

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

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

<p>Unit (III) Yoga</p>	<ul style="list-style-type: none"> ● Meaning & Importance of Yoga ● Introduction to Astanga Yoga ● Yogic Kriyas (Shat Karma) ● Pranayama and its types. ● Active Lifestyle and stress management through Yoga
<p>Unit (IV) Physical Education and Sports for Children with Special Needs</p>	<ul style="list-style-type: none"> ● Concept of Disability and Disorder ● Types of Disability, its causes & nature (Intellectual disability, Physical disability) ● Disability Etiquette ● Aim & Objective of Adaptive Physical Education ● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)
<p>Unit (V) Physical Fitness, Wellness, and Lifestyle</p>	<ul style="list-style-type: none"> ● Meaning and Importance of Wellness, Health and Physical Fitness ● Components/Dimensions of Wellness, Health and Physical Fitness ● Traditional Sports & Regional Games for promoting wellness ● Leadership through Physical Activity and Sports ● Introduction to First Aid – PRICE
	<ul style="list-style-type: none"> ● Syllabus of Mid-Term Examination to be completed by 13/09/2024 ● Revision work Mid-Term syllabus

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

<p>Unit (IX) Psychology & Sports</p>	<ul style="list-style-type: none"> ● Definition & Importance of Psychology in Physical Education & Sports ● Developmental Characteristics at Different Stages of Development ● Adolescent Problems & Their Management ● Team Cohesion and Sports ● Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness
<p>Unit (X) Training and Doping in Sports</p>	<ul style="list-style-type: none"> ● Concept and Principles of Sports Training ● Training Load: Over Load, Adaptation, and Recovery ● Warming-up & Limbering Down – Types, Method & Importance ● Concept of Skill, Technique, Tactics & Strategies ● Concept of Doping and its disadvantages
	<ul style="list-style-type: none"> ● Syllabus of Annual Examination to be completed by 31/01/2025. ● In Annual Examination, questions will be asked from the entire syllabus. ● Revision work final syllabus. ● Discussion on question paper, project work.

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 (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)</p>
Practical (II)	<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 (III)	<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>
Note:	<ul style="list-style-type: none"> ● Record File shall include: <ul style="list-style-type: none"> ❖ Practical-1: Fitness tests administration. (SAI Khelo India Test) ❖ 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.