

HEALTH AND PHYSICAL EDUCATION

THEORY

CLASS XI

One Paper

Time: 3 Hours

70 Marks

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Changing Trends & Career in Physical Education	7
II	Olympic Value Education	7
III	Physical Fitness, Wellness & Lifestyle	6
IV	Yoga	7
V	Physical Activity and Leadership Training	7
VI	Test, Measurement and Evaluation	6
VI	Fundamentals of Anatomy, Physiology and Kinesiology in Sports	7
VII	Psychology and Sports	6
IX	Training and Doping in Sports	7
X	Games & Sports	10
Total =		70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION

- a. Meaning and Definitions of Physical Education
- b. Aims & Objectives of Physical Education
- c. Career Options in Physical Education
- d. Competitions in Various Sports at National and International Level
- e. Khelo India Programme

UNIT-II OLYMPIC VALUE EDUCATION

- a. Olympics – Ancient and Modern Olympics
- b. Paralympics and Special Olympics
- c. Olympic Symbols, Ideals, Objectives & Values of Olympics
- d. International Olympic Committee
- e. Indian Olympic Association

UNIT-III PHYSICAL FITNESS, WELLNESS & LIFESTYLE

- a. Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- b. Components of Physical Fitness and Wellness
- c. Components of Health Related Fitness

UNIT-IV YOGA

- a. Meaning & Importance of Yoga
- b. Elements of Yoga
- c. Introduction to Asanas, Pranayama, Meditation & Yogic Kriyas
- d. Yoga for Concentration and Related Asanas – Sukhasana, Tadasana, Padmasana, Shashankasana, Naukasana, Vrikshasana and Garudasana
- e. Relaxation Techniques for Improving Concentration – Yoganidra

UNIT-V PHYSICAL ACTIVITY AND LEADERSHIP TRAINING

- a. Leadership Qualities and Role of a Leader
- b. Creating Leaders Through Physical Education and Sports
- c. Meaning, Definition and Objectives of Adventure Sports – Rock Climbing, Trekking, Mountaineering and Paragliding)
- d. Safety Measures to Prevent Sports Injuries

UNIT-VI TEST, MEASUREMENT AND EVALUATION

- a. Definition of Test, Measurement and Evaluation
- b. Importance of Test, Measurement and Evaluation in Sports
- c. Calculation of BMI and Waist-Hip Ratio
- d. Somato types or Body Types – Endomorph, Mesomorph and Ectomorph

UNIT-VII FUNDAMENTALS OF ANATOMY, PHYSIOLOGY AND KINESIOLOGY IN SPORTS

- a. Definition and Importance of Anatomy, Physiology and Kinesiology
- b. Function of Skeleton System, Classification of Bones & Types of Joints
- c. Properties and Functions of Muscles
- d. Structure and Functions of Respiratory System
- e. Structure of Heart and Circulatory System

UNIT-VIII PSYCHOLOGY & SPORTS

- a. Definition & Importance of Psychology in Physical Education & Sports
- b. Define & Differentiate between Growth & Development
- c. Developmental Characteristics at Different Stage of Development
- d. Adolescent Problems & Their Management

UNIT- IX TRAINING AND DOPING IN SPORTS:

- a. Meaning and Concept of Sports Training
- b. Principles of Sports Training
- c. Warming-up and Limbering Down
- d. Skill, Technique and Style
- e. Concept and Classification of Doping
- f. Prohibited Substance and their Side Effects

UNIT-X GAMES & SPORTS

- a. History, Rules, Measurements, Equipment, Fundamental Skills & Sports Personalities of following Games/Sports:
Badminton, Cricket, Football, Handball, Kabaddi, Sepaktakraw & Table Tennis.
- b. Awards in Games and Sports:
Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
- c. History, Rules and Fundamental Skills of Mukna and Kang, Gymnastics and Yoga.
- d. Fundamental Skills of :
 - (i) Track Event - 100 m Run, 1500 m Run
 - (ii) Field Event - High Jump, Shot- put.

HEALTH AND PHYSICAL EDUCATION

PRATICAL CLASS XI

One Paper

Time : 3 Hours

30 Marks

Unit	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 Event:

(i) Tack Event - (Any one):

- (a) 100m Run (b) 1500m Run
(ii) (a) High Jump (b) Shot put

2. Team Games (Any one) :

- (i) Badminton (ii) Cricket (iii) Football
(iv) Handball (v) Kabaddi (vi) Sepak Takraw
(vii) Table Tennis

3. Other Areas (Any one)

- (i) Mukna (ii) Kang (iii) Gymnastics
(iv) Yoga

PRESCRIBED TEXT BOOKS:

1. Health and Physical Education
By Dr. V.K. Sharma (Revised Edition 2020 and reprinted 2021)
(Saraswati House Pvt. Ltd.)
2. Health and Physical Education (Supplementary Text Book of Games and Sports)
for Class-XI.
Published by: The Council of Higher Secondary Education, Manipur.

REFERENCE BOOKS:

1. Foundation of Physical Education and Sports
By Deborah A, Weust 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. 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)



DESIGN OF QUESTION PAPER

Subject : **Health & Physical Education**
 Paper : Theory
 Class : XI
 Full Mar : 70
 Tim : 3 Hours

WEIGHTAGE TO OBJECTIVES						
	Objectives	Marks	Percentage			
I	Knowledge (K)	14	20			
	Understanding (U)	32	46			
	Application (A)	21	30			
	Skill (S)	3	4			
	Total :	70	100			
WEIGHTAGE TO FORM OF QUESTIONS:						
	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage	
II	Essay/Long Answer (E/LA)	3	60	15	21	
	Short Answer (SA-I)	7	42	21	30	
	Short Answer (SA-II)	10	40	20	29	
	Very Short Answer(VSA)	10	30	10	14	
	MCQ	4	8	4	6	
	Total:	34	180	70	100	
WEIGHTAGE TO CONTENT:						
	UNIT/CONTENTS :			Marks		
III	I	Changing Trends & Career in Physical Education			7	
	II	Olympic Value Education			7	
	III	Physical Fitness, Wellness & Lifestyle			6	
	IV	Yoga			7	
	V	Physical Activity & Leadership Training			7	
	VI	Test, Measurement and Evaluation			6	
	VII	Fundamentals of Anatomy, Physiology & Kinesiology in Sports			7	
	VIII	Psychology & Sports			6	
	IX	Training and Doping in Sports			7	
	X	Games & Sports			10	
Total :				70		
IV	SCHEME OF SECTIONS : Nil					
V	SCHEME OF OPTIONS : Nil					
VI	DIFFICULTY LEVEL :					
	Difficulty	: 30% marks				
	Average	: 50% marks				
	Easy	: 20% marks				

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

DESIGN
QUESTION PAPER/UNIT TEST

Subject : Health & Physical Education
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) : Demonstration and Performance

III. Other Areas (Any one) : Demonstration

HEALTH AND PHYSICAL EDUCATION

THEORY

CLASS XII

One Paper

Time: 3 Hours

70 Marks

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Planning in Sports	7
II	Sports and Nutrition	6
III	Yoga and Lifestyle	7
IV	Physical Education and Sports for CWSN (Children with Special Needs)	6
V	Children and Women in Sports	7
VI	Test and Measurement in Sports	6
VII	Physiology and Injuries in Sports	7
VIII	Biomechanics and Sports	7
IX	Training in Sports	7
X	Games & Sports	10
Total =		70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I Planning in sports

- a. Meaning and Objectives of Planning
- b. Tournaments – Knock-out, League, Round Robin and Combination
- c. Procedure to Draw Fixtures – Knock-out (Bye and Seeding) and League Tournaments (Cyclic and Staircase)
- d. Intramural and Extramural – Meaning, Objective and Significance

UNIT-II Sports and Nutrition

- a. Balanced Diet and Nutrition, Macro and Micro Nutrients
- b. Nutritive and Non-Nutritive Components of Diet
- c. Eating for Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths

UNIT-III Yoga and Lifestyle

- a. Asanas as Preventive measures
- b. Obesity – Procedure, Benefits and Contraindications for Vajarasana, Padahasthasana, Trikonasana and Ardhamatsyendrasana

- c. Diabetes – Procedure, Benefits and Contraindications for Bhujangasana, Paschimottanasana, Pawanmuktasana and Ardhamatsyendrasana
- d. Asthma – Procedure, Benefits and Contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana and Matsyasana
- e. Hypertension – Procedure, Benefits and Contraindications for Tadasana, Vajarasana, Pawanmuktasana, Ardha-chakrasana, Bhujangasana and Savasana
- f. Backpain – Procedure, Benefits and Contraindications for Tadasana, Ardhamatsyendrasana, Vakrasana, Shalabhasana and Bhujangasana

UNIT-IV Physical Education and Sports for CWSN (Children with Special Needs)

- a. Concept of Disability and Disorder
- b. Types of Disability, Their Causes and Nature– Cognitive Disability, Intellectual Disability and Physical Disability
- c. Types of Disorder, Their Causes and Nature – ADHD, SPD, ASD, ODD and OCD
- d. Advantages of Physical Activities for Children with Special Needs

UNIT-V Children and Women in Sports

- a. Motor Development and Factors Affecting it
- b. Exercise Guidelines at Different Stages of Growth and Development
- c. Common Postural Deformities – Knock-Knee, Flatfoot, Round Shoulders, Lordosis, Kyphosis, Bow legs and Scoliosis
- d. Corrective Measures for Postural Deformities
- e. Sports Participation of Women in India
- f. Special Consideration for Women in Sports – Menarche and Menstrual Dysfunction
- g. Female Athlete Triad – Osteoporosis, Amenorrhoea and Eating Disorders

UNIT-VI Test and Measurement in Sports

- a. Motor Fitness Test
- b. General Motor Fitness – Barrow Three-item General Motor Ability (Standing broad-jump, Zig-zag Run, Medicine-ball-put)
- c. Measurement of Cardiovascular Fitness – Harvard-Step Test and Rockport One Mile Test
- d. Computation of Fitness Index

UNIT-VII Physiology and Injuries in Sports

- a. Physiological Factor Determining Components of Physical Fitness
- b. Effect of Exercise on Cardio-respiratory System
- c. Effect of Exercise on Muscular System
- d. Physiological Changes due to Ageing
- e. Sports Injuries : Classification, Causes and Prevention
- f. Treatment of Injuries
- g. First-Aid – Aims and Objectives

UNIT-VIII Biomechanics and Sports

- a. Meaning and Importance of Biomechanics in Sports
- b. Types of Movements – Flexion, Extension, Abduction and Adduction
- c. Newton's Laws of Motion and their Application in Sports
- d. Friction and Sports

UNIT-IX Training in Sports

- a. Strength – Definition, Types and Methods of Improving Strength – Isometric, Isotonic and isokinetic
- b. Endurance - Definition, Types and Methods to Develop Endurance – Continuous Training, Interval Training and Fartlek Training
- c. Speed - Definition, Types and Methods to Develop Speed – Acceleration Run, Pace Run
- d. Flexibility - Definition, Types and Methods to Improve Flexibility
- e. Coordinative Abilities – Definition, Types
- f. Circuit Training – Introduction and its Importance

UNIT-X Games & Sports

- a. History, Rules, Measurements, Equipment, Fundamental Skills & Sports Personalities of following Games / Sports – Basketball, Hockey, Kho-kho, Volleyball, Lawn Tennis and Judo
- b. History, Rules and Fundamental Skills of Thang-Ta and Taekwondo
- c. Fundamental Skills of :
 - (i) Track Event - 200 m Run, 800 m Run
 - (ii) Field Event - Long-Jump, Discus Throw and Javelin

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1.	Track and Field (one from Track and one from Field 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 :

(A) Track Event : (Any one) :

- (i) 200m Run (ii) 800m Run

(B) Track Event : (Any one) :

- (i) Long Jump (ii) Discus Throw (iii) Javelin

2. Team Games :

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

3. Other Areas (one game)

- (i) Thang-Ta (ii) Tae-kwon-do (iii) Judo

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