

CBSE Class XII Physical Education (Subject Code 048) Syllabus (2026-27)

THEORY (Total: 70 Marks)

Unit 1: 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 – Knock-Out (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)

Unit 2: Children & 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
- Special consideration (menarche and menstrual dysfunction)
- Female athlete triad (osteoporosis, amenorrhea, eating disorders)

Unit 3: Yoga as Preventive measure for Lifestyle Disease

- Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha - Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama
- Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati
- Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyaasana, Anuloma-Viloma
- Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam
- Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama

Unit 4: Physical Education and Sports for CWSN (Children with Special Needs - Divyang)

- 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 5: Sports & Nutrition

- Concept of balanced diet and nutrition
- Macro and Micro Nutrients: Food sources & functions
- Nutritive & Non-Nutritive 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

Unit 6: Test & Measurement in Sports

- Fitness Test SAI Khelo India Fitness Test in school (Age group 5-8 years & 9-18 years specific tests)
- Measurement of Cardio-Vascular Fitness - Harvard Step Test
- Computing Basal Metabolic Rate (BMR)
- Rikli & Jones Senior Citizen Fitness Test
- Johnsen - Methney Test of Motor Educability

Unit 7: Physiology & Injuries in Sport

- Physiological factors determining components of physical fitness
- Effect of exercise on the Muscular System
- Effect of exercise on the Cardio-Respiratory System
- Physiological changes due to aging
- Sports injuries: Classification (Soft Tissue Injuries, Bone & Joint Injuries)

Unit 8: Biomechanics and 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

Unit 9: 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

Unit 10: 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

PRACTICAL GUIDELINES (Max. Marks 30)

1. **Physical Fitness Test:** SAI Khelo India Test, Brockport Physical Fitness Test (BPFT) - 6 Marks
2. **Proficiency in Games and Sports:** Skill of any one IOA recognized Sport/Game of Choice - 7 Marks
3. **Yogic Practices:** 7 Marks
4. **Record File:** 5 Marks
5. **Viva Voce:** (Health/ Games & Sports/ Yoga) - 5 Marks