

**SUBJECT: PHYSICAL EDUCATION: CLASS: XI: SYLLABUS FOR THE SESSION 2025-26**

PRESCRIBED TEXTBOOKS:

1	HEALTH AND PHYSICAL EDUCATION- DR.V.K. SHARMA	SARASWATI PUBLICATION
---	---	-----------------------

**CLASS TEST**

MAX. MARKS: 35    DATE OF EXAMINATION: TIME ALLOWED- 1½ HRS.				
UNIT	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS	LEARNING OUTCOME
UNIT-1	<b>CHANGING TRENDS AND CAREER IN PHYSICAL EDU.</b> 1. CONCEPT, AIMS & OBJECTIVES OF PHYSICAL EDUCATION 2. DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA- POST INDEPENDENCE 3. CHANGING TRENDS IN SPORTS- PLAYING SURFACE WEARABLE GEAR & SPORTS EQUIPMENT, TECHNOLOGICAL ADVANCEMENTS 4. CAREER OPTIONS IN PHYSICAL EDUCATION 5. KHELO INDIA PROGRAM & FIT INDIA PROGRAM	VERY SHORT ANSWER	10 MARKS	*Recognize the concept, aim and objective of Physical Education *Identify the post-independence development in Physical Edu. *Categorize changing trends in sports- playing surface, tech. equipment, wearable gears etc. *Explore different career options In the field of Physical Education *Make out the development of Khelo India & Fit India Program.
		SHORT ANSWER	15 MARKS	
UNIT-2	<b>OLYMPISM VALUE EDUCATION</b> 1. OLYMPISM- CONCEPT & OLYMPIC VALUES (EXCELLENCE, FRIENDSHIP & RESPECT) 2. OLYMPIC VALUE EDU.- JOY OF EFFORT, FAIR PLAY, RESPECT FOR OTHERS, PUSUIT OF EXCELLENCE, BALANCE AMONG BODY, WILL & MIND 3. ANCIENT AND MODERN OLYMPICS 4. OLYMPICS- SYMBOLS, MOTTO, FLAG, OATH AND ANTHEM 5. OLYMPIC MOVEMENT STRUCTURE- IOC, NOC, IFS, OTHER MEMBERS	LONG ANSWER	10 MARKS	*Incorporate values of Olympism in your life. * Differentiate between Modern and Ancient Olympic games, Paralympics & Special Olympic games. * Identify the Olympic symbol & ideals. *Describe the structure of the Olympic movement structure.

TOTAL: 35MARKS

**HALF- YEARLY EXAMINATION**

MAX. MARKS: 70    DATE OF EXAMINATION:    TIME ALLOWED- 3 HRS.				LEARNING OUTCOME
UNIT	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS	
UNIT-1	<b>CHANGING TRENDS AND CAREER IN PHYSICAL EDU.</b> 1. CONCEPT, AIMS & OBJECTIVES OF PHYSICAL EDUCATION 2. DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA- POST INDEPENDENCE 3. CHANGING TRENDS IN SPORTS- PLAYING SURFACE WEARABLE GEAR & SPORTS EQUIPMENT, TECHNOLOGICAL ADVANCEMENTS 4. CAREER OPTIONS IN PHYSICAL EDUCATION	VERY SHORT ANSWER	11 MARKS	*Recognize the concept, aim and objective of Physical Education *Identify the post-independence development in Physical Edu. *Categorize changing trends in sports- playing surface, tech. equipment, wearable gears etc. *Explore different career options In the field of Physical Education *Make out the development of Khelo

	5. KHELO INDIA PROGRAM & FIT INDIA PROGRAM			India & Fit India Program.
UNIT-2	<b>OLYMPISM VALUE EDUCATION</b> <ol style="list-style-type: none"> <li>1. OLYMPISM- CONCEPT &amp; OLYMPIC VALUES (EXCELLENCE, FRIENDSHIP &amp; RESPECT)</li> <li>2. OLYMPIC VALUE EDU.- JOY OF EFFORT, FAIR PLAY, RESPECT FOR OTHERS, PUSUIT OF EXCELLENCE, BALANCE AMONG BODY, WILL &amp; MIND</li> <li>3. ANCIENT AND MODERN OLYMPICS</li> <li>4. OLYMPICS- SYMBOLS, MOTTO, FLAG, OATH AND ANTHEM</li> <li>5. OLYMPIC MOVEMENT STRUCTURE- IOC, NOC, IFS, OTHER MEMBERS</li> </ol>			* Incorporate values of Olympism in your life. * Differentiate between Modern and Ancient Olympic games, Paralympics & Special Olympic games. * Identify the Olympic symbol & ideals. * Describe the structure of the Olympic movement structure.
UNIT-3	<b>YOGA</b> <ol style="list-style-type: none"> <li>1. MEANING &amp; IMPORTANCE OF YOGA</li> <li>2. INTRODUCTION TO ASHTANGA YOGA</li> <li>3. YOGIC KRIYAS (SHAT KARMA)</li> <li>4. PRANAYAMA AND ITS TYPES</li> <li>5. ACTIVE LIFESTYLE &amp; STRESS MANAGEMENT THROUGH YOGA</li> </ol>	SHORT ANSWER	24 MARKS	* Recognise the concept of yoga & be aware of the importance of it. * Identify the elements of yoga * Identify the asanas, pranayamas, meditation & yogic kriyas. * Classify various yogic activities for the enhancement of concentration. * Know about relaxation techniques for improving concentration.
UNIT-4	<b>PHYSICAL EDUCATION &amp; SPORTS FOR CHILDREN WITH SPECIAL NEEDS</b> <ol style="list-style-type: none"> <li>1. CONCEPT OF DISABILITY &amp; DISORDER</li> <li>2. TYPES OF DISABILITY, ITS CAUSES &amp; NATURE (INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)</li> <li>3. DISABILITY ETIQUETTE</li> <li>4. AIM &amp; OBJECTIVES OF ADAPTIVE PHYSICAL EDUCATION</li> <li>5. ROLE OF VARIOUS PROFESSIONALS FOR CWSN (COUNSELLOR, OCCUPATONAL THERAPIST, PHYSIOTHERAPIST, PHYSICAL EDUCATION TEACHER, SPEECH THERAPIST &amp; SPECIAL EDUCATOR)</li> </ol>			* Identify the concept of Disability and Disorder. * Outline types of disability and describe their causes and nature. * Adhere to & respect children with special needs by following etiquettes. *
UNIT-5	<b>PHYSICAL FITNESS, WELLNESS AND LIFESTYLE</b> <ol style="list-style-type: none"> <li>1. MEANING &amp; IMPORTANCE OF WELLNESS, HEALTH AND PHYSICAL FITNESS</li> <li>2. COMPONENTS/ DIMENSIONS OF WELLNESS, HEALTH AND PHYSICAL FITNESS</li> <li>3. TRADITIONAL SPORTS &amp; REGIONAL GAMES FOR PROMOTING WELLNESS</li> <li>4. LEADERSHIP THROUGH PHYSICAL ACTIVITY AND SPORTS</li> <li>5. INTRODUCTION TO FIRST AID- PRICE</li> </ol>	LONG ANSWER	35 MARKS	

TOTAL: 70 MARKS

### POST MID-TERM EXAMINATION

MAX. MARKS: 35 DATE OF EXAMINATION: 23.11.2019 TIME ALLOWED- 1½ HRS.				
UNIT	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS	
UNIT-1	<b>CHANGING TRENDS AND CAREER IN PHYSICAL EDU.</b> <ol style="list-style-type: none"> <li>1. CONCEPT, AIMS &amp; OBJECTIVES OF PHYSICAL EDUCATION</li> <li>2. DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA- POST INDEPENDENCE</li> <li>3. CHANGING TRENDS IN SPORTS- PLAYING SURFACE WEARABLE GEAR &amp; SPORTS EQUIPMENT, TECHNOLOGICAL ADVANCEMENTS</li> <li>4. CAREER OPTIONS IN PHYSICAL EDUCATION</li> <li>5. KHELO INDIA PROGRAM &amp; FIT INDIA PROGRAM</li> </ol>	VERY SHORT ANSWER	10 MARKS	*Recognize the concept, aim and objective of Physical Education *Identify the post-independence development in Physical Edu. *Categorize changing trends in sports- playing surface, tech. equipment, wearable gears etc. *Explore different career options In the field of Physical Education *Make out the development of Khelo India & Fit India Program
UNIT-2	<b>OLYMPISM VALUE EDUCATION</b> <ol style="list-style-type: none"> <li>1. OLYMPISM- CONCEPT &amp; OLYMPIC VALUES (EXCELLENCE, FRIENDSHIP &amp; RESPECT)</li> <li>2. OLYMPIC VALUE EDU.- JOY OF EFFORT, FAIR PLAY, RESPECT FOR OTHERS, PUSUIT OF EXCELLENCE, BALANCE AMONG BODY, WILL &amp; MIND</li> <li>3. ANCIENT AND MODERN OLYMPICS</li> <li>4. OLYMPICS- SYMBOLS, MOTTO, FLAG, OATH AND ANTHEM</li> <li>5. OLYMPIC MOVEMENT STRUCTURE- IOC, NOC, IFS, OTHER MEMBERS</li> </ol>			*Incorporate values of Olympism in your life. * Differentiate between Modern and Ancient Olympic games, Paralympics & Special Olympic games. * Identify the Olympic symbol & ideals. *Describe the structure of the Olympic movement structure.
UNIT-3	<b>YOGA</b> <ol style="list-style-type: none"> <li>1. MEANING &amp; IMPORTANCE OF YOGA</li> <li>2. INTRODUCTION TO ASHTANGA YOGA</li> <li>3. YOGIC KRIYAS (SHAT KARMA)</li> <li>4. PRANAYAMA AND ITS TYPES</li> <li>5. ACTIVE LIFESTYLE &amp; STRESS MANAGEMENT THROUGH YOGA</li> </ol>			
UNIT-4	<b>PHYSICAL EDUCATION &amp; SPORTS FOR CHILDREN WITH SPECIAL NEEDS</b> <ol style="list-style-type: none"> <li>1. CONCEPT OF DISABILITY &amp; DISORDER</li> <li>2. TYPES OF DISABILITY, ITS CAUSES &amp; NATURE (INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)</li> <li>3. DISABILITY ETIQUETTE</li> <li>4. AIM &amp; OBJECTIVES OF ADAPTIVE PHYSICAL EDUCATION</li> <li>5. ROLE OF VAROUS PROFESSIONALS FOR CWSN (COUNSELLOR, OCCUPATONAL THERAPIST, PHYSIOTHERAPIST, PHYSICAL EDUCATION</li> </ol>	SHORT ANSWER	15 MARKS	

	TEACHER, SPEECH THERAPIST & SPECIAL EDUCATOR)			
UNIT-5	<b>PHYSICAL FITNESS, WELLNESS AND LIFESTYLE</b> <ol style="list-style-type: none"> <li>1. MEANING &amp; IMPORTANCE OF WELLNESS, HEALTH AND PHYSICAL FITNESS</li> <li>2. COMPONENTS/ DIMENSIONS OF WELLNESS, HEALTH AND PHYSICAL FITNESS</li> <li>3. TRADITIONAL SPORTS &amp; REGIONAL GAMES FOR PROMOTING WELLNESS</li> <li>4. LEADERSHIP THROUGH PHYSICAL ACTIVITY AND SPORTS</li> <li>5. INTRODUCTION TO FIRST AID- PRICE</li> </ol>			
UNIT-6	<b>TEST, MEASUREMENT &amp; EVALUATION</b> <ol style="list-style-type: none"> <li>1. DEFINE TEST, MEASUREMENT &amp; EVALUATION</li> <li>2. IMPORTANCE OF TEST, MEASUREMENT AND EVALUATION IN SPORTS</li> <li>3. CALCULATION OF BMI, WAIST-HIP RATIO, SKIN -FOLD MEASUREMENT (3 SITE)</li> <li>4. SOMATOTYPES (ENDOMORPHY, MESOMORPHY &amp; ECTOMORPHY)</li> <li>5. MEASUREMENT OF HEALTH- RELATED FITNESS</li> </ol>			
UNIT-7	<b>FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS</b> <ol style="list-style-type: none"> <li>1. DEFINITION &amp; IMPORTANCE OF ANATOMY &amp; PHYSIOLOGY IN EXERCISE AND SPORTS</li> <li>2. FUNCTIONS OF SKELETAL SYSTEM, CLASSIFICATION OF BONES &amp; TYPES OF JOINTS</li> <li>3. PROPERTIES &amp; FUNCTIONS OF MUSCLES</li> <li>4. STRUCTURE &amp; FUNCTION OF CIRCULATORY SYSTEM AND HEART</li> <li>5. STRUCTURE &amp; FUNCTIONS OF RESPIRATORY SYSTEM</li> </ol>	LONG ANSWER	10 MARKS	

TOTAL: 35MARKS

### ANNUAL EXAM

MAX. MARKS: 35 ALLOWED- 1½ HRS.		DATE OF EXAMINATION: 23.11.2019		TIME	
UNIT	TEXT AND PORTION	EXAM SPECIFICAT IONS	MARKS		
UNIT-1	<b>CHANGING TRENDS AND CAREER IN PHYSICAL EDU.</b> 1. CONCEPT, AIMS & OBJECTIVES OF PHYSICAL EDUCATION 2. DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA- POST INDEPENDENCE 3. CHANGING TRENDS IN SPORTS- PLAYING SURFACE WEARABLE GEAR & SPORTS EQUIPMENT, TECHNOLOGICAL ADVANCEMENTS	VERY SHORT ANSWER	10 MARKS	*Recognize the concept, aim and objective of Physical Education *Identify the post-independence development in Physical Edu. *Categorize changing trends in sports- playing surface, tech. equipment, wearable gears etc. *Explore different career options In the field of Physical Education	

	4. CAREER OPTIONS IN PHYSICAL EDUCATION 5. KHELO INDIA PROGRAM & FIT INDIA PROGRAM			*Make out the development of Khelo India & Fit India Program
UNIT-2	<b>OLYMPISM VALUE EDUCATION</b> 1. OLYMPISM- CONCEPT & OLYMPIC VALUES (EXCELLENCE, FRIENDSHIP & RESPECT) 2. OLYMPIC VALUE EDU.- JOY OF EFFORT, FAIR PLAY, RESPECT FOR OTHERS, PUSUIT OF EXCELLENCE, BALANCE AMONG BODY, WILL & MIND 3. ANCIENT AND MODERN OLYMPICS 4. OLYMPICS- SYMBOLS, MOTTO, FLAG, OATH AND ANTHEM 5. OLYMPIC MOVEMENT STRUCTURE- IOC, NOC, IFS, OTHER MEMBERS			
UNIT-3	<b>YOGA</b> 1. MEANING & IMPORTANCE OF YOGA 2. INTRODUCTION TO ASHTANGA YOGA 3. YOGIC KRIYAS (SHAT KARMA) 4. PRANAYAMA AND ITS TYPES 5. ACTIVE LIFESTYLE & STRESS MANAGEMENT THROUGH YOGA			
UNIT-4	<b>PHYSICAL EDUCATION &amp; SPORTS FOR CHILDREN WITH SPECIAL NEEDS</b> 1. CONCEPT OF DISABILITY & DISORDER 2. TYPES OF DISABILITY, ITS CAUSES & NATURE (INTELLECTUAL DISABILITY, PHYSICAL DISABILITY) 3. DISABILITY ETIQUETTE 4. AIM & OBJECTIVES OF ADAPTIVE PHYSICAL EDUCATION 5. ROLE OF VAROUS PROFESSIONALS FOR CWSN (COUNSELLOR, OCCUPATONAL THERAPIST, PHYSIOTHERAPIST, PHYSICAL EDUCATION TEACHER, SPEECH THERAPIST & SPECIAL EDUCATOR)	SHORT ANSWER	15 MARKS	
UNIT-5	<b>PHYSICAL FITNESS, WELLNESS AND LIFESTYLE</b> 1. MEANING & IMPORTANCE OF WELLNESS, HEALTH AND PHYSICAL FITNESS 2. COMPONENTS/ DIMENSIONS OF WELLNESS, HEALTH AND PHYSICAL FITNESS 3. TRADITIONAL SPORTS & REGIONAL GAMES FOR PROMOTING WELLNESS 4. LEADERSHIP THROUGH PHYSICAL ACTIVITY AND SPORTS 5. INTRODUCTION TO FIRST AID- PRICE			
UNIT-6	<b>TEST, MEASUREMENT &amp; EVALUATION</b> 1. DEFINE TEST, MEASUREMENT & EVALUATION 2. IMPORTANCE OF TEST, MEASUREMENT AND			

	<p>EVALUATION IN SPORTS</p> <ol style="list-style-type: none"> <li>3. CALCULATION OF BMI, WAIST-HIP RATIO, SKIN -FOLD MEASUREMENT (3 SITE)</li> <li>4. SOMATOTYPES (ENDOMORPHY, MESOMORPHY &amp; ECTOMORPHY)</li> <li>5. MEASUREMENT OF HEALTH- RELATED FITNESS</li> </ol>			
UNIT-7	<p><b>FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS</b></p> <ol style="list-style-type: none"> <li>1. DEFINITION &amp; IMPORTANCE OF ANATOMY &amp; PHYSIOLOGY IN EXERCISE AND SPORTS</li> <li>2. FUNCTIONS OF SKELETAL SYSTEM, CLASSIFICATION OF BONES &amp; TYPES OF JOINTS</li> <li>3. PROPERTIES &amp; FUNCTIONS OF MUSCLES</li> <li>4. STRUCTURE &amp; FUNCTION OF CIRCULATORY SYSTEM AND HEART</li> <li>5. STRUCTURE &amp; FUNCTIONS OF RESPIRATORY SYSTEM</li> </ol>	LONG ANSWER	10 MARKS	
UNIT-8	<p><b>FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS</b></p> <ol style="list-style-type: none"> <li>1. DEFINITION &amp; IMPORTANCE OF KINESIOLOGY AND BIOMECHANICS IN SPORTS</li> <li>2. PRINCIPLES OF BIOMECHANICS</li> <li>3. KINETICS &amp; KINEMATICS IN SPORTS</li> <li>4. TYPES OF BODY MOVEMENTS- FLEXION, EXTENSION, ABDUCTION, ADDUCTION, ROTATION, CIRCUMDUCTION, SUPINATION &amp; PRONATION</li> <li>5. AXIS &amp; PLANES- CONCEPT &amp; ITS APPLICATION IN BODY MOVEMENTS</li> </ol>			
UNIT-9	<p><b>PSYCHOLOGY AND SPORTS</b></p> <ol style="list-style-type: none"> <li>1. DEFINITION &amp; IMPORTANCE OF PSYCHOLOGY IN PHYSICAL EDUCATION &amp; SPORTS</li> <li>2. DEVELOPMENTAL CHARACTERISTICS AT DIFFERENT STAGES OF DEVELOPMENT</li> <li>3. ADOLESCENT PROBLEMS &amp; THEIR MANAGEMENT</li> <li>4. TEAM COHESION &amp; SPORTS</li> <li>5. INTRODUCTION TO PSYCHOLOGICAL ATTRIBUTES: ATTENTION, RESILIENCE, MENTAL TOUGHNESS</li> </ol>			
UNIT-10	<p><b>TRAINING &amp; DOPING IN SPORTS</b></p> <ol style="list-style-type: none"> <li>1. CONCEPT &amp; PRINCIPLES OF SPORTS TRAINING</li> <li>2. TRAINING LOAD: OVERLOAD, ADAPTATION AND RECOVERY</li> <li>3. WARMING-UP &amp; LIMBERING DOWN- TYPES, METHOD &amp; IMPORTANCE</li> <li>4. CONCEPT OF SKILL, TECHNIQUE, TACTICS &amp;</li> </ol>			

	STRATEGIES			
	5. CONCEPT OF DOPING & ITS DISADVANTAGES			

TOTAL: 70 MARKS

**Practical Max. Marks: 30**

01. Physical Fitness Test -06 Marks

02. Proficiency in Games & Sports (Skill of any one Game of choice from the given list\* -07 Marks

03. Yogic Practices -07 Marks

04. Record File\*\* -05 Marks

05. Viva Voice (Health/ Games& Sports/ Yoga) -05 Marks

- ***Athletics, Archery, Badminton, Boxing, Chess, Shooting, Skating, Aerobics, Rope-Skipping, Yoga, Gymnastics, Judo, Swimming, Table Tennis, Taekwondo, Tennis, Bocce and Unified Basketball( CWSN )***

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

*Practical-1: Labelled diagram of 400 M Track & Field with computations.*

*Practical-2: Computation of BMI from family or neighborhood & graphical representation of the data.*

*Practical-3: Labelled diagram of field & equipment of any one game of your choice out of the above list.*

*Practical-4: List of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi KhelRatna Award)*

*Practical-5: Pictorial presentation of any five Asanas for improving concentration.*

**SUBJECT: PHYSICAL EDUCATION: CLASS: XII: SYLLABUS FOR THE SESSION 2025-26**

PRESCRIBED TEXTBOOKS:

1	PHYSICAL EDUCATION- DR.V.K. SHARMA	SARASWATI PUBLICATION
---	------------------------------------	-----------------------

**1<sup>ST</sup> QUARTERLY EXAMINATION**

MAX. MARKS: 35      DATE OF EXAMINATION: JUNE-JULY    TIME ALLOWED- 1½ HRS.			
UNIT NO.	UNIT NAME AND TOPICS	EXAM SPECIFICATIONS	MARKS
UNIT-1	<b>MANAGEMENT OF SPORTING EVENTS</b> <ol style="list-style-type: none"> <li>1. FUNCTIONS OF SPORTS EVENT MANAGEMENT (PLANNING, ORGANISING, STAFFING, DIRECTING &amp; CONTROLLING)</li> <li>2. VARIOUS COMMITTEES &amp; THEIR RESPONSIBILITIES (PRE, DURING &amp; POST)</li> <li>3. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE &amp; SEEDING), LEAGUE (STAIRCASE, CYCLIC, TABULAR METHOD) &amp; COMBINATION TOURNAMENT.</li> <li>4. INTRAMURAL &amp; EXTRAMURAL TOURNAMENTS- MEANING, OBJECTIVES &amp; ITS SIGNIFICANCE</li> <li>5. COMMUNITY SPORTS PROGRAM (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC CAUSE &amp; RUN FOR UNITY)</li> </ol>	VERY SHORT ANSWER	10 MARKS
UNIT-2	<b>CHILDREN AND WOMEN IN SPORTS</b> <ol style="list-style-type: none"> <li>1. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS</li> <li>2. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS, SCOLIOSIS &amp; BOW LEGS &amp; THEIR RESPECTIVE CORRECTIVE MEASURES.</li> <li>3. WOMEN'S PARTICIPATION IN SPORTS- PHYSICAL, PSYCHOLOGICAL &amp; SOCIAL BENEFITS.</li> <li>4. SPECIAL CONSIDERATION (MENARCHE AND MENSTRUAL DYSFUNCTION)</li> <li>5. FEMALE ATHLETE TRIAD ( OSTEOPOROSIS, AMENORRHEA, EATING DISORDERS)</li> </ol>	SHORT ANSWER	15 MARKS
UNIT-3	<b>YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE DISEASE</b> <ol style="list-style-type: none"> <li>1. <b>OBESITY:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, HALASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA, PASCHIMOTTANASANA, ARDHAMATSYENDRASANA, DHANURASANA, USHTRASANA, &amp; SURYABHEDAN PRANAYAM.</li> <li>2. <b>DIABETES:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SALABHASANA, DHANURASANA, SUPTA-VAJRASANA, PASCHIMOTTANASANA, USHTRASANA, MANDUKASANA, ARDHAMATSYENDRASANA,</li> </ol>	LONG ANSWER	10 MARKS

	<p>GOMUKHASANA, YOGMUDRA &amp; KAPALABHATI</p> <p>3. <b>ASTHMA:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, DHANURASANA, URDHWAHASTOTTANASANA, BHUJANGASANA, UTTANMANDUKASANA, USHTRASANA, VAKRASANA, GOMUKHASANA, MATSYASANA, KAPALBHATI, &amp; ANULOM-VILOM.</p> <p>4. <b>HYPERTENSION:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, GOMUKHASANA KATICHAKRASANA, UTTANPADASANA, ARDHA-HALASANA, SARALA MATSYASANA, UTTANMANDUKASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA – PRANAYAM, SITLI PRANAYAM.</p> <p>5. <b>BACK PAIN AND ARTHRITIS:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, USHTRASANA, ARDHCHAKRASANA, VAKRASANA, BHUJANGASANA, SARLA MATSYENDRASANA, GOMUKHASANA, BHDRASANA, MAKARASANA, NADI SHODHAN PRANAYAM.</p>		

TOTAL: 35MARKS

#### HALF- YEARLY EXAMINATION

MAX. MARKS: 70    DATE OF EXAMINATION: SEPTEMBER    TIME ALLOWED- 3 HRS.			
UNIT NO.	UNIT NAME AND TOPICS	EXAM SPECIFICATIONS	MARKS
UNIT-1	<b>MANAGEMENT OF SPORTING EVENTS</b> <ol style="list-style-type: none"> <li>1. FUNCTIONS OF SPORTS EVENT MANAGMENT (PLANNING, ORGANISING, STAFFING, DIRECTING &amp; CONTROLLING)</li> <li>2. VARIOUS COMMITTEES &amp; THEIR RESPONSIBILITIES (PRE, DURING &amp; POST)</li> <li>3. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE &amp; SEEDING), LEAGUE (STAIRCASE, CYCLIC, TABULAR METHOD) &amp; COMBINATION TOURNAMENT.</li> <li>4. INTRAMURAL &amp; EXTRAMURAL TOURNAMENTS- MEANING, OBJECTIVES &amp; ITS SIGNIFICANCE</li> <li>5. COMMUNITY SPORTS PROGRAM (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC CAUSE &amp; RUN FOR UNITY)</li> </ol>	VERY SHORT ANSWER	11 MARKS
UNIT-2	<b>CHILDREN AND WOMEN IN SPORTS</b> <ol style="list-style-type: none"> <li>1. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS</li> <li>2. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS, SCOLIOSIS &amp; BOW LEGS &amp; THEIR</li> </ol>		

	<p>RESPECTIVE CORRECTIVE MEASURES.</p> <ol style="list-style-type: none"> <li>3. WOMEN'S PARTICIPATION IN SPORTS- PHYSICAL, PSYCHOLOGICAL &amp; SOCIAL BENEFITS.</li> <li>4. SPECIAL CONSIDERATION (MENARCHE AND MENSTRUAL DYSFUNCTION)</li> <li>5. FEMALE ATHLETE TRIAD ( OSTEOPOROSIS, AMENORRHEA, EATING DISORDERS)</li> </ol>		
UNIT-3	<p><b>YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE DISEASE</b></p> <ol style="list-style-type: none"> <li>1. <b>OBESITY:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, HALASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA, PASCHIMOTTANASANA, ARDHAMATSYENDRASANA, DHANURASANA, USHTRASANA, &amp; SURYABHEDAN PRANAYAM.</li> <li>2. <b>DIABETES:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SALABHASANA, DHANURASANA, SUPTA-VAJRASANA, PASCHIMOTTANASANA, USHTRASANA, MANDUKASANA, ARDHAMATSYENDRASANA, GOMUKHASANA, YOGMUDRA &amp; KAPALABHATI</li> <li>3. <b>ASTHMA:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, DHANURASANA, URDHWAHASTOTTANASANA, BHUJANGASANA, UTTANMANDUKASANA, USHTRASANA, VAKRASANA, GOMUKHASANA, MATSYASANA, KAPALBHATI, &amp; ANULOM-VILOM.</li> <li>4. <b>HYPERTENSION:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, GOMUKHASANA, KATICHAKRASANA, UTTANPADASANA, ARDHA-HALASANA, SARALA MATSYASANA, UTTANMANDUKASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA – PRANAYAM, SITLI PRANAYAM.</li> <li>5. <b>BACK PAIN AND ARTHRITIS:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, USHTRASANA, ARDHCHAKRASANA, VAKRASANA, BHUJANGASANA, SARLA MATSYENDRASANA, GOMUKHASANA, BHDRASANA, MAKARASANA, NADI SHODHAN PRANAYAM.</li> </ol>	SHORT ANSWER	24 MARKS
UNIT-4	<p><b>PHYSICAL EDUCATION &amp; SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS- DIVYANG)</b></p> <ol style="list-style-type: none"> <li>1. ORGANISATIONS PROMOTING DISABILITY SPORTS (SPECIAL OLYMPICS: PARALYMPICS: DEAFLYMPICS)</li> <li>2. CONCEPT OF CLASSIFICATION AND DIVISIONING IN SPORTS</li> <li>3. CONCEPT OF INCLUSIONIN SPORTS, ITS NEED AND IMPLEMENTATION</li> <li>4. ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS</li> <li>5. STRATEGIES TO MAKE PHYSICAL ACTIVITIES ASSESSABLE FOR CHILDREN WITH SPECIAL NEED</li> </ol>		

UNIT-5	<b>SPORTS &amp; NUTRITION</b> <ol style="list-style-type: none"> <li>1. CONCEPT OF BALANCED DIET&amp; NUTRTION</li> <li>2. MACRO &amp; MICRON NUTRIENTS: FOOD SOURCES AND FUNCTONS</li> <li>3. NUTRITIVE AND NON- NUTRTIVE COMPONENTS OF DIET</li> <li>4. EATING FOR WEIGHT CONTROL – A HEALTHY WEIGHT, THE PITFALLS OF DIETING, FOOD INTOLERANCE &amp; FOOD MYTHS</li> <li>5. IMPORTANCE OF DIET IN SPORTS- PRE, DURING &amp; POST COMPETITION REQUIREMENTS</li> </ol>	LONG ANSWER	35 MARKS
UNIT-6	<b>TEST &amp; MEASUREMENT IN SPORTS</b> <ol style="list-style-type: none"> <li>1. FITNESS TEST- SAI KHELO INDIA FITNESS TEST IN SCHOOL: AGE GROUP 5-8 YR.S/ CLASS1-3: BMI, FLAMINGO BALANCE TEST, PLATE TAPPING TEST AGE AROUP 9-18 YR.S/ CLASS 4-12: BMI, 50 MT. SPEED TEST, 600 MT. RUN/ WALK, SIT &amp; REACH FLEXIBILITY TEST, STRENGTH TEST ( PARTIAL ABD CURL UP, PUSH-UPS FOR BOYS &amp; MODIFIED PUSH-UPS FOR GIRLS).</li> <li>2. MEASUREMENT OF CARDIO- VASCULAR FITNESS- HARVARD STEP TEST- DURATION OF THE EX. IN SEC.S X 100/ 5.5 X PULSE COUNT OF 1-1.5 MIN. AFTER EXERCISE</li> <li>3. COMPUTING BASAL METABOLIC RATE (BMR)</li> <li>4. RIKLI &amp; JONES- SENIOR CITIZEN FITNESS TEST *CHAIR STAND TEST-LOWER BODY STRENGTH *ARM CURL TEST- UPPER BODY STRENGTH *CHAIR SIT AND REACH TEST- LOWER BODY FLXB *BACK SCRATCH TEST- UPPER BODY FLEXIBILITY *EIGHT FOOT UP &amp; GO TEST- AGILITY *SIX- MINUTE WALK TEST- AEROBIC ENDURANCE</li> <li>5. JOHNSEN-METHNEY TEST OF MOTOR EDUCABILITY (FRONT ROLL, ROLL, JUMPING HALF-TURN, JUMPING FULL TURN)</li> </ol>		
UNIT-7	<b>PHYSIOLOGY AND INJURIES IN SPORTS</b> <ol style="list-style-type: none"> <li>1. PHYSIOLOGICAL FACTORS DETERMINING COMPONENTS OF PHYSICAL FITNESS</li> <li>2. EFFECT OF EXERCISE ON THE MUSCULAR SYSTEM</li> <li>3. EFFECT OF EXERCISE ON THE CARDIO RESPIRATORY SYSTEM</li> <li>4. PHYSIOLOGICAL CHANGES DUE TO AGEING</li> <li>5. SPORTS INJURIES: CLASSIFICATION (SOFT TISSUE INJURIES- ABRASION, CONTUSION, LACERATION, INCISION,SPRAIN &amp; STRAIN; BONE &amp; JOINT INJURIES – DISLOCATION: FRACTURES- GREENSTICK, OBLIQUE, COMMINUTED, TRANSVERSE&amp; IMPACTED)</li> </ol>		

TOTAL: 70MARKS

**PRE-BOARD-1**

MAX. MARKS: 70 DATE OF EXAMINATION: NOVEMBER TIME ALLOWED- 3 HRS.			
UNIT NO.	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS
UNIT-1	<b>MANAGEMENT OF SPORTING EVENTS</b> <ol style="list-style-type: none"> <li>1. FUNCTIONS OF SPORTS EVENT MANAGAMENT (PLANNING, ORGANISING, STAFFING, DIRECTING &amp; CONTROLLING)</li> <li>2. VARIOUS COMMITTEES &amp; THEIR RESPONSIBILITIES (PRE, DURING &amp; POST)</li> <li>3. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE &amp; SEEDING), LEAGUE (STAIRCASE, CYCLIC, TABULAR METHOD) &amp; COMBINATION TOURNAMENT.</li> <li>4. INTRAMURAL &amp; EXTRAMURAL TOURNAMENTS- MEANING, OBJECTIVES &amp; ITS SIGNIFICANCE</li> <li>5. COMMUNITY SPORTS PROGRAM (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC CAUSE &amp; RUN FOR UNITY)</li> </ol>	VERY SHORT ANSWER	11 MARKS
UNIT-2	<b>CHILDREN AND WOMEN IN SPORTS</b> <ol style="list-style-type: none"> <li>1. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS</li> <li>2. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS, SCOLIOSIS &amp; BOW LEGS &amp; THEIR RESPECTIVE CORRECTIVE MEASURES.</li> <li>3. WOMEN’S PARTICIPATION IN SPORTS- PHYSICAL, PSYCHOLOGICAL &amp; SOCIAL BENEFITS.</li> <li>4. SPECIAL CONSIDERATION (MENARCHE AND MENSTRUAL DYSFUNCTION)</li> <li>5. FEMALE ATHLETE TRIAD ( OSTEOPOROSIS, AMENORRHEA, EATING DISORDERS)</li> </ol>		
UNIT-3	<b>YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE DISEASE</b> <ol style="list-style-type: none"> <li>1. <b>OBESITY:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, HALASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA, PASCHIMOTTANASANA, ARDHAMATSYENDRASANA, DHANURASANA, USHTRASANA, &amp; SURYABHEDAN PRANAYAM.</li> <li>2. <b>DIABETES:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SALABHASANA, DHANURASANA, SUPTA-VAJRASANA, PASCHIMOTTANASANA, USHTRASAN MANDUKASANA, ARDHAMATSYENDRASANA, GOMUKHASANA, YOGMUDRA &amp; KAPALABHATI</li> <li>3. <b>ASTHMA:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA,</li> </ol>		

	<p>DHANURASANA, URDHWAHASTOTTANASANA, BHUJANGASANA, UTTANMANDUKASANA, USHTRASANA, VAKRASANA, GOMUKHASANA, MATSYASANA, KAPALBHATI, &amp; ANULOM-VILOM.</p> <p>4. <b>HYPERTENSION:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, GOMUKHASANA KATICHAKRASANA, UTTANPADASANA, ARDHA- HALASANA, SARALA MATSYASANA, UTTANMANDU- KASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA –PRANAYAM, SITLI PRANAYAM.</p> <p>5. <b>BACK PAIN AND ARTHRITIS:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, USHTRASANA, ARDHCHAKRASANA, VAKRASANA, BHUJANGASANA, SARLA MATSYENDRASANA, GOMUKHASANA, BHDRASANA, MAKARASANA, NADI SHODHAN PRANAYAM.</p>		
UNIT-4	<p><b>PHYSICAL EDUCATION &amp; SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS- DIVYANG)</b></p> <ol style="list-style-type: none"> <li>1. ORGANISATIONS PROMOTING DISABILITY SPORTS (SPECIAL OLYMPICS: PARALYMPICS: DEAFLYMPICS)</li> <li>2. CONCEPT OF CLASSIFICATION AND DIVISIONING IN SPORTS</li> <li>3. CONCEPT OF INCLUSIONIN SPORTS, ITS NEED AND IMPLEMENTATION</li> <li>4. ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS</li> <li>5. STRATEGIES TO MAKE PHYSICAL ACTIVITIES ASSESSABLE FOR CHILDREN WITH SPECIAL NEED</li> </ol>	SHORT ANSWER	24 MARKS
UNIT-5	<p><b>SPORTS &amp; NUTRITION</b></p> <ol style="list-style-type: none"> <li>1. CONCEPT OF BALANCED DIET &amp; NUTRTION</li> <li>2. MACRO &amp; MICRON NUTRIENTS: FOOD SOURCES AND FUNCTONS</li> <li>3. NUTRITIVE AND NON- NUTRTIVE COMPONENTS OF DIET</li> <li>4. EATING FOR WEIGHT CONTROL – A HEALTHY WEIGHT, THE PITFALLS OF DIETING, FOOD INTOLERANCE &amp; FOOD MYTHS</li> <li>5. IMPORTANCE OF DIET IN SPORTS- PRE, DURING &amp; POST COMPETITION REQUIREMENTS</li> </ol>		
UNIT-6	<p><b>TEST &amp; MEASUREMENT IN SPORTS</b></p> <ol style="list-style-type: none"> <li>1. FITNESS TEST- SAI KHELO INDIA FITNESS TEST IN SCHOOL: AGE GROUP 5-8 YR.S/ CLASS1-3: BMI, FLAMINGO BALANCE TEST, PLATE TAPPING TEST AGE AROUP 9-18 YR.S/ CLASS 4-12: BMI, 50 MT. SPEED TEST, 600 MT. RUN/ WALK, SIT &amp; REACH FLEXIBILITY TEST, STRENGTH TEST ( PARTIAL ABD CURL UP, PUSH-</li> </ol>		

	<p>UPS FOR BOYS &amp; MODIFIED PUSH-UPS FOR GIRLS).</p> <ol style="list-style-type: none"> <li>2. MEASUREMENT OF CARDIO- VASCULAR FITNESS- HARVARD STEP TEST- DURATION OF THE EX. IN SEC.S X 100/ 5.5 X PULSE COUNT OF 1-1.5 MIN. AFTER EXERCISE</li> <li>3. COMPUTING BASAL METABOLIC RATE (BMR)</li> <li>4. RIKLI &amp; JONES- SENIOR CITIZEN FITNESS TEST *CHAIR STAND TEST-LOWER BODY STRENGTH *ARM CURL TEST- UPPER BODY STRENGTH *CHAIR SIT AND REACH TEST- LOWER BODY FLXB *BACK SCRATCH TEST- UPPER BODY FLEXIBILITY *EIGHT FOOT UP &amp; GO TEST- AGILITY *SIX- MINUTE WALK TEST- AEROBIC ENDURANCE</li> <li>5. JOHNSEN-METHNEY TEST OF MOTOR EDUCABILITY (FRONT ROLL, ROLL, JUMPING HALF-TURN, JUMPING FULL TURN)</li> </ol>		
UNIT-7	<p><b>PHYSIOLOGY AND INJURIES IN SPORTS</b></p> <ol style="list-style-type: none"> <li>1. PHYSIOLOGICAL FACTORS DETERMINING COMPONENTS OF PHYSICAL FITNESS</li> <li>2. EFFECT OF EXERCISE ON THE MUSCULAR SYSTEM</li> <li>3. EFFECT OF EXERCISE ON THE CARDIO RESPIRATORY SYSTEM</li> <li>4. PHYSIOLOGICAL CHANGES DUE TO AGEING</li> <li>5. SPORTS INJURIES: CLASSIFICATION (SOFT TISSUE INJURIES- ABRASION, CONTUSION, LACERATION, INCISION,SPRAIN &amp; STRAIN; BONE &amp; JOINT INJURIES – DISLOCATION: FRACTURES- GREENSTICK, OBLIQUE, COMMINUTED, TRANSVERSE&amp; IMPACTED)</li> </ol>	LONG ANSWER	35MARKS
UNIT-8	<p><b>BIOMECHANICS &amp; SPORTS</b></p> <ol style="list-style-type: none"> <li>1. NEWTON’S LAW OF MOTION &amp; ITS APPLICATION IN SPORTS</li> <li>2. TYPES OF LEVERS &amp; THEIR APPLICATION IN SPORTS</li> <li>3. EQUILIBRIUM- DYNAMIC &amp; STATIC &amp; CENTRE OF GRAVITY &amp; ITS APPLICATION IN SPORTS</li> <li>4. FRICTION &amp; SPORTS</li> <li>5. PROJECTILE IN SPORTS</li> </ol>		
UNIT-9	<p><b>PSYCHOLOGY &amp; SPORTS</b></p> <ol style="list-style-type: none"> <li>1. PERSONALITY; ITS DEFINITION &amp; TYPES (JUNG CLASSIFICATION &amp; BIG FIVE THEORY)</li> <li>2. MOTIVATION, ITS TYPE &amp; TECHNIQUES</li> <li>3. EXERCISE ADHERENCE: REASONS, BENEFIT &amp; STRATEGIES FOR ENHANCING IT</li> <li>4. MEANING, CONCEPT &amp; TYPES OF AGGRESSIONS IN SPORTS</li> <li>5. PSYCHOLOGICAL ATTRIBUTES IN SPORTS- SELF-ESTEEM, MENTAL IMAGERY, SELF-TALK, GOAL SETTING</li> </ol>		

UNIT-10	<b>TRAINING IN SPORTS</b>		
	<ol style="list-style-type: none"> <li>1. CONCEPT OF TALENT IDENTIFICATION &amp; TALENT DEVELOPMENT IN SPORTS</li> <li>2. INTRODUCTION TO SPORTS TRAINING CYCLE- MICRO, MESO &amp; MACRO CYCLE</li> <li>3. TYPES &amp; METHOD TO DEVELOP- STRENGTH, ENDURANCE &amp; SPEED</li> <li>4. TYPES &amp; METHOD TO DEVELOP- FLEXIBILITY &amp; COORDINATIVE ABILITY</li> <li>5. CIRCUIT TRAINING- INTRODUCTION &amp; ITS IMPORTANCE</li> </ol>		

TOTAL: 70 MARKS

#### PRE-BOARD PRACTICAL EXAM

##### Practical Max. Marks: 30

- |  |           |
|--|-----------|
| 01. Physical Fitness Test  | -06 Marks |
| 02. Proficiency in Games & Sports (Skill of any one Game of choice from the given list*) | -07 Marks |
| 03. Yogic Practices  | -07 Marks |
| 04. Record File**  | -05 Marks |
| 05. Viva Voice (Health/ Games & Sports/ Yoga)  | -05 Marks |

**\*Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce and Unified Basketball( CWSN )**

##### **\*\* 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: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.*

*Practical-4: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies and Skills)*

#### PRE-BOARD-2

MAX. MARKS: 70		DATE OF EXAMINATION: JANUARY	TIME ALLOWED- 3 HRS.
UNIT NO.	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS
UNIT-1	<b>MANAGEMENT OF SPORTING EVENTS</b> <ol style="list-style-type: none"> <li>6. FUNCTIONS OF SPORTS EVENT MANAGAMENT (PLANNING, ORGANISING, STAFFING, DIRECTING &amp; CONTROLLING)</li> <li>7. VARIOUS COMMITTEES &amp; THEIR RESPONSIBILITIES (PRE, DURING &amp; POST)</li> <li>8. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE &amp; SEEDING), LEAGUE</li> </ol>	VERY SHORT ANSWER	11 MARKS

	<p>(STAIRCASE, CYCLIC, TABULAR METHOD) &amp; COMBINATION TOURNAMENT.</p> <p>9. INTRAMURAL &amp; EXTRAMURAL TOURNAMENTS-MEANING, OBJECTIVES &amp; ITS SIGNIFICANCE</p> <p>10. COMMUNITY SPORTS PROGRAM (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC CAUSE &amp; RUN FOR UNITY)</p>		
UNIT-2	<p><b>CHILDREN AND WOMEN IN SPORTS</b></p> <p>6. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS</p> <p>7. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS, SCOLIOSIS &amp; BOW LEGS &amp; THEIR RESPECTIVE CORRECTIVE MEASURES.</p> <p>8. WOMEN'S PARTICIPATION IN SPORTS- PHYSICAL, PSYCHOLOGICAL &amp; SOCIAL BENEFITS.</p> <p>9. SPECIAL CONSIDERATION (MENARCHE AND MENSTRUAL DYSFUNCTION)</p> <p>10. FEMALE ATHLETE TRIAD ( OSTEOPOROSIS, AMENORRHEA, EATING DISORDERS)</p>		
UNIT-3	<p><b>YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE DISEASE</b></p> <p>6. <b>OBESITY:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, HALASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA, PASCHIMOTTANASANA, ARDHAMATSYENDRASANA, DHANURASANA, USHTRASANA, &amp; SURYABHEDAN PRANAYAM.</p> <p>7. <b>DIABETES:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SALABHASANA, DHANURASANA, SUPTA-VAJRASANA, PASCHIMOTTANASANA, USHTRASANA MANDUKASANA, ARDHAMATSYENDRASANA, GOMUKHASANA, YOGMUDRA &amp; KAPALABHATI</p> <p>8. <b>ASTHMA:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, DHANURASANA, URDHWAHASTOTTANASANA, BHUJANGASANA, UTTANMANDUKASANA, USHTRASANA, VAKRASANA, GOMUKHASANA, MATSYASANA, KAPALBHATI, &amp; ANULOM-VILOM.</p> <p>9. <b>HYPERTENSION:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA, GOMUKHASANA KATICHAKRASANA, UTTANPADASANA, ARDHA- HALASANA, SARALA MATSYASANA, UTTANMANDU- KASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA –PRANAYAM, SITLI PRANAYAM.</p> <p>10. <b>BACK PAIN AND ARTHRITIS:</b> PROCEDURE, BENEFITS &amp; CONTRAINDICATIONS: TADASANA,</p>		

	USHTRASANA, ARDHCHAKRASANA, VAKRASANA, BHUJANGASANA, SARLA MATSYENDRASANA, GOMUKHASANA, BHDRASANA, MAKARASANA, NADI SHODHAN PRANAYAM.		
UNIT-4	<b>PHYSICAL EDUCATION &amp; SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS- DIVYANG)</b> 6. ORGANISATIONS PROMOTING DISABILITY SPORTS (SPECIAL OLYMPICS: PARALYMPICS: DEAFLYMPICS) 7. CONCEPT OF CLASSIFICATION AND DIVISIONING IN SPORTS 8. CONCEPT OF INCLUSIONIN SPORTS, ITS NEED AND IMPLEMENTATION 9. ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS 10. STRATEGIES TO MAKE PHYSICAL ACTIVITIES ASSESSABLE FOR CHILDREN WITH SPECIAL NEED	SHORT ANSWER	24 MARKS
UNIT-5	<b>SPORTS &amp; NUTRITION</b> 6. CONCEPT OF BALANCED DIET & NUTRTION 7. MACRO & MICRON NUTRIENTS: FOOD SOURCES AND FUNCTONS 8. NUTRITIVE AND NON- NUTRTIVE COMPONENTS OF DIET 9. EATING FOR WEIGHT CONTROL – A HEALTHY WEIGHT, THE PITFALLS OF DIETING, FOOD INTOLERANCE & FOOD MYTHS 10. IMPORTANCE OF DIET IN SPORTS- PRE, DURING & POST COMPETITION REQUIREMENTS		
UNIT-6	<b>TEST &amp; MEASUREMENT IN SPORTS</b> 6. FITNESS TEST- SAI KHELO INDIA FITNESS TEST IN SCHOOL: AGE GROUP 5-8 YR.S/ CLASS1-3: BMI, FLAMINGO BALANCE TEST, PLATE TAPPING TEST AGE AROUP 9-18 YR.S/ CLASS 4- 12: BMI, 50 MT. SPEED TEST, 600 MT. RUN/ WALK, SIT & REACH FLEXIBILITY TEST, STRENGTH TEST ( PARTIAL ABD CURL UP, PUSH- UPS FOR BOYS & MODIFIED PUSH-UPS FOR GIRLS). 7. MEASUREMENT OF CARDIO- VASCULAR FITNESS- HARVARD STEP TEST- DURATION OF THE EX. IN SEC.S X 100/ 5.5 X PULSE COUNT OF 1-1.5 MIN. AFTER EXERCISE 8. COMPUTING BASAL METABOLIC RATE (BMR) 9. RIKLI & JONES- SENIOR CITIZEN FITNESS TEST *CHAIR STAND TEST-LOWER BODY STRENGTH *ARM CURL TEST- UPPER BODY STRENGTH *CHAIR SIT AND REACH TEST- LOWER BODY FLXB *BACK SCRATCH TEST- UPPER BODY FLEXIBILITY *EIGHT FOOT UP & GO TEST- AGILITY *SIX- MINUTE WALK TEST- AEROBIC ENDURANCE		

	10. JOHNSEN-METHNEY TEST OF MOTOR EDUCABILITY (FRONT ROLL, ROLL, JUMPING HALF-TURN, JUMPING FULL TURN)		
UNIT-7	<b>PHYSIOLOGY AND INJURIES IN SPORTS</b> 6. PHYSIOLOGICAL FACTORS DETERMINING COMPONENTS OF PHYSICAL FITNESS 7. EFFECT OF EXERCISE ON THE MUSCULAR SYSTEM 8. EFFECT OF EXERCISE ON THE CARDIO RESPIRATORY SYSTEM 9. PHYSIOLOGICAL CHANGES DUE TO AGEING 10. SPORTS INJURIES: CLASSIFICATION (SOFT TISSUE INJURIES- ABRASION, CONTUSION, LACERATION, INCISION, SPRAIN & STRAIN; BONE & JOINT INJURIES – DISLOCATION: FRACTURES- GREENSTICK, OBLIQUE, COMMINUTED, TRANSVERSE& IMPACTED)	LONG ANSWER	35MARKS
UNIT-8	<b>BIOMECHANICS &amp; SPORTS</b> 6. NEWTON’S LAW OF MOTION & ITS APPLICATION IN SPORTS 7. TYPES OF LEVERS & THEIR APPLICATION IN SPORTS 8. EQUILIBRIUM- DYNAMIC & STATIC & CENTRE OF GRAVITY & ITS APPLICATION IN SPORTS 9. FRICTION & SPORTS 10. PROJECTILE IN SPORTS		
UNIT-9	<b>PSYCHOLOGY &amp; SPORTS</b> 6. PERSONALITY; ITS DEFINITION & TYPES (JUNG CLASSIFICATION & BIG FIVE THEORY) 7. MOTIVATION, ITS TYPE & TECHNIQUES 8. EXERCISE ADHERENCE: REASONS, BENEFIT & STRATEGIES FOR ENHANCING IT 9. MEANING, CONCEPT & TYPES OF AGGRESSIONS IN SPORTS 10. PSYCHOLOGICAL ATTRIBUTES IN SPORTS- SELF-ESTEEM, MENTAL IMAGERY, SELF-TALK, GOAL SETTING		
UNIT-10	<b>TRAINING IN SPORTS</b> 6. CONCEPT OF TALENT IDENTIFICATION & TALENT DEVELOPMENT IN SPORTS 7. INTRODUCTION TO SPORTS TRAINING CYCLE- MICRO, MESO & MACRO CYCLE 8. TYPES & METHOD TO DEVELOP- STRENGTH, ENDURANCE & SPEED 9. TYPES & METHOD TO DEVELOP- FLEXIBILITY & COORDINATIVE ABILITY 10. CIRCUIT TRAINING- INTRODUCTION & ITS IMPORTANCE		

TOTAL: 70 MARKS