# PHYSICAL EDUCATION (048)
## Class XI (2019–20)

**Theory**                                                    **Max. Marks 70**

### Unit I Changing Trends & Career in Physical Education
- Meaning & definition of Physical Education
- Aims & Objectives of Physical Education
- Career Options in Physical Education
- Competitions in various sports at national and international level
- Khelo-India Program

### Unit II Olympic Value Education
- Olympics, Paralympics and Special Olympics
- Olympic Symbols, Ideals, Objectives & Values of Olympism
- International Olympic Committee
- Indian Olympic Association

### Unit III Physical Fitness, Wellness & Lifestyle
- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of physical fitness and Wellness
- Components of Health related fitness

### Unit IV Physical Education & Sports for CWSN (Children With Special Needs- Divyang)
- Aims & objectives of Adaptive Physical Education
- Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- Concept of Inclusion, its need and Implementation
- Role of various professionals for children with special needs
  (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

### Unit V  Yoga
- Meaning & Importance of Yoga
- Elements of Yoga
- Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas
- Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
- Relaxation Techniques for improving concentration – Yog-nidra

### Unit VI  Physical Activity & Leadership Training
- Leadership Qualities & Role of a Leader
- Creating leaders through Physical Education
- Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
- Safety measures to prevent sports injuries

### Unit VII Test, Measurement & Evaluation
- Define Test, Measurement & Evaluation
- Importance of Test, Measurement & Evaluation In Sports
- Calculation of BMI & Waist - Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurement of health related fitness

### Unit VIII Fundamentals of Anatomy, Physiology & Kinesiology in Sports
- Definition and Importance of Anatomy, Physiology & Kinesiology
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties and Functions of Muscles
- Function & Structure of Respiratory System and Circulatory System
- Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports

### Unit IX  Psychology & Sports
- Definition & Importance of Psychology in Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics At Different Stages of Development
- Adolescent Problems & Their Management

### Unit X  Training and Doping in Sports
* Meaning & Concept of Sports Training
* Principles of Sports Training
* Warming up & limbering down
* Skill, Technique & Style
* Concept & classification of doping
* Prohibited Substances &  their side effects
* Dealing with alcohol and substance abuse

**Practical**                                                          **Max. Marks 30**

01. Physical Fitness Test                                                              - 6 Marks
02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)- 7 Marks
03. Yogic Practices                                                                    - 7 Marks
04. Record File **                                                                     - 5 Marks
05. Viva Voce (Health/ Games & Sports/ Yoga)                                           - 5 Marks

* Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Skating, Swimming, Taekwondo, Tennis, Aerobics, Gymastics, Rope-Skipping, Yoga, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

*\*\*Record File shall include:*
*Practical-1: Labelled diagram of 400 M Track & Field with computations.*
*Practical-2: Computation of BMI from family or neighbourhood & 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 Khel Ratna Award)*
*Practical-5: Pictorial presentation of any five Asanas for improving concentration.*