

CLASS - XII

SEMESTER – IV

SUBJECT : HEALTH AND PHYSICAL EDUCATION (HPED)

FULL MARKS : 35

CONTACT HOURS :

COURSE CODE : THEORY

UNIT NO.	UNIT NAME	QUESTIONS & MARKS	QUESTION PATTERN	CONTACT HOURS
			DESCRIPTIVE TYPE QUESTIONS	
Unit -1	PHYSICAL EDUCATION IN MODERN SOCIETY	1x6=6	Answer one	
Unit -2	CAREER ASPECT OF PHYSICAL EDUCATION	1x6=6 (2+4=6/2+1+3=6, 2+4=6)	Question	
Unit -3	MODERN CONCEPT OF FITNESS	1x6=6	Answer one	
Unit -4	PREVENTIVE MEASURE FOR LIFE STYLE DISEASE	1x6=6 (2+4=6/2+1+3=6, 2+4=6)	Question	
Unit -5	MODERN OLYMPIC GAMES	1x6=6	Answer one	
Unit -6	POSTURE & POSTURAL DEFORMITIES	1x6=6 2+4=6/2+1+3=6, 2+4=6	Question	
Unit -7	APPLICATION OF YOGA IN DAILY LIFE	1x6=6	Answer one	
Unit -8	MODERN CONCEPTS OF SPORTS TRAINING	1x6=6 2+4=6/2+1+3=6, 2+4=6	Question	
		OSTQ 1x5=5 (3+2)	OBSRVATION SKILLS TYPE QUESTIONS	
Unit -9	ORGANISATION OF PHYSICAL EDUCATION PROGRAMME	1x5=5 (3+2)	Answer one	
Unit -10	MANAGEMENT OF ATHLETIC ARENA	1x5=5 (3+2)	Question	
		SAQ 2X3= 6	SHORT ANSWER TYPE QUESTIONS	
Unit -11	SPORTS INJURIES & EMERGENCY CARE	SAQ 3X2	Answer Two	
Unit -12	SCIENTIFIC BASIS OF PHYSICAL EDUCATION	SAQ 3X2	Questions	

CLASS - XII

SEMESTER – IV

SUBJECT : HEALTH AND PHYSICAL EDUCATION (HPED)

FULL MARKS : 35

CONTACT HOURS : 120 Hours

COURSE CODE : THEORY

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -1	PHYSICAL EDUCATION IN MODERN SOCIETY	10	1 × 6 = 6	
Sub- Topic	1.1.1 Modern concept of physical education 1.1.2 Definition of Physical Education 1.1.3 Importance of Physical Education in modern society. 1.1.4 Explanation of Play Theory 1.1.5 Relationship with Play, Games and Sports. 1.1.6 Development of Peace and Value through Physical Education activities.			Answer one Question out of two
Unit -2	CAREER ASPECT OF PHYSICAL EDUCATION	10	1 × 6 = 6	
Sub- Topic	2.1.1 Concept of Career 2.1.2 Career Aspect of Physical Education ,Sports, Yoga and Fitness 2.1.3 Types of Careers in Physical Education , Sports, Yoga and Fitness			
Unit -3	MODERN CONCEPT OF FITNESS	10	1 × 6 = 6	
Sub- Topic	3.1.1 Recent Concept of Physical Fitness. 3.1.2 Definition of Physical Fitness. 3.1.3 Types of Physical Fitness 3.1.4 Components of Health-related Fitness 3.1.5 Components of Skills Related Fitness 3.2.1 Ways to gain Physical Fitness.			Answer one Question out of two

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -4	PREVENTIVE MEASURE FOR LIFESTYLE DISEASE	10	1 × 6 = 6	
Sub- Topic	4.1.1 Concept of Hypokinetic Disease 4.1.2 List of Various Hypokinetic Diseases 4.1.3 Causes of Hypokinetic Disease 4.2.1 Concept and Causes of Obesity 4.2.2 Weight control and active lifestyle 4.2.3 Measurement of BMI 4.2.4 Asana as preventive measures for obesity – Tadasana, Pabanmuktasana, Halasana 4.3.1 Concept of Hypertension 4.3.2 Causes of Hypertension 4.3.3 Steps to be followed to avoid Hypertension 4.3.4 Measurement of Blood Pressure 4.3.5 Asana as preventive measures for Hypertension- Bhujagasana, Gomukhasana, Shalavasana. 4.4.1 Concept of Diabetes 4.4.2 Types of Diabetes 4.4.3 Control & prevention of Diabetes 4.4.4 Asana as preventive measures for – Diabetes – Dhanurasana, Supta -Vajrasana, and Kapalbhati			
Unit -5	MODERN OLYMPIC GAMES	10	1 × 6 = 6	
Sub- Topic	5.1.1 History of Modern Olympic Games 5.1.2 Objectives of Modern Olympic Games 5.1.3 Olympic ideals 5.1.4 Olympic Flag 5.1.5 Olympic Motto 5.1.6 Olympic Emblem 5.1.7 Olympic Oath 5.1.8 Olympic Organization			Answer one Question out of two

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -6	POSTURE & POSTURAL DEFORMITIES	10	1 × 6 = 6	
Sub- Topic	6.1.1 Concept of Posture. 6.1.2 Types of Good Posture 6.1.3 Importance of Good Posture 6.1.4 Causes of a Poor Posture. 6.2.1 Postural deformities -Flat foot-Cause, Preventive & Remedial Measures 6.2.2 Postural deformities -Bow leg -Cause, Preventive & Remedial Measures 6.2.3 Postural deformities - Knock Knee -Cause, Preventive & Remedial Measures 6.2.4 Postural deformities - Kyphosis -Cause, Preventive & Remedial Measures 6.2.5 Postural deformities -Lordosis -Cause, Preventive & Remedial Measures 6.2.6 Postural deformities - Scoliosis -Cause, Preventive & Remedial Measures			
Unit -7	APPLICATION OF YOGA IN DAILY LIFE	10	1 × 6 = 6	
Sub- Topic	7.1.1 Introduction to Yoga 7.1.2 History of Yoga 7.1.3 Types of yoga 7.1.4 Eight stages of Astanga yoga to Unite the body mind and soul. 7.1.5 Principles of yoga practices 7.1.6 Benefit of yoga in daily life. 7.2.1 Concept of Asana 7.2.2 Types of Asana 7.2.3 Importance of Asana 7.3.1 Meaning of Pranayama 7.3.2 Objectives of Pranayama 7.3.3 Types of Pranayama 7.3.4 Benefits of Pramayama in daily life			Answer one Question out of two

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -8	MODERN CONCEPTS OF SPORTS TRAINING	10	1 × 6 = 6	
Sub- Topic	8.1.1 Introduction of Sports Training 8.1.2 Meaning of Sports Training 8.1.3 Importance of Sports training 8.1.4 Characteristics of Sports training 8.2.1 Concept of warming up 8.2.2 Types of Warming up 8.2.3 Importance of warming up 8.3.1 Concept of Conditioning 8.3.2 Objectives of Conditioning 8.3.3 Types of Conditioning 8.4.1 Concept of Limbering Down Exercises 8.4.2 Methods of Limbering Down Exercises 8.4.3 Physiological requirements of Cooling down Exercises 8.5.1 Methods of Sports Training-Interval & Continuous Methods, and Fartlek, Circuit Training			
Unit -9	ORGANISATION OF PHYSICAL EDUCATION PROGRAMME	10	1 × 5 = 5	
Sub- Topic	9.1.1 Layout & Measurement of Play Field Team Game of –Football Ground 9.1.2 Layout & Measurement of Play Field of Badminton Court 9.1.3 Layout & Measurement of Play Field of Kabaddi Jr. Boys & Girls. Court 9.1.4 Layout and Measurement of Play Field Team Game of – Volleyball Court			Answer one Question out of two

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -10	MAMAGEMENT OF ATHLETIC ARENA	10	1 × 5 = 5	
Sub- Topic	10.2.1 Layout & Measurement of Shot-put Sector. 10.2.2 Layout & Measurement of Discus Sector. 10.2.3 Layout & Measurement of Longjump Sector. 10.2.4 Layout & Measurement of 200mt Track			
Unit -11	SPORTS INJURYES & EMERGENCY CARE	10	SAQ 2 × 3 = 6	
Sub- Topic	11.1.1 Concept of Sports injuries 11.1.2 Causes of Sports injuries 11.1.3 Types of Sports injuries –Acute & Chronic Injuries. 11.2.1 Symptoms of Sports injuries 11.2.2 Most Common Sports Injuries 11.2.3 Amputation and its Management 11.3.1 Sports Injury Management & Prevision-CPR, Heimlich Maneuver Technique, Prone Breathing Method. 11.3.2 Concept of Pain & Types of Pain 11.3.3 Use the R.I.C.E. method to relieve pain & Inflammation and to speed healing 11.3.4 Guideline for the Protection of Good Samaritan			Answer two Questions from four Questions
Unit -12	EXERCISE PHYSIOLOGY	10	2 × 3 = 6	
Sub- Topic	12.1.1 Concept of related terms of Respiration. 12.1.2 Changes in the Respiratory System during exercise 12.1.3 Long-term changes in the Respiratory System due to continued Exercises			