

For the Year 2025

**Physical
Education/Yoga –
321 Syllabus for
NCET**

PHYSICAL

UNIT - I: *Health Status and Programmes In India, Major Diseases and Health Policies, Present Health Status*

- Major diseases: Communicable – Typhoid, Influenza, Malaria, Dengue, HIV Infection.
Non-Communicable – Diabetes, Hypertension, Depression
- Nutritional status: Hypo and hypernutrition. Health Policies and Programmes
- National Health Policies (National Health Policy documents, Mental Health, etc).
- National Policy on Education.
- School health services and midday meal programme.
- National Rural Health Mission.
- Adolescence Education programme.

Unit – II: *Psychological and Sociological Aspects of Physical Education and Sports* ***Psychological Aspects***

- Role of Psychology in Games and Sports.
- Interest, Aptitude, and Motivation in sports.
- Personality development through sports.
- Role of sports in managing emotion, stress, and aggression.

Sociological Aspects

- Socialization through sports (Impact of sports on society).
- Understanding the impact of caste, class, and gender and differently disabled on health and sports.
- Development of leadership qualities through games and sports.

Unit - III: *Theoretical Aspect of Games, Sports and Yogic Practice, Basics of Games and Sports Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Handball, Hockey, Judo, Kabbadi, Kho-kho, Volleyball, Swimming, Table tennis and Wrestling*

- 1) Individual/Team
- 2) Indoor/Outdoor
- 3) Number of players, Equipment/gears
- 4) Playfield areas
- 5) General rules
- 6) Interpretation of Rules

- 7) Advanced skills in the Games and Sports
- 8) Basic Strategies of the Games and Sports
- 9) Criteria of participation
- 10) Fouls and penalties
- 11) Scoring rules
- 12) Winning or losing parameters
- 13) Safety and Guidelines Awards

Unit - IV: *Yoga- Basics of Yogic Practices*

- Suryanamaskar/Sun Salutation
- Asanas: - Standing: Uttirikshasana , Trikonasana, Padhatasana, Utkatsana, Ardhchakrasana, Sitting: Pravatasana, Urstasana, Yogmudrasana, Simhasana, Dhanurasana, Sukhasana
Lying: Proline- Makarasana, Shalbhasana; Supine-Viparitakarani, Sarvangasana - Advance Asana- Utkatasana, Kukutasana
- Kriya: Kapalbhathi
- Bandha: Uddiyana
- Pranayama: Bhramari, Sheetli and Sheetkari
- Yognidra - Knowledge of Do's and Don'ts of yogic practices

Unit - V: *Nutrition and Athlete's Care - Food and Nutrition*

- Importance of balanced diet for sports persons.
- Diet for Power Sports, Short and long duration sports.
- Food adulteration and awareness. Athlete's Care
- Causes and management of Common Sports Injuries: Sprain, Strain, Contusion, Abrasion, Cramp, Muscle Pull, Dislocation, and Fracture.
- Obesity and its Management
- Drugs and doping Education.

Unit - VI: *Policy, Programmes and Career Options*

- National Sports Policies in India.
- Sports Awards- Rajiv Gandhi Khel Ratna Award, Arjuna Award, Dronacharya Award.

- Career Opportunities in Physical Education, Sports, and Yoga in India.
- Courses offered in Physical Education, Sports, and Yoga in India.

Unit-VII: *Skill-Related Physical Fitness Means and methods for improvement of :*

- Power.
- Speed.
- Agility.
- Balance.

Unit-VIII: *Measurement and Evaluation*

- Power: Standing Broad Jump: Backward Medicine Ball Throw
- Speed: Sprint- (40 Meters) Sprint- (50 Meters)
- Agility: Shuttle Run (4X10 Meters) SEMO Agility test
- Balance: Static Balance (Stroke Stand Test) Dynamic Balance (Modified Bass Test)

PHYSICAL EDUCATION