

For the Year 2026

Physical Education / Yoga – 321 Syllabus for NCET

PHYSICAL EDUCATION

Note:

There will be one Question Paper which will have 28 questions out of which 25 questions need to be attempted.

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

- ☐ National Health Policies
- ☐ National Rural Health Mission (NRHM)
- ☐ Nutritional Status – Hypo-nutrition, Hyper-nutrition
- ☐ School Health Services and Midday Meal Programme.
- ☐ Adolescence Education Programme
- ☐ Inclusive Physical Education:
 - Advantages of Physical Activities for Children with Special Needs
 - Strategies to make Physical Activities accessible for Children with Special Needs
- ☐ Major Diseases: Communicable – Typhoid, Influenza, Malaria, Dengue, HIV Infection
- ☐ Non-Communicable – Diabetes, Hypertension, Obesity & Arthritis.

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

- Psychological Aspects
 - ☐ Role of Psychology in Games and Sports.
 - ☐ Motivation, its types and techniques in sports.
 - ☐ Personality – Theories of Personality (C.G. Jung, Sheldon, Big Five Factor Theory)
 - ☐ Role of sports in managing emotion, Anxiety and aggression.
- Sociological Aspects
 - ☐ Development of leadership qualities through games and sports.
 - ☐ Role of Physical education in promoting National integration

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

Basics of Games and Sports- Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Hand ball, Hockey, Judo, Kabaddi, Kho-kho, Volleyball, Swimming, Table tennis and Wrestling Handball.

- ☐ Specifications of play fields / Arena of games / sports
- ☐ General rules
- ☐ Fundamental skills

Unit - IV: Yoga Basics of Yogic Practices

- ☐ Suryanamaskar/Sun Salutation
- ☐ Asanas: - Standing: Vrikshasana, Trikonasana, Padhatasana, Utkatsana, Ardha Chakrasana. Sitting: Pravasana, Ustrasana, Yogmudrasana, Simhasana, Dhanurasana, Sukhasana. Lying: Proline- Makarasana, Shalabhasana, Bhujangasana; Supine- Viparita Karani, Sarvangasana. Advance Asana- Kukutasana, Mayurasana
- ☐ Kriya: Kapalabhati, Tratak, Neti, Dhauti
- ☐ Bandha: Uddiyana & Jalandhar Bandha
- ☐ Pranayama: Bhramari, Sheetli, Ujjayi, and Nadi shodhana
- ☐ Yognidra - Knowledge of Do's and don'ts of yogic practices

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

- ☐ Macro & Micro Nutrients and Balance diet
- ☐ Importance of Diet in Sports-Pre, During and Post competition Requirements
- ☐ Food adulteration and awareness.
- ☐ Postural Deformities and their corrective measures.
- ☐ Causes and management of Common Sports Injuries: Sprain, Strain, Contusion, Abrasion, Dislocation and Types of Fracture: Oblique, Impacted, Comminuted, Transverse, Green stick fracture

Unit - VI: *Policies, Programmes and Career Options in sports*

- ☐ National Sports Policies in India.
- ☐ Sports Awards- Major Dhyan Chand Khel Ratna Award, Arjuna Award, and 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 -*

- ☐ Strength – Isometric, Isotonic & Isokinetic Exercises
- ☐ Endurance – Continuous training method, Interval training method and Fartlek training method
- ☐ Speed – Acceleration runs and Pace runs
- ☐ Flexibility – Ballistic method and Proprioceptive Neuromuscular Facilitation (PNF)

Unit-VIII: *Measurement and Evaluation*

- ☐ Strength: Standing Broad Jump: Backward Medicine Ball Throw
- ☐ Speed: Sprint- 50 Meters
- ☐ Agility: Shuttle Run (4X10 Meters), SEMO Agility test
- ☐ Balance: Static Balance (Flamingo balance test) Dynamic Balance (Modified Bass Test)
- ☐ Rikli & Jones - Senior Citizen Fitness Test

Unit-IX: *Physiology and biomechanics in sports*

- ☐ Physiological factors determining components of physical fitness
- ☐ Effects of exercise on the Muscular System
- ☐ Effects of exercise on the Cardio- Respiratory System
- ☐ Newton's Law of Motion & their Application in sports
- ☐ Types of Levers and their Application in Sports