

PHYSICAL EDUCATION (048)

Class XII (2021-22)

SYLLABUS

TERM - 1

Theory

MCQ BASED – 35Marks

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)

PRACTICAL-General fitness-Warming up and cooling down

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

PRACTICAL- Game-Fundamentals skills of Volleyball

Unit III 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

PRACTICAL- Game-Volleyball-Dimension, rules of the game

Unit IV 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 ShuttleRun
- ❖ Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test -Computation of Fitness Index:
Duration of the Exercise in Seconds x 1005.5 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

PRACTICAL-Motor Fitness test

Unit V Biomechanics & Sports

- ❖ Meaning and Importance of Biomechanics in Sports
- ❖ Types of movements (Flexion, Extension, Abduction & Adduction)
- ❖ Newton's Law of Motion & its application in sports

PRACTICAL- Senior Citizen Fitness Test

PRACTICAL

Project File (About one sport/game of choice)	05 Marks
Demonstration of Fitness Activity	05 Marks
Viva Voce (From Project File; Fitness)	05 Marks