

**PHYSICAL EDUCATION (048)**  
**Class XII (2020–21)**  
**(RATIONALIZED)**

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)

**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

**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, Pavanuktasana, Ardh Matsyendrasana
- Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana

**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
- Strategies to make Physical Activities assessable for children with special need.

**Unit V 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

**Unit VI 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 Shuttle Run
- 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 VII Physiology & Injuries in Sports**

- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Respiratory System
- Effect of exercise on Muscular System
- Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention&treatment
- First Aid – Aims & Objectives

### **Unit VIII 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

### **Unit IX Psychology & Sports**

- Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Meaning, Concept & Types of Aggressions in Sports

### **Unit X 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 & PaceRun
- Flexibility – Definition, types & methods to improve flexibility
- Coordinative Abilities – Definition & types

### **Practical**

**Max. Marks 30**

- |   |           |
|---|-----------|
| 01. Physical Fitness Test   | - 6 Marks |
| 02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)- 7 Marks | - 7 Marks |
| 03. Yogic Practices   | - 7 Marks |
| 04. Record File **  | - 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga)  | - 5 Marks |

\* Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

**\*\*Record File shall include:**

*Practical-1: Fitness tests administration for all items.*

*Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.*

*Practical-3: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).*

**Suggested Question Paper Design**  
**Physical Education (Code No. 048)**  
**Class XII (2020-21)**

**Marks: 70**

**Duration: 3 hrs.**

SN	Typology of Questions	Objective Type/ MCQ 1 Mark	Short Answer I 3 Marks	Short Answer II 5 Marks	Marks
1	<b>Remembering:</b> Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers.	5	3	2	24
2	<b>Understanding:</b> Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	5	3	1	19
3	<b>Applying:</b> Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	5	2	1	16
4	<b>Analysing and Evaluating:</b> Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations.  Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria.  <b>Creating:</b> Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	5	2	-	11
<b>Total</b>		<b>20x1=20</b>	<b>10x3=30</b>	<b>4x5=20</b>	<b>70 (34)</b>

There will be **Internal Choice** in questions of 1 mark (4 choices), 3 marks (3 choices) and 5 marks (2 choices). In all, total 9 internal choices.