

**Physical Education**  
**Class 12<sup>th</sup>**  
**1<sup>st</sup> Semester Examination**  
**Syllabus**

**Unit I. Planning in sports**

- **Meaning and objectives of planning**
- **Various committees and its responsibilities(pre, during, post)**
- **Tournament-Knock-out League & Round robin and combination**
- **Procedure to draw fixture- Knock-out (Bye & Seeding)& League(Staircase and cyclic)**

**Unit II. Sports and Nutrition**

- **Balanced diet nutrition: macro and micro nutrition**
- **Nutritive & non-nutritive component of diet**
- **Eating for weight control- A healthy weight, The pitfalls Dieting, Food intolerance and food myths**

**Unit III. Yoga and Lifestyle**

- **Asanas and preventive measures**
- **Obesity: Procedure,Benefit and contraindication, Vajrasana,Hastasana,Trikon asasan, Ardh matsyendrasana**

- **Diabetes: Procedure, Benefits & contraindication for Bhujangasana,pschimottasana,Pavan Muktasana,Ardh Matsyendrasana.**
- **Asthma: Procedure,Benefits & contraindication for Muktasana,Chakrasana, Gomukhasana,Parvatasana,Bhujangasana,Paschimottasana,Matsyasana.**
- **Hypertension: Tadasana,Vajrasana,Pavan Muktasana,Ardha Chakrasana, Bhujangasana,Shayarana**

#### **Unit IV. Physical Education & Sports for CWSN**

- **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,OLD)**
- **Disability Etiquettes**
- **Strategies to make physical activities assessible for children with special needs**

#### **Unit V. Children & Woman in sports**

- **Motor development & factor affecting it**
- **Exercise guidelines at different stages of growth & development**

- **Common postural deformities: Knock knee, Flat foot, Round shoulders, Lordosis, Kyphosis, Bow Legs and Scolioses, and their corrective measures**
- **Sports participation of women in India**