



Maharashtra State Board of Secondary & Higher Secondary School, Pune

Department of Physical Education & Sports

Subject: Health & Physical Education (30)

Standard: Twelve

Faculty: Arts, Commerce, Science & HSC Vocational

Syllabus

XII Health & Physical Education (Theory & Practical)

Theory Index

Sr. No.	Unit/Topic	Detailed Topics
1	Physical Fitness	<ol style="list-style-type: none"> 1. The importance of physical fitness: 2. Personal fitness program: 3. Principles of Fitness: 4. Progressive Overload 5. Variety 6. Rest and Recovery 7. Reversibility 8. Consistency
2	Exercise – Scientific View	<ol style="list-style-type: none"> 1. Exercise 2. Importance of Warm Up 3. Cooling Down 4. Importance of regular exercises 5. Effect of exercise and training on various body systems
3	Study of Yoga	<p>A) Astang Yoga</p> <ol style="list-style-type: none"> 1. Yama 2. Niyama 3. Aasanas 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi <p>B) Pranayama</p>
4	Diet	<ol style="list-style-type: none"> 1. Need of Diet and Nutrition 2. Classification of Nutrients 3. Balanced Diet 4. Diet Plan for Athletes 5. Types of Sports and Energy requirements 6. Water Balance in the Body 7. Diet and Behaviour
5	Active Lifestyle	<ol style="list-style-type: none"> 1. Know yourself 2. Increase Physical Fitness 3. Make good use of your free time 4. Active during Weekly holidays 5. Know the Value of Efforts:
6	Motivational Stories	<ol style="list-style-type: none"> 1. Khashaba Jadhav (Wrestling) 2. Major Dhyanchand (Hockey) 3. Sachin Tendulkar (Cricket) 4. Mary Kom (Boxing)
7	Sports Awards	<ol style="list-style-type: none"> 1. Sports awards given by Government of Maharashtra <ol style="list-style-type: none"> 1. Shiv Chhatrapati State Lifetime Sports Achievement Award 2. Shiv Chhatrapati State Sports Award (Best Sports Coach) and Jijamata Award (Women Sports Coach) 3. Shiv Chhatrapati State Sports Award (Player) 4. Shiv Chhatrapati State Adventure Sports Award 5. Shiv Chhatrapati State Sports Award (Specially Abled Player) 2. Awards Given By Central Government <ol style="list-style-type: none"> 1. Dhyanchand Lifetime Achievement Award 2. Rajiv Gandhi Khel Ratna Award 3. Arjuna Award 4. Dronacharya Award 5. National Sports Motivation Award 6. Padma Award 7. Bharat Ratna Award

Practical Index

Unit/Topic	Detailed Topics
Health Related Physical Fitness and Motor Fitness	<p>Health Related Physical Fitness:</p> <p>Cardio Vascular Fitness –</p> <p style="padding-left: 20px;">Target heart rate, 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</p> <p>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: 40px;">Trikonasana</p> <p style="padding-left: 40px;">Bakasana</p> <p style="padding-left: 40px;">Uttanmandukasana</p> <p style="padding-left: 40px;">Parvatasana with padmasana</p> <p style="padding-left: 40px;">Mayurasana</p> <p style="padding-left: 40px;">Viparitkarni</p> <p style="padding-left: 40px;">Shavasan</p> <p>3. Kriyas:</p> <p>Kapalbhati: Practice of following types of - Pranayams</p> <p>Agnisar</p> <p style="padding-left: 40px;">Anulom – Vilom, Suryabhedhi, Nauli, Ujjai, Tratak, Sitkari, Shitali –Pranayam,</p> <p style="padding-left: 40px;">Bhramri, Bhramari –Pranayam</p>