

# LATEST SYLLABUS

## CLASS 11

### THEORY

Max. Marks 70

#### UNIT I Changing Trends & Career in Physical Education

- Concept, Aims & Objectives of Physical Education
- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements
- Career Options in Physical Education
- Khelo-India and Fit-India Program

#### UNIT II Olympism

- Ancient and Modern Olympics
- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympics - Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure - IOC, NOC, IFS, Other members

#### UNIT III Yoga

- Meaning & Importance of Yoga
- Introduction to Ashtanga Yoga
- Introduction to Yogic Kriyas (Shat Karma)

#### UNIT IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang)

- Concept of Disability and Disorder
- Types of Disability, its causes & nature (Intellectual disability, Physical disability)
- Aim & Objective of Adaptive Physical Education
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

#### UNIT V Physical Fitness, Health and Wellness

- Meaning and Importance of Wellness, Health and Physical Fitness
- Components/Dimensions of Wellness, Health and Physical Fitness
- Traditional Sports & Regional Games for promoting wellness

## **UNIT VI Test, Measurement & Evaluation**

- Concept of Test, Measurement & Evaluation in Physical Education & Sports
- Classification of Test in Physical Education and Sports
- Test Administration Guidelines in Physical Education and Sports

## **UNIT VII Fundamentals of Anatomy, Physiology in Sports**

- Definition and Importance of Anatomy and Physiology in Exercise and Sports
- Functions of Skeletal system, Classification of bone and types of joints
- Function and Structure of Circulatory system and heart
- Function and Structure of Respiratory system

## **UNIT VIII Fundamentals of Kinesiology and Biomechanics in Sports**

- Definition and Importance of Kinesiology and Biomechanics in sports
- Principles of Biomechanics
- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation
- Axis and Planes – Concept and its application in body movements

## **UNIT IX Psychology & Sports**

- Definition & Importance of Psychology in Physical Education & Sports
- Adolescent Problems & Their Management
- Team Cohesion and Sports

## **UNIT X Training and Doping in Sports**

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation and Recovery
- Concept of Doping and its Disadvantages