



**PHYSICAL EDUCATION (048)**

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

**TERM – II**

<b>*Unit No.</b>	<b>Name</b>
4.	Physical Education & Sports for CWSN (Children With Special Needs- Divyang) <ul style="list-style-type: none"><li>• Aims &amp; objectives of Adaptive Physical Education</li><li>• Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)</li><li>• Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; special Educator)</li></ul>
5.	Yoga <ul style="list-style-type: none"><li>• Meaning &amp; Importance of Yoga</li><li>• Elements of Yoga</li><li>• Introduction - Asanas, Pranayam, Meditation &amp; Yogic Kriyas</li><li>• Yoga for concentration &amp; related Asanas (Sukhasana; Tadasana; Padmasana &amp; Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose))</li></ul>
6.	Physical Activity & Leadership Training <ul style="list-style-type: none"><li>• Leadership Qualities &amp; Role of a Leader</li><li>• Meaning, objectives &amp; types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding)</li><li>• Safety measures to prevent sports injuries</li></ul>
9.	Psychology & Sports <ul style="list-style-type: none"><li>• Definition &amp; Importance of Psychology in Phy. Edu. &amp; Sports</li><li>• Define &amp; Differentiate Between Growth &amp; Development.</li><li>• Adolescent Problems &amp; Their Management</li></ul>
10.	Training and Doping in Sports <ul style="list-style-type: none"><li>• Meaning &amp; Concept of Sports Training</li><li>• Principles of Sports Training</li><li>• Concept &amp; classification of doping</li><li>• Prohibited Substances &amp; their side effects</li></ul>