

PREScribed TEXTBOOKS:

1

HEALTH AND PHYSICAL EDUCATION- DR.V.K. SHARMA

SARASWATI PUBLICATION

CLASS TEST

MAX. MARKS: 35 DATE OF EXAMINATION: TIME ALLOWED- 1 1/2 HRS.

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

TOTAL: 35MARKS

HALF- YEARLY EXAMINATION

MAX. MARKS: 70

DATE OF EXAMINATION:

TIME ALLOWED- 3

LEARNING OUTCOME

	OLYMPISM VALUE EDUCATION						*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-2	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					
	YOGA						* 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-3	1.	MEANING & IMPORTANCE OF YOGA			SHORT ANSWER	24 MARKS	
	2.	INTRODUCTION TO ASHTANGA YOGA					
	3.	YOGIC KRIYAS (SHAT KARMA)					
	4.	PRANAYAMA AND ITS TYPES					
	5.	ACTIVE LIFESTYLE & STRESS MANAGEMENT THROUGH YOGA					
	PHYSICAL EDUCATION & SPORTS FOR CHILDREN WITH SPECIAL NEEDS						* 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. *
	1.	CONCEPT OF DISABILITY & DISORDER					
	2.	TYPES OF DISABILITY, ITS CAUSES & NATURE (INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)					
UNIT-4	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)					

PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

UNIT-5	1. MEANING & IMPORTANCE OF WELLNESS, HEALTH AND PHYSICAL FITNESS	LONG ANSWER	35 MARKS
	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		

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 SPECIFIC ATIONS	MARKS
UNIT-1	CHANGING TRENDS AND CAREER IN PHYSICAL EDU.	VERY SHORT ANSWER	10 MARKS
	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		
UNIT-2	OLYMPISM VALUE EDUCATION		

*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

*Incorporate values of

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

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.

YOGA

- UNIT-3
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

PHYSICAL EDUCATION & SPORTS FOR CHILDREN WITH SPECIAL NEEDS

- UNIT-4
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 VARIOUS PROFESSIONALS FOR CWSN (COUNSELLOR, OCCUPATONAL THERAPIST, PHYSIOTHERAPIST, PHYSICAL EDUCATION TEACHER, SPEECH THERAPIST & SPECIAL EDUCATOR)

SHORT
ANSWER 15
MARKS

PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

- UNIT-5
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

TEST, MEASUREMENT & EVALUATION

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| | 1. DEFINE TEST, MEASUREMENT & EVALUATION |
| | 2. IMPORTANCE OF TEST, MEASUREMENT AND EVALUATION IN SPORTS |
| UNIT-6 | 3. CALCULATION OF BMI, WAIST-HIP RATIO, SKIN -FOLD MEASUREMENT (3 SITE) |
| | 4. SOMATOTYPES (ENDOMORPHY, MESOMORPHY & ECTOMORPHY) |
| | 5. MEASUREMENT OF HEALTH- RELATED FITNESS |

FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS

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| | 1. DEFINITION & IMPORTANCE OF ANATOMY & PHYSIOLOGY IN EXERCISE AND SPORTS | | |
| UNIT-7 | 2. FUNCTIONS OF SKELETAL SYSTEM, CLASSIFICATION OF BONES & TYPES OF JOINTS | LONG ANSWER | 10 MARKS |
| | 3. PROPERTIES & FUNCTIONS OF MUSCLES | | |
| | 4. STRUCTURE & FUNCTION OF CIRCULATORY SYSTEM AND HEART | | |
| | 5. STRUCTURE & FUNCTIONS OF RESPIRATORY SYSTEM | | |

TOTAL: 35MARKS

ANNUAL EXAM

MAX. MARKS: 35
23.11.2019

DATE OF EXAMINATION:
TIME ALLOWED- 1½ HRS.

UNIT	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS
UNIT-1	CHANGING TRENDS AND CAREER IN PHYSICAL EDU.	VERY SHORT ANSWER	10 MARKS

*Recognize the concept and objective of Physical Education

	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		
UNIT-2	5. KHELO INDIA PROGRAM & FIT INDIA PROGRAM		
	YOGA		
	1. MEANING & IMPORTANCE OF YOGA		
	2. INTRODUCTION TO ASHTANGA YOGA		
UNIT-3	3. YOGIC KRIYAS (SHAT KARMA)		
	4. PRANAYAMA AND ITS TYPES		
	5. ACTIVE LIFESTYLE & STRESS MANAGEMENT THROUGH YOGA		
	PHYSICAL EDUCATION & SPORTS FOR CHILDREN WITH SPECIAL NEEDS		
	1. CONCEPT OF DISABILITY & DISORDER		
	2. TYPES OF DISABILITY, ITS CAUSES & NATURE (INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)		
UNIT-4	3. DISABILITY ETIQUETTE	SHORT	15
	4. AIM & OBJECTIVES OF ADAPTIVE PHYSICAL EDUCATION	ANSWER	MARKS
	5. ROLE OF VARIOUS PROFESSIONALS FOR CWSN (COUNSELLOR, OCCUPATIONAL THERAPIST, PHYSIOTHERAPIST, PHYSICAL EDUCATION TEACHER, SPEECH THERAPIST & SPECIAL EDUCATOR)		
	PHYSICAL FITNESS, WELLNESS AND LIFESTYLE		
UNIT-5	1. MEANING & IMPORTANCE OF WELLNESS, HEALTH AND PHYSICAL FITNESS		
	2. COMPONENTS/ DIMENSIONS OF WELLNESS, HEALTH AND PHYSICAL		

				Education
				*Identify the post-independence development in Physical Edu.
				*Categorize changing trends in sports- playing surfaces, 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
	FITNESS			
	3. TRADITIONAL SPORTS & REGIONAL GAMES FOR PROMOTING WELLNESS			
	4. LEADERSHIP THROUGH PHYSICAL ACTIVITY AND SPORTS			
	5. INTRODUCTION TO FIRST AID- PRICE			
UNIT-6	FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS			
	1. DEFINITION & IMPORTANCE OF ANATOMY & PHYSIOLOGY IN EXERCISE AND SPORTS			
UNIT-7	2. FUNCTIONS OF SKELETAL SYSTEM, CLASSIFICATION OF BONES & TYPES OF JOINTS	LONG ANSWER	10 MARKS	
	3. PROPERTIES & FUNCTIONS OF MUSCLES			
	4. STRUCTURE & FUNCTION OF CIRCULATORY SYSTEM AND HEART			
	5. STRUCTURE & FUNCTIONS OF RESPIRATORY SYSTEM			
	FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS			
	1. DEFINITION & IMPORTANCE OF KINESIOLOGY AND BIOMECHANICS IN SPORTS			
	2. PRINCIPLES OF BIOMECHANICS			
UNIT-8	3. KINETICS & KINEMATICS IN SPORTS			
	4. TYPES OF BODY MOVEMENTS- FLEXION, EXTENSION, ABDUCTION, ADDUCTION, ROTATION, CIRCUMDUCTION, SUPINATION & PRONATION			
	5. AXIS & PLANES- CONCEPT & ITS APPLICATION IN BODY MOVEMENTS			
UNIT-9	PSYCHOLOGY AND SPORTS			

1. DEFINITION & IMPORTANCE OF PSYCHOLOGY IN PHYSICAL EDUCATION & SPORTS
2. DEVELOPMENTAL CHARACTERISTICS AT DIFFERENT STAGES OF DEVELOPMENT
3. ADOLESCENT PROBLEMS & THEIR MANAGEMENT
4. TEAM COHESION & SPORTS
5. INTRODUCTION TO PSYCHOLOGICAL ATTRIBUTES: ATTENTION, RESILIENCE, MENTAL TOUGHNESS

TRAINING & DOPING IN SPORTS

UNIT-1
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1. CONCEPT & PRINCIPLES OF SPORTS TRAINING
2. TRAINING LOAD: OVERLOAD, ADAPTATION AND RECOVERY
3. WARMING-UP & LIMBERING DOWN- TYPES, METHOD & IMPORTANCE
4. CONCEPT OF SKILL, TECHNIQUE, TACTICS & STRATEGIES
5. CONCEPT OF DOPING & ITS DISADVANTAGES

TOTAL: 70 MARKS

Practical Max. Marks: 30

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| 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 2026-27

PRESCRIBED TEXTBOOKS:

1 PHYSICAL EDUCATION- DR.V.K. SHARMA

SARASWATI PUBLICATION

1ST 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	MANAGEMENT OF SPORTING EVENTS		
	1. FUNCTIONS OF SPORTS EVENT MANAGEMENT (PLANNING, ORGANISING, STAFFING, DIRECTING & CONTROLLING)		
	2. VARIOUS COMMITTEES & THEIR RESPONSIBILITIES (PRE, DURING & POST)		
	3. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE & SEEDING), LEAGUE (STAIRCASE, CYCLIC, TABULAR METHOD) & COMBINATION TOURNAMENT.	VERY SHORT ANSWER	10 MARKS
	4. INTRAMURAL & EXTRAMURAL TOURNAMENTS- MEANING, OBJECTIVES & ITS SIGNIFICANCE		
	5. COMMUNITY SPORTS PROGRAM (SPORTS DAY,		

HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC
CAUSE & RUN FOR UNITY)

CHILDREN AND WOMEN IN SPORTS

UNIT-
2

1. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS
2. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS, SCOLIOSIS & BOW LEGS & THEIR RESPECTIVE CORRECTIVE MEASURES.
3. WOMEN'S PARTICIPATION IN SPORTS- PHYSICAL, PSYCHOLOGICAL & SOCIAL BENEFITS.
4. SPECIAL CONSIDERATION (MENARCHE AND MENSTRUAL DYSFUNCTION)
5. FEMALE ATHLETE TRIAD (OSTEOPOROSIS, AMENORRHEA, EATING DISORDERS)

SHORT ANSWER 15
MARKS

YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE
DISEASE

UNIT-
3

1. OBESITY: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, HALASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA, PASCHIMOTTANASANA, ARDHAMATSYENDRASANA, DHANURASANA, USHTRASANA, & SURYABHEDAN PRANAYAM.
2. DIABETES: PROCEDURE, BENEFITS & CONTRAINDICATIONS: KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SALABHASANA, DHANURASANA, SUPTA-VAJRASANA, PASCHIMOTTANASANA, USHTRASANA MANDUKASANA, ARDHAMATSYENDRASANA, GOMUKHASANA, YOGMUDRA & KAPALABHATI
3. ASTHMA: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, DHANURASANA, URDHWAHASTOTTANASANA, BHUJANGASANA, UTTANMANDUKASANA, USHTRASANA, VAKRASANA, GOMUKHASANA, MATSYASANA, KAPALBHATI, & ANULOM-VILOM.
4. HYPERTENSION: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, GOMUKHASANA KATICHAKRASANA, UTTANPADASANA, ARDHA- HALASANA, SARALA MATSYASANA, UTTANMANDU- KASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA –PRANAYAM, SITLI PRANAYAM.

LONG ANSWER 10
MARKS

5. BACK PAIN AND ARTHRITIS: PROCEDURE,
BENEFITS & CONTRAINDICATIONS: TADASANA,
USHTRASANA, ARDHCHAKRASANA,
VAKRASANA, BHUJANGASANA, SARLA
MATSYENDRASANA, GOMUKHASANA,
BHDRASANA, MAKARASANA, NADI SHODHAN
PRANAYAM.

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	MANAGEMENT OF SPORTING EVENTS		
	1. FUNCTIONS OF SPORTS EVENT MANAGMENT (PLANNING, ORGANISING, STAFFING, DIRECTING & CONTROLLING)		
	2. VARIOUS COMMITTEES & THEIR RESPONSIBILITIES (PRE, DURING & POST)		
	3. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE & SEEDING), LEAGUE (STAIRCASE, CYCLIC, TABULAR METHOD) & COMBINATION TOURNAMENT.		
	4. INTRAMURAL & EXTRAMURAL TOURNAMENTS- MEANING, OBJECTIVES & ITS SIGNIFICANCE		
	5. COMMUNITY SPORTS PROGRAM (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC CAUSE & RUN FOR UNITY)	VERY SHORT ANSWER	11 MARKS
UNIT-2	CHILDREN AND WOMEN IN SPORTS		
	1. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS		
	2. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS, SCOLIOSIS & BOW LEGS & THEIR RESPECTIVE CORRECTIVE MEASURES.		
	3. WOMEN'S PARTICIPATION IN SPORTS- PHYSICAL, PSYCHOLOGICAL & SOCIAL BENEFITS.		
	4. SPECIAL CONSIDERATION (MENARCHE AND MENSTRUAL DYSFUNCTION)		

5. FEMALE ATHLETE TRIAD (OSTEOPOROSIS, AMENORRHEA, EATING DISORDERS)

YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE DISEASE

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| UNIT-3 | <ol style="list-style-type: none"> 1. OBESITY: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, HALASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA, PASCHIMOTTANASANA, ARDHAMATSYENDRASANA, DHANURASANA, USHTRASANA, & SURYABHEDAN PRANAYAM. 2. DIABETES: PROCEDURE, BENEFITS & CONTRAINDICATIONS: KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SALABHASANA, DHANURASANA, SUPTA-VAJRASANA, PASCHIMOTTANASANA, USHTRASANA MANDUKASANA, ARDHAMATSYENDRASANA, GOMUKHASANA, YOGMUDRA & KAPALABHATI 3. ASTHMA: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, DHANURASANA, URDHWAHASTOTTANASANA, BHUJANGASANA, UTTANMANDUKASANA, USHTRASANA, VAKRASANA, GOMUKHASANA, MATSYASANA, KAPALBHATI, & ANULOM-VILOM. 4. HYPERTENSION: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, GOMUKHASANA KATICHAKRASANA, UTTANPADASANA, ARDHA- HALASANA, SARALA MATSYASANA, UTTANMANDU- KASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA –PRANAYAM, SITLI PRANAYAM. 5. BACK PAIN AND ARTHRITIS: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, USHTRASANA, ARDHCHAKRASANA, VAKRASANA, BHUJANGASANA, SARLA MATSYENDRASANA, GOMUKHASANA, BHDRASANA, MAKARASANA, NADI SHODHAN PRANAYAM. |
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SHORT ANSWER

24
MARKS

PHYSICAL EDUCATION & SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS- DIVYANG)

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| UNIT-4 | <ol style="list-style-type: none"> 1. ORGANISATIONS PROMOTING DISABILITY SPORTS (SPECIAL OLYMPICS: PARALYMPICS: DEAFLYMPICS) 2. CONCEPT OF CLASSIFICATION AND DIVISIONING IN SPORTS 3. CONCEPT OF INCLUSIONIN SPORTS, ITS NEED AND IMPLEMENTATION |
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4. ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS
5. STRATEGIES TO MAKE PHYSICAL ACTIVITIES ASSESSABLE FOR CHILDREN WITH SPECIAL NEED

SPORTS & NUTRITION

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| UNIT-5 | <ol style="list-style-type: none"> 1. CONCEPT OF BALANCED DIET& NUTRTION 2. MACRO & MICRON NUTRIENTS: FOOD SOURCES AND FUNCTONS 3. NUTRITIVE AND NON- NUTRTIVE COMPONENTS OF DIET 4. EATING FOR WEIGHT CONTROL – A HEALTHY WEIGHT, THE PITFALLS OF DIETING, FOOD INTOLERANCE & FOOD MYTHS 5. IMPORTANCE OF DIET IN SPORTS- PRE, DURING & POST COMPETITION REQUIREMENTS |
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TEST & MEASUREMENT IN SPORTS

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| UNIT-6 | <ol style="list-style-type: none"> 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 & REACH FLEXIBILITY TEST, STRENGTH TEST (PARTIAL ABD CURL UP, PUSH-UPS FOR BOYS & MODIFIED PUSH-UPS FOR GIRLS). 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 3. COMPUTING BASAL METABOLIC RATE (BMR) 4. 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 5. JOHNSEN-METHNEY TEST OF MOTOR EDUCABIL ITY (FRONT ROLL, ROLL, JUMPING HALF-TURN, JUMPING FULL TURN) |
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LONG ANSWER

35
MARKS

PHYSIOLOGY AND INJURIES IN SPORTS

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| UNIT-7 | <ol style="list-style-type: none"> 1. PHYSIOLOGICAL FACTORS DETERMINING COMPONENTS OF PHYSICAL FITNESS 2. EFFECT OF EXERCISE ON THE MUSCULAR SYSTEM |
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3. EFFECT OF EXERCISE ON THE CARDIO RESPIRATORY SYSTEM
4. PHYSIOLOGICAL CHANGES DUE TO AGEING
5. SPORTS INJURIES: CLASSIFICATION (SOFT TISSUE INJURIES- ABRASION, CONTUSION, LACERATION, INCISION, SPRAIN & STRAIN; BONE & JOINT INJURIES – DISLOCATION: FRACTURES- GREENSTICK, OBLIQUE, COMMINUTED, TRANSVERSE& IMPACTED)

TOTAL: 70MARKS

PRE-BOARD-1

MAX. MARKS: 70 DATE OF EXAMINATION: NOVEMBER TIME ALLOWED- 3 HRS.

UNIT NO.	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS
MANAGEMENT OF SPORTING EVENTS			
UNIT-1	1. FUNCTIONS OF SPORTS EVENT MANAGAMENT (PLANNING, ORGANISING, STAFFING, DIRECTING & CONTROLLING)		
	2. VARIOUS COMMITTEES & THEIR RESPONSIBILITIES (PRE, DURING & POST)		
	3. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE & SEEDING), LEAGUE (STAIRCASE, CYCLIC, TABULAR METHOD) & COMBINATION TOURNAMENT.		
	4. INTRAMURAL & EXTRAMURAL TOURNAMENTS- MEANING, OBJECTIVES & ITS SIGNIFICANCE	VERY SHORT ANSWER	11 MARKS
	5. COMMUNITY SPORTS PROGRAM (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC CAUSE & RUN FOR UNITY)		
CHILDREN AND WOMEN IN SPORTS			
UNIT-2	1. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS		
	2. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS,		

SCOLIOSIS & BOW LEGS & THEIR RESPECTIVE
CORRECTIVE MEASURES.

3. WOMEN'S PARTICIPATION IN SPORTS-
PHYSICAL, PSYCHOLOGICAL & SOCIAL
BENEFITS.
4. SPECIAL CONSIDERATION (MENARCHE
AND MENSTRUAL DYSFUNCTION)
5. FEMALE ATHLETE TRIAD (OSTEOPOROSIS,
AMENORRHEA, EATING DISORDERS)

YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE
DISEASE

1. OBESITY: PROCEDURE, BENEFITS &
CONTRAINDICATIONS: TADASANA,
HALASANA, KATICHAKRASANA,
PAVANMUKTASANA, MATSYASANA,
PASCHIMOTTANASANA,
ARDHAMATSYENDRASANA, DHANURASANA,
USHTRASANA, & SURYABHEDAN PRANAYAM.
2. DIABETES: PROCEDURE, BENEFITS &
CONTRAINDICATIONS: KATICHAKRASANA,
PAVANMUKTASANA, BHUJANGASANA,
SALABHASANA, DHANURASANA, SUPTA-
VAJRASANA, PASCHIMOTTANASANA,
USHTRASANA MANDUKASANA,
ARDHAMATSYENDRASANA,
GOMUKHASANA, YOGMUDRA &
KAPALABHATI
- UNIT-3 3. ASTHMA: PROCEDURE, BENEFITS &
CONTRAINDICATIONS: TADASANA,
DHANURASANA,
URDHWAHASTOTTANASANA,
BHUJANGASANA, UTTANMANDUKASANA,
USHTRASANA, VAKRASANA, GOMUKHASANA,
MATSYASANA, KAPALBHATI, & ANULOM-
VILOM.
4. HYPERTENSION: PROCEDURE, BENEFITS &
CONTRAINDICATIONS: TADASANA,
GOMUKHASANA KATICHAKRASANA,
UTTANPADASANA, ARDHA- HALASANA,
SARALA MATSYASANA, UTTANMANDU-
KASANA, VAKRASANA, BHUJANGASANA,
MAKARASANA, SHAVASANA,
NADISHODHANA –PRANAYAM, SITLI
PRANAYAM.
5. BACK PAIN AND ARTHRITIS: PROCEDURE,
BENEFITS & CONTRAINDICATIONS:
TADASANA, USHTRASANA,

ARDHCHAKRASANA, VAKRASANA,
 BHUJANGASANA, SARLA
 MATSYENDRASANA, GOMUKHASANA,
 BHDRASANA, MAKARASANA, NADI
 SHODHAN PRANAYAM.

PHYSICAL EDUCATION & SPORTS FOR CWSN
 (CHILDREN WITH SPECIAL NEEDS- DIVYANG)

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| UNIT-4 | <ol style="list-style-type: none"> 1. ORGANISATIONS PROMOTING DISABILITY SPORTS (SPECIAL OLYMPICS: PARALYMPICS: DEAFLYMPICS) 2. CONCEPT OF CLASSIFICATION AND DIVISIONING IN SPORTS 3. CONCEPT OF INCLUSIONIN SPORTS, ITS NEED AND IMPLEMENTATION 4. ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS 5. STRATEGIES TO MAKE PHYSICAL ACTIVITIES ASSESSABLE FOR CHILDREN WITH SPECIAL NEED |
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SPORTS & NUTRITION

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| UNIT-5 | <ol style="list-style-type: none"> 1. CONCEPT OF BALANCED DIET & NUTRTION 2. MACRO & MICRON NUTRIENTS: FOOD SOURCES AND FUNCTONS 3. NUTRITIVE AND NON- NUTRTIVE COMPONENTS OF DIET 4. EATING FOR WEIGHT CONTROL – A HEALTHY WEIGHT, THE PITFALLS OF DIETING, FOOD INTOLERANCE & FOOD MYTHS 5. IMPORTANCE OF DIET IN SPORTS- PRE, DURING & POST COMPETITION REQUIREMENTS |
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SHORT ANSWER	24 MARKS
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TEST & MEASUREMENT IN SPORTS

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| UNIT-6 | <ol style="list-style-type: none"> 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 & REACH FLEXIBILITY TEST, STRENGTH TEST (PARTIAL ABD CURL UP, PUSH-UPS FOR BOYS & MODIFIED PUSH-UPS FOR GIRLS). 2. MEASUREMENT OF CARDIO- VASCULAR FITNESS- HARVARD STEP TEST- DURATION OF THE EX. IN SEC.S X 100/ 5.5 X PULSE |
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COUNT OF 1-1.5 MIN. AFTER EXERCISE

3. COMPUTING BASAL METABOLIC RATE (BMR)
4. 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
5. JOHNSEN-METHNEY TEST OF MOTOR EDUCABILITY (FRONT ROLL, ROLL, JUMPING HALF-TURN, JUMPING FULL TURN)

PHYSIOLOGY AND INJURIES IN SPORTS

UNIT-7

1. PHYSIOLOGICAL FACTORS DETERMINING COMPONENTS OF PHYSICAL FITNESS
2. EFFECT OF EXERCISE ON THE MUSCULAR SYSTEM
3. EFFECT OF EXERCISE ON THE CARDIO RESPIRATORY SYSTEM
4. PHYSIOLOGICAL CHANGES DUE TO AGEING
5. SPORTS INJURIES: CLASSIFICATION (SOFT TISSUE INJURIES- ABRASION, CONTUSION, LACERATION, INCISION,SPRAIN & STRAIN; BONE & JOINT INJURIES – DISLOCATION: FRACTURES- GREENSTICK, OBLIQUE, COMMUNUTED, TRANSVERSE& IMPACTED)

BIOMECHANICS & SPORTS

LONG ANSWER

35MARKS

UNIT-8

1. NEWTON'S LAW OF MOTION & ITS APPLICATION IN SPORTS
2. TYPES OF LEVERS & THEIR APPLICATION IN SPORTS
3. EQUILIBRIUM- DYNAMIC & STATIC & CENTRE OF GRAVITY & ITS APPLICATION IN SPORTS
4. FRICTION & SPORTS
5. PROJECTILE IN SPORTS

PSYCHOLOGY & SPORTS

UNIT-9

1. PERSONALITY; ITS DEFINITION & TYPES (JUNG CLASSIFICATION & BIG FIVE THEORY)

2. MOTIVATION, ITS TYPE & TECHNIQUES
3. EXERCISE ADHERENCE: REASONS, BENEFIT & STRATEGIES FOR ENHANCING IT
4. MEANING, CONCEPT & TYPES OF AGGRESSIONS IN SPORTS
5. PSYCHOLOGICAL ATTRIBUTES IN SPORTS- SELF- ESTEEM, MENTAL IMAGERY, SELF-TALK, GOAL SETTING

TRAINING IN SPORTS

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| | 1. CONCEPT OF TALENT IDENTIFICATION & TALENT DEVELOPMENT IN SPORTS |
| | 2. INTRODUCTION TO SPORTS TRAINING CYCLE- MICRO, MESO & MACRO CYCLE |
| UNIT-10 | 3. TYPES & METHOD TO DEVELOP-STRENGTH, ENDURANCE & SPEED |
| | 4. TYPES & METHOD TO DEVELOP-FLEXIBILITY & COORDINATIVE ABILITY |
| | 5. CIRCUIT TRAINING- INTRODUCTION & ITS IMPORTANCE |

TOTAL: 70 MARKS

PRE-BOARD PRACTICAL EXAM

Practical Max. Marks: 30

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| 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
ALLOWED- 3 HRS.

DATE OF EXAMINATION: JANUARY

TIME

UNIT NO.	TEXT AND PORTION	EXAM SPECIFICATIONS	MARKS
UNIT-1	MANAGEMENT OF SPORTING EVENTS		
	6. FUNCTIONS OF SPORTS EVENT MANAGAMENT (PLANNING, ORGANISING, STAFFING, DIRECTING & CONTROLLING)		
	7. VARIOUS COMMITTEES & THEIR RESPONSIBILITIES (PRE, DURING & POST)		
	8. FIXTURES AND THEIR PROCEDURES – KNOCKOUT (BYE & SEEDING), LEAGUE (STAIRCASE, CYCLIC, TABULAR METHOD) & COMBINATION TOURNAMENT.		
	9. INTRAMURAL & EXTRAMURAL TOURNAMENTS- MEANING, OBJECTIVES & ITS SIGNIFICANCE		
UNIT-2	10. COMMUNITY SPORTS PROGRAM (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR SPECIFIC CAUSE & RUN FOR UNITY)		
	CHILDREN AND WOMEN IN SPORTS		
	6. EXERCISE GUIDELINES OF WHO FOR DIFFERENT AGE GROUPS	VERY SHORT ANSWER	11 MARKS
	7. COMMON POSTURAL DEFORMITIES- KNOCK-KNEES, FLAT FOOT, ROUND SHOULDERS, LORDOSIS, KYPHOSIS, SCOLIOSIS & BOW LEGS & THEIR RESPECTIVE CORRECTIVE MEASURES.		
	8. WOMEN'S PARTICIPATION IN SPORTS- PHYSICAL, PSYCHOLOGICAL & SOCIAL BENEFITS.		
UNIT-3	9. SPECIAL CONSIDERATION (MENARCHE AND MENSTRUAL DYSFUNCTION)		
	10. FEMALE ATHLETE TRIAD (OSTEOPOROSIS, AMENORRHEA, EATING DISORDERS)		
	YOGA AS PREVENTIVE MEASURE FOR LIFE STYLE DISEASE		
UNIT-3	6. OBESITY: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, HALASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA,		

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7. DIABETES: PROCEDURE, BENEFITS & CONTRAINDICATIONS: KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SALABHASANA, DHANURASANA, SUPTA-VAJRASANA, PASCHIMOTTANASANA, USHTRASANA MANDUKASANA, ARDHAMATSYENDRASANA, GOMUKHASANA, YOGMUDRA & KAPALABHATI
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9. HYPERTENSION: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, GOMUKHASANA KATICHAKRASANA, UTTANPADASANA, ARDHA- HALASANA, SARALA MATSYASANA, UTTANMANDUKASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA –PRANAYAM, SITLI PRANAYAM.
10. BACK PAIN AND ARTHRITIS: PROCEDURE, BENEFITS & CONTRAINDICATIONS: TADASANA, USHTRASANA, ARDHCHAKRASANA, VAKRASANA, BHUJANGASANA, SARLA MATSYENDRASANA, GOMUKHASANA, BHDASANA, MAKARASANA, NADI SHODHAN PRANAYAM.

PHYSICAL EDUCATION & SPORTS FOR CWSN
(CHILDREN WITH SPECIAL NEEDS- DIVYANG)

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| | 8. CONCEPT OF INCLUSIONIN SPORTS, ITS NEED AND IMPLEMENTATION | | |
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