

PHYSICAL EDUCATION (CODE - 048)
CLASS XI (2013-14)

Theory

Max. Marks 70
 No. of Periods: 180

Unit I.	Physical Fitness, Wellness and Lifestyle	11 Periods
	<ul style="list-style-type: none"> • Meaning and importance of Physical Fitness, Wellness and Lifestyle • Factors affecting Physical Fitness and Wellness • Indicators of Health - Physical and Psychological • Preventing Health Threats through Lifestyle Change • Components of positive lifestyle 	
Unit II.	Changing Trends and Career in Physical Education	11 Periods
	<ul style="list-style-type: none"> • Define Physical Education, its Aims and Objectives • Development of Physical Education - Post Independence • Concept and Principles of Integrated Physical Education • Concept and Principles of Adaptive Physical Education • Career Options in Physical Education 	
Unit III.	Olympic Movement	11 Periods
	<ul style="list-style-type: none"> • Ancient and Modern Olympics • Olympic Symbols, Ideals, Objectives and Values • International Olympic Committee • Indian Olympic Association • Dronacharya Award, Arjuna Award and Rajiv Gandhi Khel Ratna Award • Organisational set-up of CBSE Sports and Chacha Nehru Sports Award 	
Unit IV.	Yoga	11 Periods
	<ul style="list-style-type: none"> • Meaning and Importance of Yoga • Yoga as an Indian Heritage • Elements of Yoga • Introduction to - Asanas, Pranayam, Meditation and Yogic Kriyas • Prevention and Management of Common Lifestyle Diseases; Obesity, Diabetes, Hyper-Tension and Back-Pain 	
Unit V.	Doping	10 Periods
	<ul style="list-style-type: none"> • Meaning and types of Doping • Prohibited substances and methods 	

- Athletes responsibilities
- Testing - in competition and Out-of-Competition
- Side effects of prohibited substances

Unit VI. Management of Injuries

11 Periods

- Common sports injuries of soft Tissues, Joints and Bones
- First-Aid in Common Sports Injuries
- Prevention of Sports injuries
- Rehabilitation through Massage and Exercise

Unit VII. Test and Measurement in Sports

11 Periods

- Define Test and Measurement
- Importance of Test and Measurement in Sports
- Calculation of BMI and Waist - Hip Ratio
- Somato Types (Endomorphy, Mesomorphy and Ectomorphy)
- Procedures of Anthropometric Measurement - Height, Weight, Arm and Leg Length and Skin Fold

Unit VIII. Fundamentals of Anatomy and Physiology

11 Periods

- Define Anatomy, Physiology and its importance
- Function of skeleton system, Classification of bones and types of joints
- Function and structure of muscles
- Function and structure of Respiratory System
- Structure of Heart and introduction to Circulatory System

Unit IX. Biomechanics and Sports

11 Periods

- Meaning and Importance of Biomechanics in Physical Education and Sports
- Newton's Law of Motion and its application in sports
- Levers and its types and its application in Sports
- Equilibrium - Dynamic and Static and Centre of Gravity and its application in sports
- Force - Centrifugal and Centripetal and its application in Sports

Unit X. Psychology and Sports

11 Periods

- Definition and importance of Psychology in Physical Education and Sports
- Define and differentiate between 'Growth and Development'
- Developmental characteristics at different stage of development
- Adolescent problems and their management
- Define Learning, Laws of Learning and transfer of Learning

Unit XI Training in Sports**11 Periods**

- Meaning and Concept of Sports Training
- Principles of Sports Training
- Warming up and limbering down
- Load, Adaptation and Recovery
- Skill, Technique and Style

Practical

Max. Marks 30
No. of Periods 60

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| 01. Physical Fitness | - 05 Marks |
| 02. Athletics - Any two events - Sprints and Jumps* | - 05 Marks |
| 03. Health and Fitness Activities - Medicine Ball/Thera Tube/Pilates/Rope Skipping (Any one)- | 05 Marks |
| 04. Skill of any one Individual Game of choice from the given list*** | - 05 Marks |
| 05. Viva | - 05 Marks |
| 06. Record File** | - 05 Marks |

*The events being opted must be other than from those administered under Physical Fitness Test.

**1. Write benefits of Medicine Ball, Thera Tube and Pilates.

2. Measure BMI of ten members from family or neighbourhood and show graphical representation of the data.

3. Draw a neat diagram of Standard Track with all its specifications. Mention all the Track and Field Events.

Mention the latest records at Indian, World and Olympic Level.

***Badminton, Judo, Swimming, Table Tennis, Taekwondo and Tennis