

## CLASS - XII

### SEMESTER – III

#### SUBJECT : HEALTH AND PHYSICAL EDUCATION (HPED )

**FULL MARKS : 35**

**CONTACT HOURS : 100 Hours**

#### COURSE CODE : THEORY

UNIT NO.	UNIT NAME	CONTACT HOURS	MARKS
Unit -1	OLYMPIC VALUE EDUCATION PROGRAMME	20	7 × 1 = 7
Unit -2	BIOLOGICAL BASIS OF PHYSICAL EDUCATION	20	7 × 1 = 7
Unit -3	MODERN CONCEPT OF HEALTH & HYGIENE	20	7 × 1 = 7
Unit -4	PREVENTION OF CONTROL OF COMMUNICABLE DISEASES	20	7 × 1 = 7
Unit -5	SPORTS AND NUTRITION	20	7 × 1 = 7
	Total	100	35

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### SEMESTER – III

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UNIT NO.	TOPICS	CONTACT HOURS	MARKS
Unit -1	<b>OLYMPIC VALUE EDUCATION PROGRAMME</b>	20	7 × 1 = 7
Sub- Topic	1.1.1 Introduction of Olympism 1.1.2 Fundamental Principles of Olympism 1.1.3 Core Olympic Value 1.1.4 Educational Theme of Olympism 1.1.5 Olympic Symbol- Five Rings 1.1.6 Olympic Identity-Flame & Touch Relay 1.1.7 Olympic Motto & Maxim 1.1.8 Olympic Anthem & Oath 1.2.1 Olympic Games opening ceremony 1.2.2 Olympic Games closing ceremony 1.2.3 The Olympic Truce in ancient and modern times 1.2.4 Sport and Art in Ancient Greece 1.2.5 Language of Peace 1.2.6 Symbols of peace 1.2.7 Logos and Mascots 1.2.8 Olympic Value Education & Community		
Unit -2	<b>BIOLOGICAL BASIS OF PHYSICAL EDUCATION</b>	20	7 × 1 = 7
Sub- Topic	2.1.1 Concept of Body Mass Index 2.1.2 Assessment of Body Mass Index 2.1.3 Interpretation of Body Mass Index 2.2.1 Concept of Blood 2.2.2 Primary function of the Circulatory system 2.2.3 Immediate effects of Exercise on circulatory system 2.2.4 Effects of long –term training /Exercise on circulatory system		
Unit -3	<b>MODERN CONCEPT OF HEALTH &amp; HYGIENE</b>	20	7 × 1 = 7
Sub- Topic	3.1.1 Concept of Health 3.1.2 Definition of Health 3.1.3 Different dimensions of Health 3.1.4 Concept of Health Education 3.1.5 Objective of Health Education 3.2.1 Concept of Hygiene 3.2.2 Aim of hygiene 3.2.3 Care of Eye 3.2.4 Care of Teeth 3.2.5 Care of Skin 3.2.6 Care of Ear		

UNIT NO.	TOPICS	CONTACT HOURS	MARKS
Unit -4	<b>PREVENTION AND CONTROL OF COMMUNICABLE DISEASE</b>	20	7 × 1 = 7
Sub- Topic	4.1.1 Concept and Types of Diseases 4.1.2 Concept of Infectious Diseases 4.1.3 Different conditions of disease transmission 4.1.4 Ways for Control of Infectious Diseases 4.1.5 Prevention & control of diseases 4.2.1 Prevention & control of HIV-AIDS 4.2.2 Prevention & control of Dengue 4.2.3 Prevention & control of Novel Corona Virus 4.2.4 Prevention & control of Malaria 4.3.1 Prevention & control of Non-Communicable Diseases through Yoga & Physical Activities.		
Unit -5	<b>SPORTS AND NUTRITION</b>	20	7 × 1 = 7
Sub- Topic	5.1.1 Concept of Balanced diet & Nutrition 5.1.2 Definition of Nutrient, malnutrition, Undernutrition 5.1.3 Essential components of balanced diet 5.1.4 Various works of nutrition 5.1.5 Sources of nutrition 5.2.1 Balanced diet and distribution of calorie intake. 5.3.1 Sports Diet- Pre, During, Post-competition Diets		