

Physical Education(XI)

Code No. (048)

Session – 2021-22

Annual Examination March/April, 2022

Max Marks – 35

S.No.	Name	Marks
1.	Physical Education & Sports for CWSN (Children With Special Needs- Divyang) <ul style="list-style-type: none">• Aims & objectives of Adaptive Physical Education• Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)• Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)	07
2.	Yoga <ul style="list-style-type: none">• Meaning & Importance of Yoga• Elements of Yoga• Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas• Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)	05
3.	Physical Activity & Leadership Training <ul style="list-style-type: none">• Leadership Qualities & Role of a Leader• Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding)• Safety measures to prevent sports injuries	04
4.	Psychology & Sports <ul style="list-style-type: none">• Definition & Importance of Psychology in Phy. Edu. & Sports• Define & Differentiate Between Growth & Development.• Adolescent Problems & Their Management	06
5.	Training and Doping in Sports <ul style="list-style-type: none">• Meaning & Concept of Sports Training• Principles of Sports Training• Concept & classification of doping• Prohibited Substances & their side effects	06
6.	*Components of Physical Fitness	07
7.	*Function of Respiratory System and Circulatory System	
8.	*Measurement of health related fitness	
	Total	35

***Topics from Term –I Syllabus**

Practical

Project File (Yoga and General Motor Fitness Test)	05 Marks
Demonstration of Fitness Activity/Yoga	05 Marks
Viva Voce (From Viva Voce (From Project File; General MotorFitness; Yoga)	05 Marks