



DELHI PUBLIC SCHOOL, PAKUR

Affiliated to C.B.S.E., New Delhi, Up to 10 +2 Level

(Affiliation Number-3430354)

(SYLLABUS BI-FURCATION)

Class-XI

S.N	SUB	EXAM.	FULL SYLLABUS
1.	PHY.EDN	UT-1	<i>Unit-1 Changing Trends and Career in Physical Education. Unit-2- Olympic value Education. Unit-3- Yoga</i>
		HYL	UT 1 + <i>Ch-4- Physical Edn. And Sport for CWSN. Ch-5- Physical Fitness and Wellness. Ch-6- Test Measurement and Evaluation.</i>
		UT-2	<i>Unit-7- Fundamentals of Anatomy and Physiology in sports. Unit-8- Fundamental of Kinesiology and Biomechanics in Sports. Unit-9- Psychology and Sports. Unit-10- Training and Doping in Sports.</i>
		ANNUA L	<i>Full syllabus according to CBSE Board (Theory-70 Marks or Practical- 30 Marks)</i>