



**CBSE**

**CLASS-11<sup>th</sup>**

**THE CENTRAL BOARD OF SECONDARY EDUCATION**

**PHYSICAL EDUCATION**



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## **Unit-1**

### **CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION**

#### **CONTENT**

- **Definitions and meaning**
- **Aims and Objectives of Physical Education**
- **Career options in physical education**
- **Competitions in various sports at national and international level**
- **Khelo India programme**

## **CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION**

### **PHYSICAL EDUCATION**

#### **Definitions**

- “Physical Education is an education of and through human movement where many of the educational activities are achieved by means of big muscle activities involving sports, games, gymnastics, dance and exercise.”
- Harold Ms Barrow and Janie P Brown
- “Physical education is the education through physical activities for the development of total personality of the child and its fulfillment and its perfection in body, mind and spirit.”
- J P Thomas
- “Physical education should be defined as that phase of the whole process of education which is concerned with vigorous muscular activities and related responses and with the modification in the individual resultant from these responses.”
- Nixon and Cozens

#### **Meaning**

- Physical education is the integral part of the general education which promotes harmonious growth and development.
- Through vigorous muscular activity a person modifies his behavior.
- A person become physically, mentally, socially and emotionally adjusted to the society.
- A person improves and strengthen his body.
- It promotes efficient functioning of the body.
- Its primary goal is to increase student’s productivity by keeping him/her physically fit by including physical activity programme as a part of the curriculum.

## **Aim of Physical Education**

Aim of physical education is the all-round development of an individual.

1. Organic development
2. Physical development
3. Neuro-Muscular Development
4. Mental development
5. Social development
6. Emotional development
7. Development of health
8. Intellectual and personality development.

## **Objectives of Physical Education**

### **– Organic development**

Development of good physique.

Improvement of organic systems of the body (circulatory system, respiratory system, digestive system, endocrine system, muscular system and neuro-muscular system).

Development of these organic systems leads to the development of physical fitness components.

### **– Development of Neuro-Muscular Coordination**

Development of neuro-muscular skills develop the ability of various activities like, running, jumping, throwing, catching etc.

It develops the control and balance of the body.

It also leads to development of reflexes.

Development of neuro-muscular coordination leads to efficient and graceful movements with little expenditure of energy.

– **Social development**

PE helps in the development of personality of the individual.

Participation in physical activities helps in the development of many qualities like confidence, obedience, temperament, sincerity, sacrifice, impartiality, feeling of friendship, co-operation, self-control etc. these developments promote the sociability and forms a healthy society.

– **Mental development**

Games and Sports helps in the development of alertness and concentration.

There are rules and regulations to follow, new techniques to explore and execute and new tricks to discover which helps in the enhancement of mental ability of the individual.

Through Games and Sports players learn how to face tough challenges and find within themselves a sense of self-reliance.

– **Emotional development**

PE makes a person emotionally balanced.

Depression and anger issues are common afflictions to be found among young children. PE activities serve as a good outlet for their surplus energy, reduce their anxiety and may bring closer to their peers.

Participation in PE activities teaches man about emotional behavior.

**CAREER OPTIONS IN PHYSICAL EDUCATION**

- Career option in physical education are given as follows:

<p><b>1. <u>Teaching Career</u></b></p> <p>i. Elementary school level</p> <p>ii. Middle School level</p> <p>iii. High School and senior secondary</p> <p>iv. College and University level</p>	<p><b>2. <u>Coaching Career</u></b></p> <p>i. Administration relates course</p> <p>ii. Physical Education Department</p> <p>iii. Sports Department school level</p> <p>iv. Industrial recreation</p> <p>v. Sport facilities Management.</p>
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<p><b>3. <u>Health related career</u></b></p> <ul style="list-style-type: none"> <li>i. Health club</li> <li>ii. Athletic training</li> </ul>	<p><b>4. <u>Performance related career</u></b></p> <ul style="list-style-type: none"> <li>i. As Professional player</li> <li>ii. As officials</li> </ul>
<p><b>5. <u>Career in communication and media:</u></b></p> <ul style="list-style-type: none"> <li>i. Sport Journalism</li> <li>ii. Book publication</li> <li>iii. Sports photography</li> <li>iv. Book publication</li> <li>v. Sports broad casting</li> </ul>	

**– Teaching**

PE is required to be taught to every individual irrespective of age. PE teacher as a profession is a great need all over the world.

**a) TGT (Trained graduate teachers)**

TGT teachers are required for junior schools and they are assigned to teach games and sports to keep young kids fit.

**b) PGT (Post graduate teachers)**

PGT teaches PE in theory and practical classes in schools.

Many developments like physical, mental, emotional and social are taught by these personnel in schools.

**c) LECTURERS IN COLLEGE LEVEL**

PE in India has become very popular at college level. Every college has lecturer in PE who teaches and organizes physical activities at college level.

**d) LECTURERS IN UNIVERSITY LEVEL**

Lecturers at university teach postgraduate classes of PE.

They teach practical and theory for these professional classes.

Following branches have a career to teach for higher studies:

1. Biomechanics
2. Kinesiology
3. Sports Anthropometry
4. Sports Psychology
5. Sports medicine
6. Sports nutrition
7. Philosophy of PE
8. Sports Sociology
9. Research methodology in PE
10. Exercise physiology

– **Coaching as profession**

Coaching is another area of PE which can be opted as a profession.

A person who is good in a particular game/sport can do diploma from NSNIS and work as a professional coach in clubs, state, national and international level.

– **Fitness expert as profession**

Nowadays people are becoming very much conscious about their fitness which creates a job opportunity as a professional fitness expert.

A fitness expert can have specialization in any of the following:

- i. Aerobics Trainer
- ii. Calisthenics expert
- iii. Rhythmic expert
- iv. Yoga expert
- v. Weight training expert

## – Sports media

Sports are keenly watched all over the world which creates another job opportunity in the field of sports media.

Following are the branches of sports media for which people can opt as a career:

- i. Sports journalist for print media like newspapers
- ii. Sports journalist of electronic media working for television
- iii. Sports photographer (still and video)
- iv. Commentators (for radio and TV)
- v. Sports magazine writers

## – Sports Administration

Increase in no. of competitions and sporting events give rise to the following opportunities to opt as a career:

- i. Manager for completions
- ii. Manager for sports clubs
- iii. Manager for swimming
- iv. Directors of intra and extra murals
- v. Manager of various stadiums for their maintenance and functioning
- vi. Tours/Trekking managers
- vii. Working as manager of professional sports clubs
- viii. Director/Assistant Directors with Universities
- ix. Directors/Assistant Directors with state department

## – Health Related Instructors and Therapists

A person can get into the career as a health instructor due to rapid increase in pollution and industrialization. Improper lifestyle also gives rise to health instructors.

Physiotherapy is also in a great demand as for rehabilitation you need physiotherapist who works to regain the former fitness.

### – **Sports Marketing**

It is the means of promoting the competitive events which in return makes lot of money. To make more money it is necessary to have a special person to deal in this field who can accomplish the task successfully.

## **COMPETITION IN VARIOUS SPORTS IN NATIONAL AND INTERNATIONAL LEVEL**

### **National Level**

#### **A. Individual Competitions**

All state federations conduct the various Nationals for Sub junior, Junior, youth and senior National Championship annually under the aegis of National Sports Federations.

Pro Kabaddi, Hockey India league, National Football league, Indian professional Karate league etc.

#### **B. Multi-discipline Competitions**

##### **1. Khelo India Games**

First edition of Khelo India school games were organized in collaboration with SGFI and NSFs.

Second edition of Khelo India was renamed as Khelo India Youth Games which are organized in the age category of under-17 and under-21 years.

##### **2. School National Games**

National School games has a vision to provide a robust, vibrant and holistic physical education and school sports activity that will engender excellence in school sports sector in India.

SGFI has aim to develop the character and personality amongst the school athletes.

### **3. National Games**

National games were known earlier as Indian Olympic Games.

These are organized by any state under the aegis of IOA.

First Indian Olympic Games were held in Lahore in 1924. A

The last edition of National Games was held in 2015 at Kerala.

### **International level**

#### **A. Individual Competition**

All National Sports federations conduct the various International Competitions Junior, Youth and Senior Championships under the aegis of World body.

#### **B. Multi-discipline Competitions**

##### **i. Asian Games**

It is a multi-discipline sports event held once in every 4 years.

Athletes from all Asian countries participate in this event.

Asian Games are recognized by IOC.

##### **ii. Commonwealth Games**

It is an international multi-sport event involving athletes from the Commonwealth of Nations.

It is held in every 4 years.

First edition held in 1930 and last in Gold Coast, Australia.

##### **iii. Olympics**

The Olympics are leading international sporting event featuring summer and winter competitions.

Thousands of athletes from around the world participate.

More than 200 nations participate in Olympics.

### **KHELO INDIA PROGRAMME**

- It was introduced to develop the sports culture in India at the grass-root level.
- The aim was to popularize all Indian sports and to establish India as a great sporting nation.
- The inaugural Khelo India Games were renamed as the Khelo India School Games. These games were held from 31st January to 8th February 2018 in New Delhi.
- In age category under 17 years, 16 disciplines were contested in the competition.

### **Vision**

- Development of sports culture to achieve sporting excellence in the country.

### **Mission**

- Holistic development of children and youth community is the major concern of Khelo India Scheme.
- This scheme helps to develop social integration, gender equality, healthy lifestyle and economic opportunities.

### **OBJECTIVES OF KHELO INDIA**

- To create inspirational value amongst new players in the country for new players need encouragement to excel in the field of sports.
- To create platform for talent identification and scientific training to new players.
- To benchmark technical conduct of the game with international standards.

## **Components of Khelo India**

### **– Development of play field**

It includes preparation of national inventory of playfield and sports infrastructure by Government of India and development of play field at various state and district level.

### **– Community Coaching Development**

The significance is given for skill development and certification system for sports coaching.

### **– State Level Khelo India Centers**

This involves supporting better utilization of sports infrastructure in relation to the States/union Territories.

### **– Annual Sports Competitions**

Annual sports competitions must be organized to provide platform to children to exhibit their talent of sports.

Central Government organizes Khelo India School National Games and Khelo India National University Games.

### **– Talent Search and Development**

A talent identification committee is instituted to spot and identify the talent with the help of globally accepted scientific methods.

### **– Utilization and Creation of Sports Infrastructure**

To provide sports infrastructure and its full utilization across the nation.

### **– Physical fitness of school going children**

This component aims to develop physical education curriculum by adding physical activities in the schools.

– **Support to regional and national academies**

This component takes care of providing resources under the Public Private Partnership.

– **Development of Sports for Women**

The emphasis on sports disciplines where women participation is limited will be encouraged.

– **Development of sports for children with special needs**

The children with special needs will be given more opportunities to train and compete in sports.

– **Sports for peace and development**

Under the special package for J&K, the Government of India is providing funds of up to 200 cores rupees for enhancement of sports facilities in the state.

– **Promotion of Rural/Indigenous sports in the country**

To spread sporting culture in the country significance will be given to rural games.

## **POINTS TO REMEMBER**

1. The primary goal of physical education is to increase the student's productivity by keeping her/him physically fit by including physical education programmes as part of the curriculum.
2. As sound bodies create sound minds, physical education classes produce healthier students with sharper intellects.
3. Physical activities serve as a good outlet for their surplus energy, reduce anxiety and may bring them closer to their peers.
4. The mind of the student is stimulated by both the process of physical exertion and the absorption of knowledge that give extensive insight into the subject as whole.
5. Physical education is recognized as an indispensable part of the school curriculum because of its many faceted benefits.
6. Some sporting events are organized at the national level while some are at international level. Senior and Junior Nationals are organized by respective Federations; National School Games are organized by School Games Federation of India; and the All India Inter University Championships are organized by the association of Indian Universities.
7. Khelo-India is a national programme for the development of sports. It is an initiative of the Government of India to strengthen the sports ecosystem by encouraging mass participation and promotion of excellence.

### **3 Marks Questions**

#### **1. Elucidate the importance of physical education in school curriculum in brief.**

**Ans.** Following are the points which show the importance of physical education in school curriculum.

- It increases student's productivity by keeping her/him physically fit by including physical activity programmes as part of the curriculum.
- Physical education classes produce healthier students with sharper intellects.
- One of the most important positive outcomes of physical education is the growth of social skills and social values.

#### **2. What are the basic educational qualifications required for pursuing teaching as a serious career in physical education in India?**

**Ans.** Following are the basic qualification to pursue teaching in this field.

- TGT (Trained graduate teachers)  
TGT teachers are required for junior schools and they are assigned to teach games and sports to keep young kids fit.
- b) PGT (Post graduate teachers)
  - PGT teaches PE in theory and practical classes in schools.
  - Many developments like physical, mental, emotional and social are taught by these personnel in schools.
- c) LECTURERS IN COLLEGE LEVEL
  - PE in India has become very popular at college level. Every college has lecturer in PE who teaches and organizes physical activities at college level.
- d) LECTURERS IN UNIVERSITY LEVEL
  - Lecturers at university teach postgraduate classes of PE.