

CENTRAL BOARD OF SECONDARY EDUCATION

PHYSICAL EDUCATION CURRICULUM (2018-19) Class XII

Theory

Max. Marks 70

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)
- Intramural & Extramural - Meaning, Objectives & Its Significance
- Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

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
- Sports nutrition & its effect on performance (fluid & meal intake, pre, during & post competition)
- Food supplement for children

Unit III Yoga & Lifestyle

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardh Matsyendrasana
- Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pawanuktasana, Ardha Chakrasana, Bhujangasana, Shavasana
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

Unit IV Physical Education & Sports for CWSN (Children With Special Needs - *Divyang*)

- Concept of Disability & Disorder
- Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- Disability Etiquettes
- Advantage of Physical Activities for children with special needs
- Strategies to make Physical Activities assessable for children with special need.

Unit V Children & Sports

- Motor development & factors affecting it
- Exercise Guidelines at different stages of growth & Development
- Advantages & disadvantages of weight training
- Concept & advantages of Correct Posture
- Causes of Bad Posture
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis
- Corrective Measures for Postural Deformities

Unit VI Women & Sports

- Sports participation of women in India
- Special consideration (Menarche & Menstrual Dysfunction)
- Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)
- Psychological aspects of women athlete
- Sociological aspects of sports participation

Unit VII Test & Measurement in Sports

- Computation of Fat Percentage -
Slaughter - Lohman Children Skinfold Formula:
Triceps & Calf Skinfold (Male 6 to 17 yrs - % body fat = $(0.735 \times \text{sum of skinfold}) + 1.0$
(Female 6 to 17 yrs - % body fat = $(0.610 \times \text{sum of skinfold}) + 5.0$)
- Measurement of Muscular Strength - Kraus Weber Test
- Motor Fitness Test - AAPHER
- General Motor Fitness - Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put - For Boys: 03 Kg & For Girls: 01 Kg)
- Measurement of Cardio Vascular Fitness - Harvard Step Test/Rockport Test -
Computation of Fitness Index: $\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}$
- 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

Unit VIII Physiology & Sports

- Gender differences in physical & physiological parameters.
- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Vascular System
- Effect of exercise on Respiratory System
- Effect of exercise on Muscular System
- Physiological changes due to ageing
- Role of physical activity maintaining functional fitness in aged population

Unit IX Sports Medicine

- Concept, Aims & Scope of Sports Medicine
- Sports injuries: Classification, Causes & Prevention
- First Aid - Aims & Objectives
- **Management of Injuries:**
 - Soft Tissue Injuries:**
(Abrasion, Contusion, Laceration, Incision, Sprain & Strain)
 - Bone & Joint Injuries:**
(Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted)

Unit X Kinesiology, Biomechanics & Sports

- Introduction to Axes & Planes
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Major Muscles involved in running, jumping & throwing
- Newton's Law of Motion & its application in sports
- Projectile & factors affecting Projectile Trajectory
- Friction & Sports

Unit XI Psychology & Sports

- Understanding Stress & Coping Strategies (Problem Focussed & Emotional Focussed)
- Personality; its definition & types - Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to Exercise
- Meaning, Concept & Types of Aggressions in Sports

Unit XII Training in Sports

- Strength - Definition, types & methods of improving Strength - Isometric, Isotonic & Isokinetic
- Endurance - Definition, types & methods to develop Endurance - Continuous Training, Interval Training & Fartlek Training
- Speed - Definition, types & methods to develop Speed - Acceleration Run & Pace Run

- Flexibility - Definition, types & methods to improve flexibility
- Coordinative Abilities - Definition & types
- Circuit Training - Introduction & its importance

Practical

Max. Marks 30

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|--|------------|
| 01. Physical Fitness - AAHPER | - 10 Marks |
| 02. Skills of any one Team Game of choice from the given list* | - 10 Marks |
| 03. Viva | - 05 Marks |
| 04. Record File** | - 05 Marks |

*Athletics, Basketball, Football, Handball, Hockey, Kho Kho, Rifle Shooting, Volleyball and Unified Basketball [CWSN (Children With Special Needs - Divyang)]

****Record File shall include:**

Practical-1: Modified AAHPER administration for all items.

Practical-2: Conduct Barrow 3 Item Test on 10 students.

Practical-3: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-4: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.

Practical-5: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).

Note:

01. It is suggested that Unit No. III & VII may be taught by following the Principle of Learning by Doing.
02. Content is designed to complete the syllabus between 120-140 periods.