

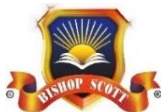


**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / ACCOUNTANCY / SYLLABUS (2024-25)**

MONTHS	NAME OF LESSONS
APRIL	<p><b>PART-A: ACCOUNTING OF PARTNERSHIP FIRMS &amp; COMPANIES</b>  <b>UNIT 1: ACCOUNTING FOR PARTNERSHIP FIRMS</b>  <b>LESSON 1: PARTNERSHIP FUNDAMENTAL</b></p> <p>Partnership: features, Partnership Deed. Provisions of the Indian Partnership Act 1932 in the absence of partnership deed.</p> <p>Fixed v/s fluctuating capital accounts. Preparation of Profit and Loss Appropriation account- division of profit among partners, guarantee of profits. Past adjustments (relating to interest on capital, interest on drawing, salary and profit-sharing ratio). Goodwill: meaning, nature, factors affecting and methods of valuation - average profit, super profit and capitalization.</p> <p><i>Note: Interest on partner's loan is to be treated as a charge against profits.</i></p> <p>Goodwill: meaning, factors affecting, need for valuation, methods for calculation (average profits, super profits and capitalization), adjusted through Partners capital/ current account.</p>
MAY	<p><b>PART-B: FINANCIAL STATEMENT ANALYSIS</b>  <b>UNIT 3: ANALYSIS OF FINANCIAL STATEMENTS</b>  <b>LESSON 8: FINANCIAL STATEMENTS OF A COMPANY</b></p> <p>Meaning, Nature, Uses and importance of financial Statement. Statement of Profit and Loss and Balance Sheet in prescribed form with major headings and sub headings (as per Schedule III to the Companies Act, 2013)</p> <p><i>Note: Exceptional items, extraordinary items and profit (loss) from discontinued operations are excluded.</i></p>
JUNE	<p><b>PART-A : ACCOUNTING OF PARTNERSHIP FIRMS &amp; COMPANIES</b>  <b>UNIT 1: ACCOUNTING FOR PARTNERSHIP FIRMS</b>  <b>LESSON 2 : CHANGE IN PROFIT SHARING RATIO AMONG PARTNERS</b></p> <p>Change in the Profit- Sharing Ratio among the existing partners - sacrificing ratio, gaining ratio, accounting for revaluation of assets and reassessment of liabilities and treatment of reserves, accumulated profits and losses. Preparation of revaluation account and balance sheet.</p>
JULY	<p><b>PART-A : ACCOUNTING OF PARTNERSHIP FIRMS &amp; COMPANIES</b>  <b>UNIT 1: ACCOUNTING FOR PARTNERSHIP FIRMS</b>  <b>LESSON 3: ADMISSION OF A PARTNER</b></p> <p>Effect of admission of a partner on change in the profit- sharing ratio, treatment of goodwill (as per AS 26), treatment for revaluation of assets and reassessment of liabilities, treatment of reserves, accumulated profits and losses, adjustment of capital accounts and preparation of capital, current account and balance sheet.</p>

	<p><b>LESSON 4: RETIREMENT &amp; DEATH OF A PARTNER</b></p> <p>Effect of retirement / death of a partner on change in profit sharing ratio, treatment of goodwill (as per AS 26), treatment for revaluation of assets and reassessment of liabilities, adjustment of accumulated profits, losses and reserves, adjustment of capital accounts and preparation of capital, current account and balance sheet. Preparation of loan account of the retiring partner. Calculation of deceased partner's share of profit till the date of death. Preparation of deceased partner's capital account and his executor's account.</p> <p><b>PART-B : FINANCIAL STATEMENT ANALYSIS</b>  <b>UNIT 3: ANALYSIS OF FINANCIAL STATEMENTS</b></p> <p><b>LESSON 9 : FINANCIAL STATEMENT ANALYSIS</b></p> <p>Financial Statement Analysis: Meaning, Significance, Objectives, importance and limitations.</p> <p><b>LESSON 10: TOOLS FOR FINANCIAL STATEMENT ANALYSIS</b></p> <p>Comparative statement, Common size statement, Ratio analysis and Cash flow analysis.</p>
AUGUST	<p><b>PART-A: ACCOUNTING OF PARTNERSHIP FIRMS &amp; COMPANY</b></p> <p><b>UNIT 1: ACCOUNTING FOR PARTNERSHIP FIRMS</b>  <b>LESSON 5: DISSOLUTION OF PARTNERSHIP FIRM</b></p> <p>Meaning of dissolution of partnership and partnership firm, types of dissolution of a firm. Settlement of accounts - preparation of realization account, and other related accounts: capital accounts of partners and cash/bank a/c (excluding piecemeal distribution, sale to a company and insolvency of partners).</p> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>(i) If the realized value of tangible assets is not given it should be considered as realized at book value itself.</li> <li>(ii) If the realized value of intangible assets is not given it should be considered as nil (zero value).</li> <li>(iii) In case, the realization expenses are borne by a partner, clear indication should be given regarding the payment thereof.</li> </ul> <p><b>UNIT 2: ACCOUNTING FOR COMPANIES</b>  <b>LESSON 6: ACCOUNTING FOR SHARE CAPITAL</b></p> <p>Features and types of companies, Share and share capital: nature and types. Accounting for share capital: issue and allotment of equity and preferences shares. Public subscription of shares - over subscription and under subscription of shares; Issue at par and at premium, calls in advance and arrears (excluding interest), issue of shares for consideration other than cash. Concept of Private Placement and Employee Stock Option Plan (ESOP), Sweat Equity. Accounting treatment of forfeiture and re-issue of shares. Disclosure of share capital in the Balance Sheet of a company.</p>
SEPTEMBER	REVISION

OCTOBER	<p><b>PART-B: FINANCIAL STATEMENT ANALYSIS</b>  <b>UNIT 3: ANALYSIS OF FINANCIAL STATEMENTS</b></p> <p><b>LESSON 11: ACCOUNTING RATIO</b></p> <p>Meaning, Objectives, Advantages, classification and computation.</p> <p><u>Liquidity Ratios</u>: Current ratio and Quick ratio.</p> <p><u>Solvency Ratios</u>: Debt to Equity Ratio, Total Asset to Debt Ratio, Proprietary Ratio and Interest Coverage Ratio. Debt to Capital Employed Ratio.</p> <p><u>Activity Ratios</u>: Inventory Turnover Ratio, Trade Receivables Turnover Ratio, Trade Payables Turnover Ratio, Fixed Asset Turnover Ratio, Net Asset Turnover Ratio and Working Capital Turnover Ratio.</p> <p><u>Profitability Ratios</u>: Gross Profit Ratio, Operating Ratio, Operating Profit Ratio, Net Profit Ratio and Return on Investment.</p> <p><b>NOTE</b>: Net profit ratio is to be calculated on the basis of profit before and after tax.</p>
NOVEMBER	<p><b>PART-A: ACCOUNTING OF PARTNERSHIP FIRMS &amp; COMPANIES</b>  <b>UNIT 2: ACCOUNTING FOR COMPANIES</b></p> <p><b>LESSON 7: ACCOUNTING FOR DEBENTURES</b></p> <p>Debentures: Meaning, types, Issue of debentures at par, at a premium and at a discount. Issue of debentures for consideration other than cash; Issue of debentures with terms of redemption; debentures as collateral security-concept, interest on debentures (concept of TDS is excluded). Writing off discount /loss on issue of debentures.</p> <p><b>Note</b>: Discount or loss on issue of debentures to be written off in the year debentures are allotted from Security Premium Reserve (if it exists) and then from Statement of Profit and Loss as Financial Cost (AS-16)</p> <p><b>PART-B : FINANCIAL STATEMENT ANALYSIS</b>  <b>UNIT 4 : CASH FLOW STATEMENT</b>  <b>LESSON 12: CASH FLOW STATEMENT</b></p> <p>Meaning, objectives Benefits, Cash and Cash Equivalents, Classification of Activities and preparation(as per AS 3 (Revised) (Indirect Method only)</p> <p><b>Note</b>:</p> <p>(i) Adjustments relating to depreciation and amortization, profit or loss on sale of assets including investments, dividend (both final and interim) and tax.</p> <p>(ii) Bank overdraft and cash credit to be treated as short term borrowings.</p> <p>(iii) Current Investments to be taken as Marketable securities unless otherwise specified.</p> <p>Previous years' Proposed Dividend to be given effect, as prescribed in AS-4, Events occurring after the Balance Sheet date. Current years' Proposed Dividend will be accounted for in the next year after it is declared by the shareholders.</p>
DECEMBER	REVISION
JANUARY	REVISION
FEBRUARY-MARCH	REVISION



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / BUSINESS STUDIES / SYLLABUS (2024-25)**

MONTHS	NAME OF THE LESSONS
APRIL	<p><b>PART- A : PRINCIPLES AND FUNCTIONS OF MANAGEMENT</b></p> <p><b>LESSON 1 : NATURE &amp; SIGNIFICANCE OF MANAGEMENT</b>            Management- concept, objectives, and importance            Management as Science, Art and Profession, Levels of management            Management functions-planning, organizing, staffing, directing and controlling            Coordination- concept and importance</p> <p><b>PART – B : BUSINESS FINANCE AND MARKETING</b></p> <p><b>LESSON 9 : FINANCIAL MANAGEMENT</b>            Financial Management : Concept, role and objectives,            Financial decisions: investment, financing and dividend- Meaning and factors affecting            Financial Planning - concept and importance            Capital Structure – concept and factors affecting capital structure            Fixed and Working Capital - Concept and factors affecting their requirements</p>
MAY	<p><b>PART- A : PRINCIPLES AND FUNCTIONS OF MANAGEMENT</b></p> <p><b>LESSON 2 : PRINCIPLES OF MANAGEMENT</b>            Principles of Management- concept and significance            Fayol’s principles of Management            Taylor’s Scientific management- principles and techniques</p>
JUNE	<p><b>PART- A : PRINCIPLES AND FUNCTIONS OF MANAGEMENT</b></p> <p><b>LESSON 3 : BUSINESS ENVIRONMENT</b>            Business Environment- concept and importance            Dimensions of Business Environment- Economic, Social, Technological, Political and Legal            Demonetization - concept and features</p>
JULY	<p><b>PART – B : BUSINESS FINANCE AND MARKETING</b></p> <p><b>LESSON 10 : FINANCIAL MARKETS</b>            Financial Markets: Concept Money Market: Concept            Capital market and its types (primary and secondary)            Stock Exchange - Functions and trading procedure            Securities and Exchange Board of India (SEBI) - objectives and functions</p>

AUGUST	<p><b>PART- A : PRINCIPLES AND FUNCTIONS OF MANAGEMENT</b></p> <p><b>LESSON 4 : PLANNING</b>  Concept, importance and limitation  Planning process  Single use and standing plans. Objectives, Strategy, Policy, Procedure, Method Rule, Budget and Programme.</p> <p><b>LESSON 5 : ORGANISING</b>  Concept and importance,  Organizing Process  Structure of organization- functional and divisional concept. Formal and informal organization- concept  Delegation: concept, elements and importance  Decentralization: concept and importance</p>
SEPTEMBER	REVISION
OCTOBER	<p><b>PART- A : PRINCIPLES AND FUNCTIONS OF MANAGEMENT</b></p> <p><b>LESSON 6 : STAFFING</b>  Concept and importance of staffing, Staffing as a part of Human Resource Management concept, Staffing process, Recruitment process, Selection process  Training and Development - Concept and importance, Methods of training - on the job and off the job - vestibule training, apprenticeship training and internship training</p> <p><b>PART- B : BUSINESS FINANCE AND MARKETING</b></p> <p><b>LESSON 11: MARKETING MANAGEMENT</b>  Marketing – Concept, functions and philosophies,  Marketing Mix – Concept and elements  Product - branding, labelling and packaging – Concept  Price - Concept, Factors determining price  Physical Distribution – concept, components and channels of distribution  Promotion – Concept and elements; Advertising, Personal Selling, Sales Promotion and Public Relations</p>

NOVEMBER	<p><b>PART- A : PRINCIPLES AND FUNCTIONS OF MANAGEMENT</b></p> <p><b>LESSON 7: DIRECTING</b>  Concept and importance  Elements of Directing  Motivation - concept, Maslow’s hierarchy of needs, Financial and non-financial incentives  Leadership - concept, styles - authoritative, democratic and laissez faire  Communication - concept, formal and informal communication; barriers to effective communication, how to overcome the barriers</p> <p><b>LESSON 8 : CONTROLLING</b>  Controlling - Concept and importance  Relationship between planning and controlling,  Steps in process of control</p>
DECEMBER	<p><b>PART – B : BUSINESS FINANCE AND MARKETING</b></p> <p><b>LESSON 12 : CONSUMER PROTECTION</b>  Concept and importance of consumer protection  THE CONSUMER PROTECTION ACT, 2019  Source: <a href="http://egazette.nic.in/WriteReadData/2019/210422.pdf">http://egazette.nic.in/WriteReadData/2019/210422.pdf</a>  Meaning of consumer  Rights and responsibilities of consumers  Who can file a complaint?  Redressal machinery  Remedies available  Consumer awareness - Role of consumer organizations and Non-Governmental Organizations (NGOs)</p>
JANUARY	REVISION
FEBRUARY- MARCH	REVISION



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / ECONOMICS/ SYLLABUS (2024-25)**

MONTH	NAME OF THE UNIT
APRIL	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT 1 : NATIONAL INCOME AND RELATED AGGREGATES</b></p> <p>What is Macroeconomics? Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation. Circular flow of income (two sector model); Methods of calculating National Income - Value Added or Product method, Expenditure method, Income method. Aggregates related to National Income: Gross National Product (GNP), Net National Product (NNP), Gross Domestic Product (GDP) and Net Domestic Product (NDP) - at market price, at factor cost; Real and Nominal GDP, GDP Deflator, GDP and Welfare</p>
MAY	<p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-6: DEVELOPMENT EXPERIENCE (1947-90) AND ECONOMIC REFORMS SINCE 1991</b></p> <p>A brief introduction of the state of Indian economy on the eve of independence. Indian economic system and common goals of Five Year Plans. Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy), industry (IPR 1956; SSI – role &amp; importance) and foreign trade.</p> <p>Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST</p>
JUNE	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-2: MONEY AND BANKING</b></p> <p>Money – meaning and functions, supply of money - Currency held by the public and net demand deposits held by commercial banks. Money creation by the commercial banking system. Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate, CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement.</p>
JULY	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-3: DETERMINATION OF INCOME AND EMPLOYMENT</b></p> <p>Aggregate demand and its components. Propensity to consume and propensity to save (average and marginal). Short-run equilibrium output; investment multiplier and its mechanism. Meaning of full employment and involuntary unemployment. Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply</p>

AUGUST	<p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-7: CURRENT CHALLENGES FACING INDIAN ECONOMY</b></p> <p><b>Human Capital Formation:</b> How people become resource; Role of human capital in economic development; Growth of Education Sector in India</p> <p><b>Rural development-</b>Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming</p>
SEPTEMBER	REVISION
OCTOBER	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-4: GOVERNMENT BUDGET AND THE ECONOMY</b></p> <p>Government budget - meaning, objectives and components.</p> <p>Classification of receipts - revenue receipts and capital receipts; Classification of expenditure – revenue expenditure and capital expenditure. Balanced, Surplus and Deficit Budget – measures of government deficit</p> <p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-7: CURRENT CHALLENGES FACING INDIAN ECONOMY</b></p> <p><b>Employment:</b> Growth and changes in work force participation rate in formal and informal sectors; problems and policies</p> <p><b>Sustainable Economic Development:</b> Meaning, Effects of Economic Development on Resources and Environment, including global warming</p>
NOVEMBER	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-5 : BALANCE OF PAYMENTS</b></p> <p>Balance of payments account – meaning and components; Balance of payments - Surplus and Deficit</p> <p><b>Foreign exchange rate-</b> Meaning of fixed and flexible rates and managed floating. Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate. Managed Floating exchange rate system</p> <p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-8 : DEVELOPMENT EXPERIENCE OF INDIA - A COMPARISON WITH NEIGHBOURS</b></p> <p>A comparison with neighbours India and Pakistan , India and China. Issues: economic growth , population, sectoral development and other Human Development Indicators</p>
DECEMBER	REVISION
JANUARY	REVISION
FEBRUARY- MARCH	REVISION





**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / ENGLISH/ SYLLABUS (2024-25)**

MONTH	FLAMINGO	VISTAS	WRITING/READING COMPREHENSION
APRIL	LESSON 1 : THE LAST LESSON LESSON 2 : LOST SPRING	LESSON 1 : THE THIRD LEVEL	➤ LETTER TO THE EDITOR ➤ READING COMPREHENSION
MAY	LESSON 3 : THE RATTRAP POEM 1 : MY MOTHER AT SIXTY-SIX	LESSON 2 : THE TIGER KING	➤ APPLICATION FOR A JOB WITH BIO-DATA OR RESUMÉ ➤ READING COMPREHENSION
JUNE	LESSON 4 : DEEP WATER LESSON 5 : INDIGO	LESSON 3 : JOURNEY TO THE END OF THE EARTH	➤ NOTICE WRITING ➤ READING COMPREHENSION
JULY	POEM 2 : KEEPING QUIET POEM 3 : A THING OF BEAUTY	LESSON 4 : ON THE FACE OF IT	➤ FORMAL/ INFORMAL INVITATION AND REPLY ➤ READING COMPREHENSION ➤
AUGUST	LESSON 6 : POETS AND PANCAKES POEM 4 : A ROADSIDE STAND	LESSON 5 : THE ENEMY	➤ ARTICLE WRITING ➤ REPORT WRITING ➤ READING COMPREHENSION
SEPTEMBER	REVISION		
OCTOBER	LESSON 7 : THE INTERVIEW I. PART I II. PART II	LESSON 6 : MEMORIES OF CHILDHOOD I. THE CUTTING OF MY LONG HAIR II. WE TOO ARE HUMAN BEINGS	➤ LETTER TO THE EDITOR ➤ NOTICE WRITING ➤ READING COMPREHENSION (REVISION)
NOVEMBER	LESSON 8 : GOING PLACES POEM 5 : AUNT JENNIFER'S TIGERS	REVISION	➤ APPLICATION FOR A JOB WITH BIO-DATA OR RESUME ➤ FORMAL/ INFORMAL INVITATION AND REPLY ➤ READING COMPREHENSION (REVISION)
DECEMBER	REVISION	REVISION	➤ ARTICLE WRITING ➤ REPORT WRITING ➤ READING COMPREHENSION (REVISION)
JANUARY	REVISION		
FEBRUARY - MARCH	REVISION		



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII/INFORMATICS PRACTICES/ SYLLABUS (2024-25)**

MONTH	CHAPTERS
<b>APRIL</b>	<b>LESSON 1 : DATA HANDLING USING PANDAS-I</b> <ul style="list-style-type: none"> <li>• Introduction to Python libraries- Pandas, Matplotlib</li> <li>• Data structures in Pandas - Series and Data Frames</li> <li>• Series: Creation of Series from – ndarray, dictionary, scalar value; mathematical operations; Head and Tail functions; Selection, Indexing and Slicing</li> </ul>
<b>MAY</b>	<b>LESSON 1 : DATA HANDLING USING PANDAS-I (continued)</b> <ul style="list-style-type: none"> <li>• Data Frames: creation - from dictionary of Series, list of dictionaries, Text/CSV files; display; iteration; Operations on rows and columns: add, select, delete, rename; Head and Tail functions; Indexing using Labels, Boolean Indexing;</li> <li>• Importing/Exporting Data between CSV files and Data Frames.</li> </ul>
<b>JUNE</b>	<b>LESSON 3 : DATA VISUALIZATION USING PYPLOT</b> <ul style="list-style-type: none"> <li>• Purpose of plotting;</li> <li>• Drawing and saving following types of plots using Matplotlib – line plot, bar graph, histogram</li> <li>• Customizing plots: adding label, title, and legend in plots</li> </ul>
<b>JULY</b>	<b>LESSON 4 : DATABASE QUERY USING SQL</b> <ul style="list-style-type: none"> <li>• Revision of database concepts and SQL commands covered in class XI</li> <li>• Math functions: POWER (), ROUND (), MOD ()</li> <li>• Text functions: UCASE ()/UPPER (), LCASE ()/LOWER (), MID ()/SUBSTRING ()/SUBSTR (), LENGTH (), LEFT (), RIGHT (), INSTR (), LTRIM (), RTRIM (), TRIM ()</li> <li>• Date Functions: NOW (), DATE (), MONTH (), MONTHNAME (), YEAR (), DAY (), DAYNAME ()</li> </ul>
<b>AUGUST</b>	<b>LESSON 4 : DATABASE QUERY USING SQL(continued)</b> <ul style="list-style-type: none"> <li>• Aggregate Functions: MAX (), MIN (), AVG (), SUM (), COUNT (); using COUNT (*)</li> <li>• Querying and manipulating data using Group by, Having, Order by</li> <li>• Working with two tables using equi-join</li> </ul>
<b>SEPTEMBER</b>	Revision

<b>OCTOBER</b>	<b>LESSON 5 : COMPUTER NETWORKS</b> <ul style="list-style-type: none"> <li>• Introduction to networks</li> <li>• Types of network: PAN, LAN, MAN, WAN</li> <li>• Network Devices: modem, hub, switch, repeater, router, gateway</li> <li>• Network Topologies: Star, Bus, Tree, Mesh</li> <li>• Introduction to Internet, URL, WWW, and its applications- Web, email, Chat, VoIP</li> <li>• Website: Introduction, difference between a website and webpage, static vs dynamic web page, web server and hosting of a website</li> <li>• Web Browsers: Introduction, commonly used browsers, browser settings, add-ons and plug-ins, cookies.</li> </ul>
<b>NOVEMBER</b>	<b>LESSON 6 : SOCIETAL IMPACTS</b> <ul style="list-style-type: none"> <li>• Digital footprint, net and communication etiquettes, data protection, intellectual property rights (IPR), plagiarism, licensing and copyright, free and open source software (FOSS), cybercrime and cyber laws, hacking, phishing, cyber bullying, Overview of Indian IT Act.</li> <li>• E-waste: hazards and management.</li> <li>• Awareness about health concerns related to the usage of technology</li> </ul>
<b>DECEMBER</b>	Revision
<b>JANUARY</b>	Revision
<b>FEBRUARY</b>	Revision
<b>MARCH</b>	Revision



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / PHYSICAL EDUCATION / SYLLABUS (2024-25)**

MONTH	CHAPTER
APRIL	<p>Unit-1: Management of Sporting Events</p> <ol style="list-style-type: none"><li>1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li><li>2. Various Committees &amp; their Responsibilities (pre; during &amp; post)</li><li>3. Fixtures and their Procedures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic), Tabular method) and Combination tournaments.</li><li>4. Intramural &amp; Extramural tournaments – Meaning, Objectives &amp; Its Significance</li><li>5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</li></ol>
MAY	<p>Unit-2: Children and Women in Sports</p> <ol style="list-style-type: none"><li>1. Exercise guidelines of WHO for different age groups.</li><li>2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</li><li>3. Women’s participation in Sports – Physical, Psychological, and social benefits.</li><li>4. Special consideration (menarche and menstrual dysfunction)</li><li>5. Female athlete triad (osteoporosis, amenorrhea, eating disorder)</li></ol>
JUNE	<p>Unit-3: Yoga as Preventive Measure of Lifestyle Disease</p> <ol style="list-style-type: none"><li>1. Obesity: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</li><li>2. Diabetes: Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta - vajarasana, Paschimottanasana, Ardha - Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</li><li>3. Asthma: Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhathi, Gomukhasana Matsyaasana, Anuloma – Viloma</li><li>4. Hypertension: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi - shodhanapranayam, Sitlipranayam.</li><li>5. Back Pain and Arthritis: Procedure, Benefits &amp; Contraindications of Tadasan, Urdhawahastootansana, ArdhChakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama</li></ol>
JULY	<p>Unit – 4 : Physical Education &amp; Sports for CWSN</p> <ol style="list-style-type: none"><li>1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li><li>2. Concept of Classification and Divisioning in Sports.</li><li>3. Concept of Inclusion in sports, its need, and Implementation;</li><li>4. Advantages of Physical Activities for children with special needs.</li><li>5. Strategies to make Physical Activities assessable for children with special needs.</li></ol>

AUGUST	<p>Unit-5 : Sports &amp; Nutrition</p> <ol style="list-style-type: none"> <li>1. Concept of balanced diet and nutrition</li> <li>2. Macro and Micro Nutrients: Food sources &amp; functions</li> <li>3. Nutritive &amp; Non Nutritive Components of Diet</li> <li>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths</li> <li>5. Importance of Diet in Sports-Pre, During and Post competition Requirements</li> </ol> <p>Unit - 6 : Test &amp; Measurement in Sports</p> <ol style="list-style-type: none"> <li>1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18 yrs/ class 4-12: BMI, 50 mt Speed test, 600 mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> <li>2. Measurement of Cardio -Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds <math>\times 100 / 5.5 \times</math> Pulse count of 1 -1.5 Min after Exercise.</li> <li>3. Computing Basal Metabolic Rate (BMR)</li> <li>4. Rikli &amp; Jones - Senior Citizen Fitness Test • Chair Stand Test for lower body strength • Arm Curl Test for upper body strength • Chair Sit &amp; Reach Test for lower body flexibility • Back Scratch Test for upper body flexibility • Eight Foot Up &amp; Go Test for agility • Six -Minute Walk Test for Aerobic Endurance.</li> <li>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn , Jumping full-turn .</li> </ol>
SEPTEMBER	REVISION
OCTOBER	<p>Unit-7: Physiology &amp; Injuries in Sports</p> <ol style="list-style-type: none"> <li>1. Physiological factors determining components of physical fitness</li> <li>2. Effect of exercise on the Muscular System</li> <li>3. Effect of exercise on the Cardio Respiratory System</li> <li>4. Physiological changes due to aging</li> <li>5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain; Bone &amp; Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique &amp; Impacted)</li> </ol>
NOVEMBER	<p>Unit-8: Biomechanics &amp; Sports</p> <ol style="list-style-type: none"> <li>1. Newton’s Law of Motion &amp; its application in sports</li> <li>2. Types of Levers and their application in Sports.</li> <li>3. Equilibrium – Dynamic &amp; Static and Centre of Gravity and its application in sports</li> <li>4. Friction &amp; Sports</li> <li>5. Projectile in Sports</li> </ol>
DECEMBER	<p>Unit-9: Psychology &amp; Sports</p> <ol style="list-style-type: none"> <li>1. Personality; its definition &amp; types (Jung Classification &amp; Big Five Theory)</li> <li>2. Motivation, its type &amp; techniques.</li> <li>3. Exercise Adherence: Reasons, Benefits &amp; Strategies for Enhancing it</li> <li>4. Meaning, Concept &amp; Types of Aggressions in Sports</li> <li>5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting</li> </ol> <p>Unit-10 : Training in Sports</p> <ol style="list-style-type: none"> <li>1. Concept of Talent Identification and Talent Development in Sports</li> <li>2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.</li> <li>3. Types &amp; Methods to Develop – Strength, Endurance, and Speed.</li> <li>4. Types &amp; Methods to Develop – Flexibility and Coordinative Ability.</li> <li>5. Circuit Training - Introduction &amp; its importance</li> </ol>
JANUARY	REVISION
FEBRUARY - MARCH	REVISION