



Air Force Golden Jubilee Institute

Subroto Park New Delhi – 110010

Term – I

Syllabus (2011-2012)

Class – XI

PHYSICAL EDUCATION

PART- A

UNIT 1: Concept of Physical Education

- Meaning, definitions, aims, objectives
- Need, importance, misconceptions

UNIT 2: Career aspects of physical education

- As a profession, ethics, and career options, avenues for career, self assessment

UNIT 3: Health concepts of physical education

- Role of physical education, community Health, effects of Alcohol, Tobacco, and drugs on sports performance, obesity hypertension and stress.

PART-B

Any one game of student's choice

- History, general rules, specifications, tournaments, sports personalities, sports gear.