



For
MARCH
2019

CBSE

SOLVED PAPER

2018

PHYSICAL EDUCATION

CLASS 12



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LATEST SYLLABUS FOR ACADEMIC YEAR 2018-19
PHYSICAL EDUCATION (Code No. 048)
CLASS – XII (2018-19)

Theory

Max. Marks 70

Unit-I: Planning in Sports

- Meaning & Objectives Of Planning
- Various Committees & its Responsibilities (pre; during & post)
- Tournament – Knock-Out, League Or Round Robin & Combination
- Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
- Intramural & Extramural – Meaning, Objectives & Its Significance
- Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

Unit-II: Sports & Nutrition

- Balanced Diet & Nutrition: Macro & Micro Nutrients
- Nutritive & Non-Nutritive Components Of Diet
- Eating For Weight Control – A Healthy Weight, The Pitfalls Of Dieting, Food Intolerance & Food Myths
- Sports nutrition & its effect on performance (fluid & meal intake, pre, during & post competition)
- Food supplement for children

Unit-III: Yoga & Lifestyle

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardha Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardha Matsyendrasana
- Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pawanuktasana, Ardha Chakrasana, Bhujangasana, Shavasana
- Back Pain: Tadasana, Ardha Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

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

- Concept of Disability & Disorder
- Types of Disability, its causes & nature

(cognitive disability, intellectual disability, physical disability)

- Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- Disability Etiquettes
- Advantage of Physical Activities for children with special needs
- Strategies to make Physical Activities assessable for children with special need.

Unit-V: Children & Sports

- Motor development & factors affecting it
- Exercise Guidelines at different stages of growth & Development
- Advantages & disadvantages of weight training
- Concept & advantages of Correct Posture
- Causes of Bad Posture
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses
- Corrective Measures for Postural Deformities

Unit-VI: Women & Sports

- Sports participation of women in India
- Special consideration (Menarch & Menstrual Dysfunction)
- Female Athletes Triad (Oestoperosis, Amenoria, Eating Disorders)
- Psychological aspects of women athlete
- Sociological aspects of sports participation

Unit-VII: Test & Measurement in Sports

- Computation of Fat Percentage - Slaughter – Lohman Children Skinfold Formula:
Triceps & Calf Skinfold (Male 6 to 17 yrs - % body fat = $(0.735 \times \text{sum of skinfold}) + 1.0$
(Female 6 to 17 yrs - % body fat = $(0.610 \times \text{sum of skinfold}) + 5.0$)
- Measurement of Muscular Strength – Kraus Weber Test
- Motor Fitness Test – AAPHER
- General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg)
- Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test -
- Computation of Fitness Index:
$$\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}$$

- Rikli & Jones - Senior Citizen Fitness Test
 1. Chair Stand Test for lower body strength
 2. Arm Curl Test for upper body strength
 3. Chair Sit & Reach Test for lower body flexibility
 4. Back Scratch Test for upper body flexibility
 5. Eight Foot Up & Go Test for agility
 6. Six Minute Walk Test for Aerobic Endurance

Unit-VIII: Physiology & Sports

- Gender differences in physical & physiological parameters.
- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Vascular System
- Effect of exercise on Respiratory System
- Effect of exercise on Muscular System
- Physiological changes due to ageing
- Role of physical activity maintaining functional fitness in aged population

Unit-IX: Sports Medicine

- Concept, Aims & Scope of Sports Medicine
- Sports injuries: Classification, Causes & Prevention
- First Aid – Aims & Objectives
- Management of Injuries:
 - Soft Tissue Injuries:** (Abrasion, Contusion, Laceration, Incision, Sprain & Strain)
 - Bone & Joint Injuries:** (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted)

Unit-X: Kinesiology, Biomechanics & Sports

- Introduction to Axes & Planes
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Major Muscles involved in running, jumping & throwing
- Newton's Law of Motion & its application in sports
- Projectile & factors affecting Projectile Trajectory
- Friction & Sports

Unit-XI: Psychology & Sports

- Understanding Stress & Coping Strategies (Problem Focussed & Emotional Focussed)
- Personality; its definition & types – Trait & Type (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to

Exercise

- Meaning, Concept & Types of Aggressions in Sports

Unit-XII: Training in Sports

- Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic
- Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training
- Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run
- Flexibility – Definition, types & methods to improve flexibility
- Coordinative Abilities – Definition & types
- Circuit Training & High Altitude Training; Introduction & its impact

Practical

Max. Marks 30

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| 01. Physical Fitness - AAHPER | 10 Marks |
| 02. Skills of any one Team Game of choice from the given list* | 10 Marks |
| 03. Viva | 05 Marks |
| 04. Record File** | 05 Marks |

*Athletics, Basketball, Football, Handball, Hockey, Kho Kho, Rifle Shooting, Volleyball and Unified Basketball [CWSN (Children with Special Needs-Divyang)]

**Record File shall include :

Practical-1: Modified AAHPER administration for all items.

Practical-2: Conduct Barrow 3 Item Test on 10 students.

Practical-3: Procedure for Asanas, Benefits & Contraindication for any two Asanas each lifestyle disease.

Practical-4: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.

Practical-5: Any one game of your choice out of the list above. Labelled diagram of field & equipment Rules, Terminologies & Skills).

Note:

1. It is suggested that Unit No. III & VII may be taught by following the Principle of Learning by Doing.
2. Content is designed to complete the syllabus between 120-140 period.

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