**HEALTH AND PHYSICAL EDUCATION**

**For Class-IX**

Theory Marks: 65

1. Meaning and Scope of Physical Education:

a. Definition of Physical Education, its relationship with Health Education and General Education

b. Aims and objectives of Physical Education

c. Islam and Physical Education

2. Theory of Movements:

 Movements of the body:

 i. Fundamental: Stretching, Bending, Twisting, etc.

 ii. Derived: Walking, Running, Jumping, Climbing, Throwing, etc.

3. Educational gymnastics:

 a. Its importance and modern trends

 b. Activities in educational gymnastics:

 i. Curling and stretching,

 ii. Turning and twisting,

 iii. Swimming and circling,

 iv. Balancing and weight bearing,

 v. sequence of the above movements, and

 vi. Forward and backward rolls.

4. Posture:

 Posture, its importance and defects

 (Defects: Round back, hallow back, un-even shoulders, flat foot)

5. Massage:

 Massage, its utility and methods

6. Sports Equipment:

 Equipments, supply and maintenance

7. Games:

 Rules and basic techniques of the following:

 i. Badminton

 ii. Volleyball

8. Athletics:

 Rules and basic techniques of the following Athletic events:

 i. 100, 200, 400 meters races

 ii. 400 meters relay race (4x100)

 iii. Broad jump and putting the shot

9. Health Education:

 i. Health Education and its importance

 ii. Public health problems

10. Personal Health:

 i. Care of skin, hair, teeth, eyes and nose

 ii. Dress

 iii. Exercise, fatigue, rest and sleep

 iv. Effects of alcohol, tobacco and other narcotics

11. Mechanism of body movements:

 i. Joints

 ii. Muscles

**RECOMMENDED REFERENCE BOOKS**

 The question paper will be syllabus oriented. However, the following books are recommended for reference and supplementary reading:

 1. 

 Published by: 

 2. 

 

 Written by: 

 Published by: 