

कार्यालय माध्यमिक शिक्षा मण्डल म.प्र. भोपाल
2018.

भोपाल, दिनांक 27/6/2018

विज्ञप्ति :-

मध्यप्रदेश शासन, स्नातक शिक्षा विभाग, मंत्रालय, वल्लभ भवन, म0प्र0 भोपाल के अनुमोदन दिनांक 04-06-2018 उपरान्त माध्यमिक शिक्षा मण्डल, म0प्र0, भोपाल द्वारा संचालित हायर सेकेण्डरी परीक्षा में शारीरिक शिक्षा को सत्र 2018-19 से कक्षा 11वीं एवं सत्र 2019-2020 से कक्षा 12वीं में वैकल्पिक विषय के रूप में शामिल करते हुए शारीरिक शिक्षा में सी0बी0एस0ई0 के पाठ्यक्रम को अधिग्रहित किया जाता है।

27/6
सचिव

माध्यमिक शिक्षा मण्डल म.प्र.
भोपाल

भोपाल दिनांक 27/6/2018

पृ0क0/विद्योचित/1896 2018

प्रतिनिधि :-

1. प्रमुख सचिव, म0प्र0 शासन, स्नातक शिक्षा विभाग, मंत्रालय, वल्लभ भवन, भोपाल
2. आयुक्त, लोक शिक्षण संचालकमण्डल, म0प्र0 भोपाल की ओर सूचनाार्थ।
3. संचालक, राज्य शिक्षा केन्द्र, भोपाल की ओर आवश्यक कार्यवाही हेतु।
4. राष्ट्र परिशोधना संचालक, राष्ट्रीय माध्यमिक शिक्षा अभियान, म0प्र0 भोपाल।
5. संचालक, कौशल विकास संचालकालय, मध्यप्रदेश भोपाल
6. परीक्षा नियंत्रक, सी0बी0एस0ई0, माध्यमिक शिक्षा मण्डल, म0प्र0 भोपाल की ओर आवश्यक कार्यवाही हेतु।
7. संचालक, पंजीयक/सहायक सचिव, माध्यमिक शिक्षा मण्डल, म0प्र0 भोपाल
8. जिला अधिकारी, अध्यक्ष/उपाध्यक्ष, म0प्र0, माध्यमिक शिक्षा मण्डल, म0प्र0 भोपाल
9. संचालक संयुक्त संचालक, स्नातक शिक्षा, म0प्र0
10. सचिव जिला शिक्षा अधिकारी, म0प्र0।
11. संचालक पाठ्याय, शासकीय उच्च माध्यमिक स्कूल, म0प्र0।

27/6
सचिव

माध्यमिक शिक्षा मण्डल म.प्र.
भोपाल

CENTRAL BOARD OF SECONDARY EDUCATION

PHYSICAL EDUCATION CURRICULUM (2018-19) Class XI

Theory

Max. Marks 70

Unit I Changing Trends & Career In Physical Education

- Meaning & definition of Physical Education
- Aims & Objectives of Physical Education
- Changing trends in Physical Education
- Various Physical Education Courses available in India
- Career Options in Physical Education
- Soft skills required for different careers

Unit II Olympic Movement

- Ancient & Modern Olympics (Summer & Winter)
- Olympic Symbols, Ideals, Objectives & Values
- International Olympic Committee
- Indian Olympic Association
- Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
- Organisational set-up of CBSE Sports & Chacha Nehru Sports Award

Unit III Physical Fitness, Wellness & Lifestyle

- Meaning & Importance Of Physical Fitness, Wellness & Lifestyle
- Components of physical fitness
- Components of Health related fitness
- Components of wellness
- Preventing Health Threats Through Lifestyle Change
- Concept of Positive Lifestyle

Unit IV Physical Education & Sports for CWSN (Children With Special Needs- Divyang)

- Aims & objectives of Adaptive Physical Education
- Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- Concept and need of Integrated Physical Education
- Concept of Inclusion, its need and Implementation
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

Unit V Yoga

- Meaning & Importance of Yoga
- Elements of Yoga
- Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas
- Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)
- Relaxation Techniques for improving concentration - Yog-nidra

Unit VI Physical Activity & Leadership Training

- Concept of Physical Activity & Inactivity
- Leadership Qualities & Role of a Leader
- Behaviour change stages for physical activity (Pre-contemplation; Contemplation; Planning; Active; Maintenance)
- Creating leaders through Physical Education
- Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
- Safety measures during physical activity and adventure sports

Unit VII Test, Measurement & Evaluation

- Define Test, Measurement & Evaluation
- Importance Of Test, Measurement & Evaluation In Sports
- Calculation Of BMI & Waist - Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Procedures Of Anthropometric Measurement - Height, Weight, Arm & Leg Length

Unit VIII Fundamentals Of Anatomy & Physiology

- Define Anatomy, Physiology & Its Importance
- Function Of Skeleton System, Classification of Bones & Types of Joints
- Properties of Muscles
- Function & Structure Of Muscles
- Function & Structure Of Respiratory System, Mechanism of Respiration
- Structure Of Heart & Introduction to Circulatory System
- Oxygen debt, second-wind

Unit IX Kinesiology, Biomechanics & Sports

- Meaning & Importance of Kinesiology & Biomechanics in Phy. Edu. & Sports
- Concept of Musculoskeletal System
- Joints - Articulation of Bones (Neck, Shoulder, Elbow, Hip and Knees)
- Major Muscles around the Joints (Neck, Shoulder, Elbow, Hip and Knees)
- Levers & Its Types and its application in sports
- Equilibrium - Dynamic & Static And Centre of Gravity and its application in sports

Unit X Psychology & Sports

- Definition & Importance of Psychology in Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics At Different Stage of Development
- Adolescent Problems & Their Management
- Define Learning, Laws Of Learning (Law of Readiness; Law of Effect & Law of Exercise) & Transfer of Learning
- Emotion: Concept, Type & Controlling of emotion

Unit XI Training In Sports

- Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up & limbering down
- Load, Symptoms of Over-load, Adaptation & Recovery
- Skill, Technique & Style
- Role of Free-play in the development of Motor Component

Unit XII Doping

- Concept & classification of doping
- Prohibited Substances & Methods
- Athletes Responsibilities
- Side Effects Of Prohibited Substances
- Ergogenic aids & doping in sports
- Doping control procedure

Practical

Max. Marks 30

- | | |
|--|------------|
| 01. Physical Fitness (AAHPER) | - 10 Marks |
| 02. Skill of any one Individual Game of choice from the given list** | - 10 Marks |
| 03. Viva | - 05 Marks |
| 04. Record File*** | - 05 Marks |

**Archery, Badminton, Gymnastics, Judo, Swimming, Table Tennis, Taekwondo, Tennis and Bocce

***Record File shall include:

Practical-1: Labelled diagram of 400 M Track & Field with computations.

Practical-2: Computation of BMI from family or neighbourhood & graphical representation of the data.

Practical-3: Labelled diagram of field & equipment of any one game of your choice out of the above list.

Practical-4: Explanation & list of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award)

Practical-5: Pictorial presentation of any five Asanas for improving concentration.

CENTRAL BOARD OF SECONDARY EDUCATION

PHYSICAL EDUCATION CURRICULUM (2018-19) Class XII

Theory

Max. Marks 70

Unit I: Planning in Sports

- Meaning & Objectives Of Planning
- Various Committees & its Responsibilities (pre; during & post)
- Tournament - Knock-Out, League Or Round Robin & Combination
- Procedure To Draw Fixtures - Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
- Intramural & Extramural - Meaning, Objectives & Its Significance
- Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

Unit II Sports & Nutrition

- Balanced Diet & Nutrition: Macro & Micro Nutrients
- Nutritive & Non-Nutritive Components Of Diet
- Eating For Weight Control - A Healthy Weight, The Pitfalls Of Dieting, Food Intolerance & Food Myths
- Sports nutrition & its effect on performance (fluid & meal intake, pre, during & post competition)
- Food supplement for children

Unit III Yoga & Lifestyle

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavanuktasana, Ardh Matsyendrasana
- Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pavanuktasana, Ardha Chakrasana, Bhujangasana, Sharasana
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

Unit IV Physical Education & Sports for CWSN (Children With Special Needs - *Divyang*)

- Concept of Disability & Disorder
- Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- Disability Etiquettes
- Advantage of Physical Activities for children with special needs
- Strategies to make Physical Activities assessable for children with special need.

Unit V Children & Sports

- Motor development & factors affecting it
- Exercise Guidelines at different stages of growth & Development
- Advantages & disadvantages of weight training
- Concept & advantages of Correct Posture
- Causes of Bad Posture
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses
- Corrective Measures for Postural Deformities

Unit VI Women & Sports

- Sports participation of women in India
- Special consideration (Menarch & Menstrual Dysfunction)
- Female Athletes Triad (Oestoperosis, Amenoria, Eating Disorders)
- Psychological aspects of women athlete
- Sociological aspects of sports participation

Unit VII Test & Measurement in Sports

- Computation of Fat Percentage -
Slaughter - Lohman Children Skinfold Formula:
Triceps & Calf Skinfold (Male 6 to 17 yrs - % body fat = $(0.735 \times \text{sum of skinfold}) + 1.0$
(Female 6 to 17 yrs - % body fat = $(0.610 \times \text{sum of skinfold}) + 5.0$)
- Measurement of Muscular Strength - Kraus Weber Test
- Motor Fitness Test - AAPHER
- General Motor Fitness - Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put - For Boys: 03 Kg & For Girls: 01 Kg)
- Measurement of Cardio Vascular Fitness - Harvard Step Test/Rockport Test -
Computation of Fitness Index: $\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}}$
- Rikli & Jones - Senior Citizen Fitness Test
 1. Chair Stand Test for lower body strength
 2. Arm Curl Test for upper body strength
 3. Chair Sit & Reach Test for lower body flexibility
 4. Back Scratch Test for upper body flexibility
 5. Eight Foot Up & Go Test for agility
 6. Six Minute Walk Test for Aerobic Endurance

Unit VIII Physiology & Sports

- Gender differences in physical & physiological parameters.
- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Vascular System
- Effect of exercise on Respiratory System
- Effect of exercise on Muscular System
- Physiological changes due to ageing
- Role of physical activity maintaining functional fitness in aged population

Unit IX Sports Medicine

- Concept, Aims & Scope of Sports Medicine
- Sports injuries: Classification, Causes & Prevention
- First Aid - Aims & Objectives
- Management of Injuries:

Soft Tissue Injuries:

(Abrasion, Contusion, Laceration, Incision, Sprain & Strain)

Bone & Joint Injuries:

(Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted)

Unit X Kinesiology, Biomechanics & Sports

- Introduction to Axes & Planes
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Major Muscles involved in running, jumping & throwing
- Newton's Law of Motion & its application in sports
- Projectile & factors affecting Projectile Trajectory
- Friction & Sports

Unit XI Psychology & Sports

- Understanding Stress & Coping Strategies (Problem Focussed & Emotional Focussed)
- Personality; its definition & types - Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to Exercise
- Meaning, Concept & Types of Aggressions in Sports

Unit XII Training in Sports

- Strength - Definition, types & methods of improving Strength - Isometric, Isotonic & Isokinetic
- Endurance - Definition, types & methods to develop Endurance - Continuous Training, Interval Training & Fartlek Training
- Speed - Definition, types & methods to develop Speed - Acceleration Run & Pace Run

- Flexibility - Definition, types & methods to improve flexibility
- Coordinative Abilities - Definition & types
- Circuit Training - Introduction & its importance

Practical

Max. Marks 30

- | | |
|--|------------|
| 01. Physical Fitness - AAHPER | |
| 02. Skills of any one Team Game of choice from the given list* | - 10 Marks |
| 03. Viva | - 10 Marks |
| 04. Record File** | - 05 Marks |
| | - 05 Marks |

*Athletics, Basketball, Football, Handball, Hockey, Kho Kho, Rifle Shooting, Volleyball and Unified Basketball [CWSN (Children With Special Needs - Divyang)]

****Record File shall include:**

Practical-1: Modified AAHPER administration for all items.

Practical-2: Conduct Barrow 3 Item Test on 10 students.

Practical-3: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-4: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.

Practical-5: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).

Note:

01. It is suggested that Unit No. III & VII may be taught by following the Principle of Learning by Doing.
02. Content is designed to complete the syllabus between 120-140 periods.