DELHI PUBLIC SCHOOI	
CLASS:	AON US BREAK UP XI (COMMERCE) ION: 2025-26
NAME: SECTION:	ROLL NO:

Г

MONTH	NO. OF WORKING DAYS
APRIL	03
MAY	25
JUNE	16
JULY	10
AUGUST	23
SEPTEMBER	23
OCTOBER	17
NOVEMBER	23
DECEMBER	21
JANUARY	19
FEBRUARY	22
MARCH	23

♦INDEX				
SL. NO.	SUBJECTS	PAGE NO.		
1.	ENGLISH	4 – 5		
2.	APPL. MATHEMATICS	6-8		
З.	ACCOUNTANCY 8-11			
4.	ECONOMICS 11-13			
5.	BUSINESS STUDIES	13-14		
6.	ENTREPRENEURSHIP	15–16		
7.	PHYSICAL EDUCATION	16–18		

SUBJECT:- ENGLISH

SI. No.	Month	Section	Topics and sub topics
1	APR	Literature	A Photograph
2	MAY	Literature, Language & Comm. Skills	The Portrait of a Lady The Summer of the beautiful white horse Poster Drafting Tense Forms Comm. Skills- EXTEMPORE
3	JUNE	Literature, Language & Comm. Skills	The Laburnum Top We're not afraid to die Note Making Situation Vacant -Ad Comm. Skills-SPEECH
4	JULY	Literature, Language & Comm. Skills	Discovering Tut The Voice of the rain Clause Re - ordering of sentences Comm. Skills-INTERVIEW
5	AUG	Literature, Language & Comm. Skills	The Adventure The Address Childhood For Sale & To let -Ad Situation Wanted - Ad Speech/Debate Writing Comm. Skills-INTERVIEW

6		Literature,	HALF YEARLY EXAM
		Language	Silk Road
	SEPT		Comm. Skills-EXTEMPORE
7		Literature,	The Tale of melon City
		Language &	Tense Forms
	ОСТ	Comm. Skills	Father to son
			Comm. Skills-DEBATE
8		Literature,	Mother's Day
		Language &	Lost & Found ad
	NOV	Comm. Skills	Speech writing
			Report writing
			Comm. Skills- PRODUCT REVIEW
9		Literature,	Birth
		Language &	Poster Drafting
	DEC	Comm. Skills	Article Writing
			Comm. Skills-REPORTING
10		Literature,	Report Writing
		Language &	ALS PRACTICALS
	JAN	Comm. Skills	Clause (Revision)
11		Literature,	For Sale & To Let Ads(Revision)
		Language &	Debate writing(Revision)
	FEB	Comm. Skills	The Adventure (Revision)
		1	

SUBJECT: APPL.MATHEMATICS

SI	Month	Unit/chapter	Topic/Subtopic
no			
1	APR	Sets	Introduction to sets – definition Representation of sets Types of sets and their notations Types of sets and their notations Intervals Venn diagrams Operations on sets
2	MAY	Relation Sequences and Series Permutations	Ordered pairs Cartesian product of two sets Relations Introduction Arithmetic Progression Geometric Progression Applications of AP and GP Factorial
		and Combinations	Fundamental Principle of Counting Permutations Combinations
3	JUNE	Numbers & Quantification	Binary Numbers Indices, Logarithm and Antilogarithm Laws and properties of logarithms Simple applications of logarithm and Antilogarithm
4	JULY	Numerical Applications	Clock Calendar Time, Work and Distance Seating arrangement
5	AUG	Calculus	Functions Domain and Range of a function Types of functions and their graphical representation

			Concepts of limits and continuity of a function Instantaneous rate of change Differentiation as a process of finding derivative Derivatives of algebraic functions
		Calculus	using Chain Rule Concepts of limits and continuity of a function
6	SEPT		Instantaneous rate of change Differentiation as a process of finding derivative Derivatives of algebraic functions using Chain Rule
7	OCT	Probability	HALF YEARLY EXAMINATION Introduction Random experiment and sample space Event Conditional Probability
8	NOV	Descriptive Statistics	Data Interpretation – Measure of Dispersion Percentile rank Correlation
9	DEC	Financial Mathematics	Interest and Interest Rates Accumulation with simple and compound interest Simple and compound interest rates with equivalency Effective rate of interest Annuities, Calculating value of Regular Annuity Simple applications of regular annuities (up to 3 period)
10	JAN	Financial Mathematics	Tax, calculation of tax, simple applications of tax calculation in

			Goods and service tax, Income Tax Bills, tariff rates, fixed charge, surcharge, service charge Calculation and interpretation of electricity bill, water supply bill and other supply bills
11		Coordinate	Straight line
	FEB	Geometry	Circle
			Parabola
12	MAR		TERM II EXAMINATION

Note: 10 activities are to be done during the academic session. Details of the these activities will be notified shortly.

SUBJECT: ACCOUNTANCY

Sl.	Month	Unit /	Topic / Sub. Topic
No.		Chapter	
1			 Introduction of Accounting,
	APR	Unit-2 :	•Transaction and Sources of documents
		Accountin g Process	 Meaning and Rules of Debit and Credit
		g110cc33	 Recording of Transactions-Journal
2		Unit-2 :	 Rules of Debit and Credit
		Accountin g Process	 Recording of Transactions-Journal
			 Accounting Equation
	MAY		 Recording of Transactions-from
			journal to Ledger
			 Recording of Transactions in Special
			Purpose Books :-
			\rightarrow Cash Book :- Simple Cash Book
3		Unit-2 :	 Recording of Transactions in Special
		Accountin	Purpose Books :-
	JUNE	g Process	\rightarrow Cash Book :- Cash and Bank Column
			Cash Book and Petty Cash Book

			PROJECT -1 – COMPREHENSIVE PROJECT
4	JULY	Unit-2 : Accountin g Process	 Recording of Transactions in Special Purpose Books :- → Purchase Book → Sales Book → Purchase Return Book → Sales Return Book → Journal Proper (including Trade Discount, freight and cartage for simple GST calculation) Posting from Subsidiary books to
			ledger and balancing the accounts.
5	AUG	Unit-2 : Accountin g Process	 Bank Reconciliation Statement (BRS) → Meaning and Reasons for preparing BRS → Preparation of BRS Depreciation, Provision and Reserves → Depreciation: Meaning, features, Need and causes → Methods of Depreciation :- 1. Straight Line Method
6	SEPT		REVISION FOR FIRST TERM EXAM HALF YEARLY EXAMINATION
6	ОСТ	Unit-2 : Accountin g Process	 Depreciation, Provision and Reserves → Methods of Depreciation :- 1. Straight Line Method 2. Written Down Value Method (including Provision for depreciation and treatment of Assets Disposal Account) Provision and Reserves → Meaning and Difference

			\rightarrow Types of Reserve (theory)
			\rightarrow Difference between Capital and
			Revenue
_		11 1 0	Reserve
7		Unit-2 :	 Trial Balance and Rectification of
		Accountin g Process	Errors
			\rightarrow Trial Balance :- Meaning and
			Objectives
			\rightarrow Errors :- Classifications – Errors of
			Omission, Error of Commission, Errors
	NOV		of Principal and Error of Compensating → Rectification of Error
			Detecting Errors
			(i) Errors which do not affect trial
			balance
			(ii) Errors which affect trial balance
			\rightarrow Pass Rectification entries
			\rightarrow Suspense Account
8	Unit – 1	Unit – 1 :	 Fundamental Accounting Assumption
		Theory	GAAP : Concept
		Base	• Basic Accounting Concepts
		Accountin	 Accounting Standards
		g	• Goods and Service Tax (GST) : Concept
			 Financial Statement
	DEC		Theory – Meaning, Objectives,
		Unit – 3 :	Importance
		Financial	Various Terms used in Financial
		Statement	Statement
		of Sole	 Preparation of Financial Statements
		Proprieto rship	(without Adjustment)
			→Trading Accounts
	Ismp		\rightarrow Profit and Loss Accounts
			\rightarrow Balance Sheet
1			

9		Unit – 3 : Financial Statement of Sole Proprieto rship	•Preparation of Financial Statements (with Adjustment) As per CBSE Curriculum PROJECT No 2
	JAN	Unit – 4 : Financial Statement of Incomplet e Record of Transacti ons	 ●Preparation of Financial Statements Incomplete Record of Transactions →Theory of Incomplete Transactions →Statement of Affairs →Statement of Profit and Loss
10			Revision for SECOND TERM EXAM

SUBJECT: ECONOMICS

SI. No.	Month	Chapter /Unit No.	Topics and sub topics	
		Unit 1	What is Economics?	
1	APR		Meaning, scope, functions, and importance of statistics in	
			Economics.	
		Unit 2	What is an economy? Central problems of an economy:	
		Unit 4	what, how and for whom to produce; concepts of	
_	MAX		production possibility frontier and opportunity cost.	
2	MAY		Organisation of Data: Meaning and types of variables;	
			Frequency Distribution. Presentation of Data: Tabular	
			Presentation and Diagrammatic Presentation of Data:	
		Unit 2	(i) Geometric forms (bar diagrams and pie diagrams), (ii)	
		Unit 5	Frequency diagrams (histogram, polygon, and Ogive) and	
_			(iii) Arithmetic line graphs (time series graph).	
3	JUNE		Consumer's equilibrium - meaning of utility, marginal	
			utility, law of diminishing marginal utility, conditions of	
			consumer's equilibrium using marginal utility analysis.	

		Unit 3 Unit 5	Measures of Central Tendency- Arithmetic mean, median and mode. Indifference curve analysis of consumer's equilibrium-the
4	JULY		consumer's budget (budget set and budget line), preferences of the consumer (indifference curve, indifference map) and conditions of consumer's equilibrium.
			Demand, market demand, determinants of demand, demand schedule, demand curve and its slope, movement along and shifts in the demand curve;
5	AUG	Unit 3	Price elasticity of demand - factors affecting price elasticity of demand; measurement of price elasticity of demand – percentage-change method and total expenditure method. Meaning of Production Function – Short-Run and Long- Run
			Total Product, Average Product and Marginal Product. Returns to a Factor. Cost: Short run costs - total cost, total fixed cost, total variable cost; Average cost; Average fixed cost, average variable cost and marginal cost-meaning and their relationships.
6	SEPT	Unit6	Revision & HALF YEARLY EXAMINATION
7	ост	Unit 6 Project Work	Correlation – meaning and properties, scatter diagram; Measures of correlation – Karl Pearson's method (two variables ungrouped data) Spearman's rank correlation. Introduction to Index Numbers - meaning, types - wholesale price index. Revenue - total, average, and marginal revenue - meaning and their relationship. Producer's equilibrium-meaning and its conditions in terms of marginal revenue marginal cost. Introduction of Project Work.
8	NOV	Unit 7	Supply, market supply, determinants of supply, supply schedule, supply curve and its slope, movements along and shifts in supply curve, price elasticity of supply; measurement of price elasticity of supply - percentage- change method.

			Competition with simple applications. Perfect competition - Features; Project Work. Price floor.	
10	JAN	Unit-7	Index Numbers-Consumer price index and index of industrial production, uses of index numbers; Inflation and index numbers. Determination of market equilibrium and effects of shifts in demand and supply. Simple Applications of Demand and Supply: Price ceiling.	
11	FEB	Project Work	Project Work and Revision.	
12	MAR		ANNUAL EXAMINATION	

SUBJECT:-BUSINESS STUDIES

SI. No.	Month	Chapter /Unit No.	Topics and sub topics
1	APR	Ch-1	 Evolution and Fundamental of Business. Concept and characteristics of business. Business, Profession and Service.
2	MAY	Ch-1 Ch-2	 Evolution and Fundamental of Business Objectives of business – economic & social. Business activities – Industry & Commerce • Business Risk – nature and causes. Forms of Business Organisation
3	JUNE		 Sole Proprietorship – meaning, features, merits & limitations Partnership- meaning, features, merits & limitations, types. Partnership Deed – meaning and contents. Registration of partnership firm.
4	JULY	Ch-2	 Forms of Business Organisation Hindu Undivided Family Business – meaning and features. Co-operative Societies - meaning, features, types, merits & limitations Company – Public company & Private Company
5	AUG	Ch-3	Company Documents Memorandum of Association→Article of Association→Prospectus→Other documents Starting of business- basic factors
6	SEPT	Ch-3	Private, Public and Global Enterprises

	Drivate and Dublic Sector enterprises
● → Ch-4 ●	Private and Public Sector enterprises Forms of public sector enterprises:- Departmental Undertaking →Public Corporation→Government Company Global enterprises and Joint Venture usiness Services
OCT Ch-5 Er	Banking ● Insurance ● Postal merging mode of business E- business ● Business Process Outsourcing (BPO)●KPO ROJECT WORK :- Project No.1 HALF YEARLY EXAMINATION
⁸ NOV	REVISION AND HALF YEARLY EXAMINATION
DEC Ch-7 So	coial responsibilities of business. Concept of Social Responsibilities • Responsibilities towards various parties • Environmental Protection and business • Business ethics. purces of business finance Concept of business finance Owner's Fund → Equity shares → Preference Shares
JAN →	Durces of business finance Retain Earnings→ GDR, ADR and IDR. Borrowed Funds- Debentures and Bond→ Loan from financial institutions→ ban from commercial anks→ Public Deposit→ Trade Credit
11 FEB Ch-8 Ch-8 Ch-10 In • • • • • • • • • • • • • • • • • •	mall Business Small scale enterprises :- concepts -→ micro, small and medium- Role of small business in India Government schemes agencies for SSI ternal Trade Services by wholesaler and retailer.● Types of Retail Trade • Chamber of Commerce and Industry ● Documents use in internal trade ● Terms of trade ternational Trade Concept and problem of international trade Export import procedure and documents Role of WTO ROJECT WORK :- Project No.2 EVISION FOR ANNUAL EXAMINATION
12 MAR	ANNUAL EXAMINATION

SUBJECT:-ENTREPRENEURSHIP

SI.		Chapter		
SI. No.	Month	/Unit No.	Topics and sub topics	
1		Unit-1 :	 Entrepreneurship – Concept, Function, Need 	
	APR	Entrepreneurship :	 Why Entrepreneurship for you 	
		Concept and	 Myths about Entrepreneurship 	
		Function		
2		Unit-1 :	 Advantage and Limitation of Entrepreneurship 	
		Entrepreneurship :	 Process of Entrepreneurship 	
	MAY	Concept and	Entrepreneurship- The Indian Scenario	
		Function	•Why be an Entrepreneur	
		Unit-2 :	Types of Entrepreneur	
		An Entrepreneur	Competencies and characteristics	
3		Unit-2 :	•Entrepreneurial Values	
		An Entrepreneur	•Entrepreneur' Attitudes	
			Entrepreneurial Motivation	
	JUNE	Unit- 3 :	Intrapreneur : Meaning and Importance.	
		Entrepreneurship	Self Assessment Quality	
		Journey	●Idea generation	
		11-3-0.	Feasibility Study	
4		Unit- 3 :	Opportunity assessment	
	JULY	Entrepreneurship	Business Plan : Meaning, purpose and element Execution of Plan	
		Journey		
5		Unit-5 :	 Market :- Concept, Types 	
Ŭ		Understanding the	 Micro and Macro Market Environment 	
		Market	 Market Research – Concept, Importance and 	
	AUG		Process	
			 PROJECT No1 Research Instruments 	
			 Types of Market Research 	
			Marketing Mix.	
6				
	SEPT		HALF YEARLY EXAMINATION	
7		Unit-4 :	 Entrepreneurship as problem solvers 	
	ОСТ	Entrepreneurship as		
		Innovation & Problem		
8		Unit-4 :	 Innovation and Entrepreneurial Ventures – 	
	NOV	Entrepreneurship as	Global and Indian	
		Innovation and	 Role of Technology–E-commerce and Social 	

		Problem	Media • Social Entrepreneurship - Concept
9	DEC	Unit-6 : Business Finance and Arithmetic	 Unit of Sale, Unit Price and Unit Cost – for single product or service Types of Costs – Start up, Variable Cost and Fixed Cost
10	JAN	Unit – 7 : Resource Mobilization	 Break Even Analysis – for single product or service Break Even Analysis – with Diagram, Meaning Types of Resources – Physical, Human, Financial and Intangible Selection of Human Resource
11	FEB		Utilization of Human Resource and Professional like Accountants, Lawyers, Auditors, Board Members, etc. PROJECT No 2 Revision
12	MAR		ANNUAL EXAMINATION

SUBJECT:-PHYSICAL EDUCATION

SI. No.	Month	Chapter /Unit No.	Topics and sub topics	
1	APR		(Unit-1) Changing Trends and Careers in Physical Education 1.	
		1	Concept, Aims & Objectives of Physical Education 2. Development	
		I	of Physical Education in India – Post Independence 3. Changing	
			Trends in Sports- playing surface, wearable gear and sports	
			equipment, technological advancements 4. Career options in	
			Physical Education 5. Khelo-India Program and Fit – India Program	
2	MAY		(Unit-2)Olympism Value Education 1. Olympism - Concept and	
		2	Olympics Values (Excellence, Friendship & Respect) 2. Olympic	
			Value Education – Joy of Effort, Fair Play, Respect for Others,	
			Pursuit of Excellence, Balance Among Body, Will & Mind	
			(Unit-2)3. Ancient and Modern Olympics 4. Olympics - Symbols,	
			Motto, Flag, Oath, and Anthem 5. Olympic Movement Structure -	
			IOC, NOC, IFS, Other members.	
			Practical-1: Fitness tests administration. (SAI Khelo India Test)	
3	JUNE		(Unit-3) Yoga 1. Meaning and importance of Yoga 2. Introduction to	
			Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its	
		3	types. 5. Active Lifestyle and stress management through Yoga	

			Practical-2: Procedure for Asanas, Benefits-& Contraindication for
			any two Asanas for each lifestyle disease.
4	JULY		(Unit – 4) Physical Education and Sports for Children with Special
		4	Needs 1. Concept of Disability and Disorder 2. Types of Disability,
			its causes & nature (Intellectual disability, Physical disability).
5	AUG	_	(Unit – 4)3. Disability Etiquette Aim and objectives of Adaptive
		5	Physical Education. 5. Role of various professionals for children
			with special 4. needs (Counselor, Occupational Therapist,
			Physiotherapist, Physical Education Teacher, Speech Therapist,
			and Special Educator)
			(Unit – 5) Physical Fitness, Wellness, and Lifestyle 1. Meaning &
			importance of Wellness, Health, and Physical Fitness. 2.
			Components/Dimensions of Wellness, Health, and Physical Fitness
			3. Traditional Sports & Regional Games for promoting wellness 4.
			Leadership through Physical Activity and Sports 5. Introduction to
6	SEPT		First Aid – PRICE REVISION
0	JEFT		REVISION
			HALF YEARLY EXAMINATION
7	ОСТ		(Unit–6) Test, Measurement & Evaluation 1. Define Test,
7	ОСТ	6	(Unit–6) Test, Measurement & Evaluation 1. Define Test,
7	OCT	6	(Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test,
7	ОСТ	6	(Unit–6) Test, Measurement & Evaluation 1. Define Test,
7	ОСТ	6	(Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold
7	OCT	6	 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy,
7	OCT	6	 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related
		6	 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness
7	OCT	6	 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1.
		6	 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise
			 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of
		6 7	 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise
			 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints.
			 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. (Unit–7) 3. Properties and Functions of Muscles. 4.
			 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. (Unit–7) 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5.
8	NOV		 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. (Unit–7) 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System
			 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. (Unit–7) 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Kespiratory System (Unit–8) Fundamentals Of Kinesiology And Biomechanics in
8	NOV	7	 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. (Unit–7) 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System (Unit – 8) Fundamentals Of Kinesiology And Biomechanics in Sports 1. Definition and Importance of Kinesiology and
8	NOV		 (Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness (Unit–7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. (Unit–7) 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Kespiratory System (Unit–8) Fundamentals Of Kinesiology And Biomechanics in

			(Unit – 8) Fundamentals Of Kinesiology And Biomechanics in Sports 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements
10	JAN	9	(Unit-9) Psychology and Sports 1. Definition & Importance of Psychology in Physical Education & Sports; 2. Developmental Characteristics at Different Stages of Development; (Unit-9) Psychology and Sports 3. Adolescent Problems & their
			Management; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness Practical-3Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field–& Equipment. Also mention its Rules, Terminologies & Skills
11	Feb	10	 (Unit-10) Training & Doping in Sports 1. Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery (Unit-10) Training & Doping in Sports 3. Warming-up & Limbering Down – Types, Method & Importance 4. Concept of Skill, Technique, Tactics & Strategies 5. Concept of Doping and its disadvantages. REVISION
12	Mar		ANNUAL EXAMINATION

Ro.

I/C Academic

Principa