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FOR MANIPUR CLASS 12 PREPARATION

Manipur Board Class 12 Syllabus 2027 Health And Physical Education

EXAM	YEAR	TYPE	SUBJECT
Manipur Class 12	2027	Syllabus	Physical Education

HEALTH AND PHYSICAL EDUCATION

THEORY

CLASS XII

One Paper **Time: 3 Hours** **70 Marks**

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Management of Sporting Events	7
II	Children and Women in Sports	6
III	Yoga as Preventive Measure for Lifestyle Disease	7
IV	Physical Education and Sports for CWSN (Children With Special Needs)	6
V	Sports and Nutrition	7
VI	Test and Measurement in Sports	6
VII	Physiology and Injuries in Sports	7
VIII	Biomechanics and Sports	7
IX	Training in Sports	7
X	Games & Sports	10
	Total =	**70**

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I Management of Sporting Events

a. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
b. Various Committees & their Responsibilities (pre; during & post)
c. Fixtures and their Procedures – KnockOut (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments and League Tournaments (Cyclic and Staircase)
d. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance
e. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)

UNIT-II Children and Women in Sports

a. Exercise guidelines of WHO for different age groups
b. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures
c. Womens participation in Sports – Physical, Psychological, and social benefits
d. Special consideration (menarche and menstrual dysfunction)
e. Female athlete triad (osteoporosis, amenorrhea, eating disorders

UNIT-III Yoga as Preventive Measure for Lifestyle Disease

a. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama

b. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana,Bh ujangasana, Shalabhasana, Dhanurasana, Supta - vajarasana, Paschimottanasan -a, Ardha - Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati Padahastasana, Trikonasana and Ardhamatsyendrasana

c. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansan a, UttanMandukasan - a, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma -Viloma

d. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan -a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi - shodhanapranayam, Sitlipranayam

e. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasan, Urdhawahastootansa na, ArdhChakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama

UNIT-IV Physical Education and Sports for CWSN (Children with Special Needs)

a. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)

b. Concept of Classification and Divisioning in Sports

c. Concept of Inclusion in sports, its need, and Implementation

d. Advantages of Physical Activities for children with special needs

e. Strategies to make Physical Activities assessable for children with special needs

UNIT-V Sports and Nutrition

a. Macro and Micro Nutrients: Food sources & functions

b. Nutritive & NonNutritive Components of Diet

c. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths

d. Importance of Diet in Sports-Pre, During and Post competition Requirements

UNIT-VI Test and Measurement in Sports

a. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls)
b. Measurement of Cardio -Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1 -1.5 Min after Exercise
c. Computing Basal Metabolic Rate (BMR)
d. Rikli & Jones - Senior Citizen Fitness Test
e. Chair Stand Test for lower body strength
f. Arm Curl Test for upper body strength
g. Chair Sit & Reach Test for lower body flexibility
h. Back Scratch Test for upper body flexibility
i. Eight Foot Up & Go Test for agility
j. Six -Minute Walk Test for Aerobic Endurance
k. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn

UNIT-VII Physiology and Injuries in Sports

a. Physiological Factor Determining Components of Physical Fitness
b. Effect of Exercise on the Muscular System
c. Effect of Exercise on the Cardio-respiratory System
d. Physiological Changes due to Ageing
e. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

UNIT-VIII Biomechanics and Sports

a. Newton's Law of Motion & its application in sports
b. Types of Levers and their application in Sports
c. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
d. Friction & Sports
e. Projectile in Sports

UNIT-IX Training in Sports

a. Concept of Talent Identification and Talent Development in Sports
b. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle
c. Types & Methods to Develop – Strength, Endurance, and Speed.
d. Types & Methods to Develop – Flexibility and Coordinative Ability
e. Circuit Training - Introduction & its importance

UNIT-X Games & Sports

a. History, Rules, Measurements, Equipment, Fundamental Skills & Sports Personalities of following Games / Sports –
Basketball, Hockey, Kho-kho, Volleyball, Lawn Tennis and Judo

b. History, Rules and Fundamental Skills of Thang-Ta and Taekwondo

c. Fundamental Skills of :

(i) Track Event - 200 m Run, 800 m Run

(ii) Field Event - Long-Jump, Discus Throw and Javelin

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HEALTH AND PHYSICAL EDUCATION

PRATICAL

CLASS XII

One Paper ***Time : 3 Hours*** ***30 Marks***

	Unit/Topics	Marks
1.	Track and Field (one from Track and one from Field events)	08
2.	Team Games	12
3.	Other Areas (one game)	05
4.	Note Book in Practical Lessons	05
	Total =	**30**

1. Track and Field :

(A) Track Event : (Any one) :

(i) 200m Run (ii) 800m Run

(B) Track Event : (Any one) :

(i) Long Jump (ii) Discus Throw (iii) Jevelin

2. Team Games :

(i) Basketball (ii) Hockey (iii) Kho-Kho
(iv) Volleyball (v) Tennis

3. Other Areas (one game)

(i) Thang-Ta (ii) Tae-kwon-do (iii) Judo

PRESCRIBED TEXT BOOKS:

1. Health and Physical Education
   By Dr. V.K. Sharma (Revised Edition 2024)
   (New Saraswati House Pvt. Ltd.)
2. Health and Physical Education for Class-XII.
   [(Supplementary Text Book on Games and Sports) Unit-X]
   Published by: The Council of Higher Secondary Education, Manipur.

REFERENCE BOOKS:

1. A Textbook of Physical Education and Well-being (Class 12)
   By Apu Dey & Dr. Gulshan Kumar
   Published by: Viva Education, 4737/23, Ansari Road, Daryaganj, New Delhi 110002
2. Foundation of Physical Education and Sports
   By Deborah A, Weust and Charles A Bucher
   (B.I. Publications Pvt. Ltd., New Delhi)
3. Physical Fitness and Wellness
   By Dr. A.K. Uppal
   Friends Publication India.
4. Rules of Games and Sports
   By R.G. Goel
   Vikash Publications, New Delhi
5. Practical Guide to Physical Education, Sports and Health
   By Dr. A.K. Uppal, Dr. G.P. Gautam, Vinay Malhotra,
   Dr. Vinod K. Baweja (Friends Publication, New Delhi)

FOR THE ACADEMIC SESSION 2024-25

DESIGN OF QUESTION PAPER

Subject : **Health & Physical Education**
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 Hours

I — WEIGHTAGE TO OBJECTIVES

Objectives	Marks	Percentage
Knowledge (K)	14	20
Understanding (U)	32	46
Application (A)	21	30
Skill (S)	3	4
Total :	**70**	**100**

II — WEIGHTAGE TO FORM OF QUESTIONS:

Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
Essay/Long Answer (E/LA)	3	60	15	21
Short Answer (SA-I)	6	36	18	26
Short Answer (SA-II)	10	40	20	29
Very Short Answer (VSA)	10	30	10	14
MCQ	7	14	7	10
Total:	**36**	**180**	**70**	**100**

III — WEIGHTAGE TO CONTENT:

	UNIT/CONTENTS :	Marks
I	Management of Sporting Events	7
II	Children and Women in Sports	6
III	Yoga as Preventive Measure for Lifestyle Disease	7
IV	Physical Education and Sports for CWSN (Children With Special Needs)	6
V	Sports and Nutrition	7
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VII	Physiology and Injuries in Sports	7
VIII	Biomechanics and Sports	7
IX	Training in Sports	7
X	Games & Sports	10
	Total :	**70**

IV — SCHEME OF SECTIONS : Nil

V — SCHEME OF OPTIONS : **Internal option may be given in Essay Type Question & SA-I.**

VI — DIFFICULTY LEVEL :

Difficult : 30%
Average : 50%
Easy : 20%

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

FROM THE ACADEMIC SESSION 2025-26

DESIGN OF QUESTION PAPER

Subject : **Health & Physical Education**
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 Hours

I — WEIGHTAGE TO OBJECTIVES

Objectives	Marks	Percentage
Knowledge (K)	14	20
Understanding (U)	32	46
Application (A)	21	30
Skill (S)	3	4
Total :	**70**	**100**

II — WEIGHTAGE TO FORM OF QUESTIONS:

Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
Essay/Long Answer (E/LA)	3	60	15	21
Short Answer (SA-I)	6	36	18	26
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Very Short Answer (VSA)	10	30	10	14
MCQ	7	14	7	10
Total:	**36**	**180**	**70**	**100**

III — WEIGHTAGE TO CONTENT:

	UNIT/CONTENTS :	Marks
I	Management of Sporting Events	7
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VII	Physiology and Injuries in Sports	7
VIII	Biomechanics and Sports	7
IX	Training in Sports	7
X	Games & Sports	10
	Total :	**70**

IV — SCHEME OF SECTIONS : Nil

V — SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA-I.

VI — DIFFICULTY LEVEL :

Difficult : 30% of the total marks
Average : 50% of the total marks
Easy : 20% of the total marks

*CBQ – One question in SA-I.
**Assertion and Reasoning – Two questions in MCQ

Abbreviation: K (Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

DESIGN
QUESTION PAPER/UNIT TEST

Subject : Health & Physical Education
Unit/Paper : Practical
Class : XII
Time : 3 Hours
Full Marks : 30

I. WEIGHTAGE TO OBJECTIVES/LEARNING OUTCOMES :

Sl. No.	Item	Skill	Viva-Voce	Total
1.	Track and Field	2+2=4	2+2=4	8
2.	Team Games	4+4=8	2+2=4	12
3.	Other Areas	3	2	05
4.	Note Book in Practical Lessons			05
	Total :			**30**

I. Track and Field : Demonstration (One from Field and one from Track).

II. Team Games (Any two): Demonstration and Performance.

III. Other Areas (Any one) : Demonstration.

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