

## SYLLABUS 2020-2021

**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.

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## **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.

#### **2. 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

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interpretation

**Term 4**

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

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**Contact Us**

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