

**CERTIFICATE**

**OF**

**VOCATIONAL EDUCATION (YEAR – 12)**

**EXAMINATION**

**SYLLABUS**

**PHYSICAL EDUCATION**

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Correspondence should be addressed to

**THE CHIEF EXECUTIVE & SECRETARY**  
**COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS**  
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**PHYSICAL EDUCATION**

S.NO	SUBJECT	CLASS XI	HOURS	MARKS	CLASS XII	HOUR	MARKS
1	English (Compulsory)	Paper I Paper II	1 ½ 1 ½	50 50	Paper I Paper II	1 ½ 1 ½	50 50
2	General Foundation Industrial sociology & Entrepreneurs hip (Compulsory)	Paper I – Sociology Paper II – Environmental Education & Rural Development	3 3	50 50	Paper I- Complete Course Paper II – Entrepreneurs hip Project & Plan	3 3	50 50
3	Environmenta l Education (Compulsory)	Paper I - Paper II (internal)	3	100	Paper I - Paper II(internal)	3	100
4.	Sociological Aspect of Physical Education	Paper I Theoretical	3	100	Objectives of Physical Education Paper I (Theory)	3	100
5.	Methods of Physical Education and Recreation	Paper II Theoretical	2	100	Method of coaching & officiating Paper III (Practical)	3	100
6.	Health education First Aid	Paper III Theoretical	3	100	Health and Safety Education  Paper IV (Theory)	2	100
7.	Physical Efficiency	Paper IV Practical	2	100	Organisation and Administration of Physical Education Paper II (Theory)	2	100

**ENGLISH LANGUAGE Paper – I**

**CLASS XI AND XII**

**DETAILED SYLLABUS**

- Objective : To provide experience of the structure and vocabulary of English to enable students to
1. Study other subjects in the curriculum
  2. Develop communication skills for vocational purposes.

There will be two papers as follows:

**Paper 1 (1½ hours)**

Question One **Either**

(a) Candidate will be required to write a report in about three hundred words based on information provided.

**OR**

(b) Candidates will be required to write a passage of about three hundred words in the form of a description of events, or of a process, directions or instructions.

[Both types – (a) and (b) – will be set]

**Question Two**

Candidates will be required to write a letter from a choice of two subjects. Suggestions will be given.

The lay-out of the letter with address, introduction, conclusion, etc., will form part of the assessment.

Question Three

An unseen passage of prose of about three hundred words will be given. Questions based on the passage will be of the objective type and will include multiple-choice answers, which may be verbal or diagrammatic. All questions will have to be answered. Questions will test the candidate's understanding of ideas expressed in the passage as well as the meaning of words and the function of structures.

Question Four

An unseen passage of about two hundred and fifty words will be given. A question or questions will be asked to test the candidate's ability to extract information from a passage. Candidates will be directed to provide the required information in the form of numerated notes, not in connected prose.

## English – Paper II

1½ Hr

50 Marks

**OBJECTIVE:** To provide experience of a variety of English Prose, Poetry, Play, Addressing issues of human interest and concern.

Candidates are requested to answer five questions from the selected pieces. The question will be set to test the candidates ability to recall and respond to the information contained therein.

Question 1 will be compulsory, which will be set from the stories selected from Twelve Contemporary Short Stories. Another five questions will be set, one from each of the parts. i.e from twelve Contemporary Short Stories, Poems, Essays, Excerpts of plays and from Great Modern Lives. Candidates are to answer any four out of the five questions. Total five questions to be answered.

### **Q1. Compulsory + Any four.**

#### I. Twelve Contemporary Short Stories. (OUP)

- |                    |   |                               |
|--------------------|---|-------------------------------|
| 1. Ruskin Bond     | : | The Eyes Have it.             |
| 2. Roald Dahl      | : | Parson's Pleasure             |
| 3. Jug Suraiya     | : | Badger                        |
| 4. R.K. Narayan    | : | Martyr's Corner               |
| 5. Bernard Malamud | : | The First Seven Years.        |
| 6. Allen Seally    | : | How Raj Kapoor Saved my Life. |

#### II. Poems

- |                           |   |                      |
|---------------------------|---|----------------------|
| 1. Wystan Hugh Auden      | : | The Unknown Citizen  |
| 2. David Herbert Lawrence | : | The Best Of School   |
| 3. Robert Frost           | : | The Road Not Taken   |
| 4. Edgar A Guest          | : | It couldn't be done. |
- (The Art of Dynamic Thinking – Melvin Powers. Better Yourself Books)

#### III. Essays

- |                     |   |                 |
|---------------------|---|-----------------|
| 1. J.B. Priestley   | : | Too many people |
| 2. E.R. Braithwaite | : | Job Hunting     |

#### IV. Excerpts from plays (Shakespeare)

- |                            |   |  |
|----------------------------|---|--|
| 1. Merchant of Venice      |   |  |
| Prince of Arragon's Speech | : | "..... Who chooseth me shall get as much as he deserves" |
| 2. Julius Caesar:          |   |  |
| Mark Anthony's Speech      | : | "Friends, Romans, Countrymen....."                       |

#### V. 100 Great Modern Lives – Ed. John Canning (Rupa & Co.)

- |                    |   |                |
|--------------------|---|----------------|
| 1. Douglas Collier | : | Jamshedji Tata |
| 2. Andrew Ewart    | : | Henry Ford.    |

**GENERAL FOUNDATION AND INDUSTRIAL  
SOCIOLOGY ENTREPRENEURSHIP**

CLASS XI DETAILED SYLLABUS 3 HOURS MARKS-100

Paper I – Sociology

1.	Constitution of India	2 Hrs.	
2.	Industrialization through five years plans.		2 Hrs.
3.	Industrial safety, First Aid & Hygiene & Safety Management.	2 Hrs.	
4.	Population Education		3 Hrs.
5.	Unemployment and Automation	3 Hrs.	
6.	Qualities of an Ideal Supervisor		
7.	Environmental Education		
8.	Rural Development		

Paper II – Environment Education & Rural Development. 3 Hrs. 50 marks

1.	Environmental Resources, Human Resources & Natural Resources.	2 Hrs.
2.	Population its impact.	1 Hr.
3.	Impact of industrialization on environment.	1 Hr.
4.	Effect of modern agriculture on environment.	2 Hrs.
5.	Occupational Hazards.	2 Hrs.
2.	Rural Development	5 Hrs.
3.	Globalization	6 Hrs.
4.	Concerns Today	8 Hrs.

2<sup>nd</sup>. Year (XII) Paper I 50 marks 3 Hrs. Total 43 Hrs.

Paper I.

1.	1. Trade Union Act – 1926	
	2. Factories Act – 1948	
	3. Minimum Wages Act – 1946	
	4. Workmen’s Compensation Act – 1923.	
	5. Employees State Insurance Act – 1948.	
	6. Payment of wages Act – 1936.	
	7. Maternity Benefit Act – 1961.	
	8. Contract Labour Act – 1971.	
	9. Industrial Disputes Act – 1947.	
	10. Employees Provident Fund Act – 1952.	10 Hrs.
2.	1. Entrepreneurship.	2 Hrs.
	2. All about small business including Indian Contract Act – 1872. The sale of Goods Act – 1930.	3 Hrs.
	3. Estimating and Costing	6 Hrs.
	4. Project Planning and Project Report Making.	4 Hrs.
	5. Building people	5 Hrs.
	6. Science & Technology	7 Hrs.

Paper II 50 Marks 3 Hrs.

**Entrepreneurship Project Plan**

**12 Hrs. + Practical Time**

## GENERAL FOUNDATION AND INDUSTRIAL SOCIOLOGY ENTERPRENEURSHIP

Class XI

Theory 3 Hrs.

Marks – 50

Sociology – Paper – I

### 1. CONSTITUTION OF INDIA.

Features of the constitution Preamble.

1. Fundamental rights
2. Fundamental duties
3. Directive principles of state policy
4. Differences between fundamental Rights and Directive principles – citizen's role in nation building
5. Role of taxes direct, indirect.

### 2. INDUSTRIALISATION THROUGH FIVE YEAR PLANS

1. VIII five year plan
2. IX five year plan (A critical appraisal)
3. Discuss – critically the industrial achievement during the plan period 1<sup>st</sup>. to 7<sup>th</sup>. Five year plan.
4. Importance of public sector.

### 3. INDUSTRIAL SAFETY, FIRST AID AND HYGIENE

- i. Efficient worker safe worker.
  - a. Causes of work Injuries.
    - i. Bad house keeping
    - ii. Hand tools
    - iii. Portable electric tools
    - iv. Working around machines
    - v. Safety equipments
    - vi. Lifting weight
    - vii. Padders
    - viii. Fire
  - b. Types of injuries and appropriate first aid
    - i. Severe bleeding
    - ii. Cessation of breathing
    - iii. Shock
    - iv. Poisoning
    - v. Drowning
    - vi. Fractures
    - vii. Burns
    - viii. Fainting
  - c. Safety Management.

### 4. POPULATION EDUCATION.

- a. Family Planning, small family norms, gender equality, female infanticide, Abortion laws / Euthanasia.
- b. Worker and his family – Love and Sex – Qualities of an ideal husband – Qualities of an ideal wife. Setting up a home.

## **5. UNEMPLOYMENT AND AUTOMATION**

- i. Definition of unemployment
- ii. Types of unemployment
  - a. Casual, seasonal, cyclical.
  - b. Technological, frictional.

### Automation and Computerization

- i. Tools that substitute hand.
- ii. Machine that substitute muscles.
- iii. Computers that substitute brains.

## **6. QUALITIES OF AN IDEAL SUPERVISOR**

- 6.1 Be a part of the management
- 6.2 Be a leader of the workmen under you.
- 6.3 Be a policeman when needed
- 6.4 Knowledge of technical job.
- 6.5 Quality control and waste control.
- 6.6 Planning and scheduling.
- 6.7 Method of improvement.
- 6.8 Cost control.
- 6.9 Training your men.
- 6.10 Safety and first aid.
- 6.11 Working conditions of your men.
- 6.12 Problems in supervising women.
- 6.13 Wage payment.
- 6.14 Job evaluation
- 6.15 Merit rating
- 6.16 Labour laws.
- 6.17 Economics
- 6.18 Use of psychological tools.
- 6.19 Common sense
- 6.20 Cool and collective.

## **7. ENVIRONMENTAL EDUCATION**

1. Environmental resources (energy, air, water, soil, minerals, plants, animals), carrying capacity, effects of exploitation.
2. Population explosion and incompatibility between resources and number, demands on environment to meet 'basic human needs' and 'aspiration of more ambitious goals, its effect on environment'.
3. Impact of industrialization on environment:
  - 3.1 Irreversible changes in landscape.
  - 3.2 Encroachment / degradation of environment and its effects.
4. Effects of modern agriculture on environment:
  - 4.1 Use of high-yielding varieties and deprivation of genetic resources.
  - 4.2 Canal irrigation and water logging.
  - 4.3 Use of fertilizers and pesticides and its effects on environment.
  - 4.4 The dangers in manufacturing, storing, transporting, disposing of insecticides.



5. Land use, soil degradation, population pressure and depletion of forests, grassland and cropland.
6. Environment pollution of air, water and soil and its affects on the living world.

**8. RURAL DEVELOPMENT.**

1. Land use profile in India
2. Causes of economic backwardness: the 'poverty trap'
3. Measures to increase agriculture productivity by improving the inputs.
4. Afforestation– social and farm forestry (environmental, social and economic enhancement).
5. Rural waste recycling-biogas plant, compost making.
6. Provision of basic health services for the community – provision of medical care ,improvement of environmental sanitation, control of communicable diseases, mother and child health care, school health services. Development of desirable health, nutrition and environmental sanitation practices in the community.
7. Activization of agencies responsible for rural development. (Integrated Rural Development Programme. Small Farmers Development Agency, etc.)
8. Innovation and Development of Rural Industries.

## ENVIRONMENTAL EDUCATION & RURAL DEVELOPMENT

Class XI

Theory 3 Hrs.

Marks – 50

### Sociology – Paper – II

1.
  - i. Environmental Resources (energy, air, water, soil, minerals, plants & animals)
  - ii. Population – Human resources and Natural resource. Exploitation and Exploration of natural resources. Conservation of natural resources waste products management. Respect for laws regulating Community living. Respect for others freedom. Concern for public property.
  - iii. Impact of industrialization on environment.
    - a. Irreversible change in landscape.
    - b. Encroachment / degradation of environment and its effects.
  - iv. Effect of modern agriculture on environment.
    - i. Effect of high-yielding varieties and deprivation of genetic resources.
    - ii. Canal irrigation and water logging.
    - iii. Use of fertilizers and pesticides and effect.
    - iv. The dangers in manufacturing, storing, transporting, disposing of insecticides.
  - v.
    - i. Land use, soil degradation , population pressure and depletion of forest grasslands and cropland.
    - ii. Environment pollution of air water and soil and its effect on the living world.
  - vi. Measure of medical technology the drug abuse.
  - vii. Biodegradable and non-degradable materials.
  - viii. Typical environmental problems. Deforestation, Desertification, Landslides, silting and drying of water resources, pollution of lakes and resources, toxic substances.
  - ix. **Occupational Hazards**
    1. Organizational risks.
    2. Equipment related risks.
    3. Process related risks.
    4. Product related risks.
2. **Rural development (with reference to the 20-point programme, 1986)**
  1. Land use profile in India.
  2. Causes of economic backwardness, the poverty trap.
  3. Measures to increase agriculture productivity by improving the inputs.
  4. Forestation – social and farm forestry. (environmental, social and economic enhancement)
  5. Rural waste recycling – bio gas plant, compost making.
  6. Provision for basic health service for the community – medical care, environmental sanitation, communicable diseases, mother and child health care, school health service. Development of desirable health, nutrition and environmental sanitation practices in the community.
  7. Activisation of agencies responsible for rural development. (Integrated rural development programme IRDP, small farmers development agency, farmer’s development agency. marginal
  8. Innovation and development of rural industry.

3. **Globalization.**

1. Globalization as a worldwide aspiration linking human values.
2. Modernism and Internationalism.
3. Global broadcasting and journalism, role of news agencies, effects of the global reach of broadcasting, risk to cultural values due to bombardment of foreign base media.

4. **Concerns today.**

1. Nuclear disarmament - CTBT
2. Human rights, Giahypothesis, Malthusian theory, Darwinism & Frances Galton and the Eugenists.
3. Consumer and the competitive market.
4. Dehumanization due to technological advances.
5. Advertising and its impact.
6. Impact of society moving towards quick fix solutions leading to corrupt practices.
7. Underemployment and unemployment.
8. The ethical and the moral impact of the internet.
9. Reaching out : Types of communication networks and their utilities –e-mail, facsimile, video conferencing, understanding of the internet as a global knowledge base and communication network.

**GENERAL FOUNDATION AND INDUSTRIAL  
SOCIOLOGY ENTERPRENEURSHIP**

**Class XII**

**Paper – I**

Part – A	Compulsory objective type of questions covering the entire syllabus of class XI and class XII carrying 20 marks.
Part – B	Will have 8 questions covering labour legislation and entrepreneurship, Building people & Science Technology of which candidates will have to answer 6 questions carrying 5 marks each = 30 marks.
<u>Paper – II</u>	Will be of 3 hrs consisting of a complete project plan, preparations of a feasibility certificate and registration – 50 marks.
<u>Paper I</u>	3 Hrs. Marks - 50.

1. **The Trade Union Act - 1926**

1. Trade union
2. Registration
3. Various rules and regulations.
4. Cancellation of Registration.
5. Rights and duties of Trade union.

2. **Factories Act – 1948.**

1. Definitions of adult, adolescent, young person, manufacturing process worker, factory, occupier.
2. Scope :- applicable to
  - a. Establishment with 10 or more workers – work with the aid of power.
  - b. 20 or more workers without the aid of power.
  - c. Establishment not in accordance with the above two cases but notified by the Government.

### 3. Main Provisions

- i. Health, safety, welfare
- ii. Hours of work
- iii. Employment of young persons and women
- iv. Annual leave with wages
- v. Occupational diseases
- vi. Administration
- vii. Enforcement
- viii. Penalties for offences.

### 4. Minimum wages Act, 1948.

- i. Living wage, Fair wage, Minimum wage & subsistence wage.
- ii. Scope
- iii. Salient features
  - a. Minimum time rate of wages
  - b. Minimum piece rate
  - c. A guarantee time rate
  - d. Overtime rate.
- iv. Provisions
  - a. Payment in cash
  - b. Cost of living
  - c. Maintaining records
  - d. Violation and enforcements.
- v. Workmen's compensation Act – 1923
  - a. Objectives – imposition of compensation.
  - b. Scope – Certain category of railway men
  - c. To all wage earners earning up to Rs.1000/- per month in certain notified establishments.
  - d. For death, permanent total disablement, permanent partial disablement, Temporary disablement.

### 5. Employees State Insurance Act 1948.

- i. Objectives - Benefits to employees in case of sickness, maternity, disablement, dependents, employment injury.
- ii. Scope – Applies to all non-seasonal factories, shops, hotels, restaurants. Not applicable to men of armed forces and those drawing above Rs.5,000/- per month.
- iii. Finance - Employees contribution – 2½ %  
- Employer's contribution – 5 %  
Those drawing less than Rs.6/- per day are exempt from contribution.

6. **Payment of Wages Act – 1936.**

- i. Objectives – To ensure wages for employees drawing less than Rs.1600/- per month.
- ii. Provisions :
- iii.
  - i. State Government to enforce.
  - ii. Fixation of wages periods
  - iii. Deductions :
    - a. Fines
    - b. Absence from duty
  - c. Damages, Loss
  - d. House / Accommodation
  - e. Advances or over payment
  - f. Income Tax societies.
  - g. Co-operative
  - h. Insurance premium
- i. Levy on mines.

7. **Maternity Benefit Act - 1961**

- i. Objective – To regulate employment of women in certain establishment for certain period before and after child birth.
- ii. Scope – Applies to factories, mines, circus, industries, plantations and Government establishment.
- iii. Provisions – Eligibility conditions, period for benefit paid, rate of benefit.

8. **Contract labour Act – 1970.**

- i. Object – To regulate the employment of contract labour.
- ii. Scope – Applies to establishment in which twenty or more workers are employed or were employed on any day of the preceding 12 months as contract labour to every contractor who employs or who employed on any day of the preceding twelve months, twenty or more workers.
- iii. Terms – Contractor, Establishment
- iv. Main provisions.
  - a. Setting up of advisory Boards
  - b. Registration of establishments
  - c. Welfare and health of contract labour.
  - d. Penalties and Procedures.

9. **Industrial Disputes Act – 1947.**

- i. Definition of industrial disputes.
- ii. Machinery set up by the Act.
- iii. Labour court, Board of enquiry, Industrial tribunal, Conciliation
- iv. Adjudication

10. **Employees Provident Fund Act – 1952.**

- i. Object & Scope – Applied to all factories and establishments and notified industries employing 20 or more people.
- i. Rate of contribution

- ii. Protection from attachment
- iii. Membership
- iv. Family pension scheme
- v. Benefit of the scheme.

(The latest amendments to the Act must be taken into consideration, especially Amendment of 1995)

11. **Entrepreneurship**

12. **All about small business.**

- i. Small Business
- ii. Need for small business
- iii. Economic Contribution
- iv. Possible types of business
- v. Employer and labour relation
- vi. Buyer and seller relation
- vii. Incentives in certain areas
- viii. Assistance from District Industries Center.
- ix. Assistance from small scale industries.
- x. Service industries.

Managerial Qualities of an Entrepreneur

- i. Should be confident
- ii. Should be dynamic
- iii. Should be creative
- iv. Should be able to take initiative.
- v. Should be flexible
- vi. Should be result oriented
- vii. Should be energetic and hard working
- viii. Should be far sighted
- ix. Should accept challenges
- x. Should be able to communicate effectively.
- xi. Should be aware of ancillary development.

13. **Estimating and costing.**

14. **Project planning & project report making.**

Indian Contract Act – 1872.

- i. Definition of contract, offer, acceptance, performance of contract.
- ii. Indemnity and Guarantee.
- iii. Different kinds of agents.

The sale of Goods Act – 1930

- i. Definition of Buyer, Seller, Delivery Goods.
- ii. Price
- iii. Formation of the contract sale.
- iv. Difference between sale & hire purchase.

15. **Building People.**

- i. Privatization v/s Nationalization
- ii. The need for governments to govern and leave economic activities to the people, Role of NGOs.
- iii. Generation of financial resources to meet governmental expenses.
- iv. Impact of privatization on economic development with specific reference to
- v. Insurance, Telecommunications, Railways and Electricity.

16. **Science & Technology.**

- i. Animal and human aggression
  - a. Human and non-human signals of aggression.
  - b. Weapons devised by man for offence and defence.
  - c. Nuclear weapons, control on weapons manufacture, sale of foreign power.
  - c. Technology – does it make war more or less likely?
- ii. Science and Technology as change agents
  - a. Affect of scientific developments on our lives – at work and at home.
  - b. Business on net – e- commerce, its feasibility and implications.
- iii. Cosmology and space research
  - a. Current theories about the origins of the universe.
  - b. Probability of existence of Extra Terrestrial Intelligence.
- iv. Emergence of new technologies their appreciation
  - a. Non-Digital and Digital technology.
  - b. Communication technology.
  - c. Information technology.

**CURRICULUM IN ENTREPRENEURSHIP DEVELOPMENT**

Entrepreneurship curriculum is divided into five major modules:

1. Entrepreneurial career orientation.
2. Entrepreneurial spirit (values and attitudes) and behavioural competencies.
3. Entrepreneurial motivation.
4. Enterprise launching competency.
5. Enterprise management competencies.

**1. ENTREPRENEURIAL CAREER ORIENTATION**

Today, most prevalent and commonly pursued career after education is that of a wage earner. The great potential of self-employment and the incentives thereof are not well known. This information, orientation and necessity related to future career option will orient students to entrepreneurial career.

**2. ENTREPRENEURIAL SPIRIT AND BEHAVIOURAL COMPETENCIES.**

Entrepreneurial spirit consists of values and attitude. Since value provides the direction and attitude decides the tendency to act in a given situation, certain competencies are needed to actually take action governed by values and attitudes. These competencies will help students in entrepreneurial career.

**3. ENTREPRENEURIAL MOTIVATION**

Force, drive and energy are needed to pursue the path of entrepreneurial career. Since forces are provided by creating an urge in the individual for efficiency that reflects through competition with other or with one's standards of performance, the total process is termed as entrepreneurial motivation.

**4. ENTERPRISE LAUNCHING COMPETENCY**

This includes competencies related to sensing opportunities; project/product; project formulation availing incentives; resource mobilization and finally launching the enterprise.

**5. ENTERPRISE MANAGEMENT COMPETENCIES**

The enterprise may be small or big but it demands management abilities in its own/manager. The various management functions such as production, marketing, finance, etc., are crucial functions for entrepreneurs. This module will help students in developing enterprise management competencies.



**SOCIOLOGICAL ASPECT OF  
PHYSICAL EDUCATION**

**Hours – 3**

**Marks 100**

**Class – XI**

**PAPER - I**

**THEORETICAL  
Sociological Aspect of Physical Education**

1.

1. **Role of Physical Education :** Integration development of attitudes, helpfulness, tolerance, patience, team spirit and unity etc.
2. **Objective of Physical Education :** Physical development, mutual development, emotional development, social development, spiritual development.

3. **Effect of Physical Education:**

- i) Mental effect -
- ii) Physical effect.

4. **Sociological aspects of physical education**

- i) Games and sports as man's heritage
- ii) Development of the individual through games and sports

5. **History of Physical Education:**

- iii) Ancient physical education
- iv) Olympics     a) Ancient  
                          b) Modern

6. **Principles of Physical Education:**

Meaning of physical education  
Definition of physical education : need of understanding the true meaning of physical education, relationship of physical education to education.

II.

I **Foundation of Physical Education and Sports:**

- i Meaning, nature, need and scope of physical education and sports.
- ii Aims and objectives of physical education and sports.
  - a) Physical development
  - b) Mental development
  - c) Social development
  - d) Emotional development
  - e) Development of neu-muscular Co- ordination
  - f) Development of good citizenship
  - g) Worthy use of leisure.

**OBJECTIVES OF PHYSICAL EDUCATION  
(THEORETICAL)**

**PAPER – I**

**CLASS XII  
Hours: 3  
Marks: 100**

1. a) **Objectives of Physical Education**
  - (i) Self realization
  - (ii) Human relationship
  - (iii) Economic efficiency
  - (iv) Civic responsibility
  
- b) **Intermediate or Specific Objectives of physical education:**
  - (i) Physical development
  - (ii) Mental development
  - (iii) Emotional development
  - (iv) Social development
  - (v) Spiritual development
  
- c) **Intermediate objectives of physical education**  
Enjoyment of participation. Pleasing and satisfying experiences.
  
2. **Foundation of Physical Education:**
  - a) Biological
  - b) Psychological
  - c) Sociological
  
3. **Scope of physical education:**
  - a) Types of human activities
  - b) Classification of exercises
  
4. **Effects of Physical Education:**
  - a) Mental effects
  - b) Physical effects
  
5. **Obstacles facing physical education:**
  - a) Public misunderstanding
  - b) Lack of leadership

6. **History of Physical Education:**

- a) Physical education  
Ancient and Modern physical education.
- b) Prevalent in India
- c) Original contributors – Aristotle, Plato, Faocbel, John and others
- d) Playground movement
- e) Y.M.C.A.
- f) Boy Scouts Association, etc.

7. **What is Psychology**

- a) Place of Psychology in education
- b) Heredity and environment
- c) Physical basis of mental life, reflex action, habit, permanence of habit, its characteristic uses and disuses.
- d) Play theory
- e) Attention and interest
- f) Stages of development
- g) Emotion, characteristics of emotion
- h) Laws of learning, improvement of learning fatigue in learning
- i) Memory, Laws of memory, remembering and forgetting.

**METHODS OF PHYSICAL EDUCATION  
AND RECREATION**

**PAPER – II**

**Hours 2**

**Marks 50  
Class – XI**

**THEORETICAL**

**METHODS OF PHYSICAL EDUCATION AND RECREATION**

- 1. Main topic a) Introduction

- b) Teachers
- c) Pupil
- d) Subject
- e) Physical education of the handicapped
- f) Safety education

2.

Introduction

- a) What is teaching
- b) Factors in teaching
- c) Teaching methods in physical education
- d) Fundamentals of teaching

Teacher

- a) The idea of teacher.
- b) Functions of the teacher together with the function of the School and of education.
- c) Attributes of a good teacher –  
Preparation, voice and mental social qualities, position of the teacher.
- d) Self-examination of the teacher.
- e) Number of students in one single class.

Pupil

- a) General qualities of the pupil.
- b) Relation between the teacher and pupil.
- c) The nature of pupils.
- d) How does the pupil learn ? Laws of learning.
- e) Evaluation.

Subject

- a) Aim of lesson
- b) Lesson plan
- c) Class arrangements- formal and informal.
- d) Progression
- e) Signs of success
- f) Modification of the lesson – according to age, according to the object of the teacher, according to the effects of environments.
- g) Brief points in teaching.

**METHODS OF TEACHING**

- a) Calisthenics
- b) Squad drill
- c) Major and Minor games

- d) Rhythmic activities
- e) Athletics
- f) Command and class management.

**Organisation & Administration  
of Physical Education**

**(THEORETICAL)**

**PAPER – II**

**CLASS – XII**

**Hours: 3  
Marks: 100**

**Organisation and Administration of Physical Education**

- a) Definition of organization and administration, purpose of organization and administration, branches of physical education to be organized. Physical education different agencies.
- b) Physical education in schools and colleges-leadership, facilities, physical education and parks and playgrounds – programmes, organization of competitions, major games, athletics, aquatics, boxing wrestling, gymnastics, test and measurement, organization of health education, organization of service programme, youth camp, planning of physical education, recreation and youth service. Layout of track and other games.
- c) Physical education and sports, sports talent search, scholarship, coaching scheme, Rural sports, Woman sports, National physical fitness programme, Scouting and Guiding.
- d) Organisation of Olympics, Asian games and Commonwealth Games and the countries usually. Participating in them should be taught.
- e) Various terms and terminologies connected with each game should be clearly defined.

## **METHOD IN PHYSICAL EDUCATION**

Meaning of the term “Method” and factors to be considered determining the method of teaching, learning process and condition of learning.

- a) **Age and Sex characteristics**
  - i) Pre-school, Primary school, Middle school, Higher Secondary school.
  - ii) Sex differences of boys and girls.
  - iii) Activity planning according to age and sex characteristics.
  - iv) Physiological, psychological and sociological needs.
  
- b) **Method of teaching :** (With special reference to:-)
  - i) Calisthenics/squad drill (different kinds of physical activities)
  - ii) Gymnastics
  - iii) Major games
  - iv) Minor games
  
  - v) Rhythmic activities
  - vi) Athletics
  
- c) **Principles of teaching**
  - i) Simple to complex
  - ii) Whole to complex
  - iii) Learning by doing
  - iv) Intrinsic and extrinsic motivation
  - v) Material taught and capacity of the learner
  - vi) Frequency and duration of instruction periods
  - vii) Factors in teaching.
  
- d) **Command and class management**

- i) Types of command – Situation when used different command.
- ii) Types of formation.
- iii) Class management – Principle of good class management.

**HEALTH EDUCATION : FIRST AID  
PAPER – III**

**THEORETICAL**

**Hours : 3  
Marks : 100  
CLASS XI**

**HEALTH EDUCATION : FIRST AID**

**Health :**

- 1) Meaning of health, brief description of physical, mental-emotional and social health, inter-relationships among these aspects of health.
- 2) Importance of health for an individual, family, community and nation.
- 3) Favourable and non-favourable factors and conditions as determination of the levels of health and disease on a continuance of health extending from zero health to optimal health. Characteristics of a healthy person.
- 4) Fitness and physical fitness : It's relationship to health sub-components and elements of physical fitness, exercise and health, indicators of physical fitness, improving physical fitness, recreation, relaxation, rest, sleep and posture, dental health, vision, elimination of body wastes, personal health practices.

**Health Education :**

- 1) Meaning of health education, its need, scope for school/college students, aim and objectives of health education.
- 2) Health education principle, methods and media of health education.
- 3) Characteristics of health education.
- 4) School/college health programme and opportunities for students participation.

**Hygiene:**

Need and importance of personal hygiene, environment, and food hygiene. Associated practices related to maintenance and promotion of health.

**Food and Nutrition**

Nutrition status of Indian people, misconception about food, functions of food in the body, body's requirements of various components of foods for athlete, basis for planning diet, food to nutrients.

### **Mental Health:**

1. Meaning of mental health, foundation factors for mental health, mental health problems of school/college students, characteristics of a healthy personality, principle of mental health.
2. Adjustment process, development of interest, attitudes and habits, development and control of emotions, guidelines for controlling emotions.
3. **NATIONAL HEALTH PROGRAMME**
4. WORLD HEALTH ORGANISATION – Organisational structure, activities, co-operation with other International Agencies.

### **FIRST AID :**

- 1) Definition of first aid.
  - 2) Different kinds of bandages, sling.
  - 3) Dislocations
  - 4) Fractures
  - 5) Wounds
  - 6) Shocks
  - 7) Burns
  - 8) Poisons
  - 9) Dog bite
  - 10) Ordinary athletic injuries and their care
1. Application of bandages on different parts of the body. Various common dislocation, fractures and to stop bleeding (tourniquets).
  2. Artificial respiration.
  3. Carrying of patient.

### **Functions of various organ systems**

- a) Nervous system
- b) The excretory system
- c) The circulatory system
- d) The important Endocrine glands
- e) Skeletal system
- f) Muscular system
- g) Respiratory system
- h) Digestive system
- i) Study of cells and tissues

## **HEALTH AND SAFETY EDUCATION**

**(THEORETICAL)**

**PAPER – IV**

**CLASS – XII**  
**Hours: 2**  
**Marks: 50**

### **HEALTH AND SAFETY EDUCATION**

- I. 1) Health programme at home, Laws of health.



- 2) Personal cleanliness: Care of teeth, care of eyes, throat, nose, skin, bad effect of spitting.
  - 3) Nutrition – types of food and their values, vitamins, minerals, balance diet, cooking of food, diet and diseases, danger of alcohol and nicotine, value of water, a diet chart.
  - 4) Clothing – proper clothing for exercise and other occupation
  - 5) Value of sunshine and fresh air.
  - 6) Effect of heredity and environment of health.
  - 7) Sexual hygiene, family planning, common venereal diseases.
  - 8) Fatigue, rest and sleep, inter relation of physical and mental health.
  - 9) Preventive measures, Immunity, Sources of infection.
- II.
- 1) Health programme in school.
  - 2) Ventilation, composition of air, modern principals of air conditioning.
  - 3) Common ailments of school children, how to detect and how to protect them.
  - 4) Health service, routine health parade.
  - 5) Methods of proper water supply, proper urinal and lavatory.
  - 6) Inspection of fingers, nails, eyes, ears, teeth, clothing and bodily cleanliness of student.
  - 7) Maintaining hygienic condition of classroom, latrine, drains, gymnasium and playground.
  - 8) Vaccination and inoculation arrangement for the student.

## SAFETY EDUCATION

1. Importance of safety education for preventing accidents its general principles. The need for safety education for teacher in physical education.
2.
  - a) Safety in physical education and sports, principles of safety with respect to building and play fields.
  - b) Policies and practices to prevent accident and rendering first aid and treatment.
  - c) Principle of safety with respective equipments, dresses etc. Principles of safety with respect to organization of classes, demonstrations and matches.
  - d) Accident reporting and maintenance of records.
3. Safety in roads, picnic and tours.
4. Safety in water, fire, floods, hurricane, thunders and lightning and air raids.
5. Measures of life saving emergencies like drowning Asphyxia, head injury etc.

**PHYSICAL EFFICIENCY TEST**  
**PAPER – IV**

**Hours : 2**  
**Marks : 50**

The skill, technique and performance of the candidates will be assessed by the Teacher(s) responsible for preparing them for the examination.

**PRACTICAL**

**PHYSICAL EFFICIENCY TEST**

- a) 50 metre run, standing start
- b) Standing long jump
- c) Distance run – 1000 metres for boys. 600 metres run for girls.
- d) Floor push-ups for boys.
- e) Push-ups for girls.
- f) Shuttle run
- g) 60 second sit-up

**ATHLETICS**

**Track events** – Sprints, middle and long distance races

Boys – 100 m, 200 m, 400 m, 800 m, 1500 m 3000 m.

Girls – 100 m, 200 m, 400 m, 800 m, (Technique and skill)

**Hurdles** (Track events)

Boys – 110 m and 400 m.

Girls – 100 m

**Field events** – Jumps and Throws

Boys: Broad jump, high jump, triple jump, pole vault, shot put, discus throw, javelin throw, hammer throw.

Girls: Broad jump, high jump, shot put, discus throw (skill and technique from take-off to landing).

## **MAJOR GAMES**

- 1) Cricket
- 2) Hockey
- 3) Football
- 4) Volley ball
- 5) Basket ball

Soft ball/tennis/badminton - Candidates will be required to demonstrate competency in the rules, skill and fitness training related to the game.

## **SWIMMING**

**Boys** - Free style – 100 m, 200 m, 400 m, 800 m,  
Breast stroke – 100 m and 200 m.

Diving - Forward dive, backward dive, reverse dive and inward dive.

**Girls** - Free style – 100 m, 200 m,  
Breast stroke – 50 m, 100 m  
Back stroke – 50 m, 100 m  
Butterfly stroke – 50 m and 100 m

Diving - Forward dive, backward dive, reverse dive and inward dive.

## **DANCING**

**Indian dancing** - Bharatnatyam, Kuchipudi, Kathakali, Kathak, Manipur, Odissi, Mohiniattam, Bhangra and other folk dances.

**Western dancing** - Ballet, Ballroom, Waltz, Fox Trot, Tango, Samba, Charleston, Square dancing, pop-dancing, jitterbug, Twist, Rock-and-Roll.

## **GYMNASTICS** : Floor exercise

**Boys** Handspring to front somersault (tucked). Two headspring cartwheel to arabesque, arab spring, side somersault, back roll to handstand cabriole jump throw, flic-flacs.

**Girls** Leap and cabriole, step into ball of either foot, flic-flacs, round off, cat leap, legs split in air, cartwheel, handstand.

**Balancing beam**

**(Girls only)**

Run 2-3 steps, leap to riding seat with ½ turn, rise to squat stand, ballet stand with ½ turn leap on either foot, step forward leap, changing legs to rear leap, lunge to side, slag leap, one arm cartwheel.

**Boys only**

Parallel bar  
Vaulting horse  
Horizontal bar

**YOGA**

- 1) Vrishasana
- 2) Garuda asana
- 3) Utitha Trikonasana
- 4) Utitha Pravakonasana
- 5) Virabhadrasana I
- 6) Virabhadrasana II
- 7) Padakastasan
- 8) Adho Mukha Shvana asana
- 9) Parvata asana
- 10) Supta Vijrasana
- 11) Ushtrasana
- 12) Dhanur asana
- 13) Andhra Chandra asana
- 14) Matsya asana
- 15) Upa Vista Kona asana
- 16) Jaru Shipsha asana
- 17) Paschimottom asana
- 18) Andhra Matsya asana
- 19) Paripoorna Nav asana
- 20) Mola asana

**METHOD OF COACHING  
&  
OFFICIATING  
(PRACTICAL)**

**PAPER – III CLASS – XII**

**Hours: 2  
Marks: 50**

## METHOD OF COACHING AND OFFICIATING

1. **Individual sports :**
  - a) Swimming
  - b) Gymnastics
  - c) Athletics
  
2. **Team sports:**
  - a) Football
  - b) Cricket
  - c) Hockey
  - d) Basket ball
  - e) Volley ball
  - f) Kabaddi
  - g) Kho-kho
  
3. **Recreational sports :**
  - a) Soft ball
  - b) Tennis
  - c) Badminton
  - d) Net ball
  - e) Throw ball
  - f) Minor games
  
4. **Rhythmics:**
  - a) Folk dances of India
  - b) Creation songs
  - c) Basic step of rhythms
  - d) International folk dance.
  
5. **Combatives:**
  - a) Judo
  - b) Wrestling
  - c) Boxing
  
6. **International Sports :**
  - a) Gymnastics
  - b) Aquatics
  - c) Athletics
  - d) Recreational sports and camping
  
7. **Camping :**
  - a) Outgoing, picnic, day camp
  - b) Excursion, overnight trips, camps
  - c) Hiking
  - d) Trekking and Mountaineering
  - e) Week-end camp
  
8. **National Integration:**
  - a) Ideals and citizenship
  - b) The national flag
  - c) National and community songs
  - d) Celebration of national festivals and school festivals.

## YOGA

- |     |                                      |     |                                     |
|-----|--------------------------------------|-----|-------------------------------------|
| 1.  | Vrishasana                           | 2.  | Utitha Trikonasana                  |
| 3.  | Parivrtta Trikanasana                | 4.  | Utitha Pravakonasana                |
| 5.  | Purivrita Parvakonasana              | 6.  | Virabhadrasana                      |
| 7.  | Uthitha Hasta Padangusthanana        | 8.  | Parasuottansasan                    |
| 9.  | Ushtrarsan                           | 10. | Gurudasan                           |
| 11. | Padakastasan                         | 12. | Navasrna                            |
| 13. | Vajrasana                            | 14. | Supta Vajrasana                     |
| 15. | Kukutasana                           | 16. | Jannsirasana                        |
| 17. | Ardha Buddha Padma paschimattanasana | 18. | Triang Mahaikapada Paschimatanasana |
| 19. | Moridriasana                         | 20. | Akanrava Dhannrasana                |

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3. OBERTUFFERS, DELBERT. PHYSICAL EDUCATION NEW YORK;  
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### **FIRST AID**

1. FIRST AID TO THE INJURED – NEW DELHI ST. JOHN’S AMBULANCE ASSOCATION.
2. ROYADDA – DR. DAISY JOSEPH & L.K. GOBINDARAJUL – SAFETY EDUCATION.

### **BOOKS RECOMMENDED FOR STUDY OF PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE**

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LONDON : STAPLE PRESS, 1976
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4. BOWRNE C.H. THE STRUCTURE AND FUNCTION OF MUSCLE. LONDON ACADEMIC PRESS,  
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5. RAIJKI BELA – WATER POLO
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7. MCC – THE MCC CRICKET COACHING BOOK
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