

PHYSICAL EDUCATION

I. Eligibility Conditions for Admission to the Course

The following category of students will be permitted to join the course:

- (i) Those who have represented the school in the Inter School Sports & Games Competitions in any Game/Sport.
- (ii) Those who do not represent the school but are keen to join the course should undergo a physical fitness test and secure a minimum of 40% marks.
- (iii) Those granted permission to join the course should be medically fit to follow a prescribed programme of physical education.
- (iv) The unit of a class in physical education and health education should not exceed 40 students.
- (v) Instructional hours and duration of the period should be strictly as per the norms of the Board.

II. Conditions for Granting Affiliation to Schools for Offering Physical Education as an Elective Subject.

Only those schools satisfying the following conditions will be permitted to offer physical education as a course of study at +2 stage as an elective subject:

- (i) The school should have adequate open space to accommodate at least 200 M track and play fields for minimum three games/sports.
- (ii) The teacher handling the elective programme of physical education should hold a Master Degree in Physical Education.
- (iii) The school should provide adequate funds for physical education and health education for purchase of equipments, books on physical education and also for the maintenance of sports facilities.

III. Physical Education

Class XI - Theory

Max.Marks 70

Part - A

Unit I

Concept of Physical Education

Meaning and definition of Physical Education, its aim and objectives

Need and importance of Physical Education

Misconceptions about Physical Education & its relevance in Inter Disciplinary Context

Unit 2**Career Aspects in Physical Education**

- 2.1 Career Options in Physical Education
- 2.2 Avenues for Career Preparation
- 2.3 Motivation & Self Assessment for career choices

Unit 3**Physiological Aspects of Physical Education**

- 3.1 Warming up - General & Specific & its Physiological basis
- 3.2 Effects of Exercise on Muscular & Digestive systems
- 3.3 Effects of Exercise on Respiratory & Circulatory systems

Unit 4**Psychological Aspects of Physical Education**

- 4.1 Definition & role of Sports Psychology
- 4.2 Motivation and Achievements in Sports
- 4.3 Adolescent Problems & its Management

Unit 5**Health Concepts of Physical Education**

- 5.1 Role of Physical Education Programme on Community Health Promotion (Individual, Family & Society)
- 5.2 Effects of Alcohol, Tobacco and Drugs on Sports Performance
- 5.3 Obesity, Causes & Preventive Measures and Role of diet on Performance

Part B

Following sub topics relate to any one Game/Sport of choice of student out of these disciplines: Badminton, Handball, Hockey, Kabaddi, Kho Kho, Skating, Swimming & Taekwondo

Unit 1

- 1.1 History of the Game/Sport
- 1.2 Latest General Rules of the Game/Sport
- 1.3 Measurement of Play Fields and Specifications of Related Sports Equipments
- 1.4 Important Tournaments and Venues
- 1.5 Sports Personalities

Unit 2

- 2.1 Fundamental Skills of the Game/Sport

- 2.2 Specific Exercises of Warm-up and Conditioning
- 2.3 Related Sports Terminologies
- 2.4 Sports Awards
- 2.5 Common Sports Injuries & its Prevention

IV. Physical Education

Class XII - Theory

Max.Marks 70

Part - A

Unit 1

Physical Fitness & Wellness

- Meaning & Importance of Physical Fitness & Wellness
- Components of Physical Fitness & Wellness
- Factors Affecting Physical Fitness & Wellness
- Principles of Physical Fitness Development
- Means of Fitness Development - Aerobic & Anaerobic, Sports, Yoga & Recreational Activities

Unit 2

Training Methods

- 2.1 Meaning & Concept of Training
- 2.2 Methods of Training
- 2.3 Methods of Strength Development - Isometric & Isokinetic Exercises
- 2.4 Methods of Endurance Development - Continuous Method, Interval Training & Fartlek.
- 2.5 Methods of Speed Development - Acceleration Run & Pace Races
- 2.6 Circuit Training

Unit 3

Sociological Aspects of Physical Education

- 3.1 Meaning of Sociology & Sports Sociology
- 3.2 Games & Sports as Man's Cultural Heritage
- 3.3 Socialization, Leadership, Value Education through Physical Education Programme & Olympic Movement

Unit 4

Sports & Environment

- 4.1 Meaning & Need for Environment in Physical Education Programme
- 4.2 Essential Elements of Positive Environment
- 4.3 Role of Individual in Improvement of Environment for Prevention of Sports Related Accidents

Unit 5

Yoga

- 5.1 Meaning & Importance of Yoga
- 5.2 Yoga as an Indian Heritage

- 5.3 Elements of Yoga
- 5.4 Role of Yoga in Sports

Part B

Following sub topics relate to any one Game/Sport of choice of student out of these disciplines: Athletics, Basketball, Cricket, Football, Judo, Table Tennis, Tennis & Volleyball.

Unit I

- 1.1 History of the Game/Sport
- 1.2 Latest General Rules of the Game/Sport
- 1.3 Measurement of Play Fields and Specifications of Related Sports Equipments
- 1.4 Fundamental Skills of the Game/Sport
- 1.5 Related Sports Terminologies

Unit 2

- 2.1 Important Tournaments and Venues
- 2.2 Sports Personalities
- 2.3 Sports Awards
- 2.4 Various Sports Organizations
- 2.5 First Aid & Rehabilitation of Sports Injuries

V. PART 'C' - PRACTICAL

(For classes XI & XII)

Max.Marks 30

The Activity Practical Syllabus has been divided into three parts & the marks allotted for each part are as follows:

(i) Physical Fitness Test (Compulsory)	:	10 Marks
(ii) Skill of chosen Sport/Game	:	15 Marks
(iii) Viva & Record Book(File)	:	05 Marks

VI. Norms for Physical Fitness Test for admission to Physical Education in class XI, & for testing Physical Fitness for Girls of classes XI & XII

Points	A		B			C		D		E
	60 M (In Sec)	100 M (In Sec)	Long Jump (In M)	Standing Broad Jump (In M)	Vertical Jump (In M)	Modified Bent Knee Push-ups (In no.s)	Bent Knee Sit-ups (In no.s)	Overhead Backward Basketball Throw with both the Hands (In M)	Shot Put 04.00 Kgs (In M)	Shuttle Run 4 x 10 M (In Sec)
10	9.0	14.0	4.0	2.00	28	25	30	12.00	07.50	10.50
9	9.2	14.3	3.7	1.85	26	23	27	11.50	07.00	10.70
8	9.5	14.7	3.4	1.65	23	20	24	10.50	06.50	11.00
7	9.8	15.1	3.1	1.45	20	18	21	09.50	06.00	11.30
6	10.2	15.6	2.8	1.25	17	16	19	08.50	05.50	11.60
5	10.6	16.2	2.5	1.00	15	14	15	07.00	05.00	12.00
4	11.0	17.0	2.2	0.80	13	12	12	06.00	04.50	12.40
3	11.5	17.5	1.9	0.60	10	10	10	05.00	04.00	12.80
2	12.0	18.5	1.6	0.50	08	07	07	04.00	03.50	13.50
1	12.5	19.2	1.3	0.40	06	04	04	03.50	03.00	14.50

- Each student will have to choose five items for test of choice.
- One item for test must be chosen from 'A'; one from 'B'; one from 'C'; one from 'D' and test item number 'E' is compulsory for all.

VII. Norms for Physical Fitness Test for admission to Physical Education in class XI, & for testing Physical Fitness for Boys of classes XI & XII

Points	A		B			C		D		E
	60 M (In Sec)	100 M (In Sec)	Long Jump (In M)	Standing Broad Jump (In M)	Vertical Jump (In M)	Push-ups (In no.s)	Bent Knee Sit-ups (In no.s)	Overhead Backward Basketball Throw with both the Hands (In M)	Shot Put 7.260 Kgs (In M)	Shuttle Run 4 x 10 M (In Sec)
10	07.50	12.00	05.50	02.50	40	40	45	16.00	07.50	09.00
9	07.70	12.30	05.20	02.35	38	38	42	15.50	07.00	09.20
8	08.00	12.70	04.90	02.15	35	35	38	14.50	06.50	09.50
7	08.30	13.10	04.60	01.95	32	32	34	13.50	06.00	09.80
6	08.60	13.60	04.30	01.75	28	29	30	12.50	05.50	10.10
5	08.90	14.20	04.00	01.50	25	25	25	11.50	05.00	10.50
4	09.30	15.00	03.80	01.25	23	21	22	10.50	04.50	11.00
3	09.70	15.50	03.60	01.00	20	17	19	09.50	04.00	11.50
2	10.10	16.50	03.30	0.80	18	14	15	08.50	03.50	12.20
1	10.50	17.50	03.30	0.60	16	10	10	07.50	03.00	13.00

- Each student will have to choose five items for test of choice.
- One item for test must be chosen from 'A'; one from 'B'; one from 'C'; one from 'D' and test item number 'E' is compulsory for all.

VIII. List of Content of Syllabus; Work load/Teaching Components; Maximum Marks Allotment; Paper Setting and Nature of Questions Setting for Exam

List of Content of Syllabus	Work load/Teaching Components	Maximum Marks Allotment	Paper Setting	Nature of Questions Setting for Exam
Part 'A'			Two questions of either / or nature should be set out of each Unit. <ul style="list-style-type: none"> 14 questions will be set from the total syllabus. Seven questions compulsory to be attempted by the student. One out of each unit. 	<ul style="list-style-type: none"> Two Questions of Knowledge content. Two Questions of Application. Two Questions of Understanding. One Question of liberal nature.
Unit I	10 Periods	10		
Unit II	10 Periods	10		
Unit III	10 Periods	10		
Unit IV	10 Periods	10		
Unit V	10 Periods	10		
Part 'B'				
Unit I	10 Periods	10		
Unit II	10 Periods	10		
Practical				
(i)	70 Periods to cover (i) Physical Fitness (ii) Teaching of skills for Games & Sports (iii) Preparation of Record Book/File & Viva	10	Assessment of - <ul style="list-style-type: none"> (i) Fitness Standards (ii) Proficiency in skill taught (iii) Preparation of Record Book/File & its presentation in Viva 	(i) Fitness test against the norms. (ii) Skill test on three criteria A. Optional - One out of three choices. B. Compulsory - Set by the Examiners. C. Liberal - As per the choices of the student. (iii) Comparative assessment among the class.
(ii)	15			
(iii)	05			

IX. Guidelines for Evaluation of Physical Education Theory Paper

1. Each question will be of 10 marks.
2. The students are expected to attempt one question out of the two options given in each unit.
3. Break up of the 10 marks of each question is as follows:

- | | |
|---|---------|
| (i) Knowledge of content: | 3 marks |
| (ii) Understanding of the knowledge of content: | 3 marks |
| (iii) Capability/Examples/Description for application of knowledge & understanding of the concepts: | 4 marks |

Note: Item No. 3 will be applicable to the long & medium length questions. Long questions shall be between 200 - 250 words and short questions shall be of 80 - 100 words.

4. Very short questions comprises of 5 sub sets of 2 marks each.

Note: Terminologies/ definitions/ concepts shall be described in approximately 30 words. If the description is supported with the source of reference and authors & the situation of application, it may award 2 marks; otherwise marks may be allotted appropriately.

5. Liberal component of long essay/detailed note/suggestive writing shall be of more than 250 words. The break up of the 10 marks for liberal component of question shall be as follows:

- | | |
|--|---------|
| (i) Understanding and knowledge of content: | 2 marks |
| (ii) Source of reference/author/attention: | 1 mark |
| (iii) Understanding of application aspects: | 3 marks |
| (iv) Suggesting writing/critical analysis/ futuristic model: | 4 marks |

X. Guidelines for Physical Education Teachers

Teaching of Physical Education is a combination of understanding of Theoretical knowledge to be applied in performing various games & sports. Accordingly for transaction of syllabus, at the level of classes XI & XII the following consideration as suggested must be applied as guidelines.

I, III, IV, V, and VI & VII must be thoroughly understood and adopted.

VIII provides the Content of Syllabus; Work load/Teaching Components; Maximum Marks Allotment; Paper Setting and Nature of Questions Setting for Exam. It provides guidelines for teachers to cover the syllabus accordingly.

IX provides the guidelines to be followed by the evaluator of the answer books of the candidates. Thereby it is essential for teachers to understand the components of evaluation also.

Each unit of the syllabus shall be taught and students must be provided the knowledge of concept (definitions, explanations etc), understanding in explanation and description, application in various setting of Physical Education, Sports & life.

Example: Unit II - Class XI.

2. Career aspects in Physical Education.

2.1 Career Options - What are the careers in Physical Education, Traditional & emerging trends. Teaching/Coaching; Health related careers; administration related careers; performance related careers (Officials/Players/Recorders; Reporters/etc); Communication (Journalism, Photography, T V Reporters, Book Publishing, Writing, Industry, Marketing, Selling, Event Management, etc)

2.2 Various degrees and diplomas in various universities for various careers; eligibility; duration of courses; various institutions offering various courses.

2.3 Motivation and self assessment in career choices; factor acting as motivators and criteria to assess the personal choice to opt for sports career.

Community based programme, individual/group survey, interviews & quiz etc in the immediate social settings must be undertaken as part of applying the knowledge and understanding of the various concepts of the various part of syllabus.

As far as possible, support of audiovisual aids; chat; Radio; TV; Projector etc should be used in order to explain the content.

For the practical components of the syllabus, curriculum should be transected through the demonstration, exhibition matches, practical matches, skills in the sports annual festivals, annual sports days etc. The weight-age of learning component may be comparatively assessed on the basis of performance of the candidates.

Internal assessment should be continuous and progressive.