## NAVY CHILDREN SCHOOL, DELHI PHYSICAL EDUCATION (048) CLASS XII (2024-25) SPLIT OF SYLLABUS

Theory Max. Marks 70

MONTHS	TOPICS
April UNIT -1 Management of Sporting Events	Function of sport events management (planning, organizing, staffing, directing and controlling)
	Various committees and responsibility (pre; during and post)
	Fixtures and their procedures –knock-out (bye and seeding) and league (staircase, cyclic, tabular method) and combination tournaments.
	Intramural and extramural tournaments-meaning, objective and its significance
	Community sport program(sports day, health run, run for fun, run for specific cause and run for unity)
	Exercise guidelines of who for different age groups.
	Common postural deformities-knock knee, flat foot, round shoulders, lordosis, kyphosis, scoliosis and bow legs and their respective corrective measures.
Unit 2 Children And Women In Sports	Women's participation in sports-physical, psychological, and social benefits.
	Special consideration(menarche and menstrual dysfunction)
	Female athlete triad (osteoporosis, amenorrhea, eating disorders

	Obesity
May-June  Unit 3 Yoga as preventive measure for lifestyle disease	Diabetes
	Asthma
	Hypertension
	Back pain & arthritis
July	Organization promoting disability sports (special Olympics, Paralympics, deaflympics)
	Concept of classification and divisioning in sports
Unit 4. Physical Education & Sports for CWSN (Children with special needs – Divyang)	Concept of inclusion in sports, its need, and implementation
	Advantages of physical activities for children with special needs
	Strategies to make Physical Activities Assessable for children with special Needs
	Concept of Balanced Diet & Nutrition
	Macro & micro nutrients : food sources & functions
	Nutritive & non nutritive components of diet
Unit 5 Sports & Nutrition	Eating for weight control – a healthy weight, the pitfalls of dieting, food intolerance and food myths
	Importance of diet in sports – Pre, During and Post Competition Requirement
	Fitness Test – SAI Khelo India Fitness Test
August Unit 6 Test & Measurement in sports	( <b>Age group 5-8 years</b> BMI, Flamingo balance test, plate tapping test. <b>Age group 9-18 years</b> BMI/ 50 mts sprint, 600 mts run/ walk, sit and reach flexibility test, partial abdominal curl up test, push-ups & modified push-ups)
	Measurements of cardiovascular fitness – Harvard Step Test

	Computing Basal Metabolic Rate
	Rikli & Jones – Senior Citizen Fitness Test
	1. Chair stand test
	2. Arm curl test
	3. Chair sit & reach test
	4. Back scratch test
	5. Eight foot up & go test
	6. Six minutes walk test
September	Physiological factors determining components of physical fitness
	Effect of exercise on the muscular system
Unit 7. Physiology & injuries in Sports	Effect of exercise on the cardio-respiratory system
	Physiological changes due to aging
	Sports injuries : soft tissue injuries, bones & joints injuries and fractures
Unit 8 Biomechanics &	Newton's law of motion & its application in sports
sports	Types of levers and their application in sports
	Equilibrium – dynamic & static and centre of gravity and its application in sports
	Friction & sports
	Projectile in sports
	Personality (Jung classification & big five theory)

October	Motivation, its types & techniques
Unit 9. Psychology & sports	Exercise adherence – reason, benefits & strategies for enhancing it
	Meaning, concept & types of aggressions in sports
	Psychological attributes in sports – self esteem, mental imagery, self-talk, goal setting
	concept of talent identification and talent development in sports
	introduction to sports training cycle – micro, meso & macro cycle
Unit 10. Training in Sports	Types & methods to develop – strength, endurance and speed
	Types & methods to develop – flexibility & coordinative ability
	Circuit training – Introduction & its importance

## Practical (30 marks)

- 1. Physical Fitness Test SAI Khelo India Test
- 2. Proficiency in Games & Sports (Skill of any one IOA recognized sports/games of choice)
- 3. Yogic practices
- 4. Record file

Practical 1 – Fitness test administration (SAI Khelo India Test)

Practical 2 – procedure for asanas, benefits & contraindication for any two asanas for each lifestyle disease

Practical 3 - any one IOA recognized sports/games of choice

5. Viva (Health, Games & sports, Yoga)