

Council of Higher Secondary Education, Manipur
Physical, Health Education and Sports
THEORY
CLASS XI (2020-21)

Theory

Time: 3 Hours

70 Marks

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Changing Trends & Career in Physical Education	6
II	Physical Fitness, Wellness & Lifestyle	6
III	Olympic Movement	8
IV	Yoga	7
V	Physical Activity Environment	6
VI	Fundamentals of Anatomy & Physiology	8
VII	Psychology & Sports	6
VIII	Bio-Mechanics in Sports	7
IX	Training in Sports	6
X	Games & Sports	10
	Total =	70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I Changing Trends & Career in Physical Education

- a. Define Physical Education, Its Aims & Objectives
- b. Concept & Principles of Adaptive Physical Education
- c. Career Options in Physical Education

UNIT-II Physical Fitness, Wellness & Lifestyle

- a. Components of Physical Fitness
- b. Components of Wellness
- c. Preventing Threats through Lifestyle Change

UNIT-III Olympic Movement

- a. Ancient & Modern Olympics
- b. Olympic Symbols, Ideals, Objectives & values
- c. International Olympic Committee
- d. Indian Olympic Association
- e. Concept and Classification of Doping

UNIT-IV Yoga

- a. Meaning & Importance of Yoga
- b. Elements of Yoga
- c. Introduction to Asanas, Pranayamas, Meditation and Yogic Kriyas
- d. Physiological benefits of Asanas and Pranayamas

UNIT-V Physical Activity Environment

- a. Concept & Need of Sports Environment
- b. Essential Elements of Positive Sports Environment
- c. Exercise Guidelines at different Stages of Growth

UNIT-VI Fundamentals of Anatomy & Physiology

- a. Function of Skeleton System, Classification of Bones & Types of Joints
- b. Properties of Muscle
- c. Function & Structure of Respiratory System
- d. Structure of Heart & Introduction to Circulatory System
- e. Oxygen debt Second-win

UNIT-VII Psychology & Sports

- a. Definition & Importance of Psychology in Physical Education & Sports
- b. Adolescent Problems & their Management
- c. Define Learning, Laws of Learning & Transfer of Learning
- d. Emotion - Concept & Controlling Emotion

UNIT-VIII Bio-Mechanics in Sports

- a. Meaning & Importance of Bio-mechanics in Physical Education & Sports
- b. Lever, Types of Lever & its Application in Sports
- c. Force – Centrifugal and Centripetal and its Application in Sports

UNIT- IX Training in Sports

- a. Meaning and Concept of Sports Training
- b. Principles of Sports Training
- c. Load, Adaptation and Recovery
- d. Skill Technique and Style

UNIT-X Games & Sports

- a. History, Measurements, Fundamental Skills & Sports Personalities of following Games / Sports (Any one) :-
Badminton, Cricket, Football, Handball, Kabaddi, Sepak-Takraw, Table Tennis
- b. Awards in Games and Sports (Any one):-Dronacharya Award, Arjuna Award
- c. History and Fundamental Skills (Any one): - Mukna, Gymnastics, Yoga
- d. Fundamental Skills of :
 - (i) Track Event (Any one) :- 100 m Run, 1500 m Run
 - (ii) Field Event (Any one) : - High-jump, Shot-put

Practical

Time :- 3 hours
Full Marks : 30

1. Track and Field Event :
 - i) Track Event (Any one) : – 100m Run, 1500 m Run
 - ii) Field Event (Any one) : - High-jump, Shot-put
2. Team Game (Any one) : -Badminton, Cricket, Football, Handball, Kabaddi, Sepak-Takraw, Table Tennis,
3. Other areas (Any one) : -
 - i) Mukna
 - ii) Gymnastics
 - iii) Yoga

Council of Higher Secondary Education, Manipur
Physical, Health Education and Sports
THEORY
CLASS XII (2020-21)

Theory

Time: 3 Hours

70 Marks

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Tournament in Sports	5
II	Sports Nutrition	6
III	Benefits of Yoga	6
IV	Physical Education and Sports for Differently abled	5
V	Children and Sports	5
VI	Women and Sports	5
VII	Test and Measurement in Sports	5
VIII	Physiology and Sports	6
IX	Sports Medicine	5
X	Kinesiology, Biomechanics and Sports	6
XI	Training in Sports	6
XII	Games & Sports	10
	Total =	70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I Tournament in Sports

- a. Tournaments – Knock-out and League Tournaments
- b. Procedure to Draw Fixtures - – Knock-out and League Tournaments
- c. Intramural and Extramural – Meaning and Objective

UNIT-II Sports Nutrition

- a. Balanced Diet and Nutrition: Macro and Micro Nutrients
- b. Nutritive and Non-Nutritive Components of Diet
- c. Eating for Weight Control – A Healthy Weight, The Pitfall of Dieting, Food Intolerance and Food Myths

UNIT-III Benefits of Yoga

- a. Asanas as Preventive measures
- b. Obesity – Padahasthasana and Ardhamatsyendrasana
- c. Diabetes – Bhujangasana and Paschimottanasana
- d. Asthma – Sukhasana, Gomukhasana and Matsyasana
- e. Hypertension – Tadasana, Vajarasana, Pawanmuktasana and Savasana
- f. Back-Pain - Ardhamatsyendrasana and Vakrasana

UNIT-IV Physical Education and Sports for Differently abled

- a. Concept of Disability and Disorder
- b. Types of Disability and Disorder – Their Causes and Nature
- c. Advantages of physical Activities for Children with Special Needs

UNIT-V Children and Sports

- a. Motor Development and Factors Affecting it
- b. Advantage and Disadvantage of Weight Training
- c. Causes of Bad Posture
- d. Common Postural Deformities – Knock-Knees, Flatfoot, Round Shoulders, Lordosis, Kyphosis, Bow legs and Scoliosis
- e. Corrective measures for Postural Deformities

UNIT-VI Women and Sports

- a. Special Consideration (Menarche and Menstrual Dysfunction)
- b. Female Athlete Triad (Osteoporosis, Amenorrhea, Eating Disorder)
- c. Psychological Aspects of Women Athlete
- d. Sociological Aspects of Sports Participation

UNIT-VII Test and Measurement in Sports

- a. Muscular Strength – Kraus-Weber Test
- b. General Motor Fitness Test – Standing broad-jump, Zig-zag Run, Medicine-ball-put
- c. Measurement of Cardiovascular Fitness Test – Harvard-Step Test and Rockport One Mile Test

UNIT-VIII Physiology and Sports

- a. Gender Differences in Physical and Physiological Parameters
- b. Effect of Exercise on Cardiovascular System
- c. Effect of Exercise on Respiratory System
- d. Effect of Exercise on Muscular System

UNIT- IX Sports Medicine

- a. Concept, Aims and Scope of Sports Medicine
- b. Sports Injuries – Classification, Causes and Prevention
- c. Management of Injuries:
Soft Tissue Injuries (Contusion, Sprain and Strain)
Bone and Joint Injuries (Dislocation, Fractures – Greenstick, Comminuted and Impacted)

UNIT-X Kinesiology, Biomechanics and Sports

- a. Projectile and Factors Affecting projectile Trajectory
- b. Newton's Laws of Motion and their Application in Sports
- c. Friction and Sports
- d. Types of Movements (Flexion, Extension, Abduction and Adduction)
- e. Major Muscles Involved in Running, jumping and Throwing

UNIT-XI Training in Sports

- a. Strength – Definition, Types and methods of Improving Strength – Isometric, Isotonic and isokinetic
- b. Endurance - Definition, Types and methods to Develop Endurance – Continuous Training, Interval Training and Fartlek Training
- c. Speed - Definition, Types and methods to Develop Speed – Acceleration Run
Pace Run
- d. Flexibility - Definition, Types and methods to Improve Flexibility

UNIT-XII Games & Sports

- a. History, Measurements, Fundamental Skills & Sports Personalities of following Games / Sports (Any one) : –
Basketball, Hockey, Kho-kho, Volleyball, Lawn Tennis and Judo
- b. History and Fundamental Skills (Any one) :-Thang-Ta, Taekwondo
- c. Fundamental Skills of :
 - (i) Track Event (Any one) : - 200 m Run, 800 m Run
 - (ii) Field Event (Any one) : - Long-Jump, Discus Throw and Javelin

Practical

Time :- 3 hours

Full Marks : 30

1. Track and Field Event :
 - i) Track Event (Any one) : – 200m Run, 800 m Run
 - ii) Field Event (Any one) : - Long-jump, Discus Throw, Javelin
2. Team Game (Any one) : -Basketball, Hockey, Kho-kho, Volleyball, Lawn Tennis
3. Other areas (Any one) : -
 - i) Thang-Ta
 - ii) Taekwondo
 - iii) Judo