

CBSE Class XI Physical Education (Subject Code 048) Syllabus (2026-27)

THEORY (Total: 70 Marks)

Unit 1: Changing Trends and Careers in Physical Education

- Concept, Aims & Objectives of Physical Education
- Development of Physical Education in India - Post Independence
- Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements
- Career options in Physical Education
- Khelo-India Program and Fit - India Program

Unit 2: Olympism Value Education

- Olympism Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympic Value Education - Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind
- Ancient and Modern Olympics
- Olympics - Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure - IOC, NOC, IFS, Other members

Unit 3: Yoga

- Meaning and importance of Yoga
- Introduction to Astanga Yoga
- Yogic Kriyas (Shat Karma)
- Pranayama and its types
- Active Lifestyle and stress management through Yoga

Unit 4: Physical Education and Sports for Children with Special Needs (CWSN)

- Concept of Disability and Disorder
- Types of Disability, its causes & nature (Intellectual disability, Physical disability)
- Disability Etiquette
- Aim and objectives of Adaptive Physical Education
- Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)

Unit 5: Physical Fitness, Wellness, and Lifestyle

- Meaning & importance of Wellness, Health, and Physical Fitness
- Components/Dimensions of Wellness, Health, and Physical Fitness
- Traditional Sports & Regional Games for promoting wellness
- Leadership through Physical Activity and Sports
- Introduction to First Aid - PRICE

Unit 6: Test, Measurement & Evaluation

- Define Test, Measurements and Evaluation
- Importance of Test, Measurements and Evaluation in Sports
- Calculation of BMI, Waist Hip Ratio, Skin fold measurement (3-site)
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurements of health-related fitness

Unit 7: Fundamentals of Anatomy, Physiology in Sports

- Definition and importance of Anatomy and Physiology in Exercise and Sports
- Functions of Skeletal System, Classification of Bones, and Types of Joints
- Properties and Functions of Muscles
- Structure and Functions of Circulatory System and Heart
- Structure and Functions of Respiratory System

Unit 8: Fundamentals of Kinesiology And Biomechanics in Sports

- Definition and Importance of Kinesiology and Biomechanics in Sports
- Principles of Biomechanics
- Kinetics and Kinematics in Sports
- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation
- Axis and Planes and its application in body movements

Unit 9: Psychology and Sports

- Definition & Importance of Psychology in Physical Education & Sports
- Developmental Characteristics at Different Stages of Development
- Adolescent Problems & their Management
- Team Cohesion and Sports

- Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness

Unit 10: Training & Doping in Sports

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation, and Recovery
- Warming-up & Limbering Down - Types, Method & Importance
- Concept of Skill, Technique, Tactics & Strategies
- Concept of Doping and its disadvantages

PRACTICAL GUIDELINES (Max. Marks 30)

1. **Physical Fitness Test:** SAI Khelo India Test, Brockport Physical Fitness Test (BPFT) - 6 Marks
2. **Proficiency in Games and Sports:** Skill of any one IOA recognized Sport/Game of Choice - 7 Marks
3. **Yogic Practices:** 7 Marks
4. **Record File:** 5 Marks
5. **Viva Voce:** (Health/ Games & Sports/ Yoga) - 5 Marks