

# Himachal Pradesh Board of School Education, Dharamshala

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## PHYSICAL EDUCATION

### PHYSICAL FITNESS TEST

(For admission)

### NORMS FOR PHYSICAL FITNESS TEST

(Boys)

Point Marks	100 mts. (sec.)	12 min. Run/walk (Mts.)	Long Jump (Mts.)	Cricket Ball Throw (Mts.)	Shuttle Run (4X10mts.) (Sec.)
10	12.0	2000	5.50	70	8.5
9	12.5	1900	5.25	65	9.0
8	13.0	1800	5.00	60	9.4
7	13.5	1700	4.80	55	9.7
6	13.8	1650	4.65	50	10.0
5	14.0	1600	4.50	45	10.3
4	14.5	1550	4.35	40	10.6
3	14.8	1450	4.10	35	11.0
2	15.3	1350	3.85	30	11.5
1	15.8	1250	3.60	25	12.0

### NORMS FOR PHYSICAL FITNESS TEST

(Girls):

Point Marks	100 mts. (sec.)	12 min. Run/walk (Mts.)	Long Jump (Mts.)	Cricket Ball Throw (Mts.)	Shuttle Run (4X10mts.) (Sec.)
10	14.0	1700	5.0	50	9.5
9	14.5	1600	4.75	46	10.0
8	15.0	1500	4.50	42	10.5
7	15.5	1400	4.25	38	11.0
6	16.0	1300	4.00	34	11.5
5	16.5	1200	3.75	30	12.0
4	17.0	1100	3.50	26	12.5
3	17.5	1000	3.25	22	13.0
2	18.0	900	3.00	18	13.5
1	18.5	800	2.75	14	14.0

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<b>PHYSICAL EDUCATION</b>
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<b>ONE PAPER</b>	<b>3 HOURS</b>	<b>60 MARKS</b>
	<b><u>PART – A</u></b>	<b>24 MARKS</b>

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**1. CONCEPT OF PHYSICAL EDUCATION**

- 1.1 Meaning and definition of Physical Education and its aims and objectives.
- 1.2. Need and importance of Physical Education.
- 1.3. Modern concept and scope of Physical Education.
- 1.4. Misconception about Physical Education.
- 1.5. Place of Physical Education in the total education process.

**2. PHYSIOLOGICAL EFFECTS OF PHYSICAL EDUCATION**

- 2.(i) Meaning of Muscular system - types of muscles.
  - (ii) Effects of exercise on the muscular system
  
- 2.2(i) Meaning of circulatory System
  - (ii) Effects of exercise on circulatory System.
  
- 2.3(i) Meaning and types of respiratory system.
  - (ii) Effects of exercise on respiratory system.
  
- 2.4(i) Meaning of Digestive System.
  - (ii) Effects of exercise on digestive System.

**3. PHYSIOLOGICAL ASPECT OF PHYSICAL EDUCATION**

- 3.(1). Definition of Psychology and sports Psychology.
- 3.2. Psychological factor affecting the performance in games and sports.
- 3.3. Achievement and motivation in sports.
  - 3.3.(i) Types of Motivation and methods to motivate Players
- 3.4. Sportsmanship and Sports Ethics.
- 3.5. Methods of development of Sportsman and sports Ethics.

**PART-B**

**12 Marks**

1. History of the game/sport.
2. Latest general rules of the game/sport.
3. Latest Measurement of the games/sports.
4. Fundamental skills of the game/sport
5. Related sports/Games terminologies.
6. Important tournaments and venues.
7. Latest Sports personalities.
8. Sports Awards.

**PART-C**

**24 Marks**

**1. HEALTHFUL LIVING**

- 1.1.(i) Meaning and Concept of Health Education.
- 1.1.(ii) Aims and Objective of Health Education
- 1.1.(iii) Scope of Health Education
- 1.1.(iv) Importance of Health Education
- 1.1.(v) Principles of Health Education
- 1.1.(vi) Factors influencing Health Education
- 1.1.(vi) Importance of community participation for the Health promotion and welfare of individual family and community - W.H.O., Indian Red Cross Society. T.B. Association of India, Indian council for child welfare, family planning association of India, Hindu Kusht Nivaran sangh.

**2. COMMUNICABLE DISEASES**

- 2.1. Meaning of communicable diseases and mode of transmission.
- 2.2. Essential conditions for communication diseases to occur and diseases process.
- 2.3. Cause of Communicable diseases.
- 2.4. Common alert signals indicating on set of communication diseases.
- 2.5. Mode of transmission, common symptoms and prevention of spread of- AIDS, Rebies, Tetanus, Malaria, Hepatitis 'B' and 'C' , Tuberculosis.

**3. CONTEMPORARY HEALTH PROBLEMS**

- 3.1. Abuse of Alcohol, tobacco and drugs and the effects of abuse on individual, family and community.
- 3.2. Effects of Alcohol, tobacco and drugs on sportsperson.
- 3.3. Eating habits that cause obesity and its effects on health.
- 3.4. Prevention of obesity.

**PRACTICAL****20 MARKS**

The activity syllabus has been divided into following four parts. The marks of each part are as follows:

Part-A	Track and Field (Two events)	-
Part-B	Games and Sports (One Game)	-
Part-C	Achievement in Sports	-
Part-D	Practical Note Book (Class Record)	-

**PART- A TRACK AND FIELD**

Any two events may be opted. Each event will carry 4 marks out of which 2 marks are for viva concerning athletics event selected by the candidate.

1. Sprints 100 meters or 200 meters or 400 meters.
2. Middle and Long distance running 800 meters or 1500\* meters or 3000\* meters
3. Broad Jump.
4. Triple Jump\*
5. High Jump.
6. Shot Put.
7. Discuss throw.
8. Javelin Throw.

\*denotes 'for boys only'

**PART- B TEAM GAMES**

Any one game from Group A and B may be opted. The game will carry 4 marks out of which 2 marks will be proficiency in the game and skills of the game.

<b>Group A</b>	<b>Group B</b>
Hockey	Badminton
Football*	Wrestling*
Volley Ball	Table Tennis
Basket Ball	Boxing*
Kabaddi	Rhythmic (Folk Dance, Drill & Marching)
Kho-Kho	
Hand Ball	

\*denotes 'for boys only'

**PART C ACHIEVEMENT IN SPORTS**

(Breakup of 10 marks shall be as follows)

1. School level participation	4
2. Zonal level participation	5
3. District level participation	7
4. State level participation	9
5. National level participation	10

**PART D PRACTICAL NOTE BOOK**

Practical Record (activities)

**BOOKS RECOMMENDED:**

Published by HP Board of School Education.

**Subject:- Physical Education**

**Design of Question Paper**

**Class:- 10+1 (Regular)**

**Session-2022-23**

**M.M-60**

**BLUE PRINT**

<b>Name of unit</b>	<b>1 mark MCQ</b>	<b>5 Marks Questions</b>	<b>6 Marks Questions</b>	<b>7 Marks Questions</b>	<b>Total Marks</b>
<b>1. Concept Of Physical Education 2. Physiological Effects of Physical Education 3. Physiological aspects of Physical Education</b>	<b>5 Questions</b>	<b>Nil</b>	<b>2 Questions</b>	<b>1 Question</b>	<b>24</b>
<b>1. Athletics 2. Games</b>	<b>2 Questions</b>	<b>2 Questions</b>	<b>Nil</b>	<b>Nil</b>	<b>12</b>
<b>1. Healthful Living 2. Communicable Diseases 3. Contemporary Health Problem</b>	<b>5 Questions</b>	<b>Nil</b>	<b>2 Questions</b>	<b>1 Question</b>	<b>24</b>
<b>Total Marks</b>	<b>1x12=12</b>	<b>2X5=10</b>	<b>4X6=24</b>	<b>2X7=14</b>	<b>60</b>