

**Session 2024-25**  
**Annual Syllabus Class XII**  
**Subject: Physical Education (Code: 048)**  
**COURSE CONTENT**  
**Theory**

<b>Unit</b>	<b>Content</b>
<b>Unit (I)</b>  <b>Management of Sporting Events</b>	<ul style="list-style-type: none"> <li>● Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li> <li>● Various Committees &amp; their Responsibilities (pre; during &amp; post)</li> <li>● Fixtures and its Procedures Knock-Out (Bye &amp; Seeding) &amp; League (Staircase, Cyclic, Tabular Method) and Combination tournaments</li> <li>● Intramural &amp; Extramural tournaments – Meaning, Objectives &amp; Its Significance</li> <li>● Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</li> </ul>
<b>Unit (II)</b>  <b>Children &amp; Women in Sports</b>	<ul style="list-style-type: none"> <li>● Exercise guidelines of WHO for different age groups</li> <li>● Common Postural Deformities- Knock Knee, Flat Foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis, and Bow Legs and their corrective measures</li> <li>● Women’s participation in Sports–Physical, Psychological, and social benefits.</li> <li>● Special consideration (Menarche &amp; Menstrual Dysfunction)</li> <li>● Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)</li> </ul>

<p style="text-align: center;"><b>Unit (III)</b></p> <p style="text-align: center;"><b>Yoga as Preventive measure for Lifestyle Disease</b></p>	<ul style="list-style-type: none"> <li>● <b>Obesity:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha–Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama</li>   <li>● <b>Diabetes:</b> Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati</li>   <li>● <b>Asthma:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyaasana, Anuloma-Viloma</li>   <li>● <b>Hypertension:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, ArdhaHalasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam</li>   <li>● <b>Back Pain and Arthritis:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama</li> </ul>
<p style="text-align: center;"><b>Unit (IV)</b></p> <p style="text-align: center;"><b>Physical Education &amp; Sports for CWSN</b></p>	<ul style="list-style-type: none"> <li>● Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li> <li>● Concept of Classification and Divisioning in Sports.</li> </ul>

<p><b>(Children with Special Needs - Divyang)</b></p>	<ul style="list-style-type: none"> <li>● Concept of Inclusion in sports, its need, and Implementation</li> <li>● Advantages of Physical Activities for children with special needs</li> <li>● Strategies to make Physical Activities assessable for children with special needs</li> </ul>
<p><b>Unit (V)</b> <b>Sports &amp; Nutrition</b></p>	<ul style="list-style-type: none"> <li>● Concept of balance diet and nutrition</li> <li>● Macro and Micro Nutrients: Food sources &amp; functions</li> <li>● Nutritive &amp; Non-Nutritive Components of Diet</li> <li>● Eating for Weight control– A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, &amp; Food Myths</li> <li>● Importance of Diet in Sports-Pre, During and Post competition Requirements</li> </ul>
<ul style="list-style-type: none"> <li>● <b>Syllabus of Mid-Term Examination to be completed by 13/09/2024</b></li> <li>● <b>Revision work Mid-Term syllabus</b></li> <li>● <b>Discussion on question paper, project work</b></li> </ul>	
<p><b>Unit (VI)</b> <b>Test &amp; Measurement in Sports</b></p>	<ul style="list-style-type: none"> <li>● Fitness Test- SAI Khelo India Fitness Test in school: <ul style="list-style-type: none"> <li>○ Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test</li> <li>○ Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls)</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Measurement of Cardio-Vascular Fitness: Harvard Step Test = <math display="block">\frac{\text{Duration of the Exercise in Seconds}}{5.5 \times \text{Pulse count of 1-1.5 Min (after Exercise)}}</math></li> <li>● Computing Basal Metabolic Rate (BMR)</li> <li>● Rikli &amp; Jones - Senior Citizen Fitness Test <ul style="list-style-type: none"> <li>○ Chair Stand Test for lower body strength</li> <li>○ Arm Curl Test for upper body strength</li> <li>○ Chair Sit &amp; Reach Test for lower body flexibility</li> <li>○ Back Scratch Test for upper body flexibility</li> <li>○ Eight Foot Up &amp; Go Test for agility</li> <li>○ Six Minute Walk Test for Aerobic Endurance</li> </ul> </li> <li>● Johnsen – Methney Test of Motor Educability: (Front Roll, Roll, Jumping Half-Turn, Jumping full turn)</li> </ul>
<b>Unit (VII) Physiology &amp; Injuries in Sports</b>	<ul style="list-style-type: none"> <li>● Physiological factors determining components of physical fitness</li> <li>● Effect of exercise on Muscular System</li> <li>● Effect of exercise on Cardio-Respiratory System</li> <li>● Physiological changes due to aging</li> <li>● Sports injuries: Classification (Soft Tissue Injuries: Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain; Bone &amp; Joint Injuries: Dislocation: Fractures - Green Stick, Comminuted, Transverse, Oblique &amp; Impacted)</li> </ul>
<b>Unit (VIII) Biomechanics &amp; Sports</b>	<ul style="list-style-type: none"> <li>● Newton's Law of Motion &amp; its application in sports</li> <li>● Types of Levers and their application in Sports</li> <li>● Equilibrium – Dynamic &amp; Static and Centre of Gravity and its application in sports</li> </ul>

	<ul style="list-style-type: none"> <li>● Friction &amp; Sports</li> <li>● Projectile in Sports</li> </ul>
<p><b>Unit (IX) Psychology &amp; Sports</b></p>	<ul style="list-style-type: none"> <li>● Personality; its definition &amp; types (Jung Classification &amp; Big Five Theory)</li> <li>● Motivation, its type &amp; techniques.</li> <li>● Exercise Adherence: Reasons, Benefits &amp; Strategies for Enhancing it</li> <li>● Meaning, Concept &amp; Types of Aggressions in Sports</li> <li>● Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting</li> </ul>
<p><b>Unit (X) Training in Sports</b></p>	<ul style="list-style-type: none"> <li>● Concept of Talent Identification and Talent Development in Sports</li> <li>● Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.</li> <li>● Types &amp; Method to Develop- Strength, Endurance and Speed</li> <li>● Types &amp; Method to Develop – Flexibility and Coordinative Ability</li> <li>● Circuit Training -Introduction &amp; its importance</li> </ul>
	<ul style="list-style-type: none"> <li>● <b>Project work (as per CBSE guidelines)</b></li> <li>● <b>Complete the annual syllabus by 13<sup>th</sup> December 2024</b></li> <li>● <b>PRE-BOARD EXAM</b></li> <li>● <b>Complete syllabus will be covered in Pre-Board/Annual Exam</b></li> </ul> <p><b>Revision with Last Year Board papers and support material issued by DOE, Delhi.</b></p>

## Practical

Practical No.	Practical Content
<b>Practical (I)</b>	<ul style="list-style-type: none"> <li>● Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*</li> </ul> <p>* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength &amp; Endurance, Range of Motion or Flexibility)</p>
<b>Practical (II)</b>	<ul style="list-style-type: none"> <li>● Proficiency in Games and Sports(Skill of any one IOA recognised Sport/Game of Choice)**</li> </ul> <p>**CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.</p>
<b>Practical (III)</b>	<ul style="list-style-type: none"> <li>● Yogic Practices*</li> </ul> <p>*Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'</p>
<b>Note:</b>	<ul style="list-style-type: none"> <li>● Record File shall include:               <ul style="list-style-type: none"> <li>❖<b>Practical-1:</b> Fitness tests administration. (SAI Khelo India test)</li> <li>❖<b>Practical-2:</b> Procedure for Asanas, Benefits &amp; Contraindication for any two Asanas for each lifestyle disease.</li> <li>❖<b>Practical-3:</b> Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field &amp; Equipment. Also mention its Rules, Terminologies &amp; Skills.</li> </ul> </li> </ul>