

BEDI INTERNATIONAL SCHOOL BAREILLY
SPLIT UP CURRICULUM FOR CLASS - XII HUMANATIES (2024 - 2025)

SUBJECT	I UNIT TEST (May 2024)	I TERM EXAM (September 2024)	PRE-BOARD-1 (Nov. 2024)	PRE-BOARD-2 (Jan. 2025)
E N G L I S H	<p><u>Reading Skills</u></p> <ul style="list-style-type: none"> • Unseen Passage <p>Writing Skills :</p> <ul style="list-style-type: none"> • Notice Writing <p><u>Literature</u> <u>Flamingo</u> -</p> <ul style="list-style-type: none"> • The Last Lesson • My Mother at Sixty Six (Poem) <p><u>Vistas</u> - The Third Level</p>	<p style="text-align: center;"><u>READING</u></p> <ul style="list-style-type: none"> • Passage for comprehension • Case based Passage <p style="text-align: center;"><u>WRITING</u></p> <ul style="list-style-type: none"> • Notice Writing • Invitations & replies • Job Application • Letter to the Editor • Article Writing • Report Writing <p style="text-align: center;"><u>LITERATURE</u></p> <p>Flamingo- Prose:</p> <ul style="list-style-type: none"> • The Last Lesson • The Rattrap • Lost Spring • Deep Water • Indigo <p>Poetry:</p> <ul style="list-style-type: none"> • My Mother at Sixty Six • A Thing of Beauty • Keeping Quiet • Aunt Jennifer's Tigers <p>Vistas -</p> <ul style="list-style-type: none"> • The Third Level • The Tiger King • Journey to the End of the Earth • The Enemy 	<p style="text-align: center;"><u>READING</u></p> <ul style="list-style-type: none"> • Passage for comprehension • Case based Passage <p style="text-align: center;"><u>WRITING</u></p> <ul style="list-style-type: none"> • Notice Writing • Invitations & replies • Job Application • Letter to the Editor • Article Writing • Report Writing <p style="text-align: center;"><u>LITERATURE</u></p> <p>Flamingo- Prose:</p> <ul style="list-style-type: none"> • The Last Lesson • The Rattrap • Lost Spring, • Deep Water • Indigo • Poets and Pancakes • The Interview • Going Places <p>Poetry:</p> <ul style="list-style-type: none"> • My Mother at Sixty Six • A Thing of Beauty • Keeping Quiet • Aunt Jennifer's Tigers • A Roadside Stand <p>Vistas -</p> <ul style="list-style-type: none"> • The Third Level • The Tiger King • Journey to the End of the Earth • The Enemy • On the Face of it • Memories of Childhood (i) The Cutting of My Long Hair (ii) We Too are Human Beings 	<p style="text-align: center;"><u>READING</u></p> <ul style="list-style-type: none"> • Passage for comprehension • Case based Passage <p style="text-align: center;"><u>WRITING</u></p> <ul style="list-style-type: none"> • Notice Writing • Invitations & replies • Job Application • Letter to the Editor • Article Writing • Report Writing <p style="text-align: center;"><u>LITERATURE</u></p> <p>Flamingo- Prose:</p> <ul style="list-style-type: none"> • The Last Lesson • The Rattrap • Lost Spring, • Deep Water • Indigo • Poets and Pancakes • The Interview • Going Places <p>Poetry:</p> <ul style="list-style-type: none"> • My Mother at Sixty Six • A Thing of Beauty • Keeping Quiet • Aunt Jennifer's Tigers • A Roadside Stand <p>Vistas -</p> <ul style="list-style-type: none"> • The Third Level • The Tiger King • Journey to the End of the Earth • The Enemy • On the Face of it • Memories of Childhood • The Cutting of My Long Hair • We Too are Human Beings

E C O N O M I C S

Part- B (Macro Economics)

- Some Basic Concept of Macro Economics
- National Income & Related Aggregates

Part- A (Indian Economy Development)

- Indian Economy on the eve of Independence
- Indian Economy (1947-1990)
- Economic Reforms since 1991 :New Economic Policy

Part- B (Macro Economics)

- Introduction
- Some Basic Concept of Macro Economics
- National Income & Related Aggregates
- Methods of calculating National Income Aggregates
- Money & Supply of Money
- Banking: Commercial & Central Bank
- Aggregate Demand, Aggregate supply and related concept
- Short run equilibrium
- Problem of deficient demand and excess demand
- Government Budget

Part- A (Indian Economy Development)

- Indian Economy on the eve of Independence
- Indian Economy (1947-1990)
- Economic Reforms since 1991 :New Economic Policy
- Human Capital Formation
- Rural Development
- Employment
- Environment and Sustainable Development

Part- B (Macro Economics)

- Introduction
- Some Basic Concept of Macro Economics
- National Income & Related Aggregates
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- Money & Supply of Money
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- Aggregate Demand, Aggregate supply and related concept
- Short run equilibrium
- Problem of deficient demand and excess demand
- Government Budget
- Foreign Exchange Rate
- Balance of Payments

Project Work

Part- A (Indian Economy Development)

- Indian Economy on the eve of Independence
- Indian Economy (1947-1990)
- Economic Reforms since 1991 :New Economic Policy
- Human Capital Formation
- Rural Development
- Employment
- Environment and Sustainable Development
- Comparative Development experience of India and its neighbors

Part- B (Macro Economics)

- Introduction
- Some Basic Concept of Macro Economics
- National Income & Related Aggregates
- Methods of calculating National Income
- Money & Supply of Money
- Banking: Commercial & Central Bank
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Project Work

- Ch- 1 - Bricks beads and bones
- Ch- 2 - kings farmers and towns
- Ch- 3 Kingship caste and class

Map Work

- As per CBSE

- Ch- 1 - Bricks beads and bones
- Ch- 2 - kings farmers and towns
- Ch- 3 Kingship caste and class
- Ch-4 Thinkers belief and buildings
- Ch-5 Through the eyes of travellers
- Ch-6 Bhakti, Sufi Traditions
- Ch-7 An imperial capital – Vijay Nagar

Map Work

Mature Harappan sites:

Harappa, Banawali, Kalibangan, Balakot, Rakhigarhi, Dholavira, Nageshwar, Lothal, Mohenjodaro, Chanhudaro, KotDiji.

Mahajanapada and cities: Vajji, Magadha, Kosala, Kuru, Panchala, Gandhara, Avanti, Rajgir, Ujjain, Taxila, Varanasi.

Distribution of Ashokan inscriptions:

Pillar inscriptions – Sanchi, Topra, Meerut Pillar and Kaushambi.

Kingdom of Cholas: Cheras and Pandyas.

Important kingdoms and towns: Kushanas, Shakas, Satavahanas, Vakatakas, Guptas
Cities/towns: Mathura, Kanauj, Puhar, Braghukachchha, Shrivasti, Rajgir, Vaishali, Varanasi, Vidisha

Major Buddhist Sites: Nagarjunakonda, Sanchi, Amaravati, Lumbini, Bharhut, Bodh Gaya, Ajanta

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- Ch-8 Peasants, Zamindar and the states agrarian society and the Mughal Empire
- Ch-9 Colonialism and the countryside
- Ch-10 Rebels and Raj

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- Ch-11 Mahatma Gandhi and The National Movement
- Ch-12 Framing the Constitution

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			<p>Bodh Gaya, Ajanta Part II - Maps Bidar, Golconda, Bijapur, Vijayanagar, Chandragiri, Kanchipuram, Mysore, Thanjavur, Kolar, Tirunelveli Territories under Babur, Akbar and Aurangzeb: Delhi, Agra, Panipat, Amber, Ajmer, Lahore, Goa III - Maps Territories/cities under British Control in 1857: Punjab, Sindh, Bombay, Madras Berar, Bengal, Bihar, Orissa, Surat, Calcutta, Patna, Allahabad Main centres of the Revolt of 1857: Delhi, Meerut, Jhansi, Lucknow, Kanpur, Azamgarh, Calcutta, Benaras, Gwalior, Jabalpur, Agra, Awadh</p>	<p>Rajgir, Vaishali, Varanasi, Vidisha Major Buddhist Sites: Nagarjunakonda, Sanchi, Amaravati, Lumbini, Bharhut, Bodh Gaya, Ajanta Part II - Maps Bidar, Golconda, Bijapur, Vijayanagar, Chandragiri, Kanchipuram, Mysore, Thanjavur, Kolar, Tirunelveli Territories under Babur, Akbar and Aurangzeb: Delhi, Agra, Panipat, Amber, Ajmer, Lahore, Goa III - Maps Territories/cities under British Control in 1857: Punjab, Sindh, Bombay, Madras Berar, Bengal, Bihar, Orissa, Surat, Calcutta, Patna, Allahabad Main centres of the Revolt of 1857: Delhi, Meerut, Jhansi, Lucknow, Kanpur, Azamgarh, Calcutta, Benaras, Gwalior, Jabalpur, Agra, Awadh</p>
<p style="text-align: center;">G E O G R A P H Y</p>	<ul style="list-style-type: none"> • Ch- 1 Human geography • Ch- 2 Population Distribution Density Growth and Composition <p>Map Work As per CBSE</p>	<p>Fundamental of Human Geography</p> <ul style="list-style-type: none"> • Ch-1 Human Geography • Ch-2 World Population Density Distribution and Growth • Ch-3 Human Development • Ch-4 Primary Activities <p>India People and Economy</p> <ul style="list-style-type: none"> • Ch-1 Population Distribution Density, Growth and Composition • Ch-2 Human Settlements • Ch-3 Land Recourses and Agriculture • Ch-4 Water Resources • Ch-5 Mineral and Energy Resources 	<p>Fundamental of Human Geography</p> <ul style="list-style-type: none"> • Ch-1 Human Geography • Ch-2 World Population Density Distribution and Growth • Ch-3 Human Development • Ch-4 Primary Activities • Ch-5 Secondary Activities • Ch-6 Tertiary and Quaternary Activities <p>India People and Economy</p> <ul style="list-style-type: none"> • Ch-1 Population Distribution Density, Growth and Composition • Ch-2 Human Settlements • Ch-3 Land Recourses and Agriculture 	<p>Fundamental of Human Geography</p> <ul style="list-style-type: none"> • Ch-1 Human Geography • Ch-2 World Population Density Distribution and Growth • Ch-3 Human Development • Ch-4 Primary Activities • Ch-5 Secondary Activities • Ch-6 Tertiary and Quaternary Activities • Ch-7 Transport Communication and Trade • Ch-8 International Trade <p>India People and Economy</p> <ul style="list-style-type: none"> • Ch-1 Population Distribution Density, Growth and Composition

Map Work

- Primary Activities: Areas of subsistence gathering (Fig 4.2), Major areas of nomadic herding of the world (4.4), Major areas of commercial livestock rearing (4.6), Major areas of extensive commercial grain farming (4.12), Major areas of mixed farming of the World (4.14)
- Population Distribution Density Growth and Composition:
- State with highest population density & state with lowest population density (2011)
- Land Resources and Agriculture: Leading producing states of the following crops: Rice, Wheat, Cotton, Jute, Sugarcane, Tea and Coffee
- Mineral And Energy Resources Mines:
- Iron-ore mines: Mayurbhanj, Bailadila, Ratnagiri, Bellary
- Manganese mines: Balaghat, Shimoga
- Copper mines: Hazaribagh, Singhbhum, Khetari
- Bauxite mines: Katni, Bilaspur and Koraput
- Coal mines: Jharia, Bokaro, Raniganj, Neyveli
- Oil Refineries: Mathura, Jamnager, Barauni

- Ch-4 Water Resources
- Ch-5 Mineral and Energy Resources
- Ch-6 Planning and Sustainable Development in Indian context
- Ch-7 Transport and Communication

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- Ch-2 Human Settlements
- Ch-3 Land Recourses and Agriculture
- Ch-4 Water Resources
- Ch-5 Mineral and Energy Resources
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- Ch-7 Transport and Communication
- Ch-8 International Trade
- Ch-9 Geographical Perspective on selected issues and problems

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- Oil Refineries: Mathura, Jamnager, Barauni
- **Transport, Communication and Trade:** Terminal Stations of Transcontinental Railways– Trans-Siberian, Trans
- Canadian, Trans-Australian Railways
- Major Sea Ports: Europe: North Cape, London, Hamburg
- North America: Vancouver, San Francisco, New Orleans
- South America: Rio De Janeiro, Colon, Valparaiso
- Africa: Suez and Cape Town
- Asia: Yokohama, Shanghai, Hong Kong, Aden, Karachi, Kolkata
- Australia: Perth, Sydney, Melbourne
- Major Airports: Asia: Tokyo, Beijing, Mumbai, Jeddah, Aden
- Africa: Johannesburg & Nairobi
- Europe: Moscow, London, Paris, Berlin and Rome
- North America: Chicago, New Orleans, Mexico City
- South America: Buenos Aires, Santiago
- Australia: Darwin and Wellington
- Inland Waterways
- Suez Canal, Panama Canal, Rhine waterways and St. Lawrence Seaways
- **International Trade:**Major Sea Ports: Kandla, Mumbai,

				<p>Marmagao, Kochi, Mangalore, Tuticorin, Chennai, Vishakhapatnam, Paradwip, Haldia</p> <ul style="list-style-type: none"> • International Airports: Ahmedabad, Mumbai, Bengaluru, Chennai, Kolkata, Guwahati, Delhi, Amritsar, Thiruvananthapuram & Hyderabad.
P. S C I E N C E	<p>PART – A</p> <ul style="list-style-type: none"> • Ch- 1 The End of Bipolarity <p>Part – B</p> <ul style="list-style-type: none"> • Ch- 1 Challenge of Nation Building 	<p>PART – A</p> <ul style="list-style-type: none"> • Ch- 1 The End of Bipolarity • Ch-2 Contemporary centres of power • Ch-3 Contemporary South Asia <p>Part – B</p> <ul style="list-style-type: none"> • Ch-1 Politics of Planned development • Ch- 2 Challenge of Nation Building • India after Reorganisation 	<p>PART – A</p> <ul style="list-style-type: none"> • Ch- 1 The End of Bipolarity • Ch-2 Contemporary centres of power • Ch-3 Contemporary South Asia • Ch-4 International Organization • Ch-5 Security in the Contemporary World • Ch-6 Environment and Natural Resources • Ch-7 Globalization <p>Part – B</p> <ul style="list-style-type: none"> • Ch-1 Politics of Planned development • Ch- 2 Challenge of Nation Building • Ch-3 India's External Relation • Ch-4 Challenge to Restoration of the Congress system • Ch-5 The crisis of democratic order • Ch-7 Regional Aspiration • Ch-8 Recent development in Indian Politics 	<p>PART – A</p> <ul style="list-style-type: none"> • Ch- 1 The End of Bipolarity • Ch-2 Contemporary centres of power • Ch-3 Contemporary South Asia • Ch-4 International Organization • Ch-5 Security in the Contemporary World • Ch-6 Environment and Natural Resources • Ch-7 Globalization <p>Part – B</p> <ul style="list-style-type: none"> • Ch-1 Politics of Planned development • Ch- 2 Challenge of Nation Building • Ch-3 India's External Relation • Ch-4 Challenge to Restoration of the Congress system • Ch-5 The crisis of democratic order • Ch-7 Regional Aspiration • Ch-8 Recent development in Indian Politics

P S Y C H O L O G Y	<ul style="list-style-type: none"> • Ch- 1 Variation in Psychological Attributes • Ch- 2 Self and Personality 	<ul style="list-style-type: none"> • Ch- 1 Variation in Psychological Attributes • Ch- 2 Self and Personality • Ch-3 Meeting Life Challenges • Ch-4 Psychological disorders 	<ul style="list-style-type: none"> • Ch- 1 Variation in Psychological Attributes • Ch- 2 Self and Personality • Ch-3 Meeting Life Challenges • Ch-4 Psychological disorders • Ch-5 Therapeutic Approaches • Ch-6 Attitude and Social Cognition 	<ul style="list-style-type: none"> • Ch- 1 Variation in Psychological Attributes • Ch- 2 Self and Personality • Ch-3 Meeting Life Challenges • Ch-4 Psychological disorders • Ch-5 Therapeutic Approaches • Ch-6 Attitude and Social Cognition • Ch-7 Social influence and group process
C O M P. S C I E N C E	<ul style="list-style-type: none"> • 1. Python Revision Tour • 2. Python Revision Tour-II 	<ul style="list-style-type: none"> • 1. Python Revision Tour • 2. Python Revision Tour-II • 3. Working with Functions • 4. Using Python Libraries • 5. File Handling • 11. Relational Databases • 12. Simple queries in SQL • 13. Table creation and Data Manipulation Commands • 14. Grouping Records, Joins in SQL <p>Practical Assessment:</p> <ul style="list-style-type: none"> • Programming based on Functions, File handling, SQL commands 	<ul style="list-style-type: none"> • 1. Python Revision Tour • 2. Python Revision Tour-II • 3. Working with Functions • 4. Using Python Libraries • 5. File Handling • 9. Data structures II-Stacks using lists • 10. Communication and Network concepts • 11. Relational Databases • 12. Simple Queries in SQL • 13. Table creation and Data Manipulation Commands • 14. Grouping Records, Joins in SQL • 15. Interface Python with MySQL <p>Practical Assessment:</p> <ul style="list-style-type: none"> • Programming based on all topics of Python programming, SQL commands 	<ul style="list-style-type: none"> • 1. Python Revision Tour • 2. Python Revision Tour-II • 3. Working with Functions • 4. Using Python Libraries • 5. File Handling • 9. Data structures II-Stacks using lists • 10. Communication and Network concepts • 11. Relational Databases • 12. Simple Queries in SQL • 13. Table creation and Data Manipulation Commands • 14. Grouping Records, Joins in SQL • 15. Interface Python with MySQL <p>Practical Assessment:</p> <ul style="list-style-type: none"> • Programming based on all topics of Python programming, SQL commands
H I N D	<p>खंड 'क' (अपठित बोध)</p> <ul style="list-style-type: none"> • अपठित गद्यांश • अपठित पद्यांश <p>खंड 'ख' (अभिव्यक्ति और माध्यम)</p>	<p>खण्ड – क (अपठित)</p> <ul style="list-style-type: none"> • अपठित गद्यांश • अपठित पद्यांश <p>खण्ड – ख (व्याकरण)</p> <ul style="list-style-type: none"> • कार्यालयी हिन्दी और रचनात्मक लेखन, अभिव्यक्ति और माध्यम 	<p>खण्ड – क (अपठित)</p> <ul style="list-style-type: none"> • अपठित गद्यांश • अपठित पद्यांश <p>खण्ड – ख (व्याकरण)</p> <ul style="list-style-type: none"> • विभिन्न माध्यमों के लिए लेखन • पत्रकारिता लेखन के विभिन्न रूप और 	<p>खण्ड – क (अपठित)</p> <ul style="list-style-type: none"> • अपठित गद्यांश • अपठित पद्यांश <p>खण्ड – ख (व्याकरण)</p> <ul style="list-style-type: none"> • विभिन्न माध्यमों के लिए लेखन • पत्रकारिता लेखन के विभिन्न रूप और

<p>I</p>	<ul style="list-style-type: none"> • नए और अप्रत्याशित विषयों पर लेखने • विभिन्न माध्यमों के लिए लेखन • रचनात्मक लेखन <p>खंड 'ग' (पाठ्य पुस्तक) आरोह- गद्य खंड</p> <ul style="list-style-type: none"> • भक्तिन- महादेवी वर्मा पद्य खंड • आत्म परिचय, एक गीत- हरिवंश राय बच्चन • पतंग - आलोक धन्वा 	<ul style="list-style-type: none"> • विभिन्न माध्यमों के लिए लेखन • पत्रकारिता लेखन के विभिन्न रूप और लेखन प्रक्रिया • नए और अप्रत्याशित विषयों पर लेखन • रचनात्मक लेखन (खण्ड - ग) गद्य-खण्ड (आरोह) • भक्तिन - महादेवी वर्मा • बाज़ार - दर्शन - जैनंद्र कुमार • काले मेघा पानी दे - धर्मवीर भारती • पहलवान की ढोलक- फणीश्वर नाथ रेणु <p>पद्य - खण्ड (आरोह)</p> <ul style="list-style-type: none"> • आत्म-परिचय, एक गीत-हरिवंशराय बच्चन • पतंग - आलोक धन्वा • कविता के बहाने, बात सीधी थी-कुँवर नारायण • कैमरे में बंद अपाहिज-रघुवीर सहाय • कवितावली-गोस्वामी तुलसीदास, (खण्ड - घ) वितान • सिल्वर वैडिंग - मनोहर श्याम जोशी • जूझ- आनन्द यादव 	<p>लेखन प्रक्रिया</p> <ul style="list-style-type: none"> • विशेष लेखन स्वरूप और प्रकार • कैसे करें कहानी का नाट्य रूपांतरण • कैसे बनता है रेडियो नाटक • नए और अप्रत्याशित विषयों पर लेखन • रचनात्मक लेखन (खण्ड - ग) गद्य-खण्ड (आरोह) • भक्तिन - महादेवी वर्मा , • बाज़ार दर्शन - जैनंद्र कुमार • काले मेघा पानी दे - धर्मवीर भारती • पहलवान की ढोलक- फणीश्वर नाथ रेणु • शिरीष के फूल-हजारी प्रसाद द्विवेदी • श्रम विभाजन और जाति प्रथा- बाबा अंबेडकर <p>पद्य - खण्ड (आरोह)</p> <ul style="list-style-type: none"> • आत्म-परिचय, एक गीत-हरिवंशराय बच्चन • पतंग - आलोक धन्वा • कविता के बहाने, बात सीधी थी - कुँवर नारायण • कैमरे में बंद अपाहिज-रघुवीर सहाय, • उषा -शमशेर बहादुर सिंह • बादल राग-सूर्यकांत त्रिपाठी 'निराला' • कवितावली-गोस्वामी तुलसीदास, • रूबाइयाँ और गज़ल-फिराक गोरखपुरी (खण्ड - घ) वितान • सिल्वर वैडिंग - मनोहर श्याम जोशी • जूझ- आनन्द यादव 	<p>लेखन प्रक्रिया</p> <ul style="list-style-type: none"> • विशेष लेखन स्वरूप और प्रकार • कैसे करें कहानी का नाट्य रूपांतरण • कैसे बनता है रेडियो नाटक • नए और अप्रत्याशित विषयों पर लेखन • रचनात्मक लेखन (खण्ड - ग) गद्य-खण्ड (आरोह) • भक्तिन - महादेवी वर्मा , • बाज़ार दर्शन - जैनंद्र कुमार • काले मेघा पानी दे - धर्मवीर भारती • पहलवान की ढोलक- फणीश्वर नाथ रेणु • शिरीष के फूल-हजारी प्रसाद द्विवेदी • श्रम विभाजन और जाति प्रथा पद्य - खण्ड (आरोह) • आत्म-परिचय, एक गीत-हरिवंशराय बच्चन • पतंग - आलोक धन्वा • कविता के बहाने, बात सीधी थी - कुँवर नारायण • कैमरे में बंद अपाहिज-रघुवीर सहाय, • उषा -शमशेर बहादुर सिंह • बादल राग-सूर्यकांत त्रिपाठी 'निराला' • कवितावली-गोस्वामी तुलसीदास, • रूबाइयाँ -फिराक गोरखपुरी • छोटा मेरा खेत, बगुलों के पंख - उमा शंकर जोशी (खण्ड - घ) वितान • सिल्वर वैडिंग - मनोहर श्याम जोशी • जूझ- आनन्द यादव • अतीत के दबे पाँव
<p>P H E</p>	<p>UNIT - I</p> <ul style="list-style-type: none"> • Management of Sports Event 	<p>UNIT - I</p> <ul style="list-style-type: none"> • Management of Sports Event <p>UNIT - II</p> <ul style="list-style-type: none"> • Children and Women in Sports <p>UNIT - III</p> <ul style="list-style-type: none"> • Yoga as Preventive Measures for Lifestyle Disease <p>UNIT - IV</p>	<p>UNIT - I</p> <ul style="list-style-type: none"> • Management Of Sports Event <p>UNIT - II</p> <ul style="list-style-type: none"> • Children and Women in Sports <p>UNIT - III</p> <ul style="list-style-type: none"> • Yoga as Preventive Measures for Lifestyle Disease <p>UNIT - IV</p>	<p>UNIT - I</p> <ul style="list-style-type: none"> • Management Of Sports Event <p>UNIT - II</p> <ul style="list-style-type: none"> • Children and Women in Sports <p>UNIT - III</p> <ul style="list-style-type: none"> • Yoga as Preventive Measures for Lifestyle Disease <p>UNIT - IV</p>

		<ul style="list-style-type: none"> • Physical education and sports for (CWSN) <p>UNIT - V</p> <ul style="list-style-type: none"> • Sports and Nutrition <p>UNIT - VI</p> <ul style="list-style-type: none"> • Test and Measurement in sports <p>UNIT - VII</p> <ul style="list-style-type: none"> • Physiology and Injuries in Sports <p>Practical Assessment:</p> <ul style="list-style-type: none"> • 1. Physical Fitness • 2. Athletics a- Any two events • 3. Health & fitness Activity • 4. Skill of any one individual game of choice from the list • 5. Viva • 6. Record File 	<ul style="list-style-type: none"> • Physical Education and Sports for (CWSN) <p>UNIT - V</p> <ul style="list-style-type: none"> • Sports and Nutrition <p>UNIT - VI</p> <ul style="list-style-type: none"> • Test and Measurement in sports <p>UNIT - VII</p> <ul style="list-style-type: none"> • Physiology and Injuries in Sports <p>UNIT - VIII</p> <ul style="list-style-type: none"> • Biomechanics and Sports <p>UNIT - IX</p> <ul style="list-style-type: none"> • Psychology and Sports <p>Practical Assessment:</p> <ul style="list-style-type: none"> • Physical Fitness • Athletics a- Any two events • Health & fitness Activity • Skill of any one individual game of choice from the list • Viva • Record File 	<ul style="list-style-type: none"> • Physical Education and Sports for (CWSN) <p>UNIT - V</p> <ul style="list-style-type: none"> • Sports and Nutrition <p>UNIT - VI</p> <ul style="list-style-type: none"> • Test and Measurement in sports <p>UNIT - VII</p> <ul style="list-style-type: none"> • Physiology and Injuries in Sports <p>UNIT - VIII</p> <ul style="list-style-type: none"> • Biomechanics and Sports <p>UNIT - IX</p> <ul style="list-style-type: none"> • Psychology and Sports <p>UNIT - X</p> <ul style="list-style-type: none"> • Training in Sports <p>Practical Assessment:</p> <ul style="list-style-type: none"> • Physical Fitness • Athletics a- Any two events • Health & fitness Activity • Skill of any one individual game of choice from the list • Viva • Record File
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