

Health and Physical Education for standard XI

Competency statements

- To generate awareness of holistic development.
- To plan exercise and diet for physical fitness.
- To develop physical fitness through rhythmic exercise.
- To adopt advanced and technically sound exercise and skills.
- To comprehend the misconception and effect of performance enhancing drugs.
- To develop team spirit to embrace sportsmanship and leadership qualities.
- To acquire information about sports related injuries, first aid and cardiopulmonary resuscitation (CPR).
- To obtain information on professional opportunities in sports and how to acquire them.
- To be inspired by success stories of sportsmen.
- To be informed of the different levels of competition.
- To increase physical fitness through training programs.
- To develop physical and intellectual abilities based on innate strengths and weaknesses.
- To be informed about games, their rules and ground measurement.
- To be aware of modern technology that stimulates physical activity and fitness.
- To be informed about arrangement and facility management of various sports.
- To embrace a stress-free lifestyle.
- To adopt discipline and lifestyle that aids sports dexterity.

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