

Session 2022-23

Annual Syllabus

Class XI

Subject: Physical Education (Code: 048)

COURSE CONTENT

Theory

| Unit | Content |
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| Unit (I) Changing Trends & Career in Physical Education | <ul style="list-style-type: none">● Concept, Aims & Objectives of Physical Education● Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements● Career Options in Physical Education● Khelo-India and Fit-India Program |
| Unit (II) Olympism | <ul style="list-style-type: none">● Ancient and Modern Olympics● Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)● Olympics - Symbols, Motto, Flag, Oath, and Anthem● Olympic Movement Structure - IOC, NOC, IFS, Other members |
| Unit (III) Yoga | <ul style="list-style-type: none">● Meaning & Importance of Yoga● Introduction to Ashtanga Yoga● Introduction to Yogic Kriyas (Shat Karma) |
| Unit (IV) Physical Education & Sports for CWSN (Children with Special Needs - Divyang) | <ul style="list-style-type: none">● Concept of Disability and Disorder● Types of Disability, its causes & nature (Intellectual disability, Physical disability)● Aim & Objective of Adaptive Physical Education● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator) |
| Unit (V) Physical Fitness, Health and Wellness | <ul style="list-style-type: none">● Meaning and Importance of Wellness, Health and Physical Fitness● Components/Dimensions of Wellness, Health and Physical Fitness● Traditional Sports & Regional Games for promoting wellness |

Practical

| Practical No. | Practical Content |
|-----------------------|---|
| Practical (I) | <ul style="list-style-type: none">● Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* <p>* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)</p> |
| Practical (II) | <ul style="list-style-type: none">● Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice)** <p>**CWSN (Children With Special Needs – Divyang): Bocce/Boccia, Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.</p> |

Syllabus of Mid Term Examination must be completed by

30/09/2022 Revision of Mid Term syllabus

Mid Term Examination

Discussion of Mid Term Examination Question Paper

Theory

| Unit | Content |
|---|---|
| Unit (VI) Test, Measurement & Evaluation | <ul style="list-style-type: none"> ● Concept of Test, Measurement & Evaluation in Physical Education & sports. ● Classification of Test in Physical Education and Sports. ● Test administration guidelines in physical education and sports |
| Unit (VII) Fundamentals of Anatomy, Physiology in Sports | <ul style="list-style-type: none"> ● Definition and Importance of Anatomy and Physiology in exercise and sports ● Functions of Skeletal system, classification of bone and types of joints. ● Function and Structure of Circulatory system and heart. ● Function and Structure of Respiratory system. |
| Unit (VIII) Fundamentals of Kinesiology and Biomechanics in Sports | <ul style="list-style-type: none"> ● Definition and Importance of Kinesiology and Biomechanics in sports ● Principles of Biomechanics ● Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation ● Axis and Planes – Concept and its application in body movements |
| Unit (IX) Psychology & Sports | <ul style="list-style-type: none"> ● Definition & Importance of Psychology in Physical Education & Sports ● Adolescent Problems & Their Management ● Team Cohesion and Sports |
| Unit (X) Training and Doping in Sports | <ul style="list-style-type: none"> ● Concept and Principles of Sports Training ● Training Load: Over Load, Adaptation, and Recovery ● Concept of Doping and its disadvantages |

Practical

| Practical No. | Practical Content |
|------------------------|--|
| Practical (III) | <ul style="list-style-type: none">● Yogic Practices* <p>*Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'</p> |
| Practical (IV) | <ul style="list-style-type: none">● Record File shall include:<ul style="list-style-type: none">❖ Practical-1: Labelled diagram of 400 M Track & Field with computations.❖ Practical-2: Describe Changing Trends in Sports & Games in terms of changes in Playing surface, Wearable gears, Equipment, Technological advancements.❖ Practical-3: Labelled diagram of field & equipment of any one IOA recognised Sport/Game of choice. |

**SYLLABUS OF ANNUAL EXAMINATION MUST BE COMPLETED BY
31/01/2023**

PREPARATION AND REVISION OF ANNUAL EXAMINATION 2023

NOTE:- ANNUAL EXAMINATION WILL BE BASED ON WHOLE SYLLABUS