SYLLABUS & CURRICULAM
OF
HIGHER SECONDARY COURSE IN
HEALTH
&
PHYSICAL EDUCATION
HEALTH & PHYSICAL EDUCATION

Class-XI, Full Marks-100

Theory =40 Marks. Practical -60 Marks

Theory

Unit -1 Basic concept of Physical Education.

1.1 Meaning & definition of Physical Education.
1.2 Its aim & objectives.
1.3 Need & importance of physical education.
1.4 Physical Education is an integral part of education.
1.5 Its relation with play, games & sports,
1.6 Physical education activities for the growing ups as well for the grownups.

Unit -2 History of physical Education

2.1 World history of physical education of Europe (1950 onwards).
2.2 Medieval Indian history of physical education( before 1947)
2.3 History of Olympic Movement- Ancient Olympic.
2.4 History of physical education related organisation - three major clubs of west Bengal (Mohan Began, East Bengal, Mohamadan Sporting)

Unit -3 Scientific Basis of Physical Education

3.1 Biological Basis of Physical Education- Skeletal System, Muscular system, Effects of exercise on Muscular system.
3.2 Mechanical basis of Physical Education- Mechanical factors influencing the human performance & their basic concepts.
Unit- 4. Health Education
4.1 Concept of Health and Factors influencing Health. Health Organization,
4.2 Dimensions of Health - physical, mental & social dimension
   Psycho-physical unity of man
4.3 Hygiene - Personal Hygiene & its care and maintenance, Hygienic living
4.4 Prevention and control of Communicable & Non-Communicable diseases.
4.5 School Health program- Health instruction, health service & healthful school living
4.6 Drug abuse- Alcohol & tobacco, adverse effects on performance & health.

UNIT- 5: First Aid and management of Sports Injury
5.1 Definition and principles of First Aid, Golden rules of First Aid
5.2 Different types of Wounds and Fracture
5.3 Sprain, Fracture, Muscle pull, Cramps, Dislocation, Bleeding-concept and their
   First Aid management
5.4 Artificial respiration and its various methods
5.5 Safety – at home, school, road & play ground

UNIT- 6: Human body and Posture
6.1 Body Types and Body Composition
6.2 Body type & personality
6.3 Concept and calculation of BMI
6.4 Posture – sitting and standing, Postural deformities and their corrective
   Measures (Flat foot, Bowleg, Knock-knee, Extended knee, Kyphosis, Lordosis,
   Scoliosis, Tennis elbow, Round shoulder

UNIT-7: Career aspects in physical education.
7.1 Physical education as a profession.
7.2 Professional ethics.
7.3 Physical education and career options.
7.4 Avenues for career preparation.
7.5 Self assessment for career choices.

Unit-8 Sociological aspect of physical education.
8.1 Psychological basis of human movement - structure of Brain and Spinal cord and different
   emotion and their management, Growth and Development - Definition & characteristics, various
   stages & suitable Physical Education activities.
8.2 Sociological basis of human movement- Personality development- traits of personality
   and its development through Physical Education activity.
8.3 Play, games & sports as man’s cultural heritage.
8.4 Socialization in sports at home school, club & community.

Unit-9 Food & Nutrition

9.1 Nutrients & its need.
9.2 Food & Quality of Food, how & when to eat.
9.3 Diet & Components & preparation of Balanced Diet

HEALTH & PHYSICAL EDUCATION

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UNIT- 1: Modern concept of Physical Education
1.1 Direction of Physical Education & Sports in modern times
1.2 Physical Education- an academic discipline & its relevance in inter-disciplinary Context.
1.3 Concept of adapted physical.

UNIT-2: History of Physical Education
2.1 History of Physical Education of Bengal (Pre -Independence)
2.2 History of different Physical Education related movement & Schemes & Organization- like Bratchari movement, NCC, NSS, Boys’ Scout, Girls’ Guide.
2.3 Activity of School Game Federation of India
2.4 Different Games & Sports Federation (IFA, CAB )
2.5 Olympic Movement- modern Olympic Ideals, Flag, Motto, Emblem, Oath & Organisation

UNIT-2: Scientific basis of Human Movement
2.1 Physiological basis of human movement:
   Respiratory system- Effects of Exercise & related terms
   Circulatory system- Effects of Exercise & related terms
2.2 Mechanical basis of human movement:
   Motion- Types of motion , Newton’s Laws of Motion and their application in sports and games, Definition of the terms- Distance, Displacement, Speed, Velocity, Acceleration
   Types of Velocity and Acceleration

UNIT- 3: Health Fitness & Wellness
3.1 Concept of Health and Fitness (International concept), Health related Fitness & Performance related Fitness
3.2 Fitness components & their Developmental training program
3.3 Health hazards of modern era
   Hypokinetic diseases & their prevention- Obesity, High blood pressure, High
   Cholesterol, Osteoarthritis, Osteoporosis, Low back pain, Diabetes & a few Cancer
3.4 Drug abuse- Alcohol & tobacco, adverse effects on performance & health

UNIT- 4: Planning of Sports management

4.1 Organization of Sports Meet
4.2 Preparation of Play fields- Drawing of right angle in field, shot put, Javelin &
   Discuss sector angles, preparation of curve & stagger in Running track
4.3 Tournament & Fixtures- Definition & types of Tournament, Fixtures of Knockout
   (single, consolation type I & II, double), League ( single & double)
4.4 Intramural & Extramural

UNIT-5: Psycho-Sociological basis of human movement

5.1 Endocrine glands & hormones- effects on health & emotion
52 Development of Peace & Value through Physical Education Program:
   Social relationship & its positive impact through Physical activity- Cohesion, Conflict,
   Competition & cooperation, Social Facilitation & Social Reinforcement
   Physical Education in National & International understanding
5.3 Social values of Physical Education- Socialization through Sports & Games at home,
   School, club, & community
5.4 Leadership- the leader, quality of a good leader, developing a good leader through
   Physical Education curriculum

UNIT- 6: Scientific Principles of Sports Training

6.1 Concept of Exercise- types of exercise (Specific & General)
6.2 Warm up, Conditioning & Cooling Down
6.3 Sports Training, different methods & Periodisation
6.4 Performance, Load & Adaptation- Definition of load, types & principle, Load &
   Adaptation

Unit-7 Yoga & Yoga Therapy

4.1 Concept of yoga, Kriya, pranayam.
4.2 Yoga as a Indian heritage.
4.3 Elements of yoga.
4.4 Role of yoga, assan, pranayam in sports.
4.5 Selected yogasana and its benefits.
4.6 Concept of yoga therapy.
4.7 Sports injury & yoga therapy
Unit-8 Project

8.1 Concept of Project
8.2 Various types of Project
8.3 Planning for Project preparation  8.4 Model Project

HEALTH & PHYSICAL EDUCATION

Class-XI,  FullMarks-100

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Practical- Full Marks-60

Group- A:  Formal activities- Callisthenic/ Foot Drill / Brotachari—5marks

1)  Marching- Stand at ease, Attention, Kadam Tal, Left Right & About Turn,
   Quick march & Halt

2)  Brotochari- Surjimama, Raibishe & Badhubaran Folk dance(For Girls),
   Raibanshe dance( for boys), Kathi

3)  Calisthenics –Rhythmic ,balance and co-ordination exercises of  Neck
   exercise,  Arm exercises, Trunk exercises, Trunk bending ,Leg exercises,

Group- B:  Athletics----------------------------------------------- 10 marks

1)  Running (block start & standing start, Techniques of Running, Finishing)

2)  Throwing Event (Shot-put, Discus, ) -
   a)  Shot- put: Holding the Shot, placement, throwing stances, standing
   throw,
   Initial stance, glide or disco turn, release action, recovery
   b)  Discus: Holding the disc, initial stance, preliminary swing, standing throw,
   Turn, release, recovery.
3) Jumping Event (Running Broad Jump, High Jump) ----
   b) High jump - Approach run, Take off, Crossbar clearance techniques –
      Western roll, Straddle role, Fosbury

Group- C: Yogasana & Pranayam /- Gymnastics ----------5 marks

1) Yogasana & Pranayam ---------- Sabasana, Halasana, Sarbangasana, Dhanurasana, Paschimattasan, Gomukhasan
   Vujangasan, Bhadrasan, Chakrasana, Shirhasana, Maurasana, Surya Namaskar, Ustrasan
   Different type of Pranayama, Yogomudra, Nouli, Kapalbhati, Meditation

2) Gymnastics---- Forward & Backward Role, Cart Wheel, Frog Balance,
   Hand Role, Dive Role, Arch, Vault, Neck Spring,

Group- D: Team Game-------------------10 marks
   Handball, Netball, Kabaddi & Kho-Kho, Football, Volleyball, Badminton,

Group- E: Evaluation of Physical fitness test ------- 5 marks

   Evaluation of physical fitness by conducting AAPHERD test, /JCR test, NPFP test,/ any objective test. The Teacher will administer the test & the performance of the student will be evaluated teacher maintain the record throughout the year.

Group-F: National ideals & Leadership Development Activities --- 10 marks
a) **National ideals-Participation in National Day observation** - 5 marks,

b) **Leadership Development Activities** – 5 marks,

1) Participation in Adventure Sports.
2) Participation in Boys Scout & Girls Guide
3) Participation in NSS, NCC, Leadership Camp, Sports Camp
4) Completion of Bratachari Nayak Course
5) Nature Camp

**Group- G: Community Service Program** --------------------------10 marks

Any one of the following program-

1) Service in Hospital, Orphans, Homes
2) Woman’s development & Gender justice
3) Development of Health & Family welfare
4) Relief & Rehabilitation in Disaster
5) Rural Development & Scientific awareness
6) Child care & sanitation
7) Care of senior citizen & elderly person
8) Welfare of Slum Dwellers
9) Population Education
10) Environmental enrichment & conservation
11) Traffic control & Civil Defence
12) Socio- economical survey

**Group- H: Sports Participation** --------------------------5 marks

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Note: Physical education teacher maintain the student sports performance record & register through out the year. The student will submit the certificate during exam. Marks will be awarded for the highest performance.
HEALTH & PHYSICAL EDUCATION

Class-XII

Full Marks-100
[Theory =40 Marks. Practical-60 Marks]

Practical - 60 Marks

Group- A  -Formal activities- Marching/ Brotochari /Calisthenics--5 Marks

1. **Marching** - Marching- Stand at ease, Attention, Kadam Tal, Left Right & About Turn , Quick march & Halt, Turning on march wheeling, changing step, saluting, Slow marching, Flag Hosting, Flag bearing & Folding, ceremonial marching
2. **Brotochari**- Jari, Dhali .
3. **Calisthenics**-- Rhythmic,balance and co-ordination exercises of Neck exercise, Arm exercises, Trunk exercises, Trunk bending ,Leg exercises

Group- B  Athletics - 10 marks

1. Running (block start & standing start, Techniques of Running, Finishing)
2. Throwing Event (Shot-put, Discus, Javelin)
   Shot- put: Holding the Shot, placement, throwing stances, standing throw, Initial stance, glide or disco turn, release action, recovery
   Discus: Holding the disc, initial stance, preliminary swing, standing throw, Turn, release, recovery
   Javelin: Holding the Javelin, pegging, throwing stance, standing throw, carrying Javelin in running, last 5-6 strides, throwing stance, delivery reverse
3. Jumping Event (Running Broad Jump, High Jump) –

Group- C: Gymnastics/ Yogasana & Pranayam  -5 marks
1) **Gymnastics**  
Forward & Backward Role, Cart Wheel, Frog Balance, T-balance, Split, Arch, Vault, Neck Spring, Hand stand & Role, Dive Role (apart from these compulsory skills students may acquire more advanced skill)

2) **Yogasana & Pranayam** ---
   - Sabasana, Halasana, Sarbangasana, Dhanurasana, Paschimattasan, Gomukhasan Vujangasan, Bhadrasan, Chakrasana, Shirhasana, Maurasana, Surya Namasker, Different type of Pranayama & Kapalbhati

**Group- D; Team Game---10 marks**

Any one as a specialized game
- Football, Volleyball, Badminton, Handball, Netball, Kabaddi, Kho-Kho

**Group-E: Leadership Development Activities --5 marks (any one camp of the following )**
1) Participation in National Day observation
2) Participation in Adventure Sports
3) Participation in Boys Scout & Girls Guide
4) Participation in NSS, NCC, Leadership Camp, Sports Camp
5) Completion of Bratachari Nayak Course
6) Nature study camp.

**Group-F: Community Service Program ------5 marks**

Any one of the following program-

1) Service in Hospital, Orphans, Homes
2) Woman’s development & Gender justice
3) Development of Health & Family welfare
4) Relief & Rehabilitation in Disaster
5) Rural Development & Scientific awareness
6) Child care & sanitation
7) Care of senior citizen & elderly person
8) Welfare of Slum Dwellers
9) Population Education
10) Environmental enrichment & conservation
11) Traffic control & Civil Defence
12) Socio- economical survey
Group- G : Sports Participation  ---------------------- 5 marks

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Group-H  Record book and Project work-15 marks-

Group-H -15 Project = Record book and Project work – like Health related project, / Games & Sports related project,/ community service related project. Like - Health related fitness and performance related fitness of local the primary & upper primary students ( Project work start in class XI and retest in class XII and report will be submit class XII )