



# N.C. Jindal Public School

Punjabi Bagh, New Delhi

## PHYSICAL EDUCATION

Subject Code: 048

**Class XII | Session 2026–27**

Total Units <b>10 Units</b>	Subject Code <b>048</b>
Session <b>2026 – 2027</b>	Exam Note <b>All Units in Pre-Board</b>

★ *All units of the syllabus will be included in the Pre-Board Examination* ★



## SECTION 1 – Syllabus Overview (All Units at a Glance)

A quick reference of all 10 units and their topics for Class XII Physical Education, Session 2026–27.

Unit No.	Unit Title	Topics Covered
Unit 1	Management of Sporting Events	Functions of management   Committees   Fixtures   Intramural & Extramural   Community sports
Unit 2	Children & Women in Sports	Exercise guidelines   Postural deformities   Women participation   Female athlete issues
Unit 3	Yoga for Lifestyle Disease	Yoga for obesity   Yoga for diabetes   Yoga for asthma   Yoga for hypertension   Yoga for back pain
Unit 4	CWSN (Children with Special Needs)	Disability sports   Classification   Inclusion   Benefits
Unit 5	Sports & Nutrition	Balanced diet   Nutrients   Weight control   Diet in sports
Unit 6	Test & Measurement	Fitness tests   Harvard step test   BMR   Senior fitness test
Unit 7	Physiology & Injuries	Physiological factors   Exercise effects   Aging   Sports injuries
Unit 8	Biomechanics	Newton's laws   Levers   Equilibrium   Friction   Projectile
Unit 9	Psychology	Personality   Motivation   Exercise adherence   Aggression
Unit 10	Training	Talent identification   Training cycles   Strength & endurance   Flexibility   Circuit training




## SECTION 2 – Detailed Unit & Topic Breakdown

Topic-wise breakdown of each unit for classroom teaching and exam preparation.

Unit No.	Unit Title	Topic
<b>Unit 1</b>	<b>Management of Sporting Events</b>	1. Functions of management
		2. Committees
		3. Fixtures
		4. Intramural & Extramural
		5. Community sports
<b>Unit 2</b>	<b>Children &amp; Women in Sports</b>	1. Exercise guidelines
		2. Postural deformities
		3. Women participation
		4. Female athlete issues
<b>Unit 3</b>	<b>Yoga for Lifestyle Disease</b>	1. Yoga for obesity
		2. Yoga for diabetes
		3. Yoga for asthma
		4. Yoga for hypertension
		5. Yoga for back pain
<b>Unit 4</b>	<b>CWSN (Children with Special Needs)</b>	1. Disability sports
		2. Classification
		3. Inclusion
		4. Benefits
<b>Unit 5</b>	<b>Sports &amp; Nutrition</b>	1. Balanced diet
		2. Nutrients
		3. Weight control
		4. Diet in sports
<b>Unit 6</b>	<b>Test &amp; Measurement</b>	1. Fitness tests
		2. Harvard step test
		3. BMR
		4. Senior fitness test
<b>Unit 7</b>	<b>Physiology &amp; Injuries</b>	1. Physiological factors
		2. Exercise effects



Unit No.	Unit Title	Topic
		3. Aging
		4. Sports injuries
<b>Unit 8</b>	<b>Biomechanics</b>	1. Newton's laws
		2. Levers
		3. Equilibrium
		4. Friction
		5. Projectile
<b>Unit 9</b>	<b>Psychology</b>	1. Personality
		2. Motivation
		3. Exercise adherence
		4. Aggression
<b>Unit 10</b>	<b>Training</b>	1. Talent identification
		2. Training cycles
		3. Strength & endurance
		4. Flexibility
		5. Circuit training

 **Note:** All units of the syllabus will be included in the Pre-Board Examination.