

PHYSICAL EDUCATION (875)

BIFURCATED SYLLABUS

(As per the Reduced Syllabus for ISC - Class XII Year 2022 Examination)

SEMESTER 1 (Marks: 35)		SEMESTER 2 (Marks: 35)	
UNIT NO.	NAME OF THE UNIT	UNIT NO.	NAME OF THE UNIT
1.	Sociological Aspects of Physical Education	5.	Health Education & Health Problems
2.	Training Methods	6.	Sports Injuries and First Aid
3.	Career Aspects in Physical Education		Games <i>Any two of the following:</i> <ul style="list-style-type: none">• Cricket• Football• Hockey• Basketball• Volleyball• Badminton• Tennis• Swimming• Athletics
4.	Competitions and Tournaments		