

PHYSICAL EDUCATION CLASS 12TH SESSION 2020-21

Unit I Planning in Sports

- Meaning & Objectives Of Planning
- Various Committees & its Responsibilities (pre; during & post)
- Tournament – Knock-Out, League Or Round Robin & Combination
- Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
- Intramural & Extramural – Meaning, Objectives & Its Significance
- Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

Unit II Sports & Nutrition

- Balanced Diet & Nutrition: Macro & Micro Nutrients
- Nutritive & Non-Nutritive Components Of Diet
- Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance & Food Myths

Unit III Yoga & Lifestyle

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardh Matsyendrasana
- Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pawanuktasana, Ardha Chakrasana, Bhujangasana, Shavasana
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

Unit IV Physical Education & Sports for CWSN (Children With Special Needs - Divyang)

- Concept of Disability & Disorder
- Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- Disability Etiquettes
- Advantage of Physical Activities for children with special needs
- Strategies to make Physical Activities assessable for children with special need.

Unit V Children & Women in Sports

- 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
- Special consideration (Menarch & Menstrual Dysfunction)
- Female Athletes Triad (Oostoperosis, Amenoria, Eating Disorders)

UNIT 1 -PLANNING IN SPORTS

1.1 MEANING AND OBJECTIVE OF PLANNING

Planning can be defined as “thinking in advance what is to be done, when it is to be done, how it is to be done and by whom it should be done”. In simple words we can say, planning bridges the gap between where we are standing today and where we want to reach.

Planning involves setting objectives and deciding in advance the appropriate course of action to achieve these objectives so we can also define planning as setting up of objectives and targets and formulating an action plan to achieve them.

Another important ingredient of planning is time. Plans are always developed for a fixed time period as no business can go on planning endlessly.

1.2 VARIOUS COMMITTEES AND ITS RESPONSIBILITIES

EDUCAUSE member committees are of two kinds: advisory committees that contribute to particular activities and guide association strategies in various arenas, and event program committees that shape program content for specific conferences.

Because of the important role of the committees in representing the perspective of our core membership, high priority for appointments is given to primary or participating representatives of member institutions.

No person serving on the EDUCAUSE Board shall also serve on a committee, and in general a person should not serve the association in more than one capacity at any time, nor should two individuals from the same institution serve on the same committee.

1.3 ADVANTAGE AND DISADVANTAGE OF LEAGUE TOURNAMENT

ADVANTAGE

Only real player/ team has best potential will be the winner of the tournament.

Charm of the tournament still maintained though out the tournament.

Good team/ player will continues though out the tournament so the chance of selection of good players is still alive.

- DISADVANTAGE

- Funds are required more
- Time are required more
- Result come late
- Officials & ground realized more
- Equipments are realized more

- 1.4 Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic) Refer to Book
- 1.5 Intramural & Extramural – Meaning, Objectives & Its Significance
 - **Intramural** means operating within the walls of a single institution or community. In North America, *intramural* sports are competitions arranged within one school or institution. *Intramural* may also refer to a normal course of study at a university. In biology, *intramural* means within the walls of a body cavity or organ. *Intramural* is an adjective, the adverb form is *intramurally*.
 - **Extramural** means operating outside the walls, *extramural* sports would involve competitions with teams outside of your own institution or school. *Extramural* studies occur outside the normal course of study inside one's university. In Britain, *extramural* studies may be arranged for those who or part-time students or outside of the mainstream of education. *Extramural* also means outside the boundary of a city or castle. *Extramural* is an adjective, the adverb form is *extramurally*.

- **1.6 Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)**

Sports and games programs are arranged in the world as well as in our country to promote the games and sports for a specific cause. Every country in the world has some or other cause for promoting specific sports programs.

The programs motivate and create the feeling to take part in these sports programs. People become health-conscious and try to remain fit and stay healthy for as long as possible. These specific sports programs are usually organized by the federations, state government, NGO etc. to create health consciousness among the people and take part in health-related sports programs.

More and more people of all age groups should take part in such sports programs. Specific sports programmes are such programmes of sports which are not usually related to competitions. These programmes have various objectives such as creating awareness among peoples regarding unity, health & diseases etc.

The various important specific programs are:-

I. SPORTS DAY–

A. School–Annual Sports Day

B. NATIONAL SPORTS DAY

2. HEALTH RUN: these are organised by health departments to ameliorate the standard of health in a country along with raising funds for charity.

3. RUN FOR FUN: It is also organised to spread the message among masses to remain healthy and fit. It may be organised to motivate the people to remain fit.

4. RUN FOR UNITY: It is organised to show unity and peace among the people of different religions. Its purpose may be national and international integration and brotherhood.

5. RUN FOR SPECIFIC CAUSE: This is the run related to specific or noble cause. Most of the social non- profit organisations organises these runs for creating awareness about AIDS, Educating the girl child, Cancer, etc. Mumbai and Chennai Marathons are organised for such noble purpose.

THANK YOU.