

IV. 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 Posture

- 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 Growth

- 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-Up

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