

## SYLLABUS 2019-2020

**Class** : Class 12  
**Subject** : Physical Education  
**Book** : Saraswati Physical Education  
**Publisher** : New Saraswati House (India) Pvt. Ltd.

### Term 1

#### SECTION-A

##### 1. Sociological Aspects of Physical Education

- (i) Games and sports as man's cultural heritage.
- (ii) Development of the individual through games and sports.
- (iii) Role of Physical Education in promoting national integration.
- (iv) Physical Education and personality development

##### 2. Training Methods

- (i) Meaning and importance of Sports Training..
- (ii) Methods of training.
- (iii) Warming up, conditioning and cooling/limbering exercises..
- (iv) Isometric and Isotonic exercises.
- (v) Circuit Training..
- (vi) Weight Training.

#### SECTION B

Rules and regulation of football, cricket, badminton, swimming, tennis and their interpretation.

### Term 2

#### SECTION-A

##### 1. Career Aspects in Physical Education

- (i) Career options in Physical Education
- (ii) Important institutions of Physical Education in India

##### 2. Competitions and Tournaments

- (i) Tournaments and types of tournaments.
- (ii) Difference between Professional and Amateur Players.

---

#### Contact Us

### 3. Health Education & Health Problems

- (i) Meaning and definition of 'Health' and 'Health Education'.
- (ii) Principles and importance of Health Education. Health problems and role of Health Education in solving them.
- (iii) Disability and Rehabilitation.
- (iv) Posture.
- (v) Personal hygiene and sleep requirements.
- (vi) Substance Abuse

#### SECTION B

Rules and regulation of football, cricket, badminton, swimming, tennis and their interpretation.

### Term 3

#### SECTION-A

##### 1. Sports Injuries and First Aid

- (i) Sports related injuries.
- (ii) Role of individual in prevention of sports related accidents.
- (iii) First Aid.

#### SECTION B

Rules and regulation of football, cricket, badminton, swimming, tennis and their interpretation.

### Term 4

- 1. Practical of the two games selected by the candidate.

---

#### Contact Us

Seth M.R. Jaipuria School, VineetKhand, Gomti Nagar, Lucknow – 226010, U.P., India  
Phone: +91-522-2726502, 8009858887