

# PHYSICAL, HEALTH EDUCATION AND SPORTS

## 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	6
II	Physical Fitness, Wellness & Lifestyle	6
III	Olympic Movement	8
IV	Yoga	7
V	Physical Activity Environment	6
VI	Fundamentals of Anatomy & Physiology	8
VII	Psychology & Sports	6
VIII	Bio-Mechanics In Sports	7
IX	Training in Sports	6
X	Games & Sports	10
	<b>Total =</b>	<b>70</b>

### UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

#### UNIT-I CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION

- a. Define Physical Education, its Aims & Objectives
- b. Development of Physical Education-Post Independence
- c. Concept & Principles of Integrated Physical Education
- d. Concept & Principles of Adaptive Physical Education
- e. Career Options in Physical Education

#### UNIT-II PHYSICAL FITNESS, WELLNESS & LIFESTYLE

- a. Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- b. Components of Physical Fitness
- c. Components of Wellness
- d. Preventing Health Threats through Lifestyle Change
- e. Components of Positive Lifestyle

#### UNIT-III OLYMPIC MOVEMENT AND DOPING

- a. Ancient & Modern Olympics
- b. Olympic Symbols, Ideals, Objectives & Values
- c. International Olympic Committee
- d. Indian Olympic Association
- e. Concept and Classification of Doping
- f. Prohibited Substances and Methods
- g. Athletes Responsibilities
- h. Side Effects of Prohibited Substances

**UNIT-IV YOGA**

- a. Meaning & Importance of Yoga
- b. Yoga as an Indian Heritage
- c. Elements of Yoga
- d. Introduction to Asanas, Pranayam, Meditation & Yogic Kriyas
- e. Physiological Benefits of Asana & Pranayam
- f. Prevention & Management of Common Lifestyle Diseases; Obesity  
Asthma, Diabetes, Hypertension & Back-Pain

**UNIT-V PHYSICAL, ACTIVITY ENVIRONMENT**

- a. Introduction to Physical Activity
- b. Concept & Need of Sports Environment
- c. Essential Elements of Positive Sports Environment
- d. Principles of Physical Activity Environment
- e. Exercise Guidelines at Different Stages of Growth

**UNIT-VI FUNDAMENTALS OF ANATOMY & PHYSIOLOGY**

- a. Define Anatomy, Physiology & its Importance
- b. Function of Skeleton System, Classification of Bones & Types of Joints
- c. Properties of Muscles
- d. Function & Structure of Muscles
- e. Function & Structure of Respiratory System, Mechanism of Respiration
- f. Structure of Heart & Introduction to Circulatory System
- g. Oxygen debt, Second-wind

**UNIT-VII 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
- e. Define Learning, Laws of Learning & Transfer of Learning
- f. Emotion: Concept & Controlling of Emotion

**UNIT-VIII BIO-MECHANICS IN SPORTS:**

- a. Meaning & Importance of Bio-mechanics in Physical Education and Sports
- b. Newton's Laws of Motion and its Application in Sports
- c. Lever, Types of Lever and its Application in Sports
- d. Equilibrium- Dynamic and Static, Centre of Gravity and its Application in Sports
- e. Force- Centrifugal and Centripetal and its Application in Sports

**UNIT- IX TRAINING IN SPORTS:**

- a. Meaning and Concept of Sports Training
- b. Principles of Sports Training
- c. Warming-up and Limbering Down
- d. Load, Adaptation and Recovery
- e. Skill, Technique and Style
- f. Symptoms of Over-load and How to overcome it

**UNIT-X GAMES & SPORTS**

- a. History, Rules, Measurements, Equipments, Fundamental Skills & Sports Personalities of following Games/Sports:  
Badminton, Cricket, Football, Handball, Kabaddi, Sepak-Takraw & 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.

**Physical, Health Education and Sports**  
**Practical**  
**Class XI**

**One Paper**

**Time : 3 hours**

**30 Marks**

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

1. Track and Field Event :

- (i) Track Event - (Any one )  
 (a) 100 m Run (b) 1500 m Run
- (ii) Field Event - (Any one)  
 (a) High-Jump (b) Shot-put

2. Team Games: (Any two )

- (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

## DESIGN OF QUESTION PAPER

Subject : **Physical, Health Education & Sports**  
 Paper : Theory  
 Class : XI  
 Full Mark : 70  
 Time : 3 Hours

<b>WEIGHTAGE TO OBJECTIVES</b>					
	<b>Objectives</b>	<b>Marks</b>	<b>Percentage</b>		
<b>I</b>	Knowledge (K)	14	20		
	Understanding (U)	28	40		
	Application (A)	20	29		
	Skill (S)	8	11		
	<b>Total :</b>		<b>70</b>	<b>100</b>	
<b>WEIGHTAGE TO FORM OF QUESTIONS:</b>					
	<b>Form of Questions</b>	<b>No. of Question</b>	<b>Time (in minute)</b>	<b>Marks</b>	<b>Percentage</b>
<b>II</b>	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
	<b>Total:</b>		<b>34</b>	<b>180</b>	<b>70</b>
<b>WEIGHTAGE TO CONTENT:</b>					
<b>UNIT/CONTENTS :</b>				<b>Marks</b>	
<b>III</b>	I	Changing Trends & Career in Physical Education			6
	II	Physical Fitness, Wellness & Lifestyle			6
	III	Olympic Movement			8
	IV	Yoga			7
	V	Physical Activity Environment			6
	VI	Fundamentals of Anatomy & Physiology			8
	VII	Psychology & Sports			6
	VIII	Bio-Mechanics In Sports			7
	IX	Training in Sports			6
	X	Games & Sports			10
<b>Total :</b>				<b>70</b>	
<b>IV</b>	<b>SCHEME OF SECTIONS :</b> Nil				
<b>V</b>	<b>SCHEME OF OPTIONS :</b> Internal option may be given in LA Type of Questions only.				
<b>VI</b>	<b>DIFFICULTY LEVEL :</b>				
	Difficulty	:	20%		
	Average	:	50%		
	Easy	:	30%		

Abbreviation : K(Knowledge), U(Understanding ), A(Application), Skill(S), E(Essay Type),  
 SA(Short Answer Type), VSA(Very Short Answer Type), MCQ(Multiple Choice Question)

## DESIGN OF QUESTION PAPER

Subject : **Physical, Health Education & Sports**  
 Paper : Practical  
 Class : XI  
 Full Mark : 30  
 Time : 3 Hours

I. Weightage to Objectives/Learning Outcomes:

Sl.No.	Item	Skill	Viva-Voice	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	5
4.	Note Book			5
			Total	30

1. Track and Field : Demonstration (one from field and one from Track)
2. Team Games(Any two) : Demonstration and performance
3. Other Areas(any one) : Demonstration.

**PRESCRIBED TEXT BOOK:**

Health and Physical Education(Latest Edition, 2018)

By Dr. V.K. Sharma

New Saraswati House India Pvt. Ltd. New Delhi – 110002(India)

**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)

# PHYSICAL, HEALTH EDUCATION AND SPORTS

## THEORY

### CLASS XII

One Paper

Time: 3 Hours

70 Marks

### UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Tournaments In Sports	5
II	Sports and Nutrition	6
III	Benefits Of Yoga	6
IV	Physical Education And Sports For Differently abled	5
V	Children and Sports	5
VI	Women and Sports	5
VII	Test And Measurement In Sports	5
VIII	Physiology and Sports	6
IX	Sports Medicine	5
X	Kinesiology, Bio-Mechanics and Sports	6
XI	Training in Sports	6
XII	Games and Sports	10
	<b>Total =</b>	<b>70</b>

### UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

#### UNIT-I      **TOURNAMENTS IN SPORTS:**

- a. Tournaments- Knock-out, League, Round Robind and Combination
- b. Procedure to Draw Fixtures- Knock-out and League Tournaments
- c. Intramural and Extramural - Meaning , Objective and its 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
- d. Sports Nutrition and its Effect on Performance (Fluid and Meal Intake, Pre, During and Post Competition)
- e. Food Supplement for Children



### **UNIT- III      BENEFITS OF YOGA**

- a. Asanas as Preventive Measures
- b. Obesity – Vajarasana, Padahastasana, Trikonasana and Ardhamatsyendrasana
- c. Diabetes – Bhujangasana, Paschimottanasana, Pawanmuktasana and Ardhamatsyendrasana
- d. Asthma - Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana and Matsyasana
- e. Hipertension- Tadasana, Vajarasana, Pawanmuktasana, Ardchakrasana, , Bhujangasana and Savasana
- f. Backpain- Tadasana, Ardhamatsyendrasana, Vakrasana, Shalabhasana and Bhujangasana

### **UNIT-IV      PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY-ABLED:**

- a. Concept of Disability and Disorder
- b. Types of Disability and Disorder - Their Causes and Nature
- c. Advantages of Physical Activities for Children with Special Needs

### **UNIT-V          CHILDREN AND SPORTS**

- a. Motor Development and Factors Affecting it
- b. Exercise Guidelines at Different Stages of Growth and Development
- c. Advantages and Disadvantages of Weight Training
- d. Concept and Advantages of Correct Posture
- e. Causes of Bad Posture
- f. Common Postural Deformities – Knock-Knee; Flatfoot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis
- g. Corrective Measures for Postural Deformities

### **UNIT- VI        WOMEN AND SPORTS**

- a. Sports Participation of Women in India
- b. Special consideration(Menarche and Menstrual Dysfunction)
- c. Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)
- d. Psychological Aspects of Women Athlete
- e. Sociological Aspects of Sports Participation

### **UNIT - VII      TEST AND MEASUREMENT IN SPORTS:**

- a. Muscular Strength – Kraus-Weber Test
- b. Motor Fitness Test – AAHPER
- c. General Motor Fitness Test- Standing Broad-jump, Zig-Zag Run, Medicine-ball-put,
- d. Measurement of Cardiovascular Fitness test- Harverd-Step Test
- e. Physical Efficiency Index

### **UNIT-VIII      PHYSIOLOGY AND SPORTS**

- a. Gender Differences in Physical and Physiological Parameters
- b. Physiological Factor Determining Component of Physical Fitness
- c. Effect of Exercise on Cardiovascular System
- d. Effect of Exercise on Respiratory System
- e. Effect of exercise on Muscular System
- f. Physiological Changes due to Ageing
- g. Role of Physical Activity in Maintaining Functional Fitness In Aged Population

## **UNIT-IX      SPORTS MEDICINE**

- a. Concept, Aims and Scope of Sports Medicine
- b. Sports Injuries: Classification, Causes and Prevention
- c. First Aid – Aims and Objectives
- d. Management of Injuries:  
 Soft Tissue Injuries: (Abrasion, Contusion, Laceration, Incision, Sprain and Strain)  
 Bone and Joint Injuries: (Dislocation, Fractures: Stress Fracture, Greenstick, Comminuted, Transverse, Oblique and Impacted)

## **UNIT- X      KINESIOLOGY, BIO-MECHANICS AND SPORTS**

- a. Projectile and factors affecting Projectile Trajectory
- b. Newton’s Laws of Motion and their Application in Sports
- c. Aerodynamics Principles
- d. Friction and Sports
- e. Introduction to Axes and Planes
- f. Types of Movements (Flexion, Extension, Abduction and Adduction)
- g. Major Muscles Involved in Running, Jumping and Throwing

## **UNIT- XI      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 and Pace Run
- d. Flexibility – Definition, Types and Methods to Improve Flexibility
- e. Co-ordinative Abilities – Definition, Types
- f. Circuit Training and High Altitude Training; Introduction and its Impact.

## **UNIT-XII      GAMES AND SPORTS**

- a. History, Rules, Measurements, Equipments, 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, Yubi-Lakpi, Sharit-Sharak and Tae-kwon-do.
- c. Fundamental Skills of :
  - (i) Track Event - 200 m Run, 800 m Run.
  - (ii) Field Event - Long - Jump, Discuss-Throw and Javelin.

## Physical, Health Education and Sports

Practical

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4.	<i>Note Book in Practical</i>	<i>05</i>
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1. Track and Field Event :

(i) Track Event: (Any one)

(a) 200 m Run (b) 400 m Run

(ii) Field Event : (Any one)

(a) Long-Jump (b) Discus Throw (iii) Javelin

2. Team Games : (Any two)

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

3. Other Areas : (Any one)

(i) Thang-Ta (ii) Yubi- Lakpi (iii) Sharit-sharak

(iv) Tae-kwon-do (v) Judo

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