

PHYSICAL EDUCATION

CLASS XI

There will be *two* papers in the subject:

Paper I: Theory: 3 hours----- 70 marks

PAPER I (THEORY) - 70 Marks

The theory paper will be divided into *two* Sections A and B. Candidates will be required to answer *five* questions out of *seven* from *Section A*. each carrying *8 marks*. *Section B* will be based on questions on major games in the syllabus. Candidates will be required to select *two games* from this section and answer any *three* of the *five* subparts (a), (b), (c), (d) and (e) from *each* of the *two* selected games of their choice. Each question shall carry *15 marks*.

SECTION - A

1. Concept of Physical Education

- (i) Meaning of Physical Education, its aim and objectives.

Understanding of the term Physical Education ' . Aims and objectives of Physical Education

Importance of Physical Education.

Need for Physical Education and how it is important.

- (ii) Misconceptions about Physical Education and the relevance of Physical Education in the inter-disciplinary context (sports medicine, sports engineering, sports psychology, sports journalism, sports physiotherapy, sports nutritionist, sports fashion designing).

Misconceptions with respect to Physical Education; how Physical Education is related to various other disciplines as listed above.

- (iii) Meaning and concept of 'Games and Sports'.

Meaning, definition and characteristics of 'Games and Sports ' .

2. Individual Aspects and Group Dynamics

- (a) Interest and attitude.

- *Meaning and definition of the term Interest (inborn and acquired); Methods of developing interest (in Physical Education activities and programmes).*
- *Meaning and definition of the term Attitude (experience, derived, emotional challenge, profession): methods of forming attitude: by means of suggestions, by blindly accepting the social norms, by means of some intense emotional experiences, through participating in games and sports (forming attitude to win, attitude towards exercise, attitude towards physical fitness, fair play, obedience, discipline, etc.)*

- (b) Motivation.

- *Introduction, meaning and definition of Motivation ' .*
- *Types of Motivation: intrinsic and extrinsic.*
- *Methods of Motivation: praise or blame, competition, reward and punishment, setting clear goals, success and failure, record of progress, scholarships, social recognition, honour and glory.*

3. Effects of Physical Exercise on Human Body Systems

Various systems and the effects of exercise and training on the following: skeletal system, muscular system, respiratory system and circulatory system.

- (i) *The skeletal and muscular system: Types of bones in the body, various types of joints and major movements; structural classification of muscles, structure and function of muscle.*
- (ii) *Respiratory System: Meaning and types of respiration, organs of the respiratory system (nose, larynx, trachea, bronchi, diaphragm) and their functions.*
- (iii) *Circulatory system: Meaning; Heart, its structure and functions: control of the heart rate: function and composition of blood, maintenance of blood supply.*

(iv) *Effect of exercise and benefits of regular training on the above systems.*

4. Nutrition, Weight Control & Exercise

(i) Nutrition Basics - Dietary- Goals and basics of a Nutritious Diet.

Nutrition basics: Dietary Goals for various stages of growth (childhood, adolescence, adulthood, old age); Meaning of 'Nutritious Diet'.

(ii) Balanced Diet and role of balanced diet in performance.

Concept of a Balanced diet; elements and sources of a balanced diet; factors affecting balanced diet; Importance of Balanced diet in sports performance.

(iii) Obesity and weight control.

Meaning and definition of obesity; causes of Obesity, dangers of Obesity, prevention of Obesity: through exercise and weight control.

5. Physical Fitness & Wellness

(i) Physique, Physical Fitness and Wellness.

Understanding of the term 'Physique': A basic understanding of the three body types (a) Endomorph (b) Mesomorph

(c) Ectomorph.

Meaning and importance of Physical Fitness and Wellness.

(ii) Components of physical fitness and wellness. *Components of physical fitness:*

Skill related fitness: such as Cardio vascular endurance, muscular endurance, strength: flexibility'; body understand that skill related fitness includes all health related fitness components).

Components of Wellness:

Social, spiritual, physical, mental, emotional and intellectual (a basic understanding of each).

(iii) Factors affecting physical fitness and wellness.

Factors affecting physical fitness and wellness: Heredity, exercise (physical, mental and social benefits), illness, physical deformity, age and gender, diet, stress, living style, substance use (smoking, drugs, alcohol) and environment.

(iv) Tests and Measurements in Sports.

Basic understanding, importance and calculation of the following: Body Mass Index (BMI); Measurement of Heart Rate.

6. Games and Sports - a global perspective

(i) History- of Modern Olympics.

Motto of the Olympic games: Events held in modern Olympics; Where and when the first modern Olympics took place and where and when the upcoming Olympics will take place; significance of the colours used in the rings of the Olympic flag and what these rings signify. The founder of modern Olympics.

(ii) Asian Games.

Where and when the first Asian Games took place and where and when the upcoming Asian Games will take place. Events held in Asian Games; Countries participating in Asian Games.

SECTION B

Any **two** of the following games are to be studied:

Cricket. Football. Hockey. Basketball, Volleyball, Badminton, Tennis. Swimming, Athletics.

The following aspects should be studied for **each** of the **two games** selected by the candidate.

Rules and regulations of the game; Interpretation of laws of the game; Duties and responsibilities of the officials and players; Measurement and dimensions related to the game; Terminologies related to the game; Fundamental skills of the game; Strategies and formation of the game: Names and abbreviations of the National and Major International Tournaments linked with the game; Diagrams and dimensions of play area; Diagrams and dimensions of equipment related to the game.

The details for each game are given below:

FOOTBALL

- Knowledge of the game.
- Detailed understanding of the rules and regulations of the game. Match time, extra time, tie breaker, sudden death, ball in play and out of play, importance of lines on the field. Various methods of starting and restarting the game. Substitution procedure, penalty cards and their importance.
- Knowledge of the dimensions of the field, thickness of the lines, dimensions of center circle, quarter circle, goal and penalty area, penalty arc and complete specifications and markings on it. Equipment of the game with their length, width, weight, thickness, material and dimensions. Diagram of goal post and field.
- Duties of the officials, requirements of the game, equipment needed, numbers of players, duty of coach, captain, assistant referees, technical officials, grounds men, ball boys, match organizers, technical area.
- Laws governing the game. Suspensions, penalisations, arrangements needed to conduct tournaments, punishment on players, coaches.
- Basic skills and techniques (Passing - types of pass, ground lofted, chip, volley, angle of pass. Control (use of various surfaces-head chest, foot thigh). Dribbling (running with the ball, rhythm and pace, feints, body swerves, screening, beating an opponent. Heading the ball with intention of (attacking, defending, jumping, to head down, high, pass, score). Shooting skills with either foot, inside or outside, short and long range shots, swerving shots, volleys, penalty kicks, power and accuracy. Tackling skills - interception, jockeying for the ball, trapping by various body parts, position, tackle front, side, slide, recovery'. Goalkeeping skills - stopping, watching, guiding the team, saving goal, dealing, catching, heading, kicking, punching, throwing, diving, anticipation, speed and reflexes. Principles of play-attack, depth, defence, penetration, sweeper systems. 4-4-2, 4-3-3, 4-2-4. Kick-off, corner kick, throw-in, goal kick, free kick, penalty kick. Importance of penalty arc, center circle and lines on the field.

VOLLEYBALL

- Knowledge of the game.
- ~ Detailed understanding of the rules and regulations of the game.
- Knowledge of the dimensions and diagram of the court, thickness of the lines, dimensions within the court, full specifications of the net, pole and other equipment required for the game.
- ~ Duties of the officials, table officials, referees, requirements of the game, equipment needed, numbers of players, reserve bench, duty of coach, captain, etc.
- Laws governing the game. Suspensions, penalisations, arrangements needed to conduct tournaments, default by teams.
 - ~ Basic skills and techniques, tactics and team skills, Knowledge of basic skills, volley-two hand pass over the head forearm pass. The serve underarm, over arm float, over arm jump, over arm top spin, round house jump. Hie smash - high set cross court, down the line, speed smash, tip the ball over the block. The block-line of defence, defence against smash, attack at set ball. Teamwork importance in both defence and attack. Understanding rotation, blocking and screening.

