



आधिकारिक पाठ्यक्रम 2025-26

OFFICIAL SYLLABUS 2025-26

स्वास्थ्य एवं शारीरिक शिक्षा / Health & Physical Education

कोड: 5092

कक्षा : बारहवीं / Class-12th

विषय का नाम Subject Name	कोड Code	अवधि अंक Duration/Marks	परीक्षा चक्र Exam Cycle
Health & Physical Education	I-5092	3 घंटे /100 अंक 3 Hrs / 100 Marks	(ऑन-डिमांड) / (On-Demand) अप्रैल और अक्टूबर /April And October

विषय सूची \ Table of Contents

क्र.सं. Sr No.	विषय Topic	विवरण Details
भाग 1: बुनियादी जानकारी Part :1 Basic Information		
1.1	शारीरिक फिटनेस, वेलनेस और जीवनशैली Physical Fitness, Wellness & Lifestyle	विषय का नाम, कोड Subject Name, Code
1.4	खेल प्रशिक्षण और बायोमैकेनिक्स Sports Training & Biomechanics	100 अंकों का विभाजन Division of 100 Marks
भाग - 2: पाठ्यक्रम का विवरण Part -2: Syllabus Detail		
80 Marks		
2.1	शरीर-रचना विज्ञान, शरीर-क्रिया विज्ञान और खेल चिकित्सा Anatomy, Physiology & Sports Medicine	10 Marks
2.2	मनोविज्ञान और खेल प्रदर्शन Psychology & Sports Performance	10 Marks
2.3	शारीरिक शिक्षा और करियर विकास Physical Education & Career Development	12 Marks

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2.4	मनोविज्ञान और खेल प्रदर्शन Psychology & Sports Performance	14 Marks
2.5	शारीरिक शिक्षा और करियर विकास Physical Education & Career Development	14 Marks
भाग-3: शिक्षक अंकित असाइनमेंट Part-3: Tutor Marked Assignment		20 Marks

1. Learning Object 2020 NEP

The curriculum for Health & Physical Education at the Senior Secondary level aims to ensure that students are able to:

- **Holistic Health Awareness:** Understand the importance of physical fitness, wellness, and lifestyle management for overall well-being.
- **Sports Proficiency:** Develop skills in various sports and understand the scientific principles of sports training and biomechanics.
- **Anatomical Knowledge:** Gain insight into human anatomy, physiology, and the prevention and management of sports injuries.
- **Psychological Resilience:** Apply psychological principles to enhance sports performance, motivation, and stress management.
- **Professional Development:** Explore career pathways in physical education, sports management, coaching, and allied health fields.
- **Technological Integration:** Utilize modern tools and software for fitness tracking, performance analysis, and health monitoring

2. COURSE STRUCTURE & MARKS DISTRIBUTION

Unit	Title	Marks
1	Physical Fitness, Wellness & Lifestyle	10
2	Sports Training & Biomechanics	10
3	Anatomy, Physiology & Sports Medicine	12
4	Psychology & Sports Performance	14
5	Physical Education & Career Development	14
Total Theory Marks		60
Practical Work		20
TMA		20
Grand Total		100

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3. DETAILED THEORY SYLLABUS (60 MARKS)

Unit 1: Physical Fitness, Wellness & Lifestyle	10 Marks
<ul style="list-style-type: none">Physical fitness components and assessment.Health and wellness concepts.Lifestyle diseases and prevention.Nutrition and balanced diet.Mental health and stress management.	
Unit 2: Sports Training & Biomechanics	10 Marks
<ul style="list-style-type: none">Principles of sports training.Warming up, cooling down, and conditioning.Sports biomechanics and kinesiology.Skills and techniques development.Injury prevention and management.	
Unit 3: Anatomy, Physiology & Sports Medicine	12 Marks
<ul style="list-style-type: none">Muscular and skeletal systems.Cardiovascular and respiratory systems.Sports injuries and rehabilitation.First aid and emergency care.	
Unit 4: Psychology & Sports Performance	14 Marks
<ul style="list-style-type: none">Sports psychology fundamentals.Motivation and goal setting.Personality and sports performance.Anxiety, stress and arousal.Team dynamics and leadership.	
Unit 5: Physical Education & Career Development	14 Marks
<ul style="list-style-type: none">Sports management and organization.Sports coaching and officiating.Sports media and technology.Olympic movement and international sports.Career opportunities in physical education.	

4. PRACTICAL WORK (20 MARKS)

Objectives: To provide students with hands-on experience in fitness assessment, sports skills, and health management practices.

Assessment Breakdown:

Practical Examination	05 Marks
Practical File/Portfolio	05 Marks
Project Work	05 Marks
Viva Voce	05 Marks
Viva Voce	20 Marks

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Practical Components & Requirements:

- **Software/Equipment Requirements:** Sports equipment (balls, nets, rackets, athletics equipment), Fitness testing equipment (stopwatch, measuring tape, weighing scale), First aid kit, Yoga mats, Gymnasium equipment, Fitness tracking apps/devices, Video recording equipment for technique analysis, Sports performance tracking software.
- **Practical File:** At least 15 activities covering fitness tests, skill drills, game play, yoga sessions, athletic events, fitness training programs, sports technique analysis, injury prevention exercises, nutrition planning, psychological skills training, officiating practice, sports organization activities, coaching sessions, sports event management, health assessment.
- **Project Work:** Fitness training program design, sports performance analysis, community health awareness campaign, sports event organization, coaching manual development, sports psychology intervention, nutrition plan for athletes, injury prevention program, comparative sports analysis, sports technology application.

5. CAREER OPPORTUNITIES & SKILLS

- **Core Concepts:** Human Anatomy, Exercise Physiology, Biomechanics, Sports Psychology, Health Promotion.
- **Practical Skills:** Fitness Testing, Sports Coaching, First Aid, Event Management, Athletic Training.

Career Roles & Average Monthly Income

Role	Income Range (INR)
Physical Education Teacher	₹25,000 - ₹80,000
Sports Coach/Trainer	₹30,000 - ₹1,50,000
Fitness Trainer/Instructor	₹20,000 - ₹90,000
Sports Physiotherapist	₹30,000 - ₹1,20,000
Sports Nutritionist	₹25,000 - ₹1,00,000
Sports Manager/Administrator	₹35,000 - ₹1,50,000
Yoga Instructor	₹20,000 - ₹75,000
Sports Psychologist	₹30,000 - ₹1,40,000

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6. STUDY MATERIAL & RESOURCES

Resource Type	Details
Prescribed Textbooks	1. <i>Health & Physical Education</i> (Class XII) - CBSE/NCERT Publication
Self-Learning Material	CBSE SLM for Health & Physical Education (Code 852)
Reference Books	<ul style="list-style-type: none">- Sports training manuals- Anatomy & physiology textbooks- Sports psychology books- Coaching certification materials- Fitness and nutrition guides
Online Resources	<ul style="list-style-type: none">- Sports Authority of India, National Sports Federations- YouTube fitness channels, Coaching courses- Sports science journals
Software/Tools	<ul style="list-style-type: none">- Fitness tracking apps, Video analysis software- Sports performance trackers- Health monitoring devices

अंक विश्लेषण / Marks Analysis

Component	Details	Marks
Theory	Written Examination (Reading, Writing, Lit)	80
TMA	Tutor Marked Assignment	20
	Total Marks	100

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