



CBSE Syllabus

Class XI

PHYSICAL EDUCATION



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PHYSICAL EDUCATION

Course Structure

Units	Topics	Marks
	Theory	70
1	Physical Fitness, Wellness and Lifestyle	
2	Changing Trends and Career in Physical Education	
3	Olympic Movement	
4	Yoga	
5	Doping	
6	Management of Injuries	
7	Test and Measurement in Sports	
8	Fundamentals of Anatomy and Physiology	
9	Biomechanics and Sports	
10	Psychology and Sports	
11	Training in Sports	
	Practical Works	30
12	Physical Fitness	5
13	Athletics	5
14	Health and Fitness Activities	5
15	Skill of any one Individual Game of choice	5
16	Viva	5
17	Record File	5
Total		100

Course Syllabus

Unit I. Changing Trends and Career in Physical Education

- Define Physical Education:
 - Aims
 - Objectives
- Development of Physical Education - Post Independence
- Concept and Principles of Integrated Physical Education
- Concept and Principles of Adaptive Physical Education
- Career Options in Physical Education

Unit II. Physical Fitness, Wellness and Lifestyle

- Meaning and importance of Physical Fitness
- Wellness and Lifestyle
- Factors affecting Physical Fitness and Wellness
- Indicators of Health - Physical and Psychological
- Preventing Health Threats through Lifestyle Change
- Components of positive lifestyle

Unit III. Olympic Movement

- Ancient and Modern Olympics
- Olympic Symbols, Ideals, Objectives and Values
- International Olympic Committee
- Indian Olympic Association
- Awards:
 - Dronacharya Award
 - Arjuna Award
 - Rajiv Gandhi Khel Ratna Award
- Organizational set-up of:

- CBSE Sports
- Chacha Nehru Sports Award

Unit IV. Yoga

- Meaning and Importance of Yoga
- Yoga as an Indian Heritage
- Elements of Yoga
- Introduction to:
 - Asanas
 - Pranayam
 - Meditation
 - Yogic Kriyas
- Prevention and Management of Common Lifestyle Diseases:
 - Obesity
 - Diabetes
 - Hyper-Tension
 - Back-Pain

Unit V. Doping

- Concept & classification of doping
- Prohibited substances and methods
- Athletes responsibilities
- Side effects of prohibited substances
- Ergogenic aids & doping in sports
- Doping control procedure

Unit VI. Physical Activity Environment

- Introduction to physical activity

- Concept & need of sports environment
- Essential elements of positive sports environment
- Principles of physical activity environment
- Components of health related fitness
- Behaviour change technique for physical activity
- Exercise Guidelines at different stages of growth

Unit VII. Test and Measurement in Sports

- Define Test and Measurement
- Importance of Test and Measurement in Sports
- Calculation of BMI and Waist - Hip Ratio
- Somatotypes:
 - Endomorphy
 - Mesomorphy
 - Ectomorphy
- Procedures of Anthropometric Measurement:
 - Height
 - Weight
 - Arm
 - Leg Length
 - Skin Fold

Unit VIII. Fundamentals of Anatomy and Physiology

- Define: Anatomy, Physiology and its importance
- Skeleton system
 - Function bones
 - Classification of bones
 - Types of joints
- Function and structure of muscles

- Function and structure of Respiratory System
- Structure of Heart and introduction to Circulatory System
- Oxygen debt, second-wind

Unit IX. Biomechanics and Sports

- Meaning and Importance of Biomechanics in Physical Education and Sports
- Newton's Law of Motion and its application in sports
- Levers and its types and its application in Sports
- Equilibrium - Dynamic and Static and Centre of Gravity and its application in sports
- Force - Centrifugal and Centripetal and its application in Sports

Unit X. Psychology and Sports

- Definition and importance of Psychology in Physical Education and Sports
- Define and differentiate between 'Growth and Development'
- Developmental characteristics at different stage of development
- Adolescent problems and their management
- Define Learning, Laws of Learning and transfer of Learning
- Plateau & causes of plateau
- Emotion:
 - Concept & controlling of emotion

Unit XI. Training in Sports

- Meaning and Concept of Sports Training
- Principles of Sports Training
- Warming up and limbering down
- Load, Adaptation and Recovery
- Skill, Technique and Style

- Symptoms of Over-load & How to Overcome it

Unit XII. Practical Work

- Physical Fitness
- Athletics - Any two events:
 - Sprints
 - Jumps
- Health and Fitness Activities (any one):
 - Medicine Ball
 - Thera Tube
 - Pilates
 - Rope Skipping
- Skill of any one Individual Game of choice
- Viva
- Record File