

**PHYSICAL EDUCATION (048)**  
**Class XII (2020–21)**  
**(RATIONALIZED)**

Theory

Max. Marks 70

**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)

**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, Pavanuktasana, Ardh Matsyendrasana
- Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pavanuktasana, Ardha Chakrasana, Bhujangasana, Sharasana

**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
- 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

**Unit VI Test & Measurement in Sports**

- 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 -  
Computation of Fitness Index:  $\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}$
- Rikli & Jones - Senior Citizen Fitness Test
  1. Chair Stand Test for lower body strength
  2. Arm Curl Test for upper body strength
  3. Chair Sit & Reach Test for lower body flexibility
  4. Back Scratch Test for upper body flexibility
  5. Eight Foot Up & Go Test for agility
  6. Six Minute Walk Test for Aerobic Endurance

### **Unit VII Physiology & Injuries in Sports**

- 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

### **Unit VIII Biomechanics & Sports**

- Meaning and Importance of Biomechanics in Sports
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Newton's Law of Motion & its application in sports

### **Unit IX Psychology & Sports**

- Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Meaning, Concept & Types of Aggressions in Sports

### **Unit X Training in Sports**

- 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

### **Practical**

**Max. Marks 30**

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|-----------------------------------------------------------------------------------------------------|-----------|
| 01. Physical Fitness Test                                                                           | - 6 Marks |
| 02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)- 7 Marks | - 7 Marks |
| 03. Yogic Practices                                                                                 | - 7 Marks |
| 04. Record File **                                                                                  | - 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga)                                                        | - 5 Marks |

\* Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

**\*\*Record File shall include:**

*Practical-1: Fitness tests administration for all items.*

*Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.*

*Practical-3: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skill)*