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FOR MANIPUR CLASS 11 PREPARATION

Manipur Board Class 11 Syllabus 2027 Health And Physical Education

EXAM	YEAR	TYPE	SUBJECT
Manipur Class 11	2027	Syllabus	Physical Education

HEALTH AND PHYSICAL EDUCATION

THEORY

CLASS XI

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

UNITE-WISE DISTRIBUTION OF MARKS

Unit	Topics	Marks
I	Changing Trends & Career in Physical Education	7
II	Olympic Value Education	7
III	Yoga	6
IV	Physical Fitness, Health and Wellness	7
V	Test, Measurement and Evaluation	7
VI	Fundamentals of Anatomy, Physiology in Sports	6
VII	Fundamentals of Kinesiology and Biomechanics in Sports	7
VIII	Psychology and Sports	6
IX	Training and Doping in Sports	7
X	Games & Sports	10
	Total =	**70**

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION

a. Concept, Aims & Objectives of Physical Education
b. Development of Physical Education in India-Post Independence
c. Changing Trends in Sports- Playing surface, Wearable Gears and Sports Equipment, Technological Advancement
d. Career Options in Physical Education
e. Khelo India Programme and Fit India Movement

UNIT-II OLYMPIC VALUE EDUCATION

a. Olympism – Concepts and Olympic Values (Excellent, Friendship and Respect)
b. Olympic Value Educations - Joy of Effort, Fair Play, Respect for Others, Persuit of Excellent, Balance Among Body, Will and Mind
c. Ancient and Modern Olympics
d. Olympics - Symbols, Motto, Flag, Oath, and Anthem
e. Olympic Movement Structure- IOC, NOC, IFS, other members

UNIT-III YOGA

a. Meaning and Importance of Yoga
b. Introduction to Astanga Yoga
c. Yogic Kriyas (Shat Karma)
d. Pranayamas and its types
e. Active Lifestyle and Stress Management through Yoga

UNIT-IV PHYSICAL FITNESS, HEALTH AND WELLNESS

a. Meaning and importance of Wellness, Health and Physical Fitness
b. Components of Physical Fitness, Wellness and Health
c. Traditional Sports & Regional Games for Promoting Wellness
d. Leadership through Physical Activity and Sports
e. Introducation to First Aid - PRICE

UNIT-V TEST, MEASUREMENT AND EVALUATION

a. Define Test, Measurement and Evaluation
b. Importance of Test, Measurement and Evaluation in Sports
c. Calculation of BMI , Waist-Hip Ratio, Skin fold measurement (3-site)
d. Somato types - Endomorphy, Mesomorphy and Ectomorphy
e. Measurement of Health Related Fitness

UNIT-VI FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS

a. Definition and Importance of Anatomy and Physiology in exercise and Sports
b. Function of Skeleton System, Classification of Bones & Types of Joints
c. Properties and Functions of Muscles
d. Structure and Function of Circulatory System and Heart
e. Structure and Functions of Respiratory System

UNIT VII FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS

a. Definition and Importance of Kinesiology and Biomechanics in Sports
b. Principles of Biomechanics
c. Kinetics and Kinematics in Sports
d. Types of Body Movements- Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination and Pronation
e. Axis and Planes- Concept and its application in Body Movements

UNIT VIII PSYCHOLOGY AND SPORTS

a. Definition and Importance of Psychology in Physical Education and Sports
b. Development Characteristic at different stages of development
c. Adolescent Problems and their Management
d. Team Cohension and Sports
e. Introduction to Psychological attributes- Attention, Resilience, Mental Toughness

UNIT- IX TRAINING AND DOPING IN SPORTS:

a. Concept and Principles of Sports Training
b. Training Load: Over Load, Adpatation and Recovery
c. Warming-up and Limbering Down - Types, Methods and Importance
d. Concept of Skill, Technique, Tactics and Strategies
e. Concept of Doping and Its Disadvantages

UNIT-X GAMES & SPORTS

a. History, Rules, Measurements, Equipment, Fundamental Skills & Sports Personalities of following Games/Sports:
Badminton, Cricket, Football, Handball, Kabaddi, Sepaktakraw & Table Tennis.
b. Awards in Games and Sports:
Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
c. History, Rules and Fundamental Skills of Mukna and Kang, Gymnastics and Yoga.
d. Fundamental Skills of :
(i) Track Event - 100 m Run, 1500 m Run
(ii) Field Event - High Jump, Shot- put.

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HEALTH AND PHYSICAL EDUCATION

PRATICAL
CLASS XI

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

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

1. Track and Field Event:

(i) Tack Event - (Any one):

(a) 100m Run (b) 1500m Run

(ii) (a) High Jump (b) Shot put

2. Team Games (Any one) :

(i) Badminton (ii) Cricket (iii) Football
(iv) Handball (v) Kabaddi (vi) Sepak Takraw
(vii) Table Tennis

3. Other Areas (Any one)

(i) Mukna (ii) Kang (iii) Gymnastics
(iv) Yoga

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 (Supplementary Text Book of Games and Sports) for Class-XI.
   Published by: The Council of Higher Secondary Education, Manipur.

REFERENCE BOOKS:

1. A Textbook of Physical Education and Well-being (Class-11)
   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)

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DESIGN OF QUESTION PAPER

Subject : **Health & Physical Education**
Paper : Theory
Class : XI
Full Mar : 70
Tim : 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	Changing Trends & Career in Physical Education	7
II	Olympic Value Education	7
III	Yoga	6
IV	Physical Fitness, Health and Wellness	7
V	Test, Measurement and Evaluation	7
VI	Fundamentals of Anatomy, Physiology in Sports	6
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VIII	Psychology and Sports	6
IX	Training and Doping 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 : XI
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 Track and one from Field events)

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

III. Other Areas (Any one) : Demonstration

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