UNIT 1 : PHYSICAL FITNESS & WELLNESS

1.1 Meaning & Importance of Physical Fitness & Wellness

1.2 Components of Physical Fitness & Wellness

1.3 Factors Affecting Physical Fitness & Wellness

1.4 Principles of Physical Fitness Development

1.5 Means of Fitness Development - Aerobic & Anaerobic, Games & Sports, Yoga and Recreational Activities

UNIT 2 : PLANNING IN SPORTS

2.1 Fixtures - Knock Out; League; Seeding and Bye

2.2 Intramurals And Extramurals

2.3 Formation Of Committees for Organizing Sports Events

2.4 Specific Sports Programmes - Health Runs; Run for Fun; Run for Unity; Run for Awareness; Run for Specific Causes.

UNIT 3 : SPORTS ENVIRONMENT

3.1 Meaning & Need for Sports Environment

3.2 Essential Elements of Positive Sports Environment

3.3 Role of Individual in Improvement of Sports Environment for Prevention of Sports Related Accidents

3.4 Role of Spectators and Media for Creating Positive Sports Environment
UNIT 4: POSTURES

4.1 Meaning and Concept of Correct Postures - Standing And Sitting

4.2 Advantages of Correct Posture

4.3 Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scolioses

4.4 Physical Activities as Corrective Measures

UNIT 5: YOGA

5.1 Meaning & Importance of Yoga

5.2 Yoga as an Indian Heritage

5.3 Elements of Yoga

5.4 Role of Yoga in Sports - Asanas, Pranayam and Mediation

UNIT 6: SPORTS AND NUTRITION

6.1 Balanced Diet

6.2 Elements of Diet

6.3 Components of Diet

6.4 Role of Diet on Performance

UNIT 7: TRAINING METHODS

7.1 Meaning, Concept and Principles of Training

7.2 Methods of Flexibility Development

7.3 Methods of Strength Development - Isometric & Isotonic

7.4 Methods of Endurance Development - Continuous Method, Interval Training & Fartlek.

7.5 Methods of Speed Development

7.6 Circuit Training
UNIT 8 : PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION

8.1 Definition & Importance of Sports Psychology

8.2 Types and Techniques of Motivation

8.3 Developmental Characteristics at Different Stages of Growth

8.4 Adolescent Problems & its Management

8.5 Ethics in Sports

8.6 Anxiety and its Management

Part B

Following sub topics related to any one Game/Sport of choice of student out of: Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho Kho, & Volleyball.

Unit 1

1.1 History of the Game/Sport

1.2 Latest General Rules of the Game/Sport

1.3 Specifications of Play Fields and Related Sports Equipments

1.4 Important Tournaments and Venues

1.5 Sports Personalities

1.6 Proper Sports Gear and its Importance

Unit 2

2.1 Fundamental Skills of the Game/Sport

2.2 Specific Exercises of Warm-up and Conditioning

2.3 Related Sports Terminologies

2.4 Sports Awards

2.5 Common Sports Injuries & its Prevention
The Practical Syllabus has been divided into five parts & the marks allotted for each part are as follows:

(i) Physical Fitness Test (Compulsory) : 10 Marks
(ii) Skill of Chosen Sport/Game : 05 Marks
(iii) Any Five Asanas : 05 Marks
(iv) Viva : 05 Marks
(v) Record Book(File)* : 05 Marks

* Record Book (File) must include other than the details of Game/Sport of your choice the following:

(i) BMI calculation of minimum ten Students
(ii) AAHPHER Test Score of minimum ten Students