

IMPORTANT INFORMATION (PHYSICAL EDUCATION XI)

You must be aware that CBSE has released the syllabus of Physical Education Classes 11-12 (Code 48) for academic year 2023-24 on 31-03-2023. The changes (deletions and new topics) are shown below.

Physical Education Class XI Curriculum 2022-23 Changes and Deletions

Unit I: Changing Trends and Careers in Physical Education

- No deletion

Unit II: Olympism (now renamed as Olympism Value Education)

- No deletion

Unit III: Yoga

- No deletion

Unit IV: Physical Education and Sports for CWSN (Children With Special Needs – *Divyang*) – Chapter Renamed as Physical Education and Sports for Children With Special Needs

- No deletion

Unit V: Physical Fitness, Health and Wellness (Now renamed as Physical Fitness, Wellness and Lifestyle)

- No deletion

Unit VI: Test, Measurement and Evaluation

- Concept of Test, Measurement and Evaluation in Physical Education and sports.
- Classification of Test in Physical Education and Sports.
- Test administration guidelines in physical education and sports

Unit VII: Fundamentals of Anatomy, Physiology in Sports

- No deletion

Unit VIII: Fundamentals of Kinesiology and Biomechanics in Sports

- No deletion

Unit IX: Psychology and Sports

- No deletion

Unit X: Training and Doping in Sports

- No deletion

Physical Education Class XI Curriculum 2023-24 Changes and New topics

Theory

Max. Marks 70

Unit I: Changing Trends and Careers in Physical Education

- Development of Physical Education in India – Post Independence.

Unit II: Olympism Value Education

- Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will and Mind.

Unit III: Yoga

- Active Lifestyle and stress management through Yoga.

Unit IV: Physical Education and Sports for Children With Special Needs

- Disability Etiquette

Unit V: Physical Fitness, Wellness and Lifestyle

- Leadership through Physical Activity and Sports.
- Introduction to First Aid – PRICE.

Unit VI: Test, Measurement and Evaluation

- Importance of Test, Measurements and Evaluation in Sports.
- Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site).
- Somato Types (Endomorphy, Mesomorphy and Ectomorphy).
- Measurements of health-related fitness.

Unit VII: Fundamentals of Anatomy, Physiology in Sports

- Properties and Functions of Muscles.

Unit VIII: Fundamentals of Kinesiology and Biomechanics in Sports

- Kinetics and Kinematics in Sports.

Unit IX: Psychology and Sports

- Developmental Characteristics at Different Stages of Development.
- Introduction to Psychological Attribute – Attention, Resilience, Mental Toughness.

Unit X: Training and Doping in Sports

- Warming-up and Limbering Down – Types, Method and Importance.
- Concept of Skill, Technique, Tactics and Strategies.

IMPORTANT INFORMATION (PHYSICAL EDUCATION XII)

You must be aware that CBSE has released the syllabus of Physical Education Classes 11-12 (Code 48) for academic year 2023-24 on 31-03-2023. The changes (deletions and new topics) are shown below.

Physical Education Class XII Curriculum 2022-23 Changes and Deletions

Theory

Max. Marks 70

Unit I: Management of Sporting Events

- No deletion

Unit II: Children and Women in Sports

- No deletion

Unit III: Yoga as Preventive measure for Lifestyle Disease

- No deletion

Unit IV: Physical Education and Sports for CWSN (Children With Special Needs – *Divyang*)

- No deletion

Unit V: Sports and Nutrition

- No deletion

Unit VI: Test and Measurement in Sports

- No deletion

Unit VII: Physiology and Injuries in Sports

- No deletion

Unit VIII: Biomechanics and Sports

- No deletion

Unit IX: Psychology and Sports

- No deletion

Unit X: Training in Sports

- No deletion

Physical Education Class XII Curriculum 2023-24 Changes and New topics

Theory

Max. Marks 70

Unit I: Management of Sporting Events

- Intramural and Extramural tournaments – Meaning, Objectives and Its Significance.
- Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause and Run for Unity).

Unit II: Children and Women in Sports

- Exercise guidelines of WHO for different age groups.
- Women's participation in Sports – Physical, Psychological and social benefits.

Unit III: Yoga as Preventive measure for Lifestyle Disease

- Back Pain and Arthritis: Procedure, Benefits and Contraindications of Tadasana, Urdhawahastotansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama.

Unit IV: Physical Education and Sports for CWSN (Children With Special Needs – *Divyang*)

- Concept of Classification and Divisioning in Sports.
- Concept of Inclusion in sports, its need and Implementation.

Unit V: Sports and 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 requirements.

Unit VI: Test and Measurement in Sports

- Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds $\times 100/5.5 \times$ Pulse count of 1-1.5 Min after Exercise.
- Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn).

Unit VII: Physiology and Injuries in Sports

- Physiological changes due to aging

Unit VIII: Biomechanics and Sports

- Types of Levers and their applications in sports.

Unit IX: Psychology and Sports

- Motivation, its type and techniques.
- Exercise Adherence: Reasons, Benefits and Strategies for Enhancing it.

Unit X: Training in Sports

- Circuit Training - Introduction and its importance.