Physical Education Class 11 Syllabus

Unit-I: Changing Trends & Career In Physical Education

* Meaning & definition of Physical Education
* Aims & Objectives of Physical Education
* Changing trends in Physical Education
* Various Physical Education Courses available in India
* Career Options in Physical Education
* Soft skills required for different careers

Unit-II: Olympic Movement

* Ancient & Modern Olympics (Summer & Winter)
* Olympic Symbols, Ideals, Objectives & Values
* International Olympic Committee
* Indian Olympic Association
* Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
* Organisational set-up of CBSE Sports & Chacha Nehru Sports Award

Unit-III: Physical Fitness, Wellness & Lifestyle

* Meaning & Importance Of Physical Fitness, Wellness & Lifestyle
* Components of physical fitness
* Components of Health related fitness
* Components of wellness
* Preventing Health Threats Through Lifestyle Change
* Concept of Positive Lifestyle

Unit-IV: Physical Education & Sports for Differently Abled

* Aims & objectives of Adaptive Physical Education
* Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
* Concept and need of Integrated Physical Education
* Concept of Inclusion, its need and Implementation
* Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

Unit-V: Yoga

* Meaning & Importance of Yoga
* Elements of Yoga
* Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas
* Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)
* Relaxation Techniques for improving concentration - Yog-nidra

Unit-VI: Physical Activity & Leadership Training

* Introduction to physical activity & leadership
* Qualities & role of a Leader
* Behaviour change stages for physical activity (Pre-contemplation; Contemplation; Planning; Active; Maintenance)
* Creating leaders through Physical Education
* Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding
* Safety measures during physical activity and adventure sports

Unit-VII: Test, Measurement & Evaluation

* Define Test, Measurement & Evaluation
* Importance Of Test, Measurement & Evaluation In Sports
* Calculation Of BMI & Waist - Hip Ratio
* Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
* Procedures Of Anthropomatric Measurement – Height, Weight, Arm & Leg Length

Unit-VIII: Fundamentals Of Anatomy & Physiology

* Define Anatomy, Physiology & Its Importance
* Function Of Skeleton System, Classification Of Bones & Types Of Joints
* Properties of Muscles
* Function & Structure Of Muscles
* Function & Structure Of Respiratory System, Mechanism of Respiration
* Structure Of Heart & Introduction To Circulatory System
* Oxygen debt, second-wind

Unit-IX: Kinesiology, Biomechanics & Sports

* Meaning & Importance of Kinesiology & Biomechanics In Phy. Edu. & Sports
* Levers & Its Types and its application in sports
* Equilibrium – Dynamic & Static And Centre Of Gravity and its application in sports
* Force – Centrifugal & Centripetal and its application in sports
* Introduction to Buoyancy Force

Unit-X: Psychology & Sports

* Definition & Importance Of Psychology In Phy. Edu. & Sports
* Define & Differentiate Between Growth & Development
* Developmental Characteristics At Different Stage Of Development
* Adolescent Problems & Their Management
* Define Learning, Laws Of Learning (Law of Readiness; Law of Effect & Law of Exercise) & Transfer Of Learning
* Plateau & causes of plateau
* Emotion: Concept, Type & Controlling of emotion

Unit-XI: Training In Sports

* Meaning & Concept Of Sports Training
* Principles Of Sports Training
* Warming up & limbering down
* Load, Symptoms of Over-load, Adaptation & Recovery
* Skill, Technique & Style
* Role of Free-play in the development of Motor Component

Unit-XII: Doping

* Concept & classification of doping
* Prohibited Substances & Methods
* Athletes Responsibilities
* Side Effects Of Prohibited Substances
* Ergogenic aids & doping in sports
* Doping control procedure

Practical: 30 Marks

1. Physical Fitness (AAHPER) - 10 Marks
2. Skill of any one Individual Game of choice - 10 Marks
3. Viva - 05 Marks
4. Record File - 05 Marks