



**PHYSICAL EDUCATION (048)**

**DISTRIBUTION OF SYLLABUS – CLASS XII – 2021-2022**

**TERM II – THEORY SHORT/LONG ANSWER – 35 MARKS**

<b>*Unit No.</b>	<b>Name</b>
<b>3</b>	<b><u>Yoga &amp; Lifestyle :</u></b> <ul style="list-style-type: none"><li>➤ Asanas as preventive measures</li><li>➤ Obesity: Procedure, Benefits &amp; contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana</li><li>➤ Diabetes: Procedure, Benefits &amp; contraindications for Bhujangasana, Paschimottasana , Pavan Muktasana, Ardh Matsyendrasana</li><li>➤ Asthma: Procedure, Benefits &amp; contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana</li><li>➤ Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana</li></ul>
<b>4</b>	<b><u>Physical Education &amp; Sports for CWSN (Children with Special Needs - DIVYANG)</u></b> <ul style="list-style-type: none"><li>➤ Concept of Disability &amp; Disorder</li><li>➤ Types of Disability, its causes &amp; nature (cognitive disability, intellectual</li><li>➤ disability, physical disability)</li><li>➤ Types of Disorder, its cause &amp; nature (ADHD, SPD, ASD, ODD, OCD)</li><li>➤ Disability Etiquettes</li><li>➤ Strategies to make Physical Activities assessable for children with special need.</li></ul>
<b>7</b>	<b><u>Physiology &amp; Injuries in Sports</u></b> <ul style="list-style-type: none"><li>➤ Physiological factor determining component of Physical Fitness</li><li>➤ Effect of exercise on Cardio Respiratory System</li><li>➤ Effect of exercise on Muscular System</li><li>➤ Sports injuries: Classification (Soft Tissue Injuries:(Abrasion,</li></ul>

	<p>Contusion, Laceration, Incision, Sprain &amp; Strain) Bone &amp; Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique &amp; Impacted) Causes, Prevention&amp; treatment</p> <p>➤ First Aid – Aims &amp; Objectives</p>
<b>9</b>	<p><b><u>Psychology &amp; Sports</u></b></p> <p>➤ Personality; its definition &amp; types – Trait &amp; Types (Sheldon &amp; Jung Classification) &amp; Big Five Theory</p> <p>➤ Motivation, its type &amp; techniques</p> <p>➤ Meaning, Concept &amp; Types of Aggressions in Sports</p>
<b>10</b>	<p><b><u>Training in Sports</u></b></p> <p>➤ Strength – Definition, types &amp; methods of improving Strength – Isometric, Isotonic &amp; Isokinetic</p> <p>➤ Endurance - Definition, types &amp; methods to develop Endurance – Continuous Training, Interval Training &amp; Fartlek Training</p> <p>➤ Speed – Definition, types &amp; methods to develop Speed – Acceleration Run &amp; Pace Run</p> <p>➤ Flexibility – Definition, types &amp; methods to improve flexibility Coordinative Abilities – Definition &amp; types</p>