



# **BOKARO PUBLIC SCHOOL**

Sector - III/C, B. S. City

[www.bokaropublicschool.org](http://www.bokaropublicschool.org)

## **SYLLABUS**

Session: 2023-24

Class: - XII

Subject: -Physical Education

Subject Teacher: -Rahul Prata Prescribed Book: Saraswati Health & Phy.Edu.

<b>Sl.No</b>	<b>Month</b>	<b>Working Day</b>	<b>Name of Chapters</b>	<b>Chapter's Details</b>
1.	April	18	Unit – 01 Management of Sporting Events	1.1 Function of sports event management 1.2 Various Committees & their responsibilities 1.3 Fixture and its procedure
2.	May	04	Unit – 02 Children & Women in Sports	2.1 Common Postural Deformities 2.2 Special Consideration 2.3 Female Athlete Triad
3.	June	14	Unit - 03 Yoga and Preventive measure for lifestyle disease	3.1 Obesity 3.2 Diabetes 3.3 Asthma 3.4 Hypertension

4.	July	21	Unit - 04 Physical Education and sports for CWSN  Unit - 05 Sports and Nutrition	4.1 Organisation Promoting disabilities sports 4.2 Advantages of physical activities for CWSN 4.3 strategies to make physical activities accessible for CWSN.  5.1 Concept of Balance diet and nutrition 5.2 Macro and micro nutrients 5.3 Nutritive and Non-Nutritive components of diet
5.	August	21	Unit – 06 Test and measurement in sports	6.1 Fitness Test – SAI KhPelo India fitness test in school 6.2 Computing basal metabolic rate (BMR) 6.3 Riklis and jones – senior citizen fitness test
6.	Sep	18	Unit – 07 Physiology and injuries in sports	7.1 Physiological factors determining the components of physical fitness 7.2 Effect of exercise on muscular system
7.	Oct	17	Unit – 07 Physiology and injuries in sports  Unit -08 Biomechanics and sports	7.3 Effect of exercise on Cardio – Respiratory system 7.4 Sports injuries  8.1 Newton’s law of motion and its application in sports 8.2 Equilibrium 8.3 Friction and sports 8.4 Projectile in sports

8.	Nov	14	<p>Unit -09 Psychology &amp; sports</p> <p>Unit – 10 Training in Sports</p>	<p>9.1 Personality; its definition and types</p> <p>9.2 Meaning, concept &amp; types of aggression in sports</p> <p>9.3 Psychological attributes in sports</p> <p>10.1 Concept of Talent identification and talent Development in sports</p> <p>10.2 introduction to Sports training cycle</p>
9.	Dec	20	<p>Unit – 10 Training in Sports</p> <p>Revision.....</p>	<p>10.3 Types of methods to Develop – strength, endurance and speed</p> <p>10.4 Types of methods to Develop – flexibility and coordinative ability</p> <p>-----</p>
10.	Jan	20	<p>Pre-Board and Practical's</p>	<p>-----</p>

11.	Feb	20	-----	-----
12.	Mar	NA	-----	-----

**Other Prescribed Book:** Saraswati Health & Phy.Edu