

SYLLABUS (2025-2026)

CLASS: XII
SUBJECT: PHYSICAL EDUCATION - (048)

TEXTBOOKS:

1. NCERT PHYSICAL EDUCATION CLASS XII.
2. SARASWATI PUBLICATION TEXT BOOK OF PHYSICAL EDUCATION

EXAMINATION	UNIT/ CHAPTER / TOPIC	SUBTOPICS	WEIGHTAGE (MARKS)
HALF YEARLY SYLLABUS (UNIT 1 to 5)			
HALF YEARLY	Unit 1: MANAGEMENT OF SPORTING EVENTS	1.1 Functions of Sports Events Management (Planning, Organizing, Staffing, Directing & Controlling) 1.2 Various Committees & their Responsibilities 1.3 Tournaments and their Procedures – Knock-Out (Bye Seeding & League (Staircase, Cyclic, Tabular method) and Combination) 1.4 Intramural & Extramural tournaments – Meaning Objectives & Its Significance 1.5 Specific sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)	15
	Unit 2: CHILDREN & WOMEN IN SPORTS	2.1 Exercise guidelines of WHO for different age groups. 2.2 Common postural deformities – Knock knees, Bow legs, Flat foot, Round shoulders, Lordosis, Kyphosis, Scoliosis, and their corrective measures. 2.3 Special consideration (Menarche & Menstrual dysfunctions, Female Athletes	15

		<p>Triad - Osteoporosis, Amenorrhea, Eating disorders)</p> <p>2.4 Special consideration in sports – Physical, Psychological, and Social benefits.</p>	
	<p>Unit 3:</p> <p>YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE</p>	<p>3.1 Obesity: Procedure, Benefits & Contraindications for Tadasana, Utkatasana, Vakrasana, Ardha Matsyendrasana, Bhujangasana, Shalabhasana</p> <p>3.2 Diabetes: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Ardha Matsyendrasana, Mandukasana, Gomukhasana</p> <p>3.3 Asthma: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Bhujangasana, Gomukhasana, Matsyasana, Chakrasana</p> <p>3.4 Hypertension: Procedure, Benefits & Contraindications for Tadasana, Vajrasana, Sarala Matsyasana, Bhadrakonasana, Makarasana, Nadishodhana</p>	15
	<p>Unit 4:</p> <p>PHYSICAL EDUCATION AND SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS - DIVYANG)</p>	<p>4.1 Organizations Promoting Disability Sports (Special Olympics, Paralympics, Deaflympics)</p> <p>4.2 Concept of Classification in sports – its need and implementation</p> <p>4.3 Concept of Inclusion, its need, and implementation</p> <p>4.4 Advantages of Physical Activities for Children with Special Needs</p> <p>4.5 Strategies to make Physical Activities accessible for CWSN (Children With Special Needs)</p>	10
	<p>Unit 5:</p> <p>SPORTS NUTRITION</p>	<p>5.1 Concept of balanced diet and nutrition</p> <p>5.2 Macro & Micro Nutrients: Components & Functions</p> <p>5.3 Nutritive & Non-Nutritive Components of Diet</p> <p>5.4 Importance of Nutrition in Sports: Effects</p>	15

		of Dieting, Food Intolerance, and Food Myths 5.5 Eating for weight control in sports – Pre, During, and Post competition Requirements	
		TOTAL MARKS	70

EXAMINATION	UNIT/ CHAPTER / TOPIC	SUBTOPICS	WEIGHTAGE (MARKS)
ANNUAL	Unit 1: MANAGEMENT OF SPORTING EVENTS	1.1 Functions of Sports Events Management (Planning, Organizing, Staffing, Directing & Controlling) 1.2 Various Committees & their Responsibilities 1.3 Tournaments and their Procedures – Knock-Out (Bye Seeding & League (Staircase, Cyclic, Tabular method) and Combination) 1.4 Intramural & Extramural tournaments – Meaning Objectives & Its Significance 1.5 Specific sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)	9
	Unit 2: CHILDREN & WOMEN IN SPORTS	2.1 Exercise guidelines of WHO for different age groups. 2.2 Common postural deformities – Knock knees, Bow legs, Flat foot, Round shoulders, Lordosis, Kyphosis, Scoliosis, and their corrective measures. 2.3 Special consideration (Menarche & Menstrual dysfunctions, Female Athletes Triad - Osteoporosis, Amenorrhea, Eating disorders) 2.4 Special consideration in sports – Physical, Psychological, and Social benefits.	7

	Unit 3: YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE	3.1 Obesity: Procedure, Benefits & Contraindications for Tadasana, Utkatasana, Vakrasana, Ardha Matsyendrasana, Bhujangasana, Shalabhasana 3.2 Diabetes: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Ardha Matsyendrasana, Mandukasana, Gomukhasana 3.3 Asthma: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Bhujangasana, Gomukhasana, Matsyasana, Chakrasana 3.4 Hypertension: Procedure, Benefits & Contraindications for Tadasana, Vajrasana, Sarala Matsyasana, Bhadrakonasana, Makarasana, Nadishodhana	7
	Unit 4: PHYSICAL EDUCATION AND SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS - DIVYANG)	4.1 Organizations Promoting Disability Sports (Special Olympics, Paralympics, Deaflympics) 4.2 Concept of Classification in sports – its need and implementation 4.3 Concept of Inclusion, its need, and implementation 4.4 Advantages of Physical Activities for Children with Special Needs 4.5 Strategies to make Physical Activities accessible for CWSN (Children With Special Needs)	8
	Unit 5: SPORTS NUTRITION	5.1 Concept of balanced diet and nutrition 5.2 Macro & Micro Nutrients: Components & Functions 5.3 Nutritive & Non-Nutritive Components of Diet 5.4 Importance of Nutrition in Sports: Effects of Dieting, Food Intolerance, and Food Myths	7

		5.5 Eating for weight control in sports – Pre, During, and Post competition Requirements	
	Unit 6: TEST AND MEASUREMENT IN SPORTS	<p>6.1 Fitness Test – SAI Khelo India Fitness Test in school</p> <ul style="list-style-type: none"> • Age group 5-8 yrs/class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test • Age group 9-18 yrs/class 4-12: BMI, 50m Speed test, 600m Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls). <p>6.2 Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds $\times 100/5.5 \times$ Pulse count of 1-1.5 Min after Exercise.</p> <p>6.3 Computing Basal Metabolic Rate (BMR)</p> <p>6.4 Rikli & Jones – Senior Citizen Fitness Test –</p> <ul style="list-style-type: none"> • Chair Stand Test for lower body strength, + Arm Curl Test for upper body strength • Chair Sit & Reach Test for lower body flexibility, + Back Scratch Test for upper body flexibility • Eight Foot Up & Go Test for agility, + Six Minute Walk Test for Aerobic Endurance. <p>6.5 Johnson – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)</p>	8

	Unit 7: PHYSIOLOGY & INJURIES IN SPORT	7.1 Physiological factors determining Components of Physical Fitness. 7.2 Effect of exercise on the Muscular System. 7.3 Effect of exercise on the Cardio-Respiratory System. 7.4 Physiological changes due to Ageing. 7.5 Sports injuries – Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries – Dislocation, Fractures – Green Stick, Comminuted, Transverse Oblique & Impacted).	8
	Unit 8: BIOMECHANICS AND SPORTS	8.1 Newton’s Law of Motion & its Application in Sports. 8.2 Types of Levers and their Application in Sports. 8.3 Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports. 8.4 Friction and Sports. 8.5 Projectile in Sports.	10
	Unit 9: PSYCHOLOGY AND SPORTS	9.1 Personality; its Definition & Types (Jung Classification & Big Five Theory) 9.2 Motivation, its Type & Techniques. 9.3 Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it. 9.4 Meaning, Concept & Types of Aggressions in Sports. 9.5 Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting.	7
	Unit 10: TRAINING IN SPORTS	10.1 Concept of Talent Identification and Talent Development in Sports. 10.2 Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 10.3 Types & Methods to Develop – Strength, Endurance, and Speed.	9

		10.4 Types & Methods to Develop – Flexibility and Coordinative Ability. 10.5 Circuit Training - Introduction & its importance.	
		TOTAL MARKS	70