

**CONTENTS OF HEALTH AND PHYSICAL EDUCATION  
FOR CLASS-XII (FOR ANNUAL EXAMINATIONS 2025 AND ONWARDS)  
(CURRICULUM 2006)**

**1. PHYSICAL FITNESS**

- 1.1 Component of physical fitness
  - 1.1.1 Strength
  - 1.1.2 Power
  - 1.1.3 Muscular Endurance
  - 1.1.4 Cardio Vascular Endurance
  - 1.1.5 Speed

**2. EDUCATION**

- 2.1 Significance of Movement Education
- 2.2 Types of Movements
  - 2.2.1 Basic Movements
  - 2.2.2 Derived Movements
- 2.3 Sequence of Movements

**3. LEADERSHIP IN SPORTS**

- 3.1 Importance of Leadership
- 3.2 Types of Leadership
  - 3.2.1 Democratic Leadership
  - 3.2.2 Autocratic Leadership
  - 3.2.3 Laissez-faire Leadership
- 3.3 Qualities of a good Leader

**4. AUDIO VISUAL AIDS**

- 4.1 Importance of Audio Visual Aids
- 4.2 Types of Audio Visual Aids
- 4.3 Role of Audio Visual Aids in Sports

**5. SPORTS PSYCHOLOGY**

- 5.1 Psychology of Sports
- 5.2 Counseling and Guidance

**6. GAMES**

- 6.1 Hockey
- 6.2 Basket Ball
- 6.3 Hand Ball
- 6.4 Badminton

## **7. ATHLETICS**

- 7.1 4X400 Meter (relay) race
- 7.2 Javelin Throw
- 7.3 Triple Jump

## **8. ENERGY SYSTEM IN HUMAN BODY**

- 8.1 Types of Energy System
  - 8.1.1 Aerobic Energy System
  - 8.1.2 Anaerobic Energy System
- 8.2 Energy Consumption Rate

## **9. POSTURE**

- 9.1 Introduction
- 9.2 Somato Typing
- 9.3 Postural Defects, its Causes and Remedies

## **10. DOPING**

- 10.1 Introduction
- 10.2 Stimulants
- 10.3 Anabolic Steroids
- 10.4 Beta Blockers

## **11. FIRST AID**

- 11.1 Introduction
- 11.2 Principles of First Aid
- 11.3 Qualities of First Aider
- 11.4 Types of sports Injuries
  - 11.4.1 Muscular Injuries
  - 11.4.2 Skeletal Injuries
- 11.5 Artificial Respiration
- 11.6 Bandages