

SYLLABUS-2024-25
PHYSICAL EDUCATION XII

Unit No.	Unit Name & Topics
<p>Unit 1</p> <p>APRIL 22 DAYS</p>	<p>Management of Sporting Events</p> <p>1. Functions of Sports</p> <p>Events Management (Planning, Organising, Staffing, Directing & Controlling)</p> <p>2. Various Committees & their Responsibilities (pre; during & post)</p> <p>3. Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments.</p>
	<p>4. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance</p> <p>5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)</p>
<p>Unit 2</p> <p>APRIL 22 DAYS</p>	<p>Children & Women in Sports</p> <p>1. Exercise guidelines of WHO for different age groups.</p>

	<p>2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</p> <p>3. Women's</p>
	<p>participation in Sports – Physical, Psychological, and social benefits.</p> <p>4. Special consideration (menarche and menstrual dysfunction)</p> <p>5. Female athlete triad (osteoporosis, amenorrhea, eating disorders).</p>
<p>Unit 3</p> <p>APRIL 22 DAYS</p>	<p>Yoga as Preventive measure for Lifestyle Disease</p> <p>1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana,</p>

	<p>Ushtrasana, Suryabedhan pranayama.</p> <p>2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bh ujangasana, Shalabhasana, Dhanurasana, Supta- vajasana, Paschimottanasana, Ardha- Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</p> <p>3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansan a, UttanMandukan- a, Bhujangasana,</p>
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	<p>Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma.</p> <p>4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan-a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi- shodhanapranayam, Sitlipranayam.</p> <p>5. Back Pain and Arthritis: Procedure, Benefits & Contraindications of</p>
	<p>Tadasan, Urdhawahastootansa na, Ardh- Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, Nadi- Shodhana pranayama.</p>

<p>Unit 4</p> <p>MAY</p> <p>19 DAYS</p>	<p>Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</p> <ol style="list-style-type: none"> 1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) 2. Concept of Classification and Divisioning in Sports. 3. Concept of Inclusion
	<ol style="list-style-type: none"> in sports, its need, and Implementation; 4. Advantages of Physical Activities for children with special needs. 5. Strategies to make Physical Activities assessable for children with special needs.
<p>Unit 5</p> <p>JULY</p> <p>24 DAYS</p>	<p>Sports & Nutrition</p> <ol style="list-style-type: none"> 1. Concept of balanced diet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & Non-Nutritive Components of Diet 4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and

	<p>Food Myths</p> <p>5. Importance of Diet in Sports-Pre, During and Post competition Requirements</p>
<p>Unit 6</p> <p>AUGUST</p> <p>22 DAYS</p>	<p>Test & Measurement in Sports</p> <p>1. Fitness Test – SAI Khelo India Fitness Test in school:</p> <p>Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test</p> <p>Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</p>

	<p>2. Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds $\times 100/5.5 \times$ Pulse count of 1-1.5 Min after Exercise.</p> <p>3. Computing Basal Metabolic Rate (BMR)</p> <p>4. Rikli & Jones - Senior Citizen Fitness Test</p> <ul style="list-style-type: none"> • 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
	<p>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)</p>

<p>Unit 7</p> <p>AUGUST</p> <p>22 DAYS</p>	<p>Physiology & Injuries in Sport</p> <ol style="list-style-type: none"> 1. Physiological factors determining components of physical fitness 2. Effect of exercise on the Muscular System 3. Effect of exercise on the Cardio-Respiratory System 4. Physiological changes due to aging 5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain;
	<p>Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)</p>

<p>Unit 8</p> <p>OCTOBER R 20 DAYS</p>	<p>Biomechanics and Sports</p> <ol style="list-style-type: none"> 1. Newton's Law of Motion & its application in sports 2. Types of Levers and their application in Sports. 3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sports
<p>Unit 9</p>	<p>Psychology and Sports</p>
<p>OCTOBER</p> <p>20 DAYS</p>	<ol style="list-style-type: none"> 1. Personality; its definition & types (Jung Classification & Big Five Theory) 2. Motivation, its type & techniques. 3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept & Types of Aggressions in Sports 5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting

<p>Unit 10</p> <p>NOVEMBER</p> <p>21 DAYS</p>	<p>Training in Sports</p> <p>1. Concept of Talent Identification and Talent Development in Sports</p>
	<p>2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.</p> <p>3. Types & Methods to Develop – Strength, Endurance, and Speed.</p> <p>4. Types & Methods to Develop – Flexibility and Coordinative Ability.</p> <p>5. Circuit Training - Introduction & its importance</p>