

माध्यमिक शिक्षा मण्डल, मध्यप्रदेश, भोपाल
हायर सेकेण्डरी परीक्षा सत्र 2023-24
पाठ्यक्रम

कक्षा :- 12वीं

विषय :- शारीरिक शिक्षा (Physical Education)

क्र.	इकाई / अध्याय
1	Management of Sporting Events
2	Children And Women In Sports
3	Yoga as Preventive measure for Lifestyle Disease
4	Physical Education And Sports For CWSN (Children with Special Needs - Divyang)
5	Sports & Nutrition
6	Test & Measurement In Sports
7	Physiology & Injuries In Sports
8	Biomechanics & Sports
9	Psychology & Sports
10	Training In Sports

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