

NEW ERA SENIOR SECONDARY SCHOOL

(CBSE Affiliation No. 430024)

SUBJECT: PHYSICAL EDUCATION

CLASS: XII

SUBJECT TEACHER: ALOK KUMAR MOSAN(PGT)

SYLLABUS FOR 2025-26

Month: April 2025

Unit-I: MANAGEMENT OF SPORTING EVENTS

- Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)
- Various Committees & their Responsibilities (pre; during & post)
- Fixtures and their Procedures – Knockout (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments.
- Intramural & Extramural tournaments – Meaning, Objectives & Its Significance
- Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)

Month: June 2025

Unit-II: CHILDREN AND WOMEN IN SPORTS

- Exercise guidelines of WHO for different age groups.
- Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.
- Women's participation in Sports – Physical, Psychological, and social benefits. 4. Special consideration (menarche and menstrual dysfunction) 5. Female athlete triad (osteoporosis, amenorrhea, eating disorders).

Unit-III: YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE

- Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pawanmuktasana, Matsyasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedha pranayama.
- Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pawanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta - vajrasana, Paschimottasana -a, Ardha - Matsyendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.
- Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottasana, UttanMandukasana - a, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyaasana, Anuloma -Viloma.

- Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan -a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi - shodhanapranayam, Sitlipranayam.
- Back Pain and Arthritis: Procedure, Benefits & Contraindications ofTadasan, Urdhawahastootansa na, ArdhChakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama.

Month: July 2025

Unit-IV: PHYSICAL EDUCATION AND SPORT FOR CHILDREN WITH SPECIAL NEEDS

- Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)
- Concept of Classification and Divisioning in Sports.
- Concept of Inclusion in sports, its need, and Implementation;
- Advantages of Physical Activities for children with special needs.
- Strategies to make Physical Activities assessable for children with special needs

Unit-V: SPORTS AND NUTRITION

- Concept of balanced diet and nutrition
- Macro and Micro Nutrients: Food sources & functions
- Nutritive & NonNutritive Components of Diet
- Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths
- Importance of Diet in Sports-Pre, During and Post competition Requirements

Month: August 2025

Unit-VI: TEST AND MEASUREMENT IN SPORTS

- Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).
- Measurement of Cardio -Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1 -1.5 Min after Exercise.
- Computing Basal Metabolic Rate (BMR)
- Rikli & Jones - Senior Citizen Fitness Test • 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

- Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)

Unit-VII: PHYSIOLOGY AND INJURIES IN SPORTS

- Physiological factors determining components of physical fitness
- Effect of exercise on the Muscular System
- Effect of exercise on the CardioRespiratory System
- Physiological changes due to aging
- Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)

Month: September 2025

Unit-VIII: BIOMECHANICS & SPORTS

- Newton's Law of Motion & its application in sports
- Types of Levers and their application in Sports.
- Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports
- Friction & Sports
- Projectile in Sports

Month: October-November 2025

Unit-IX: PSYCHOLOGY AND SPORTS

- Personality; its definition & types (Jung Classification & Big Five Theory)
- Motivation, its type & techniques.
- Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it
- Meaning, Concept & Types of Aggressions in Sports
- Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting

Month: December 2025

Unit-X: TRAINING IN SPORTS

- Concept of Talent Identification and Talent Development in Sports
- Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.
- Types & Methods to Develop – Strength, Endurance, and Speed.
- Types & Methods to Develop – Flexibility and Coordinative Ability.
- Circuit Training - Introduction & its importance