

PHYSICAL EDUCATION (048)

Class XI (2022–23)

Unit	Syllabus	Chapter Name	Topics
Unit-1	Writer test-I (unit-1 and 2)	Changing Trends and Career in Physical Education	Concept, Aim, and Objectives of Physical Education
			Changing trends in sports playing surface, wearable gears,
			Career Options in Physical education
			Khelo India and Fit India Programme
Unit-2		Olympism	Ancient and Modern Olympics
			Olympism- Concept and Olympics Values (Excellence, Friendship and Respect)
			Olympics- Symbol, Motto, Flag, Oath and Anthem
			Olympic Movement Structure- IOC, NOC, IFS, other members
Unit-3		Yoga	Meaning and Importance of Yoga
			Introduction of ashtanga Yog
			Introduction of Yogic Kriyas (Shat Karma)
Unit-4	Half=yearly Exam (Unit-1,2,3,4,5, 6)	Physical Education and sports for CWSN	Concept of Disability and Disorder
			Types of Disability, its causes and nature (Intellectual and Physical Disability)
			Aim and objective of Adaptive Physical Education
			Role of various professionals for childrens with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Teacher, Speech Therapist and special Educator)
Unit-5		Physical Fitness, Health and Wellness	Meaning and Importance of Wellness, Health and Physical Fitness
			Components/ Dimensions of Wellness, Health and Physical Fitness
			Traditional sports and regional Games for promoting wellness
Unit-6		Test Measurement and Evaluation	Concept of test measurement and evaluation in physical Education and sports
			Classification of test in physical education and sports
			Test Administration guidelines in physical education and sports
Unit-7	Writtern Test-II (Unit-7,8)	Fundamentals of Anatomy, Physiology in Sports	Definition and importance of Anatomy and Physiology in exercise and sports
			Functions of skeleton system Classification of bones and type of
			Functions and structure of circulatory system and heart
			Functions and structure of Respiratory system
Unit-8		Fundamentals of Kinesiology and Biomechanics in Sports	Definition and importance of kinesiology and biomechanics in
			Principle of biomechanics
			Type of body movements - Flexion, extension, Abduction, Adduction, Rotation
			Axis and Planes- Concept and its Application in body movement
Unit-9	Final Exam (Whole Syllabus)	Psychology and Sports	Definition and importance of Psychology in Physical and Sports
			Adolescent problems and their Management
			Team Cohesion and Sports
Unit-10		Training and Doping in Sports	Concept and Principle of sports training
			Training load - Over Load, Adaptation and recovery
			Concept of doping and its disadvantages
Practical Syllabus			
1		Physical Fitness Test	SAI Khelo India Test, Brockport physical fitness test (BPFT)
2		Proficiency in games and sports	Skill of any one IOA recognised Sport/Games of choice
3		Yogic Practices	All three types of Yogasana
4		Record File	Labelled diagram of 400mt track and field Any one IOA recognised sport/game
5		Viva Voice (Health/Games & sports/Yoga)	