

HEALTH AND PHYSICAL EDUCATION

THEORY

CLASS XI

One Paper

Time: 3 Hour

70 Marks

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Changing Trends & Career in Physical Education	7
II	Olympic Value Education	7
III	Yoga	6
IV	Physical Fitness, Health and Wellness	7
V	Test, Measurement and Evaluation	7
VI	Fundamentals of Anatomy, Physiology in Sports	6
VII	Fundamentals of Kinesiology and Biomechanics in Sports	7
VIII	Psychology and Sports	6
IX	Training and Doping in Sports	7
X	Games & Sports	10
	Total =	70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION

- Concept, Aims & Objectives of Physical Education
- Development of Physical Education in India-Post Independence
- Changing Trends in Sports- Playing surface, Wearable Gears and Sports Equipment, Technological Advancement
- Career Options in Physical Education
- Khelo India Programme and Fit India Movement

UNIT-II OLYMPIC VALUE EDUCATION

- Olympism – Concepts and Olympic Values (Excellent, Friendship and Respect)
- Olympic Value Educations - Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellent, Balance Among Body, Will and Mind
- Ancient and Modern Olympics
- Olympics - Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure- IOC, NOC, IFS, other members

UNIT-III YOGA

- Meaning and Importance of Yoga
- Introduction to Astanga Yoga
- Yogic Kriyas (Shat Karma)
- Pranayamas and its types
- Active Lifestyle and Stress Management through Yoga

UNIT-IV PHYSICAL FITNESS, HEALTH AND WELLNESS

- a. Meaning and importance of Wellness, Health and Physical Fitness
- b. Components of Physical Fitness, Wellness and Health
- c. Traditional Sports & Regional Games for Promoting Wellness
- d. Leadership through Physical Activity and Sports
- e. Introduction to First Aid - PRICE

UNIT-V TEST, MEASUREMENT AND EVALUATION

- a. Define Test, Measurement and Evaluation
- b. Importance of Test, Measurement and Evaluation in Sports
- c. Calculation of BMI, Waist-Hip Ratio, Skin fold measurement (3-site)
- d. Somato types - Endomorphy, Mesomorphy and Ectomorphy
- e. Measurement of Health Related Fitness

UNIT-VI FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS

- a. Definition and Importance of Anatomy and Physiology in exercise and Sports
- b. Function of Skeleton System, Classification of Bones & Types of Joints
- c. Properties and Functions of Muscles
- d. Structure and Function of Circulatory System and Heart
- e. Structure and Functions of Respiratory System

UNIT VII FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS

- a. Definition and Importance of Kinesiology and Biomechanics in Sports
- b. Principles of Biomechanics
- c. Kinetics and Kinematics in Sports
- d. Types of Body Movements- Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination and Pronation
- e. Axis and Planes- Concept and its application in Body Movements

UNIT VIII PSYCHOLOGY AND SPORTS

- a. Definition and Importance of Psychology in Physical Education and Sports
- b. Development Characteristic at different stages of development
- c. Adolescent Problems and their Management
- d. Team Cohension and Sports
- e. Introduction to Psychological attributes- Attention, Resilience, Mental Toughness

UNIT- IX TRAINING AND DOPING IN SPORTS:

- a. Concept and Principles of Sports Training
- b. Training Load: Over Load, Adpatation and Recovery
- c. Warming-up and Limbering Down - Types, Methods and Importance
- d. Concept of Skill, Technique, Tactics and Strategies
- e. Concept of Doping and Its Disadvantages

UNIT-X GAMES & SPORTS

- a. History, Rules, Measurements, Equipment, Fundamental Skills & Sports Personalities of following Games/Sports:
Badminton, Cricket, Football, Handball, Kabaddi, Sepaktakraw & Table Tennis.
- b. Awards in Games and Sports:
Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
- c. History, Rules and Fundamental Skills of Mukna and Kang, Gymnastics and Yoga.
- d. Fundamental Skills of:
 - (i) Track Event - 100 m Run, 1500 m Run
 - (ii) Field Event - High Jump, Shot- put.

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HEALTH AND PHYSICAL EDUCATION

PRATICAL

CLASS XI

One Paper

Time : 3 Hours

30 Marks

Unit	Topics	Marks
1.	Track and Field (one from Track and one from Field event)	08
2.	Team Games	12
3.	Other Areas	05
4.	Note Book in Practical Lessons	05
Total =		30

1. Track and Field Event:

(i) Tack Event - (Any one):

(a) 100m Run (b) 1500m Run

(ii) (a) High Jump (b) Shot put

2. Team Games (Any one) :

(i) Badminton (ii) Cricket (iii) Football
(iv) Handball (v) Kabaddi (vi) Sepak Takraw
(vii) Table Tennis

3. Other Areas (Any one)

(i) Mukna (ii) Kang (iii) Gymnastics
(iv) Yoga

PRESCRIBED TEXT BOOKS:

1. Health and Physical Education
By Dr. V.K. Sharma (Revised Edition 2024)
(New Saraswati House Pvt. Ltd.)
2. Health and Physical Education (Supplementary Text Book of Games and Sports)
for Class-XI.
Published by: The Council of Higher Secondary Education, Manipur.

REFERENCE BOOKS:

1. A Textbook of Physical Education and Well-being (Class-11)
By Apu Dey & Dr. Gulshan Kumar
Published by: Viva Education, 4737/23, Ansari Road, Daryaganj, New Delhi 110002
2. Foundation of Physical Education and Sports
By Deborah A, Weust and Charles A Bucher
(B.I. Publications Pvt. Ltd., New Delhi)
3. Physical Fitness and Wellness
By Dr. A.K. Uppal
Friends Publication India.
4. Rules of Games and Sports
By R.G. Goel
Vikash Publications, New Delhi
5. Practical Guide to Physical Education, Sports and Health
By Dr. A.K. Uppal, Dr. G.P. Gautam, Vinay Malhotra, Dr. Vinod K. Baweja
(Friends Publication, New Delhi)

DESIGN OF QUESTION PAPER

Subject : **Health & Physical Education**
 Paper : Theory
 Class : XI
 Full Mar : 70
 Tim : 3 Hours

WEIGHTAGE TO OBJECTIVES					
	Objectives	Marks	Percentage		
I	Knowledge (K)	14	20		
	Understanding (U)	32	46		
	Application (A)	21	30		
	Skill (S)	3	4		
	Total :	70	100		
WEIGHTAGE TO FORM OF QUESTIONS:					
	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
II	Essay/Long Answer (E/LA)	3	60	15	21
	Short Answer (SA-I)	6	36	18	26
	Short Answer (SA-II)	10	40	20	29
	Very Short Answer(VSA)	10	30	10	14
	MCQ	7	14	7	10
	Total:	36	180	70	100
WEIGHTAGE TO CONTENT:					
UNIT/CONTENTS :				Marks	
III	I	Changing Trends & Career in Physical Education			7
	II	Olympic Value Education			7
	III	Yoga			6
	IV	Physical Fitness, Health and Wellness			7
	V	Test, Measurement and Evaluation			7
	VI	Fundamentals of Anatomy, Physiology in Sports			6
	VII	Fundamentals of Kinesiology and Biomechanics in Sports			7
	VIII	Psychology and Sports			6
	IX	Training and Doping in Sports			7
	X	Games & Sports			10
Total :				70	
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA-I.				
VI	DIFFICULTY LEVEL :				
	Difficult	: 30% of the total marks			
	Average	: 50% of the total marks			
	Easy	: 20% of the total marks			

*CBQ – One question in SA-I.

**Assertion and Reasoning – Two questions in MCQ

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

DESIGN
QUESTION PAPER/UNIT TEST

Subject : Health & Physical Education
Unit/Paper : Practical
Class : XI
Time : 3 Hours
Full Marks : 30

I. WEIGHTAGE TO OBJECTIVES/LEARNING OUTCOMES :

Sl. No.	Item	Skill	Viva-Voce	Total
1.	Track and Field	2+2=4	2+2=4	8
2.	Team Games	4+4=8	2+2=4	12
3.	Other Areas	3	2	05
4.	Note Book in Practical Lessons			05

Total : 30

I. Track and Field :

Demonstration (One from Track and one from Field events)

II. Team Games (Any two) : Demonstration and Performance

III. Other Areas (Any one) : Demonstration

HEALTH AND PHYSICAL EDUCATION

THEORY

CLASS XII

One Paper

Time: 3 Hours

70 Marks

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Management of Sporting Events	7
II	Children and Women in Sports	6
III	Yoga as Preventive Measure for Lifestyle Disease	7
IV	Physical Education and Sports for CWSN (Children With Special Needs)	6
V	Sports and Nutrition	7
VI	Test and Measurement in Sports	6
VII	Physiology and Injuries in Sports	7
VIII	Biomechanics and Sports	7
IX	Training in Sports	7
X	Games & Sports	10
Total =		70

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I Management of Sporting Events

- a. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
- b. Various Committees & their Responsibilities (pre; during & post)
- c. Fixtures and their Procedures – KnockOut (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments and League Tournaments (Cyclic and Staircase)
- d. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance
- e. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)

UNIT-II Children and Women in Sports

- a. Exercise guidelines of WHO for different age groups
- b. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures
- c. Womens participation in Sports – Physical, Psychological, and social benefits
- d. Special consideration (menarche and menstrual dysfunction)
- e. Female athlete triad (osteoporosis, amenorrhea, eating disorders)

UNIT-III Yoga as Preventive Measure for Lifestyle Disease

- a. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama
- b. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta - vajrasana, Paschimottanasana -a, Ardha - Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati Padahastasana, Trikonasana and Ardhamatsyendrasana
- c. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottanasana, UttanMandukasana - a, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma -Viloma
- d. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana -a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi - shodhanapranayam, Sitlipranayam
- e. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastottanasana, ArdhaChakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama

UNIT-IV Physical Education and Sports for CWSN (Children with Special Needs)

- a. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
- b. Concept of Classification and Divisioning in Sports
- c. Concept of Inclusion in sports, its need, and Implementation
- d. Advantages of Physical Activities for children with special needs
- e. Strategies to make Physical Activities assessable for children with special needs

UNIT-V Sports and Nutrition

- a. Macro and Micro Nutrients: Food sources & functions
- b. Nutritive & NonNutritive Components of Diet
- c. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths
- d. Importance of Diet in Sports-Pre, During and Post competition Requirements

UNIT-VI Test and Measurement in Sports

- a. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ 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 (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls)
- b. 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
- c. Computing Basal Metabolic Rate (BMR)
- d. Rikli & Jones - Senior Citizen Fitness Test
- e. Chair Stand Test for lower body strength
- f. Arm Curl Test for upper body strength
- g. Chair Sit & Reach Test for lower body flexibility
- h. Back Scratch Test for upper body flexibility
- i. Eight Foot Up & Go Test for agility
- j. Six -Minute Walk Test for Aerobic Endurance
- k. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)

UNIT-VII Physiology and Injuries in Sports

- a. Physiological Factor Determining Components of Physical Fitness
- b. Effect of Exercise on the Muscular System
- c. Effect of Exercise on the Cardio-respiratory System
- d. Physiological Changes due to Ageing
- e. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

UNIT-VIII Biomechanics and Sports

- a. Newton's Law of Motion & its application in sports
- b. Types of Levers and their application in Sports
- c. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- d. Friction & Sports
- e. Projectile in Sports

UNIT-IX Training in Sports

- a. Concept of Talent Identification and Talent Development in Sports
- b. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle
- c. Types & Methods to Develop – Strength, Endurance, and Speed.
- d. Types & Methods to Develop – Flexibility and Coordinative Ability
- e. Circuit Training - Introduction & its importance

UNIT-X Games & Sports

- a. History, Rules, Measurements, Equipment, Fundamental Skills & Sports Personalities of following Games / Sports –
Basketball, Hockey, Kho-kho, Volleyball, Lawn Tennis and Judo
- b. History, Rules and Fundamental Skills of Thang-Ta and Taekwondo
- c. Fundamental Skills of:
 - (i) Track Event - 200 m Run, 800 m Run
 - (ii) Field Event - Long-Jump, Discus Throw and Javelin

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HEALTH AND PHYSICAL EDUCATION

PRATICAL

CLASS XII

One Paper

Time : 3 Hours

30 Marks

Unit/Topics		Marks
1.	Track and Field (one from Track and one from Field events)	08
2.	Team Games	12
3.	Other Areas (one game)	05
4.	Note Book in Practical Lessons	05
Total =		30

1. Track and Field :

(A) Track Event : (Any one) :

- (i) 200m Run (ii) 800m Run

(B) Track Event : (Any one) :

- (i) Long Jump (ii) Discus Throw (iii) Javelin

2. Team Games :

- (i) Basketball (ii) Hockey (iii) Kho-Kho
(iv) Volleyball (v) Tennis

3. Other Areas (one game)

- (i) Thang-Ta (ii) Tae-kwon-do (iii) Judo

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[(Supplementary Text Book on Games and Sports) Unit-X]
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Dr. Vinod K. Baweja (Friends Publication, New Delhi)



FOR THE ACADEMIC SESSION 2024-25

**DESIGN OF
QUESTION PAPER**

Subject : **Health & Physical Education**
 Paper : Theory
 Class : XII
 Full Mark : 70
 Time : 3 Hours

WEIGHTAGE TO OBJECTIVES					
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	Understanding (U)			32	46
	Application (A)			21	30
	Skill (S)			3	4
	Total :			70	100
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II	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
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	VIII	Biomechanics and Sports			7
	IX	Training in Sports			7
	X	Games & Sports			10
	Total :				70
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA-I.				
VI	DIFFICULTY LEVEL :				
		Difficult	:	30%	
		Average	:	50%	
		Easy	:	20%	

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

FROM THE ACADEMIC SESSION 2025-26

**DESIGN OF
QUESTION PAPER**

Subject : **Health & Physical Education**
 Paper : Theory
 Class : XII
 Full Mark : 70
 Time : 3 Hours

WEIGHTAGE TO OBJECTIVES					
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	IX	Training in Sports			7
	X	Games & Sports			10
Total :				70	
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA-I.				
VI	DIFFICULTY LEVEL :				
	Difficult	: 30% of the total marks			
	Average	: 50% of the total marks			
	Easy	: 20% of the total marks			

*CBQ – One question in SA-I.

**Assertion and Reasoning – Two questions in MCQ

Abbreviation: K (Knowledge), U(Understanding), C(Comprehension),
 Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type),
 VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

DESIGN
QUESTION PAPER/UNIT TEST

Subject : Health & Physical Education
Unit/Paper : Practical
Class : XII
Time : 3 Hours
Full Marks : 30

I. WEIGHTAGE TO OBJECTIVES/LEARNING OUTCOMES :

Sl. No.	Item	Skill	Viva-Voce	Total
1.	Track and Field	2+2=4	2+2=4	8
2.	Team Games	4+4=8	2+2=4	12
3.	Other Areas	3	2	05
4.	Note Book in Practical Lessons			05
Total :				30

I. Track and Field : Demonstration (One from Field and one from Track).

II. Team Games (Any two): Demonstration and Performance.

III. Other Areas (Any one) : Demonstration.
