

**PHYSICAL EDUCATION (048)**  
**Class XII (2022–23)**

**Theory**

**Max. Marks 70**

**Unit I Management of Sporting Events**

- Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
- Various Committees & their Responsibilities (pre; during & post)
- Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)

**Unit II Children & Women in Sports**

- Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures
- Special consideration (Menarche & Menstrual Dysfunction)
- Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

**Unit III Yoga as Preventive measure for Lifestyle Disease**

- Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.
- Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.
- Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma.
- Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam.

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

- Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
- Advantages of Physical Activities for children with special needs.
- Strategies to make Physical Activities assessable for children with special needs.

**Unit V Sports & Nutrition**

- Concept of balance diet and nutrition
- Macro and Micro Nutrients: Food sources & functions
- Nutritive & Non-Nutritive Components of Diet

**Unit VI Test & Measurement in Sports**

- Fitness Test – SAI Khelo India Fitness Test in school:
  - Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test
  - Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).
- Computing Basal Metabolic Rate (BMR)

- Rikli & Jones - Senior Citizen Fitness Test
  - I. Chair Stand Test for lower body strength
  - II. Arm Curl Test for upper body strength
  - III. Chair Sit & Reach Test for lower body flexibility
  - IV. Back Scratch Test for upper body flexibility
  - V. Eight Foot Up & Go Test for agility
  - VI. Six Minute Walk Test for Aerobic Endurance

#### **Unit VII Physiology & Injuries in Sports**

- Physiological factors determining components of physical fitness
- Effect of exercise on Muscular System
- Effect of exercise on Cardio-Respiratory System
- Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

#### **Unit VIII Biomechanics & Sports**

- Newton's Law of Motion & its application in sports
- Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- Friction & Sports
- Projectile in Sports

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

- Personality; its definition & types (Jung Classification & Big Five Theory)
- Meaning, Concept & Types of Aggressions in Sports
- Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting

#### **Unit X Training in Sports**

- Concept of Talent Identification and Talent Development in Sports
- Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.
- Types & Method to Develop – Strength, Endurance and Speed
- Types & Method to Develop – Flexibility and Coordinative Ability

#### **Practical**

**Max. Marks 30**

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|---|---------|
| 01. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*        | 6 Marks |
| 02. Proficiency in Games and Sports<br>(Skill of any one IOA recognised Sport/Game of Choice)** | 7 Marks |
| 03. Yogic Practices   | 7 Marks |
| 04. Record File ***   | 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga)  | 5 Marks |

\* 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)

\*\*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.

\*\*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'

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

- ❖ Practical-1: Fitness tests administration.
- ❖ 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.

**Note: For PE (048) Curriculum, Handbooks are already available at Board's website. However, the revised version of these Handbooks would soon be available that include following topics at Board's Academic website [www.cbseacademic.nic.in](http://www.cbseacademic.nic.in)**

### **Class XII Handbook:**

**Unit I Management of Sporting Events** - Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling); Various Committees & their Responsibilities (pre; during & post); Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic); Intramural & Extramural – Meaning, Objectives & Its Significance; Community Sports – Purpose and benefits

**Unit II Children & Women in Sports** - Exercise Guidelines of WHO for different age groups; Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures; Women participation in Sports – Physical, Psychological and Social benefits; Special consideration (Menarche & Menstrual Dysfunction); Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

**Unit III Yoga as Preventive measure for Lifestyle Disease** - Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama; Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati; Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, Uttan Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma; Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam; Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastottansana, Ardha-Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana Pranayam;

**Unit IV Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*)** – Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics); Concept of Classification and Divisioning in Sports; Concept of Inclusion in sports, its need, and Implementation; Advantages of Physical Activities for children with special needs; Strategies to make Physical Activities assessable for children with special needs

**Unit V Sports & Nutrition** - Concept of balance diet and nutrition; Macro and Micro Nutrients: Food sources & functions; Nutritive & Non-Nutritive Components of Diet; Eating For Weight Control – A Healthy Weight, The Pit falls of Dieting, Food Intolerance & Food Myths; Importance of Diet in Sports and Pre, During and Post requirement

**Unit VI Test & Measurement in Sports** - Fitness Test – SAI Khelo India Fitness Test in school [Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test; Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls)]; Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise; Computing Basal Metabolic Rate (BMR); Rikli & Jones - Senior Citizen Fitness Test - Chair Stand Test for lower body strength, Arm Curl Test for upper body strength, Chair Sit & Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight Foot Up & Go Test for agility, Six Minute Walk Test for Aerobic Endurance; Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)

**Unit VII Physiology & Injuries in Sports** - Physiological factors determining components of physical fitness; Effect of exercise on Muscular System; Effect of exercise on Cardio-Respiratory System; Physiological changes due to aging; Sports injuries: Classification (Soft Tissue Injuries – Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

**Unit VIII Biomechanics & Sports** - Newton's Law of Motion & its application in sports; Types of Lever and its application in Sports; Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports; Friction & Sports; Projectile in Sports

**Unit IX Psychology & Sports** - Personality; its definition & types (Jung Classification & Big Five Theory); Motivation, its type & techniques; Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it; Meaning, Concept & Types of Aggressions in Sports; Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting

**Unit X Training in Sports** - Concept of Talent Identification and Talent Development in Sports; Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle; Types & Method to Develop – Strength, Endurance and Speed; Types & Method to Develop – Flexibility and Coordinative Ability; Circuit Training - Introduction & its importance