

PHYSICAL, HEALTH EDUCATION AND SPORTS**THEORY****CLASS XI***One Paper**Time : 3 Hours**70 Marks***UNIT-WISE DISTRIBUTION OF MARKS**

Part	Units/Topics	Marks
A	I Concept of Physical Education	10
	II Career Aspects in Physical Education	10
	III Physiological Aspects of Physical Education	10
	IV. Psychological Aspects of Physical Education	10
	V. Concepts of health in Physical Education	10
B.	I Games and Sports	10
	II	10
	Total =	70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS**PART - A****Unit I: Concept of Physical Education : 10 Marks**

- a) Meaning and definition of Physical Education – its aim and objectives.
- b) Misconceptions of Physical Education and its Relevance in Inter Disciplinary Context.
- c) Need and importance of Physical Education.
- d) Present trend of Physical Education in India and Manipur.

Unit II: Career Aspects in Physical Education : 10 Marks

- a) Career options in Physical Education.
- b) Avenues for career preparation.
- c) Motivation and Self-Assessment for career choices.

Unit III: Physiological Aspects of Physical Education: 10 Marks

- a) Warming up – general and specific and its Physiological Basis.
- b) Effects of Exercises:
 - i) Muscular system
 - ii) Circulatory system

- iii) Respiratory system
- iv) Digestive system

Unit IV: Psychological Aspects of Physical Education: 10 Marks

- a) Definition and Role of Sports Psychology.
- b) Achievements and motivation in Sports.
- c) Problems of Adolescents and their management.

Unit V: Concepts of health in Physical Education: 10 Marks

- a) Physical Education Programmes on community health
 - i) Individual
 - ii) Family
 - iii) Society
- b) Effects of Drugs, Alcohol and Tobacco on sports performance.
- c) Causes of obesity and its preventive measure and Role of diet on Sports performance.

PART - B

Unit I: Games and Sports: 10 Marks

- a) History of games/sports (Any one game/sport)– Badminton, Cricket, Football, Kabaddi, Sepak Takraw, Table Tennis, Handball.
- b) Rules of the games/sports.
- c) Measurement of play fields and sports equipments.
- d) Sports personalities and awards.

Unit II: 10 Marks

- a) Fundamental skills of the games/sports.
- b) Specific Exercises of warm up and conditioning.
- c) Common sports injuries and its prevention.

--- § § § ---

PHYSICAL, HEALTH EDUCATION AND SPORTS

**PRATICAL
CLASS XI**

One Paper

Time : 3 Hours

30 Marks

	Units/Topics	Marks
1.	Track and Field (one from Track and one from Field event)	08
2.	Team Games	12
3.	Other Areas	05
4.	Note Book in Practical Lessons	05
	Total =	30

1. Track and Field (one from Track and one from Field event)

(A) Short, Middle and Long Distance races :

- ⓐ 100m Run ⓑ 200m Run ⓓ 400m Run
- ⓔ 800m Run ⓖ 1500m Run ⓚ 3000m Run

(B) ⓐ High Jump ⓑ Long Jump ⓓ Shot put

- ⓔ Discus Throw ⓖ Javelin Throw

2. Team Games :

- ⓐ Badminton ⓑ Cricket ⓓ Football
- ⓔ Handball ⓖ Kabaddi ⓚ Sepak Takraw
- ⓞ Table Tennis

3. Other Areas (one game)

- ⓐ Gymnastics ⓑ Judo ⓓ Karate
- ⓔ Mukna ⓖ Sharit-Sharak ⓚ Yoga

PRESCRIBED TEXT BOOKS:

1. Health and Physical Education (Latest Edition, 2008)
By Dr.V P. Sharma and Dr.V.K. Sharma
(Saraswati House Pvt. Ltd.)

REFERENCE BOOKS:

1. Foundation of Physical Education and Sports
By Deborah A, W eust and Charles A Bucher
(B.I. Publications Pvt. Ltd., New Delhi)

- 2 Physical Fitness and Wellness
By Dr .A.K. Uppal
Friends Publication India.
- 3 Rules of Games and Sports
By R.G. Gøel
Vikash Publications, New Delhi
- 4 Practical Guide to Physical Education, Sports and Health
By Dr .A.K. Uppal, Dr .G.P. Gautam, Vinay Malhotra, Dr .Vinod K. Baweja
(Friends Publication, New Delhi)

-- § § § --

DESIGN QUESTION PAPER/UNIT TEST

Subject : Physical, Health Education and Sports
Unit/Paper : Theory
Class : XI
Time : 3 Hours
Full Marks : 70

I. WEIGHTAGE TO OBJECTIVES/LEARNING OUTCOME

Sl. No.	Objectives	Marks	Percentage of Marks
1	Knowledge	26	37.1
2	Understanding	30	42.9
3	Application	07	10
4	Skill	07	10

II. WEIGHTAGE TO CONTENTS :

Sl. No.	Unit	Marks
1	Concept of Physical Education	10
2	Career Aspects in Physical Education	10
3	Physiological Aspects of Physical Education	10
4	Psychological Aspects of Physical Education	10
5	Concepts of health in Physical Education	10
6	Part B Unit - I	10
7	Part B Unit - II	10

III. WEIGHTAGE TO FORM OF QUESTIONS :

Forms of Questions	O/MC	VSA	SA-I	SA-II	LA	Total
No. of Questions	5	11	5	8	4	33
Marks Allotted	5	11	10	24	20	70
Expected Length of Ans.	One word	One Sentence	25 to 30 W ards	35 to 50 W ards	100 W ards	-
Percentage	7.1%	15.7%	14.3%	34.3%	28.6%	100
Estimated Time (min.)	15	20	25	50	50	160
+20 minutes for revision						
Total time : 180 minutes						

IV. SCHEME OF OPTIONS :

- There will be no overall choice.
- There will be internal option in any two questions of SA-I type and in any three questions of E/L.A. type.

V. DIFFICULTY LEVEL

Difficult : 15%
Average : 50%
Easy : 35%

Abbreviation : LA(Long Answer), SA (Short Answer Type), VSA (Very Short Answer Type), O (Objective Type), MC (Multiple Choice)

DESIGN
QUESTION PAPER/UNIT TEST

Subject : Physical, Health Education and Sports
Unit/Paper : Practical
Class : XI
Time : 3 Hours
Full Marks : 30

I. WEIGHTAGE TO OBJECTIVES/LEARNING OUTCOMES :

Sl. No.	Item	Skill	Viva-Voce	Total
1	Track and Field	2+2=4	2+2=4	8
2	Team Games	4+4=8	2+2=4	12
3	Other Areas	3	2	05
4	Note Book in Practical Lessons			05

Total : 30

I. Track and Field :

Demonstration (One from Track and one from Field events)

II. Team Games (Any two) :

- (a) Performance
(b) Skill Demonstration

III. Other Areas (Any one) :

Demonstration

-- § § § --

PHYSICAL, HEALTH EDUCATION AND SPORTS

THEORY
CLASS XII

One Paper

Time : 3 Hours

70 Marks

UNIT-WISE DISTRIBUTION OF MARKS

Part	Units/Topics	Marks
A	I Physical Fitness and Wellrness	10
	II Training Methods	10
	III Sociological Aspects of Physical Education	10
	IV. Sports and Environment	10
	V. Yoga	10
B.	I History of Game /Sport/any one game/sport	10
	II	10
Total =		70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

PART - A

Unit I : Physical Fitness and Wellness:

10 Marks

- a) Meaning and importance of Physical fitness and Wellrness.
b) Components of Physical fitness and Wellrness.
c) Factors af fecting Physical fitness and Wellrness.
d) Principles of Physical fitness Development.
e) Physical fitness Programmes – Aerobic and Anaerobic.

Unit II: Training Methods:

10 Marks

- a) Meaning and concept of training.
b) Methods of training.
c) Strength improvement trading – Isometric and Isokinetic Exercises.
d) Endurance improvement training – continuous Method, Internal training and Circuit training and Fartlek.
e) Speed development – Acceleration run and pace races.

Unit III: Sociological Aspects of Physical Education:

10 Marks

- a) Meaning of Sociology and Sports Sociology.

- b) Games and Sports as man's cultural Heritage.
 c) Socialization, Leadership, Value education through Physical Education programme and Olympic movement.

Unit IV: Sports and Environment: 10 Marks

- a) Meaning and need for Environment in Physical Education Programme.
 b) Elements of positive Environment.
 c) Role of individual in improvement of environment for prevention of Sports related accidents.

Unit V: Yoga: 10 Marks

- a) Meaning, Origin and importance of Yoga
 b) Elements of Yoga
 c) Role of Yoga in Sports.

PART - B

Unit II: History of Games/Sports/any one game/sport: 10 Marks

- a) Athletics, Basketball, Hockey, Kho-kho, Volleyball, Tennis and Judo.
 b) Rules of Games/Sports.
 c) Fundamental skills of games/sports.
 d) Measurement of play fields and sports equipments.
 e) Terminology of games/sports.

Unit II: 10 Marks

- a) Important Tournaments and Venues.
 b) Sports personalities and awards.
 c) Various Sports Organisations.
 d) First Aid and Rehabilitation of Sports injuries.

-- \$\$\$ --

PHYSICAL, HEALTH EDUCATION AND SPORTS

**PRATICAL
CLASS XII**

One Paper

Time : 3 Hours

30 Marks

	Units/Topics	Marks
1.	Track and Field (two events)	08
2.	Team Games	12
3.	Other Areas (one game)	05
4.	Note Book in Practical Lessons	05
	Total =	30

1. Track and Field (Two events)

(A) Short, Middle and Long Distance races :

- (i) 100m Run (ii) 200m Run (iii) 400m Run
 (iv) 800m Run (v) 1500m Run (vi) 3000m Run

(B) (i) High Jump (ii) Long Jump (iii) Shot put

- (iv) Discus Throw (v) Javelin Throw

2. Team Games :

- (i) Basketball (ii) Ball Badminton (iii) Hockey
 (iv) Kho-Kho (v) Lawn Tennis (vi) Volleyball

3. Other Areas (one game)

- (i) Kang (ii) Kung-fu (iii) Tae kwon do
 (iv) Thang-Ta (v) Wrestling

PRESCRIBED TEXTBOOK:

1. Health and Physical Education (Latest Edition, 2008)
 By Dr.V.P. Sharma and Dr.V.K. Sharma
 (Saraswati House Pvt. Ltd.)

REFERENCE BOOKS:

1. Foundation of Physical Education and Sports
 By Deborah A. W eust and Charles A Bucher
 (B.I. Publications Pvt. Ltd., New Delhi)

- 2 Physical Fitness and Wellnes
By Dr .A.K. Uppal
Friends Publication India.
- 3 Rules of Games and Sports
By R.G. Goel
Vikash Publications, New Delhi
- 4 Practical Guide to Physical Education, Sports and Health
By Dr .A.K. Uppal, Dr .G.P. Gautam, Vinay Malhotra, Dr .Vinod K. Baweja
(Friends Publication, New Delhi)

-- S S S --

DESIGN QUESTION PAPER/UNIT TEST

Subject : Physical, Health Education and Sports
Unit/Paper : Theory
Class : XII
Time : 3 Hours
Marks : 70

I. WEIGHTAGE TO OBJECTIVES/LEARNING OUTCOMES :

Sl. No.	Objectives	Marks	Percentage of Marks
1	Knowledge	26	37.1
2	Understanding	30	42.9
3	Application	07	10
4	Skill	07	10

II. WEIGHTAGE TO CONTENTS/SUBJECT UNIT :

Sl. No.	Unit	Marks
1	Physical Fitness and Wellnes	10
2	Training Methods	10
3	Sociological Aspect of Physical Education	10
4	Sports and environment	10
5	Yoga	10
6	Part B Unit - I	10
7	Part B Unit - II	10

III. WEIGHTAGE TO FORM OF QUESTIONS :

Forms of Questions	O/MC	VSA	SA-I	SA-II	LA	Total
No. of Questions	5	11	5	8	4	33
Marks Allotted	5	11	10	24	20	70
Expected Length of Ans.	One word	One Sentence	25 to 30 W ords	35 to 50 W ords	100 W ords	-
Percentage	7.1%	15.7%	14.3%	34.3%	28.6%	100
Estimated Time (min.)	15	20	25	50	50	160
+20 minutes for revision						
Total time : 180 minutes						

IV. SCHEME OF OPTIONS :

- 1 There will be no overall choice.
- 2 There will be internal option in any two questions of SA-I type and in any three questions of Essay/Long Answer type.

V. DIFFICULTY LEVEL

Difficult : 15%
Average : 50%
Easy : 35%

Abbreviation : LA(Long Answer), SA (Short Answer Type), VSA (Very Short Answer Type), O (Objective Type), MC (Multiple Choice)

DESIGN
QUESTION PAPER/UNIT TEST

Subject : Physical, Health Education and Sports
Unit/Paper : Practical
Class : XII
Time : 3 Hours
Full Marks : 30

I. WEIGHTAGE TO OBJECTIVES/LEARNING OUTCOMES :

Sl. No.	Item	Skill	Viva-Voce	Total
1	Track and Field	2+2=4	2+2=4	8
2	Team Games	4+4=8	2+2=4	12
3	Other Areas	3	2	05
4	Note Book in Practical Lessons			05

Total :

30

I. Track and Field :

Demonstration (One from Track and one from Field events)

II. Team Games (Any two)

(a) Performance

(b) Skill Demonstration

III. Other Areas (Any one)

Demonstration