited Substances & their side effects
- Dealing with alcohol and substance abuse

**Practical****Max. Marks 30**

- |   |           |
|---|-----------|
| 1. Physical Fitness Test  | - 6 Marks |
| 2. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*) | - 7 Marks |
| 3. Yogic Practices  | - 7 Marks |
| 4. Record File **   | - 5 Marks |
| 5. Viva Voce (Health/ Games & Sports/ Yoga)   | - 5 Marks |

\* Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Skating, Swimming, Taekwondo, Tennis, Aerobics, Gymnastics, Rope-Skipping, Yoga, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

**\*\*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: 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.*