

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

Theory

Max. Marks 70

<p>Month of April</p> <p>Unit I Management of Sporting Events</p>	<p>*Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)</p> <p>*Various Committees & their Responsibilities (pre; during & post) Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments.</p> <p>Intramural & Extramural tournaments – Meaning, Objectives & Its Significance</p>
<p>Month of April/May</p> <p>II Children & Women in Sports</p>	<p>*Exercise guidelines of who for different age groups</p> <p>*Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures</p> <p>* Women’s participation in Sports -Physical, Psychological, and social benefits.</p> <p>*Special consideration (Menarche & Menstrual Dysfunction)</p> <p>* Female athlete triad (osteoporosis, amenorrhea, eating disorders).</p>
<p>Month of June</p> <p>Unit III Yoga as Preventive measure for Lifestyle Disease</p>	<p>*Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</p> <p>*Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</p> <p>*Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma.</p> <p>*Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam.</p>

	<p>* Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama.</p>
<p>Month of July Unit IV Physical Education & Sports for CWSN (Children with Special Needs - <i>Divyang</i>)</p>	<p>*Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) *Concept of Classification and Divisioning in Sports *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.</p>
<p>Month of August Unit V Sports & Nutrition</p>	<p>*Concept of balance diet and nutrition *Macro and Micro Nutrients: Food sources & functions *Nutritive & Non-Nutritive Components of Diet *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 Requirements</p>
<p>Month of September Unit VI Test & Measurement in Sports</p>	<p>*Fitness Test – SAI Khelo India Fitness Test in school: *Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test *Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls) * Measurement of Cardio- Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise. *Computing Basal Metabolic Rate (BMR) *Rikli & Jones - Senior Citizen Fitness Test *Chair Stand Test for lower body strength *Arm Curl Test for upper body strength</p>

	<ul style="list-style-type: none"> *Chair Sit & Reach Test for lower body flexibility *Back Scratch Test for upper body flexibility *Eight Foot Up & Go Test for agility *Six Minute Walk Test for Aerobic Endurance *Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping)
Month of October Unit VII Physiology & Injuries in Sports	<ul style="list-style-type: none"> *Physiological factors determining components of physical fitness *Effect of exercise on Muscular System *Effect of exercise on Cardio-Respiratory System *Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)
Month of November Unit VIII Biomechanics & Sports	<ul style="list-style-type: none"> *Newton’s Law of Motion & its application in 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
Month of December Unit IX Psychology & Sports	<ul style="list-style-type: none"> *Personality; its definition & types (Jung Classification & Big Five Theory) *. Motivation, its types & techniques. *Exercise Adherence: Reasons, Benefits and strategies for enhancing it. *Meaning, Concept & Types of Aggressions in Sports *Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self-Talk, Goal Setting
Month of January Unit X Training in Sports	<ul style="list-style-type: none"> *Concept of Talent Identification and Talent Development in Sports *Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. *Types & Method to Develop – Strength, Endurance and Speed *Types & Method to Develop – Flexibility and Coordinative Ability * Circuit Training - Introduction & its importance

Practical

Max. Marks 30

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| 01. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* | 6 Marks |
| 02. Proficiency in Games and Sports
(Skill of any one IOA recognised Sport/Game of Choice)** | 7 Marks |
| 03. Yogic Practices | 7 Marks |
| 04. Record File *** | 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga) | 5 Marks |

* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)

**CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.

**Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

*****Record File shall include:**

- ❖ Practical-1: Fitness tests administration.
- ❖ Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- ❖ Practical-3: Any one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills