

A.I.W.C ACADEMY OF EXCELLENCE

UNIT AND TERMWISE SYLLABUS

SUBJECT-PHYSICAL EDUCATION

STD-XI

SESSION- (2023-24)

	Chapter's Name
Unit-I	Ch:-1 :- Changing Trends and Careers in physical Education
Unit-II	Ch-2:- Olympism Ch-3:- Yoga
Term-I	Ch:-1 :- Changing Trends and Careers in physical Education Ch-2:- Olympism Ch-3:- Yoga Ch-4:- Physical Education & Sports for CWSN Ch-5:- Physical Fitness, Health and Wellness Ch-6:- Test, Measurement, and Evaluation
Unit-III	Ch-6:- Test, Measurement, and Evaluation Ch-7:- Fundamental of Anatomy, Physiology in Sports
Term--II	Ch:-1 :- Changing Trends and Careers in physical Education Ch-2:- Olympism Ch-3:- Yoga Ch-4:- Physical Education & Sports for CWSN Ch-5:- Physical Fitness, Health and Wellness Ch-6:- Test, Measurement, and Evaluation Ch-7:- Fundamental of Anatomy, Physiology in Sports Ch-8:- Fundamentals of Kinesiology and Biomechanics in Sports Ch-9:- Psychology and Sports Ch-10:-Training and Doping in sports.