

# ACADEMIC SESSION 2023-24

Grade: XII

Subject: Physical Education

Name of the Prescribed Textbook – NCERT

Exam Name	Syllabus
Periodic Test 1	<p>Unit I Management of Sporting Events</p> <ul style="list-style-type: none"><li>• Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li><li>• Various Committees &amp; their Responsibilities (pre; during &amp; post)</li><li>• Fixtures and its Procedures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li></ul> <p>Unit II Children &amp; Women in Sports</p> <ul style="list-style-type: none"><li>• Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures</li><li>• Special consideration (Menarche &amp; Menstrual Dysfunction)</li><li>• Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)</li></ul> <p>Unit III Yoga as Preventive measure for Lifestyle Disease Obesity: Procedure, Benefits &amp; Contraindications for Tadasana Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. Diabetes: Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottansana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. Asthma: Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma. Hypertension: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayam, Sitlipranayam.</p>
Periodic Test 2	<p>Unit I Management of Sporting Events</p> <ul style="list-style-type: none"><li>• Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li><li>• Various Committees &amp; their Responsibilities (pre; during &amp; post)</li><li>• Fixtures and its Procedures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li></ul> <p>Unit II Children &amp; Women in Sports</p> <ul style="list-style-type: none"><li>• Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures</li><li>• Special consideration (Menarche &amp; Menstrual Dysfunction)</li><li>• Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)</li></ul>

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	<p>Unit III Yoga as Preventive measure for Lifestyle Disease Obesity: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</p> <p>Diabetes: Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</p> <p>Asthma: Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma.</p> <p>Hypertension: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayam, Sitlipranayam.</p> <p>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</p> <ul style="list-style-type: none"> <li>• Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li> <li>• Advantages of Physical Activities for children with special needs.</li> <li>• Strategies to make Physical Activities assessable for children with special needs.</li> </ul> <p>Unit V Sports &amp; Nutrition</p> <ul style="list-style-type: none"> <li>• Concept of balance diet and nutrition</li> <li>• Macro and Micro Nutrients: Food sources &amp; functions</li> <li>• Nutritive &amp; Non-Nutritive Components of Diet</li> </ul>
<b>Periodic Test 3</b>	<p>Unit I Management of Sporting Events</p> <ul style="list-style-type: none"> <li>• Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li> <li>• Various Committees &amp; their Responsibilities (pre; during &amp; post)</li> <li>• Fixtures and its Procedures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li> </ul> <p>Unit II Children &amp; Women in Sports</p> <ul style="list-style-type: none"> <li>• Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures</li> <li>• Special consideration (Menarche &amp; Menstrual Dysfunction)</li> <li>• Female Athletes Triad (Osteoporosis, Amenorrhoea, Eating Disorders)</li> </ul> <p>Unit III Yoga as Preventive measure for Lifestyle Disease Obesity: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</p> <p>Diabetes: Procedure, Benefits &amp; Contraindications for Katichakrasana,</p>

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	<p>Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</p> <p>Asthma: Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma.</p> <p>Hypertension: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayam, Sitlipranayam.</p> <p>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</p> <ul style="list-style-type: none"> <li>• Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li> <li>• Advantages of Physical Activities for children with special needs.</li> <li>• Strategies to make Physical Activities assessable for children with special needs.</li> </ul> <p>Unit V Sports &amp; Nutrition</p> <ul style="list-style-type: none"> <li>• Concept of balance diet and nutrition</li> <li>• Macro and Micro Nutrients: Food sources &amp; functions</li> <li>• Nutritive &amp; Non-Nutritive Components of Diet</li> </ul> <p>Unit VI Test &amp; Measurement in Sports</p> <ul style="list-style-type: none"> <li>• Fitness Test – SAI Khelo India Fitness Test in school: <ul style="list-style-type: none"> <li>o Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test</li> <li>o Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> </ul> </li> <li>• Computing Basal Metabolic Rate (BMR)</li> <li>• Rikli &amp; Jones - Senior Citizen Fitness Test</li> </ul> <p>I. Chair Stand Test for lower body strength  II. Arm Curl Test for upper body strength  III. Chair Sit &amp; Reach Test for lower body flexibility  IV. Back Scratch Test for upper body flexibility  V. Eight Foot Up &amp; Go Test for agility  VI. Six Minute Walk Test for Aerobic Endurance</p> <p>Unit VII Physiology &amp; Injuries in Sports</p> <ul style="list-style-type: none"> <li>• Physiological factors determining components of physical fitness</li> <li>• Effect of exercise on Muscular System</li> <li>• Effect of exercise on Cardio-Respiratory System</li> <li>• Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain; Bone &amp; Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique &amp; Impacted)</li> </ul>

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