

Himachal Pradesh Board Physical Education Syllabus for Class 12

Part-A (28 marks)

Theory

1. Physical fitness and wellness

1.1 Meaning and Importance of Physical Fitness and Wellness.

1.2 Components of Physical Fitness and Wellness.

1.3 Factors affecting Physical Fitness and Wellness.

1.4 Principles of Physical Fitness development.

1.5. Means of fitness development.

1.5.1 Aerobic Activities - Jogging, Cycling Calisthenics and Rhythmic exercises.

1.5.2 Participation in Games and Sports

1.5.3 Circuit Training

2. Training Methods

2.1. Meaning and Concept of Training

2.2. Warming up, Limbering down and their importance.

2.3. Methods of Training

2.3.1. Methods of Strength Development-Isometric, and Isokinetic Exercises.

2.3.2. Methods of Endurance Development-Continuous Method, Interval Training and Fartlek.

2.3.3. Methods of Speed Development-Acceleration Runs and Pace Races.

3. Sociological Aspects of Physical Education

3.1 Meaning of Sociological and its importance in Physical Education and Sports.

3.2 Games and Sports as man's cultural Heritage.

3.3 Development of leadership qualities and group dynamics.

Part-B (15 marks)

1. History of the game/sport (Any one game/sport of student's choice).

2. Latest general rules of the game/sport (Any one game/sport of student's choice).

3. Measurement of play fields and specifications of sports equipment.

4. Fundamental skills of the game/sport.

5. Related sports terminologies.

6. Important tournaments and venues.

7. Sports personalities.

8. Sports Awards

Part-C (17 marks)

1. Healthful Living

1.1. Concept of environment

1.2. Scope of environment - living environment, work place environment and environment for leisure activities.

1.3. Essential elements of healthful environment - safe water, low levels of noise, clean air, sanitary surrounding, low levels of radio active radiations and absence of hazards responsible for accidents in

(i) home and neighbourhood in rural and urban areas

(ii) school and work place

(iii) during leisure time activities - recreation and sports.

1.4. Role of individual in improvement of environment for health promotion and prevention of accidents related to transportation swimming and water sports.

1.5. Disaster preparedness and health care during disasters.

2. Family Health Education

2.1. Meaning and functions of family and its importance as a social institution.

2.2. Needs and problems of adolescents and their management.

2.3. Human reproduction - menstruation, conception and prenatal care.

2.4. Problems associated with pre-marital sex and teenage pregnancies.

2.5. Preparation of marriage.

2.6. Role of parent in child care.

3. Prevention and First Aid for Common Sports Injuries

3.1. Soft Tissue Injuries - sprain and strain.

3.2. Bone Injuries.

3.3. Joint Injuries.

Practical (25 marks)

The activity syllabus has been divided into following four parts. The marks of each part are as follows:

Part - A Track and Field (Two events) (8 marks)

Part - B Games and Sports (One Game) (4 marks)

Part - C Achievement in Sports (10 marks)

Part - D Practical Note Book (Class Record) (3 marks)

Part - A Track and Field

Any two events may be opted. Each event will carry 4 marks out of which 2 marks are for viva concerning athletics event selected by the candidate.

1. Sprints. 100 meters or 200 meters or 400 meters.

2. Middle and Long distance running 800 meters or 1500^m meters or 3000^m meters.

3. Broad Jump.

4. Triple Jump*

5 High Jump

6 Shot Put.

7. Discus Throw.

8. Javelin Throw.

*Denotes 'for boys only'

Part-B Team Games

Any one game from Group A and B may be opted. The game will carry 4 marks out of which 2 marks will be for proficiency in the game and skills of the game.

Group A	Group B
Hockey	Badminton
Football*	Wrestling*
Volley Ball	Table Tennis
Basket Ball	Boxing*
Kabaddi	Rhythmic (Folk Dance, Drill & Marching)
Kho-Kho	
Hand Ball	

*Denotes 'for boys only'

Part-C Achievement in Sports

(Breakup of 10 marks shall be as follows)

I. School level participation (4 marks)

II. Zonal level participation (5 marks)

III. District level participation (7 marks)

IV. State level participation (9 marks)

V. National level participation (10 marks)

Part-D Practical Note Book

Practical Record (activities) (3 marks)

Books Recommended: Any book conforming to the Syllabus.