

**HEALTH AND PHYSICAL EDUCATION**  
**FORTNIGHTS FOR THE ACADEMIC SESSION 2017 – 2018**  
**CLASS XII**

S.N O	FORTNIGHT	DA YS	MAIN TOPICS	SUB TOPICS	PERI ODS	TOT AL PDS	M.T. DATE AND SYLLABUS	ASS. M.T DATE
1	21 <sup>ST</sup> MARCH TO 3 <sup>RD</sup> APRIL Block Teaching	12 Day s	UNIT 12 : TRAINING IN SPORTS  Unit I Planning In sports	Introduction concept and methods of Strength Development Introduction concept and methods of Endurance Development Introduction concept and methods of Speed Development Introduction concept and methods of Flexibility Development Coordinative abilities definition and its type. Circuit Training High altitude Training introduction and its Types  Meaning and Objective of Planning Various Committees and their Responsibilities Tournaments Knock out and League Tournament Combination Tournament Procedure to draw fixtures Intramurals meaning, Objectives, and importance Extramural meaning, objectives and importance	1 1 1 1 1 1  1 1 1 1 1	12		<b>Monday test will be of 35 marks</b>

				Specific Sports Program	1			
2.	4 <sup>TH</sup> APRIL – 22 <sup>ND</sup> APRIL	13 Day s	UNIT 11: PSYCHO LOGY AND SPORTS	Stress Anxiety and its management Coping Strategies- Personality Motivation Self Esteem and Body image Psychological benefits of exercises Meaning concept and types of aggressions in sports  Athletics	2 2 4 4 2 2 2  4	22		
3.	24 <sup>th</sup> April to 5 <sup>th</sup> May	10 D A Y S	UNIT 10 BIO MECHANI CS AND SPORTS	Projectile and factors affecting Projectile Trajectory Angular and Liner Movements Introduction to work ,power and energy Friction Mechanical Analysis of Walking and running  Pratical Asanas	2 2 2 2 2 4  2	16		2 May
4	8 <sup>th</sup> May to 19 <sup>th</sup> May	10 D A	UNIT 9: SPORTS MEDICINE	Concept and definition Aims and scope of sports medicine Impact of surface and environment on athletes Sports injuries classification Causes and prevention Management of injuries	1 1 2  2 2 2	16	11 May,2017 Unit 12 Unit 11	

		Y S		Soft tissue injuries Bone and joint injuries  Practical Rock Port One Mile test	2 2  2			
				<b>PTM ON 19<sup>TH</sup> MAY 2017</b> <b>SUMMER VACATIONS From 20<sup>th</sup> May to</b> <b>26<sup>th</sup> June,2017</b> <b>First Term 27<sup>th</sup> June to 5<sup>th</sup> July,2017</b>			<b>Unit 12</b> <b>Unit 11</b> <b>Unit 10</b> <b>Unit 9</b>	
5	6 <sup>th</sup> July to 21 <sup>st</sup> July,	12 D A Y S	UNIT 8: PHYSIOLOGY AND SPORTS	Physiological factor determining component of Physical Fitness Effect of exercise on cardio vascular Effect of exercise on Respiratory Effect of exercise on circulatory Physiological changes due to ageing and role of regular exercise. Practical Fitness Test	4 2 2 2 2 4	18		
				PTM 14 <sup>th</sup> July 2 to 3:30 PM (First Term)				
6	24 <sup>th</sup> July to 11 <sup>th</sup> August	14 D A Y S	UNIT 7: TEST AND MEASUREMENT IN SPORTS	KRAUS WEBER TEST AAPHER TEST HARVARD STEP TEST STRENGTH ROCKPORT TEST SIT AND REACH TEST RIKLI AND JONES senior citizen test Practical Kraus Weber Fitness Test For muscular	4 6 4 2 2 2 4	24		

7	14 <sup>th</sup> August to 29 <sup>th</sup> August	12 D A Y S	UNIT 6: WOMEN AND SPORTS	<p>Women participation in sports in India</p> <p>Specials: Menarche</p> <p>Menstrual Disfunction</p> <p>Pregnancy</p> <p>Menopause</p> <p>Female Triad: Anemia</p> <p>Oestoperiosis</p> <p>Amenoria</p> <p>Psychological aspect of women Athlete</p> <p>Sociological aspects on women Athlete</p> <p><b>Unit 7 to 12</b></p> <p><b>Completion of Syllabus by 29<sup>th</sup></b></p> <p><b>August,2017</b></p> <p><b>Course completion certificate to be</b></p> <p><b>submitted by Reps and HOD's on 31<sup>st</sup></b></p> <p><b>August 2017</b></p> <p><b>Revision 30 Aug to 1<sup>st</sup> Sept ( 3 Days)</b></p> <p><b>Practical Exams 4<sup>th</sup>, 6<sup>th</sup> and 8<sup>th</sup> Sept,</b></p> <p><b>2017</b></p> <p><b>Second Term Exams from 12<sup>th</sup> – 23<sup>rd</sup></b></p> <p><b>Sept, 2017</b></p>	2 2 2 2 2 2 2 2 2 2	20		
				<b>Dussehra Break</b> <b>28<sup>th</sup> Sept to 2<sup>nd</sup> Oct,2014</b>				
8	25 <sup>th</sup> Sept to 13 <sup>th</sup> Oct	11 D A Y S	UNIT 5: CHILDRE N AND SPORTS	<p>Meaning of motor development</p> <p>Motor development in children</p> <p>Factors affecting motor development</p> <p>Physical benefits of exercise</p> <p>Physiological benefits of exercise</p> <p>Advantages and disadvantages of weight training</p>	2 2 2 2 2 4 2	18		

				Advantages and disadvantages of food supplements Activity and quality of life	2			
				<b>PTM On 14<sup>th</sup> Oct,2017</b> <b>Second Term</b>				
9	16 <sup>th</sup> Oct to 3 <sup>rd</sup> Nov	11 D A Y S	UNIT 4: POSTURE S	Meaning and Concept of correct postures. Advantages of correct postures. Common Postural Deformities Knock Knees Flat Foot Round Shoulders Lordosis Kyphosis Bow Legs Scoliosis Physical activities as corrective measures Practical Athletics Rickli and Jones Flexibility Test Practical	2 2 2 1 1 1 1 1 1 1 1 1 2 2	18		
				<b>Diwali Break</b> <b>17<sup>th</sup> Oct to 22<sup>nd</sup> Oct, 2017</b>				
10	6 <sup>th</sup> Nov to 24 <sup>th</sup> Nov	16 D A Y S	UNIT 3: SPORTS AND NUTRITIO N	Balanced Diet : Macro Nutrients Micro Nutrients Nutritive components Non Nutritive components Eating Disorders Anorexia Nervosa Bulemia Nervosa Effects of Diet on performance Eating for weights control Pitfalls of dieting	2 2 2 2 2	26		

