



Maharashtra State Board of Secondary & Higher Secondary School, Pune

Department of Physical Education & Sports

Subject: Health & Physical Education (30)
Standard: Eleven

Faculty: Arts, Commerce, Science & HSC Vocational

Syllabus

XI Health & Physical Education (Theory & Practical)

Theory Index

Sr. No.	Unit/Topic	Detailed Topics
1	Development of Physical Fitness	1. Health Related Physical Fitness - Components 2. Skill Related Physical Fitness - Components 3. Types of Training Methods 4. Various Activity 5. G-Borg's Rating of Perceived Exertion Scale
2	Obesity	1. Common Types Of Obesity - i) Apple Shape ii) Pear Shape 2. Techniques of Measuring Obesity A) Waist to Hip Ratio 2. Body Mass Index 3. Side effects of obesity 4. Causes of Obesity 5. Prevention and Treatment of obesity
3	Nature and Diet	1. Five basic elements (Panchmahabhutas) and six tastes (Shadrasas) 2. Role of the six basic tastes 3. Food culture 4. Food components suited to the natural environment 5. Seasonal diet 6. Diet and the mind 7. Diet of sportsperson
4	Yoga and Mudra	1. Yoga 2. Need for Yoga 3. Asanas (Posture) 4. Pranayama 5. Mudra 6. Classification of Mudras
5	Doping (Stimulants)	1. What is Doping? 2. Doping incidents in athletes 3. Supplement protein
6	Injury Management	1. Minor injuries 2. Major injuries 3. Precautionary measures to avoid injuries 4. Types of Sports injuries 5. First aid 6. Cardiopulmonary Resuscitation (CPR)
7	Modern Technology - Activism	1. Technology and physical activity 2. Screen time and physical activeness 3. Technology and Activism 4. Benefits of exercising with modern technology
8	Career Opportunities in Sports	1. Player, teacher/ trainer opportunities 2. Health and Fitness sector 3. Sports media 4. Sports management area 5. Production and sale of sports equipment 6. Field of Yoga 7. Private business in Sports field
9	Various Games	1. Invasion games 2. Net Games 3. Competitive Games 4. Striking Games 5. Target Games 6. Lifting games 7. Tag games 8. Other games
10	Various Sports Competitions	1. Few International Sports Competitions 2. Few National Sports Competitions
11.	Success story of sportsmen	

Practical Index

Unit/Topic	Detailed Topics
<p>Health Related Physical Fitness and Motor Fitness</p>	<p>Health Related Physical Fitness:</p> <p>Cardio Vascular Fitness –</p> <p style="padding-left: 20px;">Target heart rate,</p> <p style="padding-left: 20px;">Warming up and Cooling down</p> <p style="padding-left: 20px;">Exercises – stretches, upper body development, lower body development, mid section development</p> <p>Activities – Routine: exercises to music, continuous body movement activity (compulsory – Aerobics, Rope Jumping and Minimum one of – Jogging, Walking, Interval Training, Circuit Training, Astronaut Drills, Staircase Running, Running on the spot)</p> <p>Muscular Strength – Compulsory</p> <p style="padding-left: 20px;">Dandas</p> <p style="padding-left: 20px;">Pushups, Pullups (Boys)</p> <p style="padding-left: 20px;">Modified Pushups (girls)</p> <p style="padding-left: 20px;">Squats and Wide Squats</p> <p style="padding-left: 20px;">Rope Climbing</p> <p style="padding-left: 20px;">Flexed Armed Hanging</p> <p style="padding-left: 20px;">Sitting Ball Throw (Basket Ball)</p> <p style="padding-left: 20px;">Lunges</p> <p>Muscular Endurance – Compulsory</p> <p style="padding-left: 20px;">Sit ups – Bent Knee, Curl ups, Reverse Curls, Oblique</p> <p style="padding-left: 20px;">Pullups – Assisted</p> <p style="padding-left: 20px;">Knee Sit Wall</p> <p>Flexibility – Compulsory</p> <p style="padding-left: 20px;">Surya Namaskar</p> <p style="padding-left: 20px;">Stretching Exercises</p> <p>Body Composition – Compulsory</p> <p style="padding-left: 20px;">Compulsory – Waist to Hip ratio, Body Mass Index</p> <p style="padding-left: 20px;">Desirable – Measurement of Body Fat with skinfold calliper, Counselling with respect to Nutrition exercises</p> <p>Motor Fitness:</p> <p style="padding-left: 20px;">Speed – 100 m running, sprints, games, Frisbee games,</p> <p style="padding-left: 20px;">Agility – (4x10) Shuttle run, games, frisvee games</p> <p style="padding-left: 20px;">Power – pylometrics games, Frisbee games</p> <p style="padding-left: 20px;">Co-ordination – Skipping, Wall Volley, Ball drills, Frisbee games</p> <p style="padding-left: 20px;">Balance</p> <p style="padding-left: 20px;">Obstacle course – Compulsory Stretching, Vaulting, Agility Run, Climbing, Hanging, Chinning, Crawling, Balancing</p>

**Athletic,
Games, and
Sports**

1. Athletics:

100m, 200m, 400m running

4x100 relay race

Long jump, high jump, triple jumps

Javelin, shot put, discus throws

Specialisation in any one of the following –

1. Aerobics
2. Adventure Activities
3. Archery
4. Base Ball
5. Badminton
6. Ball Badminton
7. Boxing
8. Basket Ball
9. Cross Country
10. Cricket
11. Cycling
12. Football
13. Gymnastics
14. Hockey
15. Handball
16. Judo
17. Kho-Kho
18. Kabaddi
19. Karate
20. Tennis
21. Roller Skating
22. Soft ball
23. Swimming
24. Throw ball
25. Table Tennis
26. Volleyball
27. Water polo
28. Wt. Lifting
29. Wrestling
30. Athelatics
31. Yoga

	<p>2. Games Specialization in any one of the following –</p> <ol style="list-style-type: none"> 1. Warming up – (a) general (b) Specific 2. Training for specific motor abilities: <ol style="list-style-type: none"> (a) Free hand exercise (b) Strength training (Isometric, Isotonic, other strength training methods) (c) Endurance training (Continuous, fartlek, Interval etc.) (d) Speed training (e) Flexibility training 3. Technical/skill training: <ol style="list-style-type: none"> (a) Refinement of skills with the help of exercises/drills (b) Lead up activities (c) Coaching of skills in game situation 4. Tactics and Strategies <ol style="list-style-type: none"> (a) Individual tactics (Attack, Defence) (b) Team tactics (Attack, Defence) 5. Specific tests for the activity
<p style="text-align: center;">Yoga</p>	<p>1. Yoga (Specialization)</p> <ol style="list-style-type: none"> (a) Asanas -Any two. Final position - 01 min (b) Pranayama – any two (c) Kriyas – any two (d) Knowledge of the effects of Asanas (e) Chanting of Omkar, Mantras (f) Relaxation and Concentration <p>2. Yogic Exercises – (Compulsory)</p> <p>For Class 12th –</p> <p style="padding-left: 20px;"> Trikonasana Bakasana Uttanmandukasana Parvatasana with padmasana Mayurasana Viparitkarni Shavasana </p> <p>3. Kriyas:</p> <p>Kapalbhati: Practice of following types of - Pranayams</p> <p>Agnisar</p> <p style="padding-left: 20px;"> Anulom – Vilom, Suryabhedhi, Nauli, Ujjai, Tratak, Sitkari, Shitali –Pranayam, Bhramri, Bhramari –Pranayam </p>