

## Chapter 1 : NCERT Solutions for Class 11 Physical Education & Notes-Study Material

*Meaning and objectives of planning: "Planning is a way to systematize, direct and organise the events or competitions and extract the advantage and benefit of the available resources." "Planning is the process of making a sequence of work for a future line of action".*

Meaning and objectives of planning. Various committees and its responsibilities. Tournament - Knock out, league or round robin and, combination. Procedure to draw fixtures: To provide proper co-ordination among the committees. To have good control over all the activities. To reduce the chances of mistakes. To increase the creativity. To enhance the sports performance. To protect existing facilities. Provide new facilities to meet demand. Helps in decision making. A series of sports competitions, in which, a team finally wins and rest of the participating teams lose the matches. It depends on various factors i. Importance of tournament The sportsman learns the discipline by playing tournaments. The sportsman meets other sportsman at a single platform. He learns ethical values such as honesty, fair play, respect for others. Tournaments provides recreation to all, i. Type of tournament A. In this type of tournament, the team once defeated, gets eliminated from the tournament. In single league tournament all participating teams compete once, with each other, where as in double league, each team plays with every other team twice, without any consideration of victory or defeat. Combination tournaments are organized in group or zonal matches. It gives them elbow room to try out new experiments. There are mainly four types of combination tournaments: This type of tournament comes handy when there are one to one contests or there are two players on each side. One player challenges the other and the other player accepts the challenge. Fixtures in such tournaments are decided according to:

**Chapter 2 : NCERT Books - Download PDF for CBSE Class 1 to 12 - Hindi English**

*Physical Education Revision Notes for CBSE class 12 Physical Education is the development and care of the body ranging from simple calisthenic exercises to a course of study providing training in hygiene, gymnastics, and the performance and management of athletic games.*

Its role in human health was quickly recognized. By the turn of the 20th century, personal hygiene and exercise for bodily health were incorporated in the physical education curriculum as the major learning outcomes for students Weston, The exclusive focus on health, however, was criticized by educator Thomas Wood ; Wood and Cassidy, as too narrow and detrimental to the development of the whole child. During the past 15 years, physical education has once again evolved to connect body movement to its consequences e. This perspective is also emphasized by Siedentop , who states that physical education is education through the physical. Sallis and McKenzie stress two main goals of physical education: These goals represent the lifelong benefits of health-enhancing physical education that enable children and adolescents to become active adults throughout their lives. This goal dictates a learning environment in which seated learning behavior is considered appropriate and effective and is rewarded. Physical education as part of education provides the only opportunity for all children to learn about physical movement and engage in physical activity. As noted, its goal and place in institutionalized education have changed from the original focus on teaching hygiene and health to educating children about the many forms and benefits of physical movement, including sports and exercise. With a dramatic expansion of content beyond the original Swedish and German gymnastics programs of the 19th century, physical education has evolved to become a content Page Share Cite Suggested Citation: Educating the Student Body: The National Academies Press. To understand physical education as a component of the education system, it is important to know that the education system in the United States does not operate with a centralized curriculum. Physical education is influenced by this system, which leads to great diversity in policies and curricula. These expanded waiver and substitution policies discussed in greater detail later in the chapter increase the possibility that students will opt out of physical education for nonmedical reasons. Curriculum Models Given that curricula are determined at the local level in the United States, encompassing national standards, state standards, and state-adopted textbooks that meet and are aligned with the standards, physical education is taught in many different forms and structures. Various curriculum models are used in instruction, including movement education, sport education, and fitness education. In terms of engagement in physical activity, two perspectives are apparent. First, programs in which fitness education curricula are adopted are effective at increasing in-class physical activity Lonsdale et al. A paucity of nationally representative data is available with which to demonstrate the relationship between the actual level of physical activity in which students are engaged and the curriculum models adopted by their schools. Movement Education Movement has been a cornerstone of physical education since the s. Exemplary works and curriculum descriptions include those by Laban himself Laban, and others e. Over time, however, the approach shifted from concern with the inner attitude of the mover to a focus on the function and application of each movement Abels and Bridges, In the s, the intent of movement education was to apply four movement concepts to the three domains of learning i. The four concepts were body representing the instrument of the action ; space where the body is moving ; effort the quality with which the movement is executed ; and relationships the connections that occur as the body movesâ€”with objects, people, and the environment; Stevens-Smith, These standards emphasize the need for children to know basic movement concepts and be able to perform basic movement patterns. It is imperative for physical educators to foster motor success and to provide children with a basic skill set that builds their movement repertoire, thus allowing them to engage in various forms of games, sports, and other physical activities see also Chapter 3. Sport Education One prevalent physical education model is the sport education curriculum designed by Daryl Siedentop Siedentop, ; Siedentop et al. The model entails a unique instructional structure featuring sport seasons that are used as the basis for planning and teaching instructional units. Students are organized into sport organizations teams and play multiple roles as team managers, coaches, captains, players, referees, statisticians, public relations staff,

and others to mimic a professional sports organization. Depending on the developmental level of students, the games are simplified or modified to encourage maximum participation. In competition, students play the roles noted above in addition to the role of players. A sport education unit thus is much longer than a conventional physical education unit. Siedentop and colleagues recommend 20 lessons per unit, so that all important curricular components of the model can be implemented. Findings from research on the sport education model have been reviewed twice. In a more recent review, Hastie and colleagues report on emerging evidence suggesting that the model leads to improvement in cardiorespiratory fitness only one study and mixed evidence regarding motor skills development, increased feeling of enjoyment in participation in physical education, increased sense of affiliation with the team and physical education, and positive development of fair-play values. The only study on in-class physical activity using the model showed that it contributed to only Hastie and colleagues caution, however, that because only 6 of 38 studies reviewed used an experimental or quasi-experimental design, the findings must be interpreted with extreme caution. Fitness Education Instead of focusing exclusively on having children move constantly to log activity time, a new curricular approach emphasizes teaching them the science behind why they need to be physically active in their lives. The curriculum is designed so that the children are engaged in physical activities that demonstrate relevant scientific knowledge. The goal is the development and maintenance of individual student fitness. The conceptual framework for the model is designed around the health-related components of cardiorespiratory fitness, muscular strength and endurance, and flexibility. A recent meta-analysis Lonsdale et al. Several concept-based fitness education curriculum models exist for both the middle school and senior high school levels. They include Fitness for Life: Middle School Corbin et al. Stokes and Schultz, ; Personal Fitness: Activities in the curriculum are designed for health benefits, and the ultimate goal for the student is to develop a commitment to regular exercise and physical Page Share Cite Suggested Citation: It is assumed that all children can achieve a health-enhancing level of fitness through regular engagement in vigorous- or moderate-intensity physical activity. Randomized controlled studies on the impact of a science-based fitness curriculum in 15 elementary schools showed that, although the curriculum allocated substantial lesson time to learning cognitive knowledge, the students were more motivated to engage in physical activities than students in the 15 control schools experiencing traditional physical education Chen et al. Longitudinal data from the study reveal continued knowledge growth in the children that strengthened their understanding of the science behind exercise and active living Sun et al. It is suggested that through this proposed comprehensive framework, fitness education be incorporated into the existing physical education curriculum and embedded in the content taught in all instructional units. The entire framework, highlighted in Box , can be viewed at [http:](http://) Accordingly, fitness education in school physical education programs is being enhanced through the incorporation of active video games, also known as exergaming. These active games have been incorporated into school wellness centers as high-tech methods of increasing student fitness levels to supplement the traditional modes for attaining vigorous- or moderate-intensity physical activity Greenberg and Stokes,

**Chapter 3 : CBSE Class 12 Physical Education Planning in Sports - Learn CBSE**

*CBSE Class 12 Physical Education Chapter 1 Planning in Sports 1 Mark Questions: Question Explain procedure for giving bye. [CBSE ,] Answer. Before drawing a fixture, two things are ensured, i.e. whether the number of teams participating is a power of two or not.*

Explain procedure for giving bye. Before drawing a fixture, two things are ensured, i. If the number of teams is a power of two, byes are not given. In case the number of teams is not a power of two, then byes shall be given. For instance if the number of teams participating are 11, next higher power of two will be 16. In seeding, the strong teams are selected to keep them at appropriate places in the fixtures so that they should not meet in the earlier rounds. Or What are knock-out tournaments? This type of tournament is also known as elimination tournament. In this type of tournament, a team which is once defeated automatically gets eliminated from the tournament and only the winning team continues in the tournament. What do you mean by league tournament? Or What are league tournaments? A league tournament is also known as round-robin tournament. In this type of tournament, all teams play against each other irrespective of winning or losing. Mention any four specific sports programmes. Specific sports programmes are i Health run ii Run for fun iii Run for unity iv Run for awareness Question. List the various types of tournaments. Various types of tournaments are i Knock-out tournament ii League tournament iii Combination tournament iv Challenge tournament Question. Bye is a privilege given to a team, generally by drawing lots, exempting it from playing a match in the first round. What do you mean by consolation tournaments? Consolation tournaments are those tournaments in which an additional chance is given to the defeated team. What do you mean by extramural? Or What do you mean by planning in sports? Planning is a process of development of a strategy to achieve desired objectives, to solve problems and to facilitate action. Planning covers all the aspects of any tournament. Briefly mention the objectives of intramurals. The objectives of intramurals are To provide incentive, motivation and opportunity to learn various skills. To develop sportsman spirit among students. To help in recreation of the students. To improve social relations among the students. Discuss any two importance of tournaments. The importance of tournaments are Source of Recreation A large number of people go to watch various games and sports for getting recreation. Sports tournaments provide ample recreation to the spectators. Development of Social Qualities Social qualities such as cooperation, tolerance, sympathy, group cohesion, brotherhood and discipline are developed among participants through sports tournaments. What are the advantages of knock-out tournaments? The advantages of knock-out tournaments are Minimum number of officials are required in organizing tournaments. Less number of matches are played, thus requiring less time to complete the tournaments. Less expensive, because the team which gets defeated is eliminated from the competition. Briefly explain about any two specific sports programmes. Sports programmes can be explained as Run for Fun It can be organised by any educational institution for another institution or organisation and for people of all ages. It is arranged just for the sake of fun to create good habits for good health. Mention the activities which are included in intramurals and extramurals. Differentiate between intramural and extramural competitions in detail. Differences between intramural and extramural competitions are Question. Draw the fixtures of 7-teams on knock-out basis. Explain cyclic method of league tournament for 4 teams. In this method, one team is kept fixed and other teams are moved clockwise. When the number of teams is even, no bye is given, but if the number of teams is odd, one bye is given in each round. Explain the staircase method of a league tournament for 7 teams. In staircase method, fixtures are made just like a ladder or staircase This method is the easiest method because no bye is given to any team and there is no need of the stipulation of odd or even number of teams. Briefly explain types of league tournaments. What do you mean by knock-out tournament? Draw the fixture of 21 teams on knock-out basis. In this type of tournament, the team which is defeated once gets eliminated immediately and will not be given another chance to play. The total number of matches to played in this tournament will be equal to the number of teams participating minus one  $N - 1$  e. So, knock-out or elimination tournament for 21 teams will be Question. What do you mean by specific sports programmes? Specific sports programmes are those programmes of sports which are not usually related to

competitions. The programmes have various objectives like creating awareness, creating a sense of integration among people and raising funds for charitable organisations. Various specific sports programmes are Health Run It is organised in almost every part of the world. In India, it is organised by many states to make people health conscious. For this, WHO allots sufficient funds to different organisations. These organisations organise and promote health runs. These health runs lay stress on removing deadly diseases. Health runs and rallies are organised every year in the world on 1st December to commemorate AIDS day. These runs give knowledge to people about AIDS, symptoms and causes and how to take preventive measures. Run for Unity It is a kind of mass running which generates the feeling of unity. It is organised by different nations by their Central Government, State Government, Sports federations etc to create a feeling of oneness among the people. By organizing such runs, people of all ages from different states come together and such runs develop the feeling of patriotism in children and students feel that they all belong to one nation. Run for Awareness Run for awareness can be organised by educational institutions to create awareness in the students about sports and games, about health, about a particular disease, about studies, about environment, about pollution or some other topic. Such races should be well planned before organizing them. What is a league tournament? Draw a fixture of 6 teams using round robin method. In this type of tournament, there is sufficient time to complete the tournament. There are two types of league tournaments i Single league ii Double league Fixture of 6 Teams There are three methods of drawing a fixture. We will show the cyclic method. Cyclic Method Number of teams Question. What do you understand by fixture? Draw a fixture of 13 teams in knock-out tournament. Or What do you mean by tournament? Draw a fixture of 13 teams in knock-out tournaments. Fixture is a planned process of a tournament to be played. A tournament is played according to the fixture. A tournament is that series of sports in which a team finally wins and rest of the teams lose. Knock-out tournament or Elimination tournament League tournament There are two types of combination tournament: Describe the various committees for the organisation of sports events. The organisation of sports events requires a lot of planning. The planning is executed properly when different committees work together for the smooth conduct of the sports events. The various committees are: Technical Committee This committee is responsible for the technical conduct of the events. This committee selects various officials such as referees, judges, recorders, starters, umpires, time keepers etc. Transport Committee This committee is responsible for providing the facilities regarding transportation of various teams to the venue of sports events. Reception Committee The members of this committee are responsible to welcome the Chief Guest and spectators at opening and closing ceremonies. Boarding and Lodging Committee This committee is responsible for making necessary arrangements for providing accommodation and serving meals to the sportspersons and other officials. Ground and Equipment Committee This committee makes necessary arrangements of equipment related to the events. Medical and First Aid Committee This committee is formed to provide medical assistance to participants round the clock. Protest Committee In case of a protest against a judgement, the members of this committee decide about it. Publicity Committee All the press releases and press conferences are conducted by this committee. Finance Committee This committee is assigned to make the budget for the event and handle all the expenses. Refreshment Committee This committee is formed to provide refreshment to the participants.

**Chapter 4 : Important Questions for CBSE Class 12 Physical Education Exam**

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What is the staircase method of a league tournament? In this method, teams have matches just similar to a staircase, e. It does not indicate the number of rounds to be played. It is not so easy to fixture concerned round as in case of cyclic and tabular method. List the steps to form Committees for tournaments. Steps to form Committees for Tournaments: A letter is sent to all concerned for participation. Meetings are conducted at regular interval. Experts in various areas are identified. Pre-meet work organising committee is set up for the purchase of equipment, layout of courts, etc. Health runs are organised by health department, sports department or social organisations. Usually their purpose is to ameliorate the standard of health in a country along with the raising of funds for charity. There is no competition in it but registration of participants is required in advance. The date and time is also fixed well in advance. There is no age limit in health runs and the distance course of running is also fixed up. Run for fun is also organised with an objective to spread the message among the masses to remain healthy and fit. It may be organised to motivate the people to exercise regularly and stay healthy. It is also organised in the same way as the health runs. Run for fun is more related to have fun during the run. In fact, run for fun is a friendly race that involves either road running or cross country running taking part for their own enjoyment and recreation rather than competition. The sponsors only deduct the organisational expenditures. Run for fun can include novel categories such as wearing costumes and age categories for children, teenagers and adults. What do you mean by Knockout Tournament? Draw the fixtures of 21 teams on knockout basis. Knock-out Tournament Most of the tournaments are organised on the basis of knock-out. In this type of tournament, a team which is once defeated, automatically gets eliminated from the tournament. Only the winning teams continue in the tournament. It means that second opportunity is not given to the defeated team. Opportunities are given to the winning teams or players. For example, if four teams participate in knock-out tournament, the winning team is declared in the following way. Finally, the winner of match between team C and team D becomes the winner of the tournament. Advantages of Knock-out Tournament The knock-out tournaments are less expensive because the team, which gets defeated, is eliminated from the competition. The knock-out tournament is helpful in enhancing the standard of sports, because each team tries to present the best performance to avoid the defeat. Owing to less number of matches, it requires less time to complete the tournament. Minimum number of officials are required in organising such type of tournaments. So, good teams may not reach into the final round. There are maximum chances of weak teams to enter into the final round. Spectators may not have enough interest in the final match. What do you mean by league match or round robin tournament? These are also called Round Robin Tournament. In league system all the teams are treated at par in league tournament. There are two types of league tournaments: Single league tournament Double league tournament Single league tournament: In this type of tournament, every team shall play once with every other teams. In this type of tournament, every team shall play twice with every other team. The total number of matches shall be  $n(n-1)$ . Explain the formation of committee for organizing sports events. In fact, the organisation and conduct of sports events involve a lot of planning and preparation. Generally, there is a committee of management, which is usually consisted of one representative from each institution concerned. This General Committee takes complete responsibility for the success of competition. This committee also forms various committees and divides the various types of work among them. Various committees are formed under this organising committee. The description of various committees and their responsibilities are stated below. The committee for publicity announces the date, venues and sports events, advance information to the institutions and printing, etc. Its main responsibility is to advertise the sports events. This committee is responsible for providing the facilities regarding transportation of various teams to the venue of sports events place or to the boarding and lodging as the case may be. Its main duty is to make necessary arrangements for transportation. Boarding and Lodging Committee: Boarding and lodging committee is responsible for making necessary arrangements for providing accommodation and meals to the

sports persons and officials. **Decoration and ceremony Committee:** Decoration and ceremony committee is responsible for the decoration of sports arena or stadium. This committee also makes arrangements for trophies, medals and certificates. **Grounds and Equipment committee:** This committee is responsible for making the grounds or laying out the track and field. This committee is also responsible for providing the equipment according to specifications. **Refreshments and Entertainment Committee:** This committee takes the charge of supplying refreshments and drinks to the guests, officials and competitors, etc. It also makes some arrangements for entertainment programmes at the opening ceremony and closing ceremony of sports events. The members of this committee are responsible to welcome the chief guests at the opening and closing ceremonies. It is also the duty of this committee to welcome the other guests and spectators. This committee selects various officials such as referees, judges, recorders, clerks of the course, starters, track umpires, time keepers and lap scorers for athletic meet and referee, umpires, time keepers, recorders and judges, etc. **First aid committee** is headed by a well-qualified doctor. This committee makes the necessary arrangements for providing help prior to the organisation of sports events because athletes or sports persons may get injuries during the competitions.

**Chapter 5 : CBSE Syllabus for Class 12 Physical Education: “**

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Who was the first Indian woman to win a bronze medal at the Sydney Olympics? Kamam Malleswari was the first Indian woman who won a bronze medal at the Sydney Olympics in the weightlifting event. What do you mean by menarche? Menarche is a sign of growing up and becoming a woman. Menarche usually occurs between 9 and 15 years of age. What is the time when a pregnant women athlete should not participate in sporting competition? There is no definite point during pregnancy when a female athlete should cease competition; decisions regarding participation should be made by the female athlete in conjunction with her healthcare provider. What are the factors that causes hindrance in the participation of women in sports? The following factors are responsible for less participation of women in sports: Time constraints Women find less, time for sports due to their domestic duties. Social constraints The attitude of society towards participation of women in sports is negative. Lack of sports infrastructure This is particularly so for infrastructure exclusively for women. Absence of skill There are very few female coaches available to develop the skills of women. Sociological constraints limit the success of male coaches with female athletes. What do you understand by female athlete triad and what are its components? The three components of the female athlete triad include: Disordered eating and anaemia Energy deficits Amenorrhea Menstrual irregularities Osteoporosis Decreased bone density A female athlete can exhibit symptoms of one, two, or all three parts of the triad. How it is associated with women athletes? Amenorrhea refers to the absence of menstrual periods. It may be either primary meaning a woman has never developed menstrual periods or secondary absence of menstrual periods in a woman who was previously menstruating. There are many reasons responsible for amenorrhea including extensive exercise and improper diet. Osteoporosis is a disease of the bones. It happens when you lose too much bone, make too little bone or both. As a result bones may break from a minor fall. Estrogen is lower in case of female athletes. Low estrogen levels and poor nutrition, especially low calcium intake, can lead to osteoporosis. Osteoporosis is a weakening of the bones due to the loss of bone density and improper bone formation. Coaching programmes During coaching, women should be motivated and provided appropriate opportunity to undertake leadership positions within an organisation. State of the art technical instruction should be provided to them. Flexible approach by the authorities is required for participation of women in sports. Exercising in groups can make physical activity safer for women and girls. Facilities Keeping in mind the hygienic needs of women and girls separate change facilities. Childcare should be provided so that women can bring their children to the training or competition venues without hesitation. Affordability Most of the women depend upon the male members of the family. Their earning capacity is usually negligible. So some concessions should be given to them. Instances of these are participation fee should be abolished, travelling and boarding should be provided cheaply etc. How does it affect the performance of women athletes? Menopause is the time when a woman stops having menstrual periods and she is no longer able to have children. The age of menopause is normally between 45 and 5. It is not a disease or illness. There are several symptoms of menopause like lack of sleep, weight gain, brain fog lack of concentration , headaches, irregular periods, backaches, loss of muscle mass etc that could cause female athletes to perform poorly in endurance sporting events. Not all women react the same way to menopausal symptoms or treatments. So special attention should be given to sportswomen at this period in life. Explain briefly about the psychological aspects of a woman athleteT Answer. The increased stress of competition can cause women athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may feel tension, their heartbeat may rise, they worry about the outcome of the competition, they find it difficult to concentrate on the task in hand etc. It is the duty of the coaches to teach the techniques to control competitive anxiety to their trainees. It is required that an athlete control these competitive anxieties if she wants to optimise her performance. Once these techniques are learned by athletes, they can easily handle the competitive environment. Explain briefly about gender ideology in sports. Sport is one of the most celebrated

and contested institutions in our society. In ancient times, sport served various social functions, from spiritual and religious expression to applied practice for warfare. Sport provides professional opportunities for athletes and coaches but the participation of men and women is not proportionate. For decades, gender ideology has had a tremendous impact on the way people view the game and its athletes. Most of the people and fans believe women cannot perform well in sports but they are only suitable for kitchen and cleaning duties. This line of thinking has been passed from generation to generation but slowly the barriers have been breaking. Now female athletes are far more accepted than 30 years ago but there are still many obstacles ahead for female athletes to reach the same level and avail the opportunities similar to male athletes. There is a strong belief that men are much stronger, faster and more capable than women and therefore are better at sports and are more entertaining to watch. There are popular female athletes like Venus and Serena Williams, Danica Patrick and Saina Nehwal, but they possess nowhere near the star power and attraction like male athletes Usain Bolt, Milkha Singh etc. During the last fifty years gender roles of men and women in sport have changed greatly. Recently, female athletes have made great strides in gaining equal representation and media coverage in comparison to the past, when there was little coverage of female athletes. In addition, women have begun to participate in many sports that had previously been male dominated.

**Chapter 6 : Physics Notes For Class 12 Chapter 1 - Free Download**

*Chapter 1: Planning in Sports CBSE NCERT Solutions Physical Education Class 12th. Download CBSE Study Materials on calendrierdelascience.com in pdf format. Select 1 Mark Questions Download Very Short Answer Questions Question 1: List down various types of tournaments?*

How is fitness and wellness beneficial to an individual? State and describe the principles of fitness. Fitness benefits individual physically, mentally as well as socially. A person becomes fit, energetic, strong, mentally stable, thereby leading to flow of positive and divine thoughts which ultimately leads to making of a good and responsible citizen of the country. This enhances his confidence and energy level. Due to the energy generated by the exercises, person gets immediate and sound sleep which is absolutely necessary for stable mental and social life. Also due to fitness, the body gets high immunity power which helps to fight diseases and also improves efficiency of heart and lungs by improving cardio-respiratory fitness. Fitness program can be taken at any age. Choice of Fitness program must be based on criteria such as age, sex and ability of the person. The fitness programme should include simple as well as complex techniques. Avoid eating or drinking during a fitness session. Though following complex programme, but it should be safe and not hazardous. There should be proper gap between the meal and training session. Take care of the clothing while doing exercise. Avoid overstress and workout according to your need and capacity. The most important principle of developing physical fitness, which is to be taken care of, is the principle of overload. Write about Circuit training. What does it include? Draw a diagram of circuit training along with stations. What are the main characteristics of circuit training? Circuit Training includes the following steps which may be with or without apparatus. Correct movements are essential during circuit training. Wrong and incorrect movements may be harmful. First do the simple exercise and move towards the complex one. Vary the number of repetitions according to your need and efficiency. To develop strength endurance and flexibility should be the main focus. Follow the manner in which exercise to all the body parts is available. It may lead to muscle pain. Repetition of same exercise everytime makes it tedious and ineffective at times. Hence keep them changing. It is better to make a small group and exercise together. Avoid injury oriented equipments and exercises. Specify the role of sociology in sports. How physical education programme leads to leadership and value education? Role of Sociology in Sports: It means sociology is the science of society. It has huge importance in the field of sports. Sociology is the study of relationship of men with his environment. Sports Sociology is the study of origin, development, organization and role of sports in human society. He lives in the society and is a part of the society. He is in social environment since he is born. He remains among people, learns to be with them, stays with the family, goes into the outside world, learns to adjust and develop himself socially. To develop socially, Sports activities are the most convenient and easy route. The child plays with his mates and learns to know their behaviour. He learns language and various modes of movements like running, jumping, chasing, shouting, struggling etc. Apart from the physical learning of activities, he also develops mentally. He develops himself, his character and his values. He learns to exchange toys, thereby learning the feeling of giving and receiving. In this way group play leads to socialization. Through sociology athletes learn and develop qualities of co-operation and healthy competition. Sociology plays a huge role in development of an individual. As a person turns into athlete, it comes to him his own way, the way of being independent, though being connected to people around him, how to remain and manage in a group, being empathetic towards other group members, and to solve and take decision in times of problem. He learns to face odd and difficult situations, to motivate himself during those times, to stand up for himself. One realizes that both competition and cooperation are important for all round development of an individual. It helps physical education teachers to develop traits of social behaviour among players. It helps in development of moral character of athletes. Leadership and Value Education: Physical Education programmes lead to leadership and value education. While playing, every player plays first for himself, to prove himself. He wants the focus of the group to be on him. He makes his best possible effort to prove his might and to show his superiority over others. In individual sport, his aim is to win and prove his supremacy over others, while in team game, he wants to prove his ability so as to get

respect and leadership over one and all. Apart from the leadership skills that are developed through Physical Education and sports, the individual also develops values of his life during this phase which are essential to lead an individual life-strong moral character, co-operation, forgiveness, self-respect, support, care belongingness, respect for seniors and teachers etc. In present scenario it is observed that the students lack in values, due to the cut-throat competition prevailing but with participation in games and sports they are likely to develop these values that help them become a good person and a responsible citizen. Write a note on: It is the thought process that an individual develops over a period of time during his life-time, particularly his childhood. Culture includes of our ways of living, eating habits, thoughts, customs, traditions, morals, art, literature, religion, games and sports and many other aspects of life, the basic being, the theory of how to live your life. The modern culture that has emerged, which we observe today, is not a product of sudden change or development, but has evolved over centuries of the past. It is the past that is reflected in the present culture. Also the games and sports of modern times have evolved as a modification of the games played in the past by our ancestors. History of physical activities of man is as old as civilization itself. The ancestors primitively used physical activities while they went for hunting, for procuring food, while wandering and also fighting enemies. Most of the activities were of physical nature as there were no automated systems available during that times. These physical activities included running, jumping, fighting, fishing and wrestling etc. However, as the time moved ahead, groups among people were formed and then people used physical activities just for recreation. These formed what is now known as games and sports and have now come to us in inheritance. Games such as boxing etc. Originated in the past. The culture that we have inherited is a result of mixture of various cultures. In this respect, contributions of early Egyptians, Greeks, and countries of the west cannot be forgotten who have contributed to the development of modern day games and sports. Gymnastic activities have come to us as a result of efforts of the Germans. It is they who gave heavy gymnastics apparatus like horizontal bar, vaulting horse and parallel bars etc. The British have contributed to the sports by originating and spreading ball games like football, hockey and cricket. America introduced games of volleyball, basketball and baseball. This culture has been in case from the times of Mahabharata. Thus, it is implied that these games, sports and other physical activities are not current creation but is a legacy that we have adopted from the past ancestors. Only some modification is brought to these physical activities to make it convenient for us. Sports environment means the surroundings available to the athlete. Sports environment matter a lot in the success of a player. Essential elements of sports environment: Essential element of sports environment can be many but in a school, it can be mentioned as follows: Ground for outdoor sports. Qualified Physical Education teachers and specialized coaches. Role of individual in improving sports environment: Individuals can play their role to improve the sports environment. They can motivate others to play and participate in games. They can spread what are the benefits of playing games. These individuals can be a player, the captain of the team or sports captain of the school. Prevention of Sports related accidents:

**Chapter 7 : CBSE Class Physical Education Marking Scheme – Academicseasy**

*Key notes for class 12 Physical Education Chapter 1 Planning in Sports. it includes revision notes such as Planning is a way to systematize, direct and organize the events or competitions and extract the advantage and benefit of the available resources CBSE Class 12 Physical Education CBSE Quick Revision Notes Chapter 1: Planning in Sports Meaning and objectives of planning: Planning is an.*

Chair stand test for lower body strength 2. Arm curl test for upper body flexibility 3. Back-scratch test for lower body flexibility 5. Six minute walk test for aerobic endurance Measurement: It can also be said that the measurement aids evaluation process In which various tools and techniques are used in the collection of data. To know about the progress Individual centered training program Helps in selection of athletes To study the development of athletes Motivation of an athlete To predict in advance the performance potentials To prepare norms and standards To measure current fitness status To achieve goals and objectives of the activity To conduct research Measurement of Muscular strength-Kraus-weber test: Strength of abdominal plus psoas muscles 2. Strength of abdominal minus psoas muscles 3. Strength of psoas and lower abdominal muscles 4. Strength of upper back muscles 5. Strength of lower back muscles 6. Floor touch test Hans Kraus had devised these tests after Fifteen Years of close study of individual cases. A battery by six tests was prepared. The purpose of the tests was the measure Minimum muscle power necessary for healthy living. Because this is a Minimum Test, one should be able to perform all six parts. The tests are as follows: Lie down on back, legs straight, feet held down, hands behind neck. The examiner holds down the feet and the student rolls to a sitting position. Lie down on back, Knees bent, Feet held down, Hands behind back. Lie on back, hands behind neck. Lift both legs up 8 to 10 inches from floor hold for a count of 10 seconds. Position Lie face down. Place small pillows under hips. Lower body held down, hands behind neck. Lie face down, Place small pillow under hips, Upper body held down, head resting on hands. Lift upper body off floor and hold for a count of 10 seconds. Stand feet together, knees straight. Bend slowly forward and see how close you can come and touch the floor. If you can touch, measure distance from finger to floor. The above tests are considered useful and preferable from the point of view of equipment as well as time. During the years 58 these tests were applied to School Children of classes 5 to 8 in the United States of America. On the basis of this study standard rooms were created. Studies were conducted on College level students in and percentile rooms were created, Similarly Percentile rooms were created on the basis of studies belonging to 50 institutions. New percentile rooms were created again in on the basis of age. This study included boys and girls in the 10 to 17 years age group. Pull Ups Boys is an activity meant only for boys: A doorway gym bar can be used and if no regular equipment is available, a piece of pipe or even rungs of a ladder can serve the purpose. The bar should be high enough so that the pupil can hang with his arms and legs fully extended and feet free from the floor. He should use the overhand grasp. After coming in hanging position, the pupil raises his body by his arms until his chin can be placed over the bar. Then he lowers his body to a full hang as in starting position. The exercises is repeated as many times as possible. Rules i Each Student will be allowed one trial. Record the number of completed Pull Ups. This activity is meant only for girls. A horizontal bar is used. A stop watch is needed is record time. The pupil should use an overhang grasp. With the assistance of two spotters, one in front and one in back of Pupil the Pupil raises her body off the floor to a position where the Chin is above the bar, the elbows are flexed and the Chest is close to the bar. The Pupil holds this position as long as possible. The length of time the subject holds the hanging position will be recorded in seconds. Sit-ups flexed leg Equipment: The Pupil lies on his back with his knees bent, feet on the floor and heels not more than 12 inches from the buttocks. The angle at the knees should be less than 90 degrees. The Pupil puts his hands in the back of his neck with fingers clasped and places his elbows squarely on the mat, floor and turf. His feet are held by his partner to keep them in touch with surface. The Pupil heightens his abdominal muscles and brings his head to knees. This action constitutes one sit up. The number of correctly extended Sit ups performed in 60 seconds shall be the score. Only the Sit ups a pupil is able to do in 60 Seconds are recorded. Shuttle Run Boys and Girls: Two blocks of wood, 2 inches x 2 inches x 4 inches and a stopwatch. Pupils must wear sneakers or run bare footed. Two parallel lines

are marked on the floor 30 feet apart. The width of a regulation Volleyball Court serves as a suitable area. Place the blocks of wood behind one of the lines. The pupil starts from behind one of the lines. He then runs back and picks up the second block which he carries back across the Starting Line. Allow two trials with some rest between. Record the time of the better of the two trials. Standing Broad Long Jump: Pupil stands with the feet several inches apart and the toes just behind the take off line. Preparatory to jumping, the pupil swings the arms backward and bends the knees. The jump is accomplished by simultaneously get bending the knees and swinging forward the arms. Record the best of the three trials. Two stop watches or one with a split second times. It is preferable to administer this test to two pupils at a time. The starter will use the commands: Soft-Ball Throw Boys and Girls: Soft Ball 12, Measure Tape. Game is played in a football field on a field of similar size. Lines are drawn at a distance of five yards each. The pupil who throws the ball can throwe from a distance of 6 feet. Best of the three throws is counted. A Stop Watch Description: Pupils take their positions at the standing start. The race starts with command words: As many as Six Pupils can participate at a time. Walking is permitted but the object is to cover the distance in shortest possible time. Record in Minutes and Seconds. Brouha constructed a very simple and promising field test for measuring cardiovascular endurance of human beings by using easily available and inexpensive equipment. A stopwatch, inch high bench, metronome or tape recorder optional , stethoscope optional. The tester gives a demonstration of the stepping up style to be followed by the subjects during the test. If the metronome is not available, then the tester should do enough rehearsal of counting the pace up-up-down-down, 30 times a minute. The subject is instructed to repeat the stepping up and down exercise in the above manner for five minutes at the pace of 30 steps per minute. The subject is also asked to take off and step-down with the same foot each time. In case, any subject stops the exercise or slows down the pace of the exercise due to fatigue or exhaustion, his or her duration of exercise performed at the correct pace is noted in seconds and is asked to stop and sit down Exactly one minute after the exercise, the tester starts counting the pulse rate and records the same for the duration from 1 to 1. The pulse of all the 3 half minute counts recorded are added together and a fitness index is calculated by the following formula: Test for absolute flexibility 2.

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### Chapter 9 : CBSE NCERT Solutions Physical Education Class 12 - Chapter 1: Planning in Sports

*Motor Fitness Test-AAPHER(American Alliance for Physical Health Education & recreation The Aapherâ€™ Youth Physical Tests were created in During the years 58 these tests were applied to School Children of classes 5 to 8 in the United States of America.*