

PHYSICAL EDUCATION (048)
HALF YEARLY SYLLABUS
Class XII (2020–2021)

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, Ardha Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardha Matsyendrasana
- Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pavan Muktasana, 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 accessible for children with special needs.

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 Cardiovascular Fitness – Harvard Step Test/Rockport Test -
- Computation of Fitness Index:
- Duration of the Exercise in Seconds x 100
5.5 x 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 Cardiorespiratory 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, Comminuted, Transverse Oblique & Impacted) Causes, Prevention & treatment
- First Aid – Aims & Objectives