

For the Year 2026

Physical Education / Yoga – 321 Syllabus for NCET

PHYSICAL EDUCATION /
YOGA – 321 SYLLABUS
FOR NCET

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, Ardchakrasana. Sitting: Pravatasana, Ustrasana, Yognudrasana, Simhasana, Dhanurasana, Sukhasana. Lying: Proline- Makarasana, Shalbhasana, Bhujangasana; Supine- Viparita Karani, Sarvangasana.
- Advance Asana- Kukutasana, Mayurasana
- Kriya: Kapalbhati, 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