**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:

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2. C:\Documents and Settings\Research\Desktop\Graphic1.jpg

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