

*Comprehensive*

# PHYSICAL EDUCATION



CLASS XI

*Comprehensive*  
**PHYSICAL  
EDUCATION**

**FOR CLASS XI**

*By*

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## **PREFACE**

“Fitness among the masses” is the order of the day. Only when the foundation of Physical Education is laid in the early years of the child’s life that they will be able to learn the need and importance of leading a healthy lifestyle in the years to come. A healthy child is a happy child who is the future citizen of the nation.

While working on this book I realized that with a little bit of knowledge an individual’s perspective can be changed and a lot can be achieved to make a person’s life much better. The teenagers can bring about many changes in their lifestyle by understanding, what is happening to their bodies. They will be able to understand the ill effects of drugs. Also an awareness will be created on how to deal with obesity etc.

I hope this will serve as a handbook for the children studying in class XI and it will be useful for them.

**—AUTHOR**

# SYLLABUS

## III. PHYSICAL EDUCATION

Class XI – Theory

Max. Marks 70

### PART-A

#### UNIT I : CONCEPT OF PHYSICAL EDUCATION

- 1.1. Meaning and Definition of Physical Education, Its Aim and Objectives
- 1.2. Need and importance of Physical Education
- 1.3. Misconceptions about Physical Education and its Relevance in Inter Disciplinary Context
- 1.4. Philosophies of Physical Education—Idealism; Naturalism; Pragmatism and Humanism
- 1.5. Fundamental concepts of Biomechanics in Physical Education and Sports—Laws of Motion, Force, Friction and Projectiles.

#### UNIT 2 : CAREER ASPECTS IN PHYSICAL EDUCATION

- 2.1. Physical Education as a Profession
- 2.2. Professional Ethics
- 2.3. Physical Education and Career Options
- 2.4. Avenues for Career Preparation
- 2.5. Self Assessment for Career Choices

#### UNIT 3 : HEALTH CONCEPTS OF PHYSICAL EDUCATION

- 3.1. Role of Physical Education Programme on Individual and Family
- 3.2. Community Health Programme
- 3.3. Effects of Alcohol, Tobacco and Drugs on Sports Performance
- 3.4. Life Style Management and Sports—Obesity, Hypertension and Stress

#### UNIT 4 : OLYMPIC MOVEMENT

- 4.1. Ancient Olympics (Before 1896)
- 4.2. Modern Olympics (After 1896)

- 4.3. Olympic Ideals and Objectives
- 4.4. Values through Olympics Movement—Friendship, Solidarity, Fair Play and Free of Discrimination
- 4.5. Olympic Symbols

**UNIT 5 : SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION**

- 5.1. Meaning of Sociology
- 5.2. Concept of Sports Sociology and its Importance
- 5.3. Games and Sports as Man's Cultural Heritage
- 5.4. Socialization in Sports at Home, School and Community
- 5.5. Leadership through Physical Education Programmes

**UNIT 6 : MEASUREMENTS IN SPORTS**

- 6.1. Meaning and its Importance in Physical Education and Sports
- 6.2. Cross Weber Test (Contents and Administration)
- 6.3. Calculation of BMI
- 6.4. Calculation of Waist-Hip-Ratio
- 6.5. Rock Fort One mile Test
- 6.6. AAPHER Physical Fitness Test (Content and Administration)
- 6.7. Measurement of Heart Rate (Resting and After Exercise)

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- 7.1. Warming up—General and Specific and its Physiological Basis
- 7.2. Functions and Effects of Exercise on Muscular and Skeletal Systems
- 7.3. Functions and Effects of Exercise on Respiratory and Circulatory Systems
- 7.4. Factors Affecting the Physical Fitness Components

**UNIT 8 : CHANGING TRENDS IN PHYSICAL EDUCATION AND SPORTS**

- 8.1. Concept and Principles of Integrated Physical Education
- 8.2. Concept and Principles of Adapted Physical Education
- 8.3. Concept and Components of Occupational Health Hazards
- 8.4. Concept and Components of Health related Fitness
- 8.5. Sports for All

## **PART B**

**Following sub topics related to any one Game/Sport of choice of student out of: Athletics, Badminton, Gymnastics, Judo, Skating, Swimming, Table Tennis, Taekwondo, Tennis, Yoga**

### **UNIT 1**

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- 1.2. Latest General Rules of the Game/Sport
- 1.3. Specifications of Play Fields and Related Sports Equipments
- 1.4. Important Tournaments and Venues
- 1.5. Sports Personalities
- 1.6. Proper Sports Gear and its Importance

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- 2.1. Fundamental Skills of the Game/Sport
- 2.2. Specific Exercises of Warm-up and Conditioning
- 2.3. Related Sports Terminologies
- 2.4. Sports Awards
- 2.5. Common Sports Injuries and its Prevention
- 2.6. CBSE Sports and its Organizational Set-up

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**PART A**

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# CONCEPT OF PHYSICAL EDUCATION

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UNIT

1

## 1.1. MEANING AND DEFINITION OF PHYSICAL EDUCATION, ITS AIM AND OBJECTIVES

### ***Meaning of Physical Education***

Physical education is the total development of the individual in terms of physical, mental, moral, emotional and social development. It is a broad field of interest. The most basic concern is gross movements rather than minute or finer movements. It is the relationship between human movement and the other areas of education.

### ***Definitions of Physical Education***

*“Physical Education is the sum of man’s physical activities selected as to kind and conducted as to outcomes”.*

**by J. F. Williams.**

Williams explains that even though physical education is educating by working with physical activities but it is concerned with educational activities.

*“Education through the physical”.*

**by John. H. Jenny.**

*“Physical Education should aim to improve the mass of students and give them as much health, strength and stamina as possible to enable them to perform the duties that await them after they leave the college”.*

**by Dudley Allen Sargent.**

*“Physical Education is an integral part of the total education process and a field of endeavour which has as its aims the development of the physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realizing these outcomes”.*

**by Bucher.**

*“Physical education as the process by which changes in the individual are brought about through his movement experiences”.*

**by Voltmer and Esslinger.**

*“Physical Education is education through physical activities for the development of total personality of the*

*child and its fulfilment and perfection in body, mind and spirit”.*

**by J. P. Thomas.**

On the contrary Williams has asserted that physical education “*is the sum of man’s physical activities selected as to kind and conducted as to outcomes*”.

**by J. F. Williams**

### ***Its Aim and Objectives***

Physical education contributes two important goals to the curriculum *i.e.*, developing motor skills and physical fitness. An individual through participation in a sound programme of physical education—

- develops and maintains appropriate levels of physical fitness for health and teaches why fitness is important and how it is influenced by exercise.
- develops appropriate motor skills beginning with fundamental motor skills which lead to specific sport skills and finally emphasising life time sports.

Health related physical fitness includes cardio-vascular endurance, muscular strength, endurance and flexibility. By teaching children in the schools to develop and maintaining these characteristics an important function of the physical education programme is fulfilled. Therefore, vigorous activity should be provided in the physical education programmes regularly.

The **aim** of physical education is the wholesome development of the personality. An individual with a well balanced personality is one who is

physically fit, mentally alert, socially outgoing, emotionally stable and morally and ethically sound. Most of the renowned authors in the field of physical education have agreed on this point. An individual is a citizen first and through the medium of physical activities, citizenship qualities are imbibed in him, which will help him to become a contributing member and a conscientious citizen of a democratic society.

Objectives are all the pathways one takes to reach the goal. Many of the renowned professionals in the field of physical education have agreed that the objectives of physical education are:

- (a) health or organic vigour.
- (b) worthy use of leisure time, an individual learns how to use his free time in a constructive manner through participation in activities which will contribute to his well being and also to the society
- (c) character which includes attitudes, personal and social, citizenship qualities like co-operation, followership, leadership, respecting the rules and regulations of the game, respecting the officials etc.

In 1965, the American Association for Health, Physical Education and Recreation stated five major objectives:

1. To help children move in a skilful and effective manner in all the selected activities in which they engage in the physical education programme and also in those situations they will experience during their lifetime.

2. To develop an understanding and appreciation of movement in children and youth so that their lives will become more meaningful and productive.
3. To develop an understanding and appreciation of certain scientific principles concerned with movement that relate to such factors as time, space, force and mass energy relationships.
4. To develop through the medium of games and sports better interpersonal relationships.
5. To develop the various organic systems of the body so that they will respond in a healthful way to the increased demands placed on them.

## 1.2. NEED AND IMPORTANCE OF PHYSICAL EDUCATION

In the society today we need to prepare the future citizens of this country who are responsible, committed and focused and the means of achieving this is through a well organised physical education.

*The Needs of physical education are:*

1. **Improved physical fitness.** Physical education helps in improving children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.
2. **Skill development.** Motor skills are developed, which allow for safe, successful and satisfying participation in physical activities.
3. **Regular, healthful physical activity.** Provides a wide range of developmentally appropriate activities.
4. **Support of other subject areas.** Reinforces knowledge learned in the curriculum. Provides a practical application of Science, Maths and Social Studies.
5. **Self discipline.** Facilitates development of student responsibility for health and fitness.
6. **Improved judgement.** A quality physical education programme can influence moral development as students get opportunities to assume leadership, cooperate, question actions and accept responsibility for their own behaviour.
7. **Stress reduction.** Physical activity helps in releasing tension and anxiety and helps in emotional stability.
8. **Strengthened peer relationships.** Physical education helps children socialise with others successfully and provides opportunities to learn positive people skills. Participating in dances, games and sports is an important part of peer culture.
9. **Improved self confidence and self esteem.** Physical education instils a strong sense of self worth in children based on their mastery of skills and concepts in physical education. They become

more confident, assertive, independent and self controlled.

### ***Importance of Physical Education program***

The benefits of a physical education programme are:

- 1. Maintaining sound physical fitness.** Today more and more people are recognising the place of physical fitness for leading a healthy life. Through a well organised program of physical fitness an individual develops muscular strength, increases endurance and hence is able to stretch his physical abilities to an optimum level.
- 2. Overall confidence booster.** Participating in sports boosts self confidence. When an individual goes on the field and plays, his self confidence increases, this aids in the development of the individual's character. Winning on the playfield boosts one's confidence levels. Accepting defeat but believing in one's capabilities brings about a sense of positive attitude. Hence, participation in sports has a positive influence on the individual's personality, character, and works wonders for his self confidence.
- 3. Important health and nutrition awareness.** Physical education classes not only improve fitness and sports skills but also increases knowledge of overall physical health. Today, more and
- more teenagers specially are suffering from eating disorders like bulimia and diseases like obesity and anaemia, teachers of physical education can propagate the benefits of healthy and nutritious food and inform about the bad effects of junk food.
- 4. Inculcating sportsmanship and team spirit.** Through participation in team games children develop team spirit. The participants learn to organise themselves, function as a whole, develop over-all communications skills, co-operation and team spirit.
- 5. Development of motor skills.** Concentration and ability to swinging the racquet at the appropriate time are some of the motor skills developed in the physical education class. Reflexes are strengthened, sound body posture is developed and hand eye coordination is developed.
- 6. Importance of hygiene and sex education.** Lessons on hygiene and sex education for maintenance of sound health are included in physical education classes.
- 7. Enhancing overall cognitive abilities.** Through participation in games and sports students gain knowledge about the sport, its history, its significance etc. and this adds to their cognitive development.

**8. Encouraging budding sportsmen.**

Physical education classes provide opportunities to young budding sportsmen and women to explore different areas in sports and games and after finding a sport they are able to work hard on that sport and excel in it.

**9. Stress buster and source of enjoyment.**

When students are involved the whole day in academics *i.e.*, sitting on the desk and studying, physical education is a welcome break which reduces the stress and is a source of recreation for the students.

**10. Promoting healthy lifestyle in adulthood.**

When children understand and learn about the importance of health and hygiene in their early years, they will grow up to become healthy and responsible adults who understand the benefits of a healthy lifestyle.

### 1.3. MISCONCEPTIONS ABOUT PHYSICAL EDUCATION & ITS RELEVANCE IN INTER DISCIPLINARY CONTEXT

The most common misconception of physical education is that it only deals with big muscle activity. This misconception is due to the fact that the earlier assumption of mind and body being separate entities existed. The lay man was of the view that more emphasis had to be paid to the mental

development of children and less emphasis was to be given to the physical aspect. Physical education even in modern India is getting a step motherly treatment. Today, modern educationists understand the significant relationship between the mind and the body and not as separate entities. In educational institutions physical education is a frill in the school curriculum and does not get an important place. But, it, has been scientifically proved today that a sound mind exists in a sound body.

In the olden days there was a popular song which ran like this:

पढ़ोगे लिखोगे बनोगे नवाब  
खेलोगे कूदोगे बनोगे खराब

the meaning was that if a child studied he would become a king and if he played he would become a useless person. So the common man was of the impression that playing made the child dull. On the contrary it is a scientifically proven fact that “movement is the basis of life” and only when the newly born baby made movements he was considered healthy and it was believed that his nervous system would develop. An active child is considered to be healthy whereas an inactive child is unhealthy. A child’s mental development grows rapidly through games and he becomes alert and gradually learns to assimilate knowledge and use and apply it in appropriate situations and also take right decisions.

Another misconception is that participation in physical education is a waste of time. And people believe that an individual cannot earn his bread and butter by playing though we all know the amount of money being earned by cricket players all over the world. Only when an individual is healthy that all the other faculties of the body can function efficiently. A very intelligent person cannot make adequate contributions to the society if he does not have good health, so it is very important for a balanced development of the physical and mental abilities.

Many parents feel that participation in physical education shapes the child into an indisciplined person who only wants to prove his strength in the wrong places. Hence, they punish the child by depriving him of his play whereby the child loses out all the advantages he would have gained from participation like physical, mental, emotional, social and moral development. Channelization of energies is attained through participation in physical education. Participation in a well organised programme of physical education teaches the child to become well disciplined and gain all the attributes of a well balanced personality which will be recognised in the society. Physical education is physical training, is another misconception—wrong again. Physical education deals with the development of a balanced personality whereas physical training

is only one aspect of the total development of the personality.

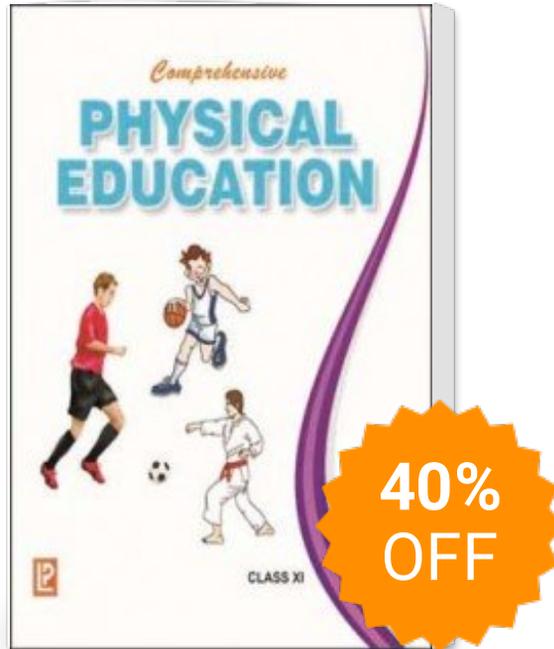
Physical education is the foundation upon which all competitive sports rests but even the educated people don't understand this and mix up sports and physical education. This is another misconception and these people have to understand that physical education is followed by sports and depends upon it. So, a sound programme of physical education starting from the primary level will lead to better performers in the future. The numerous advantages that can be gained through participation in a physical education has to be understood today and implemented in the school systems in our country. Children are the country's future leaders and nurturing them through the correct ways will produce good results and the answer to this is physical education. So physical education should not be misunderstood but understood correctly and implemented, then only India can hope to win more medals in international competitions in the future.

#### **1.4. PHILOSOPHIES OF PHYSICAL EDUCATION—IDEALISM, NATURALISM; PRAGMATISM AND HUMANISM**

##### ***Idealism***

This word comes from the root word "idea" and idealism focuses on the mind. This philosophy emphasises

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