

SESSION 2022-23
Annual Syllabus
Class XII
Subject: Physical Education (Code: 048)
COURSE CONTENT
THEORY

Unit	Content
Unit (I) Management of Sporting Events	<ul style="list-style-type: none"> • Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) • Various Committees & their Responsibilities (pre; during & post) • Fixtures and its Procedures, Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
Unit (II) Children & Women in Sports	<ul style="list-style-type: none"> • Common Postural Deformities Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures Special consideration (Menarche & Menstrual Dysfunction) • Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)
Unit (III) Yoga as Preventive measure for Lifestyle Disease	<ul style="list-style-type: none"> • Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayāsana, Halāsana, Pachimottāsana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. • Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangāsana Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottānasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. • Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottāsana, UttanMandukasana, Bhujangāsana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaāsana, Anuloma-Viloma. • Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halāsana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangāsana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam.

<p align="center">Unit (IV) Physical Education & Sports for CWSN (Children with Special Needs - Divyang)</p>	<ul style="list-style-type: none"> • Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) • Advantages of Physical Activities for children with special needs. • Strategies to make Physical Activities assessable for children with special needs.
<p align="center">Unit (V) Sports & Nutrition</p>	<ul style="list-style-type: none"> • Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet
<p align="center">Unit (VI) Test & Measurement in Sports</p>	<ul style="list-style-type: none"> • Fitness Test: SAI Khelo India Fitness Test in school: <ul style="list-style-type: none"> ○ Age group 5-8 yrs./ Class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test ○ Age group 9-18yrs/ Class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls). • Computing Basal Metabolic Rate (BMR) • Rikli & Jones - Senior Citizen Fitness Test <ol style="list-style-type: none"> I. Chair Stand Test for lower body strength II. Arm Curl Test for upper body strength III. Chair Sit & Reach Test for lower body flexibility IV. Back Scratch Test for upper body flexibility V. Eight Foot Up & Go Test for agility VI. Six Minute Walk Test for Aerobic Endurance

PRACTICAL

Practical No.	Practical Content
Practical (I)	<ul style="list-style-type: none"> Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* <p>*Test for CWSN-Divyang (any 4 items out of 27 items. One item from each component:</p> <ul style="list-style-type: none"> ○ Aerobic Function, ○ Body Composition, ○ Muscular strength & ○ Endurance, Range of Motion or Flexibility)
Practical (II)	<ul style="list-style-type: none"> Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice)** <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>

- **Syllabus of Mid Term Examination must be completed by 30/09/2022**
- **Revision of Mid Term syllabus**
- **Preparation for Mid Term Examination**
- **Discussion of Mid Term Examination Question Paper**

THEORY

Unit	Content
Unit (VII) Physiology & Injuries in Sports	<ul style="list-style-type: none"> • Physiological factors determining components of physical fitness • Effect of exercise on Muscular System • Effect of exercise on Cardio-Respiratory System • Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)
Unit (VIII) Biomechanics & Sports	<ul style="list-style-type: none"> • Newton's Law of Motion & its application in sports • Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports • Friction & Sports • Projectile in Sports
Unit (IX) Psychology & Sports	<ul style="list-style-type: none"> • Personality; its definition & types (Jung Classification & Big Five Theory) • Meaning, Concept & Types of Aggressions in Sports • Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self-Talk, Goal Setting
Unit (X) Training in Sports	<ul style="list-style-type: none"> • Concept of Talent Identification and Talent Development in Sports • Introduction to Sports Training Cycle –Micro, Meso, Macro Cycle. • Types & Method to Develop– Strength, Endurance and Speed • Types & Method to Develop– Flexibility and Coordinative Ability

Practical

Practical No.	Practical Content
Practical (III)	<ul style="list-style-type: none"> Yogic Practices* <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>
Practical (IV)	<ul style="list-style-type: none"> Record File shall include: <ul style="list-style-type: none"> ❖ Practical-1: Fitness tests administration. ❖ Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease. ❖ Practical-3: Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.

- **SYLLABUS FOR PRE-BOARD EXAMINATION MUST BE COMPLETED BY 15/12/2022**
- **PREPARATION AND REVISION OF PRE-BOARD EXAMINATION**
- **PRE-BOARD EXAMINATION 2023**
- **DISCUSSION OF PRE-BOARD QUESTION PAPER**
- **BOARD EXAMINATION 2023**

- **NOTE: - PRE-BOARD EXAMINATION WILL BE BASED ON WHOLE SYLLABUS**