

CBSE Class XI Physical Activity Trainer (Subject Code - 845) Syllabus (2026-2027)

PART A: EMPLOYABILITY SKILLS (Total: 10 Marks)

- **Unit 1:** Communication Skills-III
- **Unit 2:** Self-management Skills-III
- **Unit 3:** Information and Communication Technology Skills-III
- **Unit 4:** Entrepreneurial Skills-III
- **Unit 5:** Green Skills-III

PART B: SUBJECT SPECIFIC SKILLS (Total: 40 Marks)

Unit 1: Role of Physical Education in Child Development

- Physical and emotional needs of children
- Health triangle: Physical health, Mental health, Social health
- Factors affecting physical fitness and influence of sports in well being
- Influence of society on sports based on Environment, Economy, Technology, Political
- Identifying and structuring physical activity sessions
- Macro-planning, Meso-planning, Micro-planning, and Weekly planning
- Yoga and their benefits
- Lesson plans for various physical activities

Unit 2: Props and Equipment

- Selection of props and equipment
- Purpose and importance of props and equipment
- Factors affecting the selection of props and equipment
- Inspection of Playfields: Low frequency inspections and High frequency inspections
- Maintenance of sport facilities

Unit 3: Hygiene and Safety

- Maintenance of hygiene in Play Area
- First Aid: Purpose and basic principle
- Cuts and bruises, Heat exhaustion, Breathing difficulties, Choking
- Basic sports injuries: Sprain, Strain
- First Aid for Sprains and Concept of First Aid kit

- Types of sports injuries and prevention
- First Aid – CPR (Cardiopulmonary resuscitation)
- Rehabilitation of sports injuries and Exercise for rehabilitation

Unit 4: Sports and Fitness

- Health and Physical fitness and its Benefits
- Stages of Team selection
- Process of Talent Detection, Identification and Development (Football, Basketball, Volleyball)
- Organizing sports day: Pre Sports Day, Sports Day, Post Sports Day
- Organizing Tournament: Pre-tournament Day, Tournament Day, Post-tournament Day
- Aerobic capacity, Anaerobic capacity, Strength, Flexibility
- Warm-up and Benefits of Proper Warm-up

PART C & D: PRACTICAL WORK & PROJECT (Total: 50 Marks)

- **Practical Examination:** 15 Marks
- **Written Test:** 10 Marks
- **Viva Voce:** 10 Marks
- **Practical File/ Student Portfolio:** 10 Marks
- **Project Viva Voce:** 5 Marks