

SYLLABUS PHYSICAL EDUCATION

CLASS XII 2017-18

TERM -I

Units	Chapters	Weightage (for SA-I)	Weightage (final exam.)
1.	Planning in Sports	11 Periods	10 6 marks
2.	Sports & Nutrition	10 Periods	10 4 “
3.	Yoga and Lifestyle	12 Periods	8 4 “
4.	Physical Education and Sports for Differently Abled	11 Periods	18 8 “
5.	Children And Sports	11 Periods	14 4 “
6.	Women And Sports	10 Periods	10 4 “

TERM – II

Units	Chapters	Weightage (for final exam.)
7.	Test And Measurements in Sports	12 Periods 8 marks
8.	Physiology And Sports	10 Periods 6 “
9.	Sports Medicine	11 Periods 6 “
10.	Kinesiology , Biomechanics and Sports	11 Periods 8 “
11.	Psychology and Sports	12 Periods 6 “
12.	Training in Sports	11 periods 6 “

Note : Physical Education Paper Carrying 26 Questions

All questions are compulsory

A - 11 Questions carrying 1 Mark

B - 8 Questions Carrying 3 Marks

C- 7 Questions Carrying 5 Marks

According to CBSE Question Typology

