

**Session 2023-24**  
**Annual Syllabus Class XI**  
**Subject: Physical Education (Code: 048)**  
**COURSE CONTENT**  
**Theory**

<b>Unit</b>	<b>Content</b>
<b>Unit (I) Changing Trends and Careers in Physical Education</b>	<ul style="list-style-type: none"> <li>● Concept, Aims &amp; Objectives of Physical Education</li> <li>● Development of Physical Education in India – Post Independence</li> <li>● Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements</li> <li>● Career Options in Physical Education</li> <li>● Khelo-India and Fit-India Program</li> </ul>
<b>Unit (II) Olympism Value Education</b>	<ul style="list-style-type: none"> <li>● Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li> <li>● Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will &amp; Mind</li> <li>● Ancient and Modern Olympics</li> <li>● Olympics - Symbols, Motto, Flag, Oath, and Anthem</li> <li>● Olympic Movement Structure - IOC, NOC, IFS, Other members</li> </ul>

<p style="text-align: center;"><b>Unit (III)</b> <b>Yoga</b></p>	<ul style="list-style-type: none"> <li>● Meaning &amp; Importance of Yoga</li> <li>● Introduction to Astanga Yoga</li> <li>● Yogic Kriyas (Shat Karma)</li> <li>● Pranayama and its types.</li> <li>● Active Lifestyle and stress management through Yoga</li> </ul>
<p style="text-align: center;"><b>Unit (IV)</b> <b>Physical Education and Sports for Children with Special Needs</b></p>	<ul style="list-style-type: none"> <li>● Concept of Disability and Disorder</li> <li>● Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability)</li> <li>● Disability Etiquette</li> <li>● Aim &amp; Objective of Adaptive Physical Education</li> <li>● Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</li> </ul>
<p style="text-align: center;"><b>Unit (V)</b> <b>Physical Fitness, Wellness, and Lifestyle</b></p>	<ul style="list-style-type: none"> <li>● Meaning and Importance of Wellness, Health and Physical Fitness</li> <li>● Components/Dimensions of Wellness, Health and Physical Fitness</li> <li>● Traditional Sports &amp; Regional Games for promoting wellness</li> <li>● Leadership through Physical Activity and Sports</li> <li>● Introduction to First Aid – PRICE</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Syllabus of mid-term Examination to be completed by 15/09/2023</b></li> <li>● <b>Revision work midterm syllabus</b></li> <li>● <b>Discussion on question paper, project work</b></li> </ul>
<p><b>Unit (VI)</b> <b>Test, Measurement &amp; Evaluation</b></p>	<ul style="list-style-type: none"> <li>● Define Test, Measurements and Evaluation.</li> <li>● Importance of Test, Measurements and Evaluation in Sports.</li> <li>● Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)</li> <li>● Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>● Measurements of health-related fitness</li> </ul>
<p><b>Unit (VII)</b> <b>Fundamentals of Anatomy, Physiology in Sports</b></p>	<ul style="list-style-type: none"> <li>● Definition and Importance of Anatomy and Physiology in exercise and sports</li> <li>● Functions of Skeletal system, classification of bones, and types of joints</li> <li>● Properties and Functions of Muscles</li> <li>● Structure and Function of Circulatory system and heart</li> <li>● Structure and Function of Respiratory system</li> </ul>
<p><b>Unit (VIII)</b> <b>Fundamentals of Kinesiology and Biomechanics in Sports</b></p>	<ul style="list-style-type: none"> <li>● Definition and Importance of Kinesiology and Biomechanics in sports</li> <li>● Principles of Biomechanics</li> <li>● Kinetics and Kinematics in Sports</li> <li>● Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</li> <li>● Axis and Planes – Concept and its application in body movements</li> </ul>

<p><b>Unit (IX) Psychology &amp; Sports</b></p>	<ul style="list-style-type: none"> <li>● Definition &amp; Importance of Psychology in Physical Education &amp; Sports</li> <li>● Developmental Characteristics at Different Stages of Development</li> <li>● Adolescent Problems &amp; Their Management</li> <li>● Team Cohesion and Sports</li> <li>● Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</li> </ul>
<p><b>Unit (X) Training and Doping in Sports</b></p>	<ul style="list-style-type: none"> <li>● Concept and Principles of Sports Training</li> <li>● Training Load: Over Load, Adaptation, and Recovery</li> <li>● Warming-up &amp; Limbering Down – Types, Method &amp; Importance</li> <li>● Concept of Skill, Technique, Tactics &amp; Strategies</li> <li>● Concept of Doping and its disadvantages</li> </ul>
	<ul style="list-style-type: none"> <li>● <b>Syllabus of Annual Examination to be completed by 31/01/2024</b></li> <li>● <b>Revision work final syllabus</b></li> <li>● <b>Discussion on question paper, project work</b></li> </ul>

### Practical

<b>Practical No.</b>	<b>Practical Content</b>
<p><b>Practical (I)</b></p>	<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>
<p><b>Practical (II)</b></p>	<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,</p>

	Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.
<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>