

CLASS - XI

SEMESTER – I

SUBJECT : HEALTH AND PHYSICAL EDUCATION (HPED)

FULL MARKS : 35

CREDIT : 04

CONTACT HOURS : 100 Hours

COURSE CODE : THEORY

UNIT NO.	UNIT NAME	CONTACT HOURS	MARKS
Unit -1	HISTORY OF ANCIANT OLYMPIC GAMES	20	7 × 1 = 7
Unit -2	ROLE OF YOGA IN MODERN SOCIETY	20	7 × 1 = 7
Unit -3	MANAGEMENT OF PHYSICAL EDUCATION PROGRAMME	20	7 × 1 = 7
Unit -4	RULES OF THE GAMES AND SPORTS	20	7 × 1 = 7
Unit -5	HISTORY OF SPORTS ORGANIZATION OF WEST BENGAL	20	7 × 1 = 7
	Total	100	35

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SEMESTER – I

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UNIT NO.	TOPICS	CONTACT HOURS	MARKS
Unit -1	HISTORY OF ANCIANT OLYMPIC GAMES	20	7 × 1 = 7
Sub- Topic	1.1.1 History of the Ancient Olympic Games 1.1.2 Objectives of the Ancient Olympic Games 1.1.3 Rules and Events of the Ancient Olympic Games 1.1.4 Oath of the Ancient Olympic Games 1.1.5 Ceremony of the Ancient Olympic Games 1.1.6 Awards of the Ancient Olympic Games 1.1.7 Decline of the Ancient Olympic Games		
Unit -2	ROLE OF YOGA IN MODERN SOCIETY	20	7 × 1 = 7
Sub- Topic	2.1.1 Introduction and History of Yoga 2.1.2 Types of Yoga 2.1.3 Concept of Karma Yoga, Jnana Yoga, Hatha Yoga, Raj Yoga, Mantra Yoga, Laya Yoga, Bhakti Yoga. 2.1.4 Concept and types of Asana 2.1.5 Practice Procedure & Benefits of Some Yogaasana- Pavanmuktasana, Halasana, Dhanurasana, Bhujasana, Salvasana. 2.1.6 Practice Procedure & Benefits of Some Pranayama- Kapalbhati, Anulom-Vilom, Sitali pranayama. 2.1.7 Influences of Yogic Practices on Human Body		
Unit -3	MANAGEMENT OF PHYSICAL EDUCATION PROGRAMME	20	7 × 1 = 7
Sub- Topic	3.1.1 Introduction of Tournament 3.1.2 Meaning, objectives and importance of tournament 3.1.3 Types of Tournaments– League, Knockout and Combination 3.1.4 Characteristics of Tournament 3.1.5 Concept of Fixture 3.1.6 Preparation of Fixtures- League, Knockout and Combination 3.1.7 Contemporary Fixtures of different sporting events		

UNIT NO.	TOPICS	CONTACT HOURS	MARKS
Unit -4	RULES OF THE GAMES AND SPORTS	20	7 × 1 = 7
Sub- Topic	4.1.1 Rules of Athletic Sprint Event 4.1.2 Rules of Middle Distance and Long-distance Running 4.1.3 Rules of Shot-put 4.1.4 Rules of Discus Throw 4.1.5 Rules of Long Jump 4.1.6 Rules of Kabaddi 4.1.7 Organization of Sports Programme in school		
Unit -5	HISTORY OF SPORTS ORGANIZATION OF WEST BENGAL	20	7 × 1 = 7
Sub- Topic	5.1.1 History of Sports Organization of West Bengal- IFA, CAB 5.1.2 History of National and International Sports Organization 5.1.3 Bengal and Indian Olympic Association 5.1.4 East Bengal FC, 5.1.5 MohunBagan AC, 5.1.6 Mohammedan SC, 5.1.7 W.B. State Council For Games & Sports & SGFI		