

CLASS - XI

SEMESTER – II

SUBJECT : HEALTH AND PHYSICAL EDUCATION (HPED)

FULL MARKS : 35

CONTACT HOURS : 120 Hours

COURSE CODE : THEORY

UNIT NO.	UNIT NAME	CONTACT HOURS	MARKS
Unit -1	INTRODUCTION TO PHYSICAL EDUCATION AND PHYSICAL LITERACY <i>OR</i>	10	1 × 6 = 6
Unit -2	FOLK GAMES CULTURE OF WEST BENGAL	10	1 × 6 = 6
Unit -3	SCIENTIFIC BASIS OF PHYSICAL EDUCATION <i>OR</i>	10	1 × 6 = 6
Unit -4	MENTAL HEALTH AND STRESS MANAGEMENT	10	1 × 6 = 6
Unit -5	HEALTH EDUCATION & SCHOOL HEALTH PROGRAMME <i>OR</i>	10	1 × 6 = 6
Unit -6	BIOLOGICAL FOUNDATION OF PHYSICAL EDUCATION	10	1 × 6 = 6
Unit -7	ADOLESCENCE AND PROBLEMS OF ADOLESCENCE <i>OR</i>	10	1 × 6 = 6
Unit -8	LIFE SKILLS EDUCATION	10	1 × 6 = 6
Unit -9	HEALTH RELATED FITNESS TEST <i>OR</i>	10	1 × 5 = 5
Unit -10	PERFORMANCE RELATED FITNESS TEST	10	1 × 5 = 5
Unit -11	CONCEPT OF WELLNESS <i>OR</i>	10	2 × 3 = 6
Unit -12	DEVELOPMENT OF LEADERSHIP QUALITIES	10	2 × 3 = 6
	Total	120	

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UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -1	INTRODUCTION TO PHYSICAL EDUCATION AND PHYSICAL LITERACY	10	1 × 6 = 6	
Sub- Topic	1.1.1 Concept of Physical Education 1.1.2 Meaning of Physical Education 1.1.3 Definition of Physical Education 1.1.4 Scope of Physical Education 1.2.1 Concept of Physical Literacy. 1.2.2 Components of Physical Literacy. 1.2.3 Relationship of Physical Literacy with Physical Education. 1.2.4 Need and Importance of physical literacy in our Modern Society. 1.2.5 Physical literacy progressions as per the cognitive and affective domains. 1.2.6 Challenges and barriers in people adopting Physical Literacy and Methods of Improving it. 1.2.7 Body and mind connection: role of monism in physical literacy. 1.3.1 Concept and Nature of Fundamental Movement Skills. 1.3.2 Relationship of the other Discipline with Physical Education-Sports& Science, Sports Medicine, Bio-Mechanics, Kinesiology, Kinanthropometry, Sports sociology			Answer one Question
Unit -2	FOLK GAMES CULTURE OF WEST BENGAL	10	1 × 6 = 6	
Sub- Topic	2.1.1 Introduction of Folk Games 2.1.2 Characteristics of Folk Games 2.1.3 Nature of Folk Games 2.1.4 Types of Folk Games and their Rules 2.1.5 Benefits of Folk Games 2.1.6 List of popular Folk Games of Various districts of West Bengal.			

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -3	SCIENTIFIC BASIS OF PHYSICAL EDUCATION	10	1 × 6 = 6	
Sub- Topic	3.1.1 Concept of Exercise 3.1.2 Types of exercise 3.1.3 Effect of Aerobic & Anaerobic Exercise on Health Concept of Body Mass Index 3.1.4 Assessment of Body Mass Index 3.1.5 Interpretation of Body Mass Index 3.2.1 Introduction of Newton's Law of Motion 3.2.2 Newton's First Law of Motion 3.2.3 Newton's Second Law of Motion 3.2.4 Newton's Third Law of Motion 3.3.1 Application of First Law of Motion in Games & Sports 3.3.2 Application of the Second Law of Motion in Games & Sports 3.3.3 Application of Third Law of Motion in Games & Sports			Answer one Question
Unit -4	MENTAL HEALTH AND STRESS MANAGEMENT	10	1 × 6 = 6	
Sub- Topic	4.1.1 Concept of Mental Health 4.1.2 Characteristics of Good Mental Health 4.1.3 Concept of Maladjustment 4.1.4 Causes of Maladjustment 4.1.5 Causes of Maladjustment of Students 4.1.6 Maladjustment Behaviour in School Students 4.1.7 Remedies of Maladjustment Behaviour 4.2.1 Concept of Stress 4.2.2 Types of Stress 4.2.3 Signs and Symptoms of Stress 4.2.4 Causes and effect of Stress 4.3.1 Eustress Vs Distress 4.3.2 Benefits of Positive stress 4.3.3 Effect of Distress 4.4.1 Stress Management 4.4.2 Types of Stress Management 4.4.3 Causes of Stress Management 4.4.4 Advantages of Stress Management 4.4.5 Relief from Stress			

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -5	HEALTH EDUCATION & SCHOOL HEALTH PROGRAMME	10	1 × 6 = 6	
Sub- Topic	5.1.1 Recent Concept of Health 5.1.2 Different dimension of Health 5.2.1 Concept of School Health Programme 5.2.2 School Health Supervision 5.2.3 School Health Service 5.2.4 School Health Instruction 5.3.1 Introduction of Hypo- kinetic disease 5.3.2 Causes of Hypo- kinetic disease 5.3.3 Hypo-kinetic disease- Arthritis 5.3.4 Types, Causes, Symptoms and Remedial 5.4.1 Concept of Drugs 5.4.2 Types of Drugs 5.4.3 Negative consequence of drug abuse 5.4.4 Negative impact of alcohol on health 5.4.5 Negative impact of smoking on health			Answer one Question
Unit -6	BIOLOGICAL FOUNDATION OF PHYSICAL EDUCATION	10	1 × 6 = 6	
Sub- Topic	6.1.1 Meaning & Definition of Growth & Development 6.1.2 Relationship between Growth and Development 6.1.3 Role of Education in Development 6.2.1 Defference between Growth and Development 6.2.2 General Characteristics of Growth 6.2.3 General Characteristics of Development 6.3.1 Diverse Development of Children 6.4.1 Factors affecting Growth & Development			
Unit -7	ADOLESCENCE AND PROBLEMS OF ADOLESCENCE	10	1 × 6 = 6	
Sub- Topic	7.1.1 Introduction to Adolescence- Overview of the adolescent stage, Key characteristics and features 7.1.2 Classification of Adolescence- Various stages and phases of adolescence, Developmental milestones 7.1.3 Behavioral Aspects in Adolescence- Exploration of typical behaviours during adolescence, Psychosocial challenges and adjustments 7.1.4 Distinguishing Factors of Desire in Adolescence- Understanding the factors influencing desires and aspirations 7.1.5 Identifying individual differences 7.1.6 Problems faced by Adolescent Boys & Girls- Common issues and challenges in adolescent boys and girls social, emotional, and academic difficulties 7.1.7 Solutions to Problems in Adolescent Boys & Girls			Answer one Question

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -8	LIFE SKILLS EDUCATION	10	1 × 6 = 6	
Sub- Topic	8.1.1 Concept of Life Skills 8.1.2 Characteristics of Life Skills 8.1.3 Necessity of Learning Life Skills 8.1.4 Concept of Ten Core Life Skills 8.2.1 Concept, Characteristics and Importance of Emotional Skills 8.2.2 Concept, Characteristics and Importance of Social or Interpersonal Skills 8.2.3 Concept, Characteristics and Importance of Cognitive or Thinking Skills 8.3.1 Life Skills used by The Monkey and The Crocodile 8.3.2 Case Study Based Life Skills			
	COMPETENCY BASED & SKILL BASED QUESTION			
Unit -9	ASSESSMENT OF HEALTH-RELATED FITNESS	10	5 × 1 = 5 (3 + 2)	
Sub- Topic	9.1.1 Concept of Test, Measurement & Assessment 9.2.1 Assessment of Health Related Fitness Components- BMI 9.2.2 Assessment of Waist-hip- Hip Ratio Test, 9.2.3 Assessment of Endurance Harvard Steps Test, 9.2.4 Assessment of Muscular Strength & Endurance Sit-Up Test 9.2.5 Assessment of Flexibility			Answer one Question from two Questions [one from each unit]
Unit -10	ASSESSMENT OF PERFORMANCE RELATED FITNESS TEST	10	5 × 1 = 5 (3 + 2)	
Sub- Topic	10.1.1 Assessment of Performance Related Fitness Components-Reaction Time 10.1.2 Assessment of Speed -50 Metres Run Test, 10.1.3 Assessment of Agility -4X10 Metres Shuttle Run Test, 10.1.4 Assessment of Balance -Single Leg Stance Test.			

UNIT NO.	TOPICS	CONTACT HOURS	DESCRIPTIVE TYPES QUESTIONS & MARKS	
Unit -11	CONCEPT OF WELLNESS	10	SAQ $3 \times 2 = 6$	
Sub- Topic	11.1.1 Concept of Wellness 11.1.2 Objectives of Wellness 11.1.3 Importance of Wellness 11.1.4 Methods of Improving Wellness 11.2.1 Component of Fitness and Wellness 11.2.2 Factors Affecting Physical Fitness and Wellness 11.2.3 Principles of Physical Fitness Development 11.2.4 Dimension of Wellness and Lifestyle			Answer two Questions from four Questions
Unit -12	DEVELOPMENT OF LEADERSHIP QUALITIES	10	SAQ $3 \times 2 = 6$	
Sub- Topic	12.1.1 Meaning of Leadership 12.1.2 Definition of Leadership 12.1.3 Qualities of an Ideal Leader 12.2.1 Importance of leadership 12.2.2 Types of Leadership & their Characteristics 12.2.3 Function of a Leader 12.2.4 Problems in Developing Leadership 12.2.5 Ways to Solve the Problems of Developing Leadership 12.3.1 Development of Leadership Qualities through Physical Education Activities			