

DAV PUBLIC SCHOOL

SECTOR-3, DHURWA, RANCHI

Physical Education Syllabus

(2020-2021)

Class- XII

PRESCRIBED BOOKS:-

SARASWATI Health and Physical Education

- By Dr. V.K.
Sharma

Months	Unit/ Chapters	Sub Topics	Exam/Test s portion
April	Unit 1	<ul style="list-style-type: none">➤ Meaning and objectives of planning➤ Various committee and its responsibilities➤ Tournament- knock out, and league➤ Intramural and extramural➤ Specific sport programmed	Class test (I-IV)
	Unit 2	<ul style="list-style-type: none">➤ Balanced diet and nutrient➤ Nutritive and non-nutritive➤ Eating for weight control➤ Sports nutrition and its effect on performance➤ Food supplement for children	
May	Unit 3	<ul style="list-style-type: none">➤ Asanas and preventive measures➤ Obesity➤ Diabetes➤ Asthma➤ Hypertension➤ Back pain	

June	Unit 4	<ul style="list-style-type: none"> ➤ Disability and disorder ➤ Types of disability, its cause and nature ➤ Types of disorder and its cause in nature ➤ Disability etiquettes ➤ Physical activities for children ➤ Physical activities for children and its special needs 	
July	Unit 5	<ul style="list-style-type: none"> ➤ Motor development and its factor ➤ Growth and development ➤ Weight training ➤ Correct and bad posture ➤ Common postural deformities ➤ Corrective measure for postural deformities 	Class test (V-VIII)
	Unit 6	<ul style="list-style-type: none"> ➤ Women in sports participation ➤ Special consideration ➤ Female athletes triad ➤ Sociological aspects of sports participation 	
August	Unit 7	<ul style="list-style-type: none"> ➤ Fat percentage ➤ Lohman children skin fold formula ➤ Kraus weber test ➤ AAHPER ➤ General motor fitness ➤ Measurement of cardio vascular fitness ➤ Fitness index 	

	Unit 8	<ul style="list-style-type: none"> ➤ Physiological parameters ➤ Gender difference ➤ Effect of cardio vascular system ➤ Effect of respiratory system ➤ Effect of muscular system ➤ Physiological changes due to ageing ➤ Role of physical activity maintaining functional fitness in aged population 	
September	Unit 9	<ul style="list-style-type: none"> ➤ Sports medicine ➤ Sports injuries ➤ First aid ➤ Management of injuries 	
	Unit 10	<ul style="list-style-type: none"> ➤ Axes and planes ➤ Movement ➤ Major muscles involved in running, jumping, and throwing ➤ Newton's law of motion and their applications in sports ➤ Projectile and factors affecting projectile trajectory ➤ Friction and sports 	
October	Unit 11	<ul style="list-style-type: none"> ➤ Stress and coping strategies ➤ Personality ➤ Motivation and its techniques ➤ Adherence ➤ Strategies for enhancing adherence to exercise ➤ Aggressions in sports 	
	Unit 12	<ul style="list-style-type: none"> ➤ Strength ➤ Endurance ➤ Speed ➤ Flexibility ➤ Coordinative abilities ➤ Circuit training 	