

AIWC ACADEMY OF EXCELLENCE

SESSION: (2024 – 2025)

Std 12

Portion:-Physical Education

UNIT - I	Ch1- Management of Sporting Events
UNIT - II	Ch2- Children & Women in Sports Ch3- Yoga as Preventive measure for Lifestyle Disease
TERM - I	Ch1- Management of Sporting Events Ch2- Children & Women in Sports Ch3- Yoga as Preventive measure for Lifestyle Disease Ch4- Physical Education and Sports for CWSN (Children with Special Needs - Divyang) Ch5- Sports & Nutrition Ch6- Test and Measurement in Sports
UNIT - III	Ch6- Test and Measurement in Sports Ch7- Physiology & Injuries in Sport
BOARD FINAL	Ch1- Management of Sporting Events Ch2- Children & Women in Sports Ch3- Yoga as Preventive measure for Lifestyle Disease Ch4- Physical Education and Sports for CWSN (Children with Special Needs - Divyang) Ch5- Sports & Nutrition Ch6- Test and Measurement in Sports Ch7- Physiology & Injuries in Sport Ch8- Biomechanics and Sports Ch9- Psychology and Sports Ch10-Training in Sports