



DRAVID OPEN SECONDARY AND HIGHER SECONDARY EDUCATION COUNCIL

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SYLLABUS PHYSICAL EDUCATION

CLASS 12 PHYSICAL EDUCATION SYLLABUS

Unit 1: Management of Sporting Events

- Functions of sports event management — Planning, Organising, Staffing, Directing, Controlling
- Various committees & their responsibilities (pre, during & post)
- Fixtures & their procedures — Knock-Out (Bye & Seeding), League (Staircase, Cyclic, Tabular), Combination tournaments
- Intramural & Extramural tournaments — meaning, objectives, significance
- Community sports programmes — Sports Day, Health Run, Run for Fun, Run for Specific Cause, Run for Unity

Unit 2: Children & Women in Sports

- WHO exercise guidelines for different age groups
- Common postural deformities (knock knees, flat foot, round shoulders, lordosis, kyphosis, scoliosis, bow legs) & corrective measures
- Women's participation in sports — physical, psychological, social benefits
- Special considerations — menarche & menstrual dysfunction
- Female athlete triad — osteoporosis, amenorrhea, eating disorders

Unit 3: Yoga as Preventive Measure for Lifestyle Diseases

- For various diseases, learn **procedure, benefits & contraindications** of asanas / pranayama:

Disease / Condition	Asanas / Practices included
Obesity	Tadasana, Katichakrasana, Pavanmuktasana, Matsyasana, Halasana, Paschimottanasana, Ardha Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama
Diabetes	Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-Vajrasana, Paschimottanasana, Ardha Matsyendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati

Disease / Condition	Asanas / Practices included
Asthma	Tadasana, Urdhwahastottanasana, Uttan Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhathi, Gomukhasana, Matsyasana, Anuloma-Viloma
Hypertension	Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-Shodhan Pranayama, Sitlipranayam
Back Pain & Arthritis	Tadasana, Urdhwahastottanasana, Ardh Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana Pranayama

Unit 4: Physical Education & Sports for CWSN (Children With Special Needs / Divyang)

- Organizations promoting disability sports — Special Olympics, Paralympics, Deaflympics
- Concept of classification & divisioning in sports
- Concept of inclusion in sports — its need & implementation
- Advantages of physical activities for children with special needs
- Strategies to make physical activities accessible for CWSN

Unit 5: Sports & Nutrition

- Concept of balanced diet & nutrition
- Macronutrients & micronutrients — food sources & functions
- Nutritive vs non-nutritive components of diet
- Eating for weight control — healthy weight, pitfalls of dieting, food intolerance, food myths
- Importance of diet in sports — pre, during & post competition requirements
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Unit 6: Test & Measurement in Sports

- Fitness Test (SAI Khelo India Fitness Test in school):
 - For age group 5-8 (class 1-3): BMI, Flamingo Balance Test, Plate Tapping Test
 - For age group 9-18 (class 4-12): BMI, 50 m speed, 600 m run/walk, Sit & Reach test, strength tests (partial abdominal curl up, push-ups for boys, modified push-ups for girls)
- Measurement of Cardiovascular Fitness — e.g. Harvard Step Test (formula: duration × 100 / (5.5 × pulse count))
- Computing Basal Metabolic Rate (BMR)
- Senior Citizen Fitness Test (Rikli & Jones) — Chair Stand Test, Arm Curl Test, Chair Sit & Reach, Back Scratch, 8-Foot Up & Go, 6-Minute Walk Test

- Johnsen-Methney Test of Motor Educability — e.g. front roll, roll, jumping half-turn, jumping full-turn

Unit 7: Physiology & Injuries in Sports

- Physiological factors determining components of physical fitness
- Effect of exercise on the **muscular system**
- Effect of exercise on the **cardio-respiratory system**
- Physiological changes due to aging
- Sports injuries:
 - Soft tissue injuries — abrasion, contusion, laceration, incision, sprain, strain
 - Bone & joint injuries — dislocation, fractures (greenstick, comminuted, transverse oblique, impacted)
- First aid — aims & objectives, management

Unit 8: Biomechanics & Sports

- Newton's laws of motion & their application in sports
- Types of levers & their application in sports
- Equilibrium — static & dynamic; centre of gravity and its application in sports
- Friction & its role in sports
- Projection in sports (projectile motion)

Unit 9: Psychology & Sports

- Personality — definitions, types (Jung's classification, Big Five Theory)
- Motivation — types & techniques
- Exercise adherence — reasons, benefits, strategies to enhance adherence
- Aggression in sports — meaning, concept & types
- Psychological attributes in sports — self-esteem, mental imagery, self-talk, goal setting

Unit 10: Training in Sports

- Talent identification & talent development in sports
- Sports training cycle — micro, meso, macro cycles

- Types & methods of **strength training** — isometric, isotonic, isokinetic
- Types & methods to develop **endurance** — continuous training, interval training, Fartlek
- Types & methods to develop **speed** — acceleration run, pace run
- Flexibility — types & methods to improve flexibility
- Coordinative abilities — definition, types
- Circuit training — introduction & importance

