

**PHYSICAL EDUCATION (048)**  
**Class XII**

**Unit I Planning in Sports**

Intramural & Extramural – Meaning, Objectives & Its Significance  
Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

**Unit III Yoga & Lifestyle**

Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

**Unit IV Physical Education & Sports for CWSN (Children With Special Needs - Divyang)**

Advantage of Physical Activities for children with special needs

**Unit V Children & Women in Sports**

Special consideration (Menarch & Menstrual Dysfunction)  
Female Athletes Triad (Oestoperosis, Amenoria, Eating Disorders)

**Unit VI Test & Measurement in Sports**

- o General Motor Fitness–Barrow three item general motor ability(Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01Kg)

**Unit VII Physiology & Injuries in Sports**

- Physiological changes due to ageing

**Unit VIII Biomechanics & Sports**

- Friction & Sports

**Unit IX Psychology & Sports**

- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to Exercise

**Unit X Training in Sports**

- Circuit Training - Introduction & its importance

**Practical**

Record file shall include

Practical-3: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.