

SYLLABUS (2022-2023)
PHYSICAL EDUCATION (048)

CLASS XII

TERM 1

UNIT 1: MANAGEMENT OF SPORTING EVENTS

UNIT 2: CHILDREN AND WOMEN IN SPORTS

UNIT 3: YOGA AND LIFESTYLE

UNIT 4: PHYSICAL EDUCATION AND SPORTS FOR CWSN

UNIT 5: SPORTS AND NUTRITION

TERM 2

UNIT 6: TEST AND MEASUREMENT IN SPORTS

UNIT 7: PHYSIOLOGY AND INJURIES IN SPORTS

UNIT 8: BIOMECHANICS AND SPORTS

UNIT 9: PSYCHOLOGY AND SPORTS

UNIT 10: TRAINING IN SPORTS