

PHYSICAL EDUCATION (048)
DISTRIBUTION OF SYLLABUS – CLASS XI – 2021-2022
TERM - I AND TERM - II

TERM I – THEORY MCQ BASED - 35 MARKS		TERM II – THEORY SHORT/LONG ANSWER – 35 MARKS	
*Unit No.	Name	*Unit No.	Name
1.	Changing Trends & Career in Physical Education <ul style="list-style-type: none"> • Meaning & definition of Physical Education • Aims & Objectives of Physical Education • Career Options in Physical Education. • Khelo-India Program 	4.	Physical Education & Sports for CWSN (Children With Special Needs- Divyang) <ul style="list-style-type: none"> • Aims & objectives of Adaptive Physical Education • Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics) • Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)
2.	Olympic Value Education <ul style="list-style-type: none"> • Olympics • Olympic Symbols, Ideals, Objectives & Values of Olympism • International Olympic Committee • Indian Olympic Association 	5.	Yoga <ul style="list-style-type: none"> • Meaning & Importance of Yoga • Elements of Yoga • Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas • Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
3.	Physical Fitness, Wellness & Lifestyle <ul style="list-style-type: none"> • Meaning & Importance of Physical Fitness, Wellness & Lifestyle • Components of physical fitness and Wellness • Components of Health related fitness 	6.	Physical Activity & Leadership Training <ul style="list-style-type: none"> • Leadership Qualities & Role of a Leader • Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding) • Safety measures to prevent sports injuries
7	Test, Measurement & Evaluation <ul style="list-style-type: none"> • Define Test, Measurement & Evaluation • Importance of Test, Measurement & Evaluation In Sports • Calculation of BMI & Waist - Hip Ratio. • Measurement of health related fitness. 	9.	Psychology & Sports <ul style="list-style-type: none"> • Definition & Importance of Psychology in Phy. Edu. & Sports • Define & Differentiate Between Growth & Development. • Adolescent Problems & Their Management
8	Fundamentals of Anatomy, Physiology & Kinesiology in Sports <ul style="list-style-type: none"> • Definition and Importance of Anatomy, Physiology & Kinesiology • Function of Skeleton System, Classification of Bones & Types of Joints . 	10.	Training and Doping in Sports <ul style="list-style-type: none"> • Meaning & Concept of Sports Training • Principles of Sports Training • Concept & classification of doping • Prohibited Substances & their side effects

	<ul style="list-style-type: none"> • Function & Structure of Respiratory System and Circulatory System • Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports 		
TERM I – PRACTICAL		TERM II – PRACTICAL	
05 Marks	Project File (About one sport/game of choice)	05 Marks	Project File (Yoga and General Motor Fitness Test)
05 Marks	Demonstration of Fitness Activity	05 Marks	Demonstration of Fitness Activity/Yoga
05 Marks	Viva Voce (From Project File; Fitness)	05 Marks	Viva Voce (From Viva Voce (From Project File; General Motor Fitness; Yoga)

*For resource material refer Class XI Physical Education Handbook available at Board's Academic website:
www.cbseacademic.nic.in

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TERM I – THEORY MCQ BASED - 35 MARKS		TERM II – THEORY SHORT/LONG ANSWER – 35 MARKS	
*Unit No.	Name	*Unit No.	Name
1	Planning in Sports <ul style="list-style-type: none"> <input type="checkbox"/> Meaning & Objectives Of Planning <input type="checkbox"/> Various Committees & its Responsibilities (pre; during & post) <input type="checkbox"/> Tournament – Knock-Out, League Or Round Robin & Combination <input type="checkbox"/> Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic) 	3	Yoga & Lifestyle <ul style="list-style-type: none"> <input type="checkbox"/> Asanas as preventive measures <input type="checkbox"/> Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana <input type="checkbox"/> Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana , Pavan Muktasana, Ardh Matsyendrasana <input type="checkbox"/> Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana <input type="checkbox"/> Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana
2	Sports & Nutrition <ul style="list-style-type: none"> <input type="checkbox"/> Balanced Diet & Nutrition: Macro & Micro Nutrients <input type="checkbox"/> Nutritive & Non-Nutritive Components Of Diet <input type="checkbox"/> Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food 	4	Physical Education & Sports for CWSN (Children with Special Needs - DIVYANG) <ul style="list-style-type: none"> <input type="checkbox"/> Concept of Disability & Disorder <input type="checkbox"/> Types of Disability, its causes & nature (cognitive disability, intellectual

	Intolerance & Food Myths		<p>disability, physical disability)</p> <ul style="list-style-type: none"> □ Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD) □ Disability Etiquettes □ Strategies to make Physical Activities assessable for children with special need.
5	Children & Women in Sports <ul style="list-style-type: none"> □ Motor development & factors affecting it □ Exercise Guidelines at different stages of growth & Development □ Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures □ Sports participation of women in India 	7	Physiology & Injuries in Sports <ul style="list-style-type: none"> ● Physiological factor determining component of Physical Fitness ● Effect of exercise on Cardio Respiratory System ● Effect of exercise on Muscular System ● Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention& treatment ● First Aid – Aims & Objectives
6	Test & Measurement in Sports <ul style="list-style-type: none"> ○ Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run ○ Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - <u>Duration of the Exercise in Seconds</u> $\times 100$ 5.5 x Pulse count of 1-1.5 Min after Exercise 	9	Psychology & Sports <ul style="list-style-type: none"> ● Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory ● Motivation, its type & techniques ● Meaning, Concept & Types of Aggressions in Sports

	<ul style="list-style-type: none"> ○ Rikli & Jones - Senior Citizen Fitness Test 		
8	Biomechanics & Sports <ul style="list-style-type: none"> ● Meaning and Importance of Biomechanics in Sports ● Types of movements (Flexion, Extension, Abduction & Adduction) ● Newton's Law of Motion & its application in sports 	10	Training in Sports <ul style="list-style-type: none"> ● Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic ● Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training ● Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run ● Flexibility – Definition, types & methods to improve flexibility ● Coordinative Abilities – Definition & types
TERM I – PRACTICAL		TERM II – PRACTICAL	
Project File (About one sport/game of choice)	05 Marks	Project File (Yoga and General Motor Fitness Test)	05 Marks
Demonstration of Fitness Activity	05 Marks	Demonstration of Fitness Activity/Yoga	05 Marks
Viva Voce (From Project File; Fitness)	05 Marks	Viva Voce (From Project File; General Motor Fitness; Yoga)	05 Marks

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