

**AIWC ACADEMY OF EXCELLENCE**  
**SESSION: (2025 – 2026)**  
**SUB: – PHYSICAL EDUCATION**  
**STD. XII**

<b>UNIT – I</b>	<b>Ch1- Management of Sporting Events</b>
<b>UNIT – II</b>	<b>Ch2– Children &amp; Women in Sports</b> <b>Ch3- Yoga as Preventive measure for Lifestyle Disease</b>
<b>TERM – I</b>	<b>Ch1- Management of Sporting Events</b> <b>Ch2– Children &amp; Women in Sports</b> <b>Ch3- Yoga as Preventive measure for Lifestyle Disease</b> <b>Ch4- Physical Education and Sports for CWSN (Children with Special Needs – Divyang)</b> <b>Ch5- Sports &amp; Nutrition</b> <b>Ch6- Test and Measurement in Sports</b>
<b>UNIT – III</b>	<b>Ch6- Test and Measurement in Sports</b> <b>Ch7- Physiology &amp; Injuries in Sport</b>
<b>BOARD FINAL</b>	<b>Ch1- Management of Sporting Events</b> <b>Ch2– Children &amp; Women in Sports</b> <b>Ch3- Yoga as Preventive measure for Lifestyle Disease</b> <b>Ch4- Physical Education and Sports for CWSN (Children with Special Needs – Divyang)</b> <b>Ch5- Sports &amp; Nutrition</b> <b>Ch6- Test and Measurement in Sports</b> <b>Ch7- Physiology &amp; Injuries in Sport</b> <b>Ch8- Biomechanics and Sports</b>

	<b>Ch9- Psychology and Sports</b> <b>Ch10-Training in Sports</b>
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