

IMPORTANT INFORMATION

You must be aware that CBSE has announced syllabus for academic year 2017-18 on 31st March, 2017. The changes are shown in a comparative chart below and the complete syllabus is shown in the following pages.

PHYSICAL EDUCATION – XII CURRICULUM 2016-17 CHANGES AND DELETIONS	
1. Unit II: Adventure Sports and Leadership Training 2. Unit III: Sports and Nutrition - Eating Disorders—Anorexia Nervosa and Bulimia. - Effects of Diet on Performance 3. Unit IV: Posture - Merge with Unit V 4. Unit V: Children and Sports - Factors affecting Motor Development - Physical and Physiological Benefits of Exercise on Children - Activities and Quality of Life. 5. Unit VI: Women and Sports - Ideology 6. Unit VII: Test and Measurement in Sports - Measurement of Flexibility—Sit and Reach Test 7. Unit IX: Sports Medicine - Impact of Surface and Environment on Athletes 8. Unit X: Biomechanics and Sports - Mechanical Analysis of Walking and Running.	
PHYSICAL EDUCATION – XII CURRICULUM 2017-18 CHANGES AND NEW TOPICS	
1. Unit II: Sports and Nutrition - Food supplement for children 2. Unit III: Yoga and Life Style - Asanas as preventive measures Obesity: Procedure, Benefits and contraindications for Vajrasana, Pada Hastasana, Trikonasana, Ardhamatsyendrasana Diabetes: Procedure, Benefits and contraindications for Bhujangasana, Paschimottasana, Pawanmuktasana, Ardhamatsyendrasana	Asthma: Procedure, Benefits and contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana Hypertension: Tadasana, Vajrasana, Pawanmuktasana, Ardha Chakrasana, Bhujangasana, Shavasana Back Pain: Tadasana, Ardhamatsyendrasana, Vakrasana, Shalabhasana, Bhujangasana 3. Unit IV: Physical Education and Sports for Differently-Abled - Concept of Disability and Disorder - Types of Disability, its Causes and Nature (Cognitive Disability, Intellectual Disability, Physical Disability) - Types of Disorder, its Cause and Nature (ADHD, SPD, ASD, ODD, OCD) - Disability Etiquettes - Advantages of Physical Activities for Children with Special Needs - Strategies to make Physical Activities Accessible for Children with Special Needs. 4. Unit V: Children and Sports - Motor Development and Factors Affecting It - Exercise Guidelines at Different Stages of Growth and Development - Advantages and Disadvantages of Weight Training - Concept and Advantages of Correct Posture - Causes of Bad Posture - Common Postural Deformities- Knock Knee; Flat Foot; Round Shoulders; Lordosis; Kyphosis, Bow Legs and Scoliosis - Corrective Measures for Postural Deformities 5. Unit VI: Women and Sports - Female Athletes Triad (Eating Disorders) 6. Unit VII: Test and Measurement in Sports - Computation of Fat Percentage

(v)

- General Motor Fitness-Barrow three-item general motor ability (Standing Broad Jump, Zig-Zag Run, Medicine Ball Put-For Boys: 03 Kg & For Girls: 01 Kg)

- Computation of Fitness Index: Duration of the Exercise in Seconds $\times 100$

5.5 $\times$ Pulse count of 1-1.5 Min after Exercise

7. Unit IX: Sports Medicine

- First Aid-Aims & Objectives

8. Unit X: Kinesiology, Biomechanics and Sports

- Newton's Laws of Motion and their Application in Sports

- Aerodynamics Principles

- Introduction to Axes and Planes
- Types of Movements (Flexion, Extension, Abduction & Adduction)

- Major Muscles Involved in Running, Jumping and Throwing.

9. Unit XI: Psychology and Sports

- Sheldon and Jung's Classification and Big Five Theory.

- Meaning, Concept and Types of Aggressions in Sports

10. Unit XII: Training in Sports

- Circuit Training and High Altitude Training; Introduction and its Impact