

CBSE Class XII Physical Activity Trainer (Subject Code - 845) Syllabus (2025-2026)

PART A: EMPLOYABILITY SKILLS (Total: 10 Marks)

- **Unit 1:** Communication Skills-IV
- **Unit 2:** Self-management Skills-IV
- **Unit 3:** Information and Communication Technology Skills-IV
- **Unit 4:** Entrepreneurial Skills-IV
- **Unit 5:** Green Skills-IV

PART B: SUBJECT SPECIFIC SKILLS (Total: 40 Marks)

Unit 1: Overview of Physical Education and Sports Sector

- Job profiles: Teaching Physical Education, Coaching, Sports Management, Fitness sector
- Other roles: Equipment managers, Sports journalism, Photography, Sports Medicine, Sports Psychologists, Sports Nutritionists
- Differentiating between Physical activity, Games, Sports, and Recreation
- Importance of life skills in sports: Learn on how to deal with failure, Importance of working hard
- Sports will teach you how to be a team member, Learning how to make sacrifices
- Learning discipline and Time management

Unit 2: Assessment of Students

- Meaning of assessment and Types of assessment (Self-assessment, Peer assessment, Teacher Observation, Homework)
- Factors influencing assessment: Physical factors, School factors, Teacher factors
- Assessment tools: Checklist, Rubrics, Benchmark
- Types of evaluation: Formative, Summative, and Diagnostic Evaluation
- Meaning and steps in qualitative and quantitative assessment
- Elements of teaching process and Ongoing evaluation
- Key success factors for imparting high quality Physical Education and Organizing an evaluation plan
- Parent-Teacher Meeting, Managing Parent-Teacher meeting, and Interaction with parents post assessments
- Explanation of performance evaluation and Steps to improve performance of slow learners

Unit 3: Emergency Management

- Meaning, Need, and importance of emergency response (dealing with heat stroke, allergies, asthma attacks, sudden cardiac arrest)
- CPR
- First Aid: DRABC of First Aid, Purpose and Basic principles
- Basic sports injuries: Sprain, Strain, and Instructions for R.I.C.E.
- Concept of First Aid kit and Area inspection for safety
- Roles and responsibilities of first responder, Equal opportunities, and First Aid procedures

Unit 4: Health and Hygiene in Play Area

- Maintenance of player's health and hygiene
- General Hygiene and Sanitation rules and Hygiene tips
- Inspection and maintenance of sports facilities and kits (Low frequency and High frequency inspections)
- Personal items and kits inspections
- Maintenance of Hygiene in play area

PART C & D: PRACTICAL WORK & PROJECT (Total: 50 Marks)

- **Practical Examination:** 15 Marks
- **Written Test:** 10 Marks
- **Viva Voce:** 10 Marks
- **Practical File/ Student Portfolio:** 10 Marks
- **Project Viva Voce:** 5 Marks