

PHYSICAL EDUCATION +2

It covers the following aspects:

Eligibility Conditions for Admission to the course. Conditions for Granting Affiliation to Schools offering Physical Education as an Elective Subject, Norms for Physical Fitness Test (For use at the time of Admission). Theory Syllabus Practical Activity Syllabus – Part A, Part B, Part C, Part-D.

ELIGIBILITY CONDITIONS FOR ADMISSION TO THE COURSE

The following category of Students will be permitted to join the course:

1. Those who have represented the school in Inter-school Tournaments in any game/sport.
2. Those who do not represent the school but are keen to join the course should undergo a physical fitness test and secure a minimum of 40% marks. The norms of the test to be used for ascertaining eligibility is given on page 2.
3. Those granted permission to join the course should be medically fit to follow a prescribed programme of physical education.
4. The unit of a class in physical education and health education should not exceed 40 students.
5. Instructional hours and duration of the period should be strictly as per the norms of the Board.

CONDITIONS FOR GRANTING AFFILIATION TO SCHOOLS FOR OFFERING PHYSICAL EDUCATION AS AN ELECTIVE SUBJECT

Only those schools satisfying the following conditions will be permitted to offered physical education as a course study at +2 stage as an elective subject:

1. The school should have adequate open space to accommodate at least 200mts. track and play fields for minimum three games/sports.
2. The teacher handling the elective programme to physical education should hold a Master Degree in Physical Education.
3. The School should provide adequate funds for physical education and health education for the purchase of equipments, books on physical education and also for the maintenance of sport facilities.

PHYSICAL FITNESS TEST

(For admission)

NORMS FOR PHYSICAL FITNESS TEST

(Boys)

Point Marks	100 mts. (sec.)	12 min. Run/walk (Mts.)	Long Jump (Mts.)	Cricket Ball Throw (Mts.)	Shuttle Run (4X10mts.) (Sec.)
10	12.0	2000	5.50	70	8.5
9	12.5	1900	5.25	65	9.0
8	13.0	1800	5.00	60	9.4
7	13.5	1700	4.80	55	9.7
6	13.8	1650	4.65	50	10.0
5	14.0	1600	4.50	45	10.3
4	14.5	1550	4.35	40	10.6
3	14.8	1450	4.10	35	11.0
2	15.3	1350	3.85	30	11.5
1	15.8	1250	3.60	25	12.0

NORMS FOR PHYSICAL FITNESS TEST

(Girls):

Point Marks	100 mts. (sec.)	12 min. Run/walk (Mts.)	Long Jump (Mts.)	Cricket Ball Throw (Mts.)	Shuttle Run (4X10mts.) (Sec.)
10	14.0	1700	5.0	50	9.5
9	14.5	1600	4.75	46	10.0
8	15.0	1500	4.50	42	10.5
7	15.5	1400	4.25	38	11.0
6	16.0	1300	4.00	34	11.5
5	16.5	1200	3.75	30	12.0
4	17.0	1100	3.50	26	12.5
3	17.5	1000	3.25	22	13.0
2	18.0	900	3.00	18	13.5
1	18.5	800	2.75	14	14.0

ONE PAPER

3 HOURS

60 MARKS

PART – A

THEORY

24 MARKS

1. PHYSICAL FITNESS AND WELLNESS

1. Meaning and Importance of physical Fitness and Wellness.
2. Components of Physical Fitness and Wellness.
3. Factors affecting Physical Fitness and Wellness.
4. Principles of Physical Fitness development.
5. Means of fitness development.
 - (a) Aerobic Activities – Jogging, Cycling Calisthenics and Rhythmic Exercises.
 - (b) Participation in Games and Sports.
 - (c) Circuit Training

2. TRAINING METHODS

1. Meaning and Concept of Training
2. Warming up, Limbering down and their importance.
3. Methods of Training
 - (a) Methods of Strength Development-Isometric, and Isokinetic Exercises.
 - (b) Methods of Endurance Development-Continuous Method, Interval Training and Fartlek.
 - (c) Methods of Speed Development-Acceleration Runs and Pace Races.

3. SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION

1. Meaning of Sociological and its importance in Physical Education and Sports.
2. Games and Sports as man is cultural Heritage.
3. Development of leadership Qualities and group dynamics.

PART-B

12 Marks

1. History of the game/sport (Any one game/sport of student's choice).
2. Latest general rules of the game/sport (Any one game/sport of student's choice).
3. Measurement of play fields and specifications of sports equipment.
4. Fundamental skills of the game/sport.
5. Related sports terminologies.
6. Important tournaments and venues.
7. Sports personalities.
8. Sports Awards

PART-C

24 Marks

1. HEALTHFUL LIVING

1. Concept of environment
2. Scope of environment – living environment, work place environment and environment for leisure activities.
3. Essential elements of healthful environment – safe water, low levels of noise, clean air, sanitary surrounding, low levels of radioactive radiations and absence of hazards responsible for accidents in (i) Home and neighborhood in rural and urban areas (ii) school and work place (iii) during leisure time activities – recreation and sports.
4. Role of individual in improvement of environment for health promotion and prevention of accidents related to transportation swimming and water sports.
5. Disaster preparedness and health care during disasters.

2. FAMILY HEALTH EDUCATION

1. Meaning and functions of family and its importance as a social institution.
2. Needs and problems of adolescents and their management.
3. Human reproduction – menstruation, conceptional and prenatal care.
4. Problems associated with pre-marital sex and teenage pregnancies.
5. Preparation of marriage.
6. Role of parents in child care.

3. PREVENTION AND FIRST AID FOR COMMON SPORTS INJURIES

1. Soft Tissue Injuries – sprain and strain.
2. Bone injuries.
3. Joint Injuries.

PRACTICAL

20 MARKS

The activity syllabus has been divided into following four parts. The marks of each part are as follows:

Part-A	Track and Field (Two events)	-	8 Marks
Part-B	Games and Sports (One Game)	-	4 Marks
Part-C	Achievement in Sports	-	10 Marks
Part-D	Practical Note Book (Class Record)	-	3 Marks

ART- A TRACK AND FIELD

Any two events may be opted. Each event will carry 4 marks out of which 2 marks are for viva concerning athletics event selected by the candidate.

1. Sprints 100 meters or 200 meters or 400 meters.
2. Middle and Long distance running 800 meters or 1500* meters or 3000* meters
3. Broad Jump.
4. Triple Jump*
5. High Jump.
6. Shot Put.
7. Discuss throw.
8. Javelin Throw.

*denotes 'for boys only'

PART- B TEAM GAMES

Any one game from Group A and B may be opted. The game will carry 4 marks out of which 2 marks will be proficiency in the game and skills of the game.

Group A	Group B
Hockey	Badminton
Football*	Wrestling*
Volley Ball	Table Tennis
Basket Ball	Boxing*
Kabaddi	Rhythmic (Folk Dance, Drill & Marching)
Kho-Kho	
Hand Ball	

*denotes 'for boys only'

PART C ACHIEVEMENT IN SPORTS

(Breakup of 10 marks shall be as follows)

1. School level participation 3
2. Zonal level participation 4
3. District level participation 5
4. State level participation 6
5. National level participation 8

PART D PRACTICAL NOTE BOOK

Practical Record (activities) 3 marks

BOOKS RECOMMENDED:

Published by HPBOSE Dharamshala