



**DAV PUBLIC SCHOOL, HEHAL, RANCHI**  
**MONTHWISE SYLLABUS (Session 2026-27)**  
**SUBJECT: ENGLISH (301)**  
**CLASS-XII**  
**FULL MARKS: 80**

Month	Flamingo		Vistas	Writing Skill
	Prose	Poetry		
April	<ul style="list-style-type: none"> <li>The Last Lesson</li> </ul>	<ul style="list-style-type: none"> <li>My Mother at Sixty-Six</li> </ul>	<ul style="list-style-type: none"> <li>The Third Level</li> </ul>	<ul style="list-style-type: none"> <li>Notice Writing</li> <li>Letter for Job Application</li> </ul>
May	<ul style="list-style-type: none"> <li>Lost Spring</li> </ul>	<ul style="list-style-type: none"> <li>Keeping Quiet</li> </ul>	.....	.....
June	.....	.....	<ul style="list-style-type: none"> <li>The Tiger King</li> </ul>	<ul style="list-style-type: none"> <li>Invitation and Reply</li> </ul>
July	<ul style="list-style-type: none"> <li>Deep Water</li> <li>The Rattrap</li> </ul>	<ul style="list-style-type: none"> <li>A Thing of Beauty</li> </ul>	<ul style="list-style-type: none"> <li>Journey to the End of the Earth</li> </ul>	<ul style="list-style-type: none"> <li>Letter to the Editor</li> <li>Article Writing</li> </ul>
August	<ul style="list-style-type: none"> <li>Indigo</li> </ul>	<ul style="list-style-type: none"> <li>A Roadside Stand</li> </ul>	<ul style="list-style-type: none"> <li>The Enemy</li> </ul>	<ul style="list-style-type: none"> <li>Report Writing</li> </ul>
Aug-Sep	<b>First Terminal Examination -2026</b>			
September	<ul style="list-style-type: none"> <li>Poets and Pancakes</li> </ul>	.....	<ul style="list-style-type: none"> <li>On the Face of It</li> </ul>	.....
October	<ul style="list-style-type: none"> <li>The Interview</li> </ul>	<ul style="list-style-type: none"> <li>Aunt Jennifer's Tigers</li> </ul>	.....	.....
November	<ul style="list-style-type: none"> <li>Going Places</li> </ul>	.....	<ul style="list-style-type: none"> <li>Memories of Childhood</li> </ul>	.....
December	<b>Revision Pre-Board 1</b>			
January	<b>Revision Pre-Board 2</b>			



# DAV PUBLIC SCHOOL, HEHAL, RANCHI

MONTH WISE SYLLABUS (SESSION: 2026-27)

CLASS – XII

FULL MARKS : 80

**SUBJECT: ECONOMICS (030)**

Month	Chapter/Sub-Topics	Key Terms and Concept
April 2026	<p>Unit 1: National Income and Related Aggregates National Income and Related Aggregates : 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); and Welfare</p> <p>PART-B Indian economy on the eve of independence</p>	<p>Gross Domestic Product (GDP) –Gross National Product (GNP) –Net National Product (NNP) National Income (NI), Personal Income (PI) –Disposable Income (DI) Consumption Expenditure – Investment Expenditure Government Expenditure Net Exports (X-M)</p>
May 2026	<p>PART-A Unit -1: 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</p> <p>PART-B Indian economy 1950-1990- Introduction and the goals of 5 year plans.</p>	<p>Nehruvian socialism Five-Year Plans:, License Raj:, Green Revolution:, Import substitution industrialization</p>
June 2026	<p>PART B 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>PART-A Unit 2: Money and Banking 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>	<p>Money Supply Currency:, Central Bank Reserve Requirements Fractional Reserve Banking Monetary Policy: Interest Rates, Inflation: Deflation Commercial Banks Credit Creation</p>
July 2026	<p>PART-B Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST</p> <p>PART-A UNIT: 3 Determination of Income and Employment Aggregate demand and its components, Propensity to consume and propensity to save (average and marginal), Short-run equilibrium output.</p>	<p>Liberalization:, Privatization, Globalization:, Foreign Direct Investment (FDI)</p> <p>Disposable Income -, Consumption, Investment -, Government Spending</p>

August 2026	<p><b>PART-A</b> 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> <p><b>PART-B</b> Human Capital Formation: How people become resource; Role of human capital in economic development; Growth of Education</p>	<p>Aggregate Demand Aggregate Supply, Inflation, Unemployment -, Multiplier Effect Fiscal Policy Monetary Policy - Business Cycle</p> <p>Income inequality: Slow economic growth;</p>
<b>Half Yearly Examination</b>		
September 2026	<p><b>PART-B</b> Rural development: Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming</p>	Agricultural distress
October 2026	<p><b>PART-A</b> Unit 4: Government Budget and the Economy Government budget - meaning, objectives and components, 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><b>PART-B</b> Employment: Growth and changes in work force participation rate in formal and informal sectors</p> <p><b>Project Work based as per CBSE Guidelines</b></p>	<p><b>Government Budget Fiscal Policy: Monetary Policy:, Deficit: Debt:, Inflation: Gross Domestic Product (GDP, Taxation, Public Goods: Crowding Out: Multiplier Effect:, Automatic Stabilizers</b></p>
November 2026	<p><b>PART-B</b> Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming</p> <p>Unit 8: Development Experience of India: A comparison with neighbours India and Pakistan India and China Issues: economic growth, population, sectoral development and other Human Development Indicators</p> <p><b>PART-A</b> UNIT 5 Balance of Payments Balance of payments account - meaning and components; Balance of payments –Surplus and Deficit Foreign exchange rate - 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><b>Environmental degradation: Geopolitical tensions</b></p> <p><b>Demographic profile liberalization, and globalization Human Development Indicators GLF proletarian Cultural campaign</b></p> <p><b>Current Account: Capital Account: Financial Account: direct investment, portfolio investment, and other investments, Trade Balance: Current Account Balance: Capital Account Balance: Financial Account Balance: Balance of Payments Surplus/Deficit:</b></p>
December 2026	<b>REVISION</b>	



# DAV PUBLIC SCHOOL, HEHAL, RANCHI

## Month wise break up Syllabus (2026-27)

Subject: History (027)

**FULL MARKS: 80**

Months	Name of the Chapters
April	Story of First Cities – Harappan, Political & Economic History – How Inscriptions tell story
May	Social Histories – Mahabharat
June	A History of Buddhism – Sanchi Stupa, Agrarian Relations – The Ain –i-akbari
July	The Mughal Court – Reconstructing histories through chronicles, New Architecture – Hampi Colonialism & Rural Society
Aug.	Representations of 1857, colonialism and Indian towns, Map, Project Work
Oct.	Religious Histories – Bhakti Sufi, Medieval Society through Travellers Account
Nov.	Mahatma Gandhi through contemporary ideas, Partition through oral sources

### Blue Print

### History - Class XII (TERM-1)

Sl.No.	Name of the Chapters	VSA 2	Short Answer 4	Source Based 7	Long Answer 8	Map 5	Total
1	Story of First Cities – Harappan	1x2			1x8		10
2	Political & Economic History – How Inscriptions tell story			1x7			7
3	Social Histories – Mahabharat		1x4				4
4	A History of Buddhism – Sanchi Stupa		1x4				4
5	Agrarian Relations – The Ain – iakbari		1x4				4
6	the Mughal Court – Reconstructing histories through chronicles	1x2		1x7			9
7	New Architecture – Hampi		1x4		1x8		12
8	Colonialism & Rural Society		1x4				4
9	Representations of 1857		1x4		1x8		12
10	colonialism and Indian towns	1x2		1x7			9
11	Map						5
12	Project Work						20
						<b>Total</b>	<b>100</b>



# DAV PUBLIC SCHOOL, HEHAL, RANCHI

Month wise break up Syllabus (2026-27)

Subject: Geography (029)

FULL MARKS: 70

Month	Book: Fundamentals of Human Geography
April	<b>Unit 1: Chapter-1 Human Geography: Nature and Scope</b> <ul style="list-style-type: none"><li>• Introduction to Human Geography</li><li>• Approaches to study Human Geography Regional and Systematic Geography, Dualism</li><li>• Nature of Human Geography</li><li>• Naturalisation of Humans and Humanisation of Nature</li><li>• Schools of thought in Human Geography</li><li>• Fields and subfields of Human Geography</li></ul>
	<b>Unit 2:</b> <b>Chapter- 2 The World Population Distribution, Density and Growth</b> <ul style="list-style-type: none"><li>• Population-distribution and density</li><li>• Factors influencing the distribution of population</li><li>• Population Growth</li><li>• Components of Population change</li><li>• Demographic Transition</li><li>• Population Control Measures</li></ul> <b>Chapter- 3 Human Development</b> <ul style="list-style-type: none"><li>• Human development - concept; selected indicators</li><li>• Growth and Development</li><li>• The four pillars of Human Development</li><li>• Approaches to Human Development</li><li>• Measuring Human Development- HDI, HPI and GNH</li><li>• International comparisons</li></ul>
May & June	<b>Unit 3: Chapter- 4 Primary Activities</b> Concept and types: <ul style="list-style-type: none"><li>• Hunting and Gathering, Pastoralism; Nomadic Herding, Commercial Livestock Rearing</li><li>• Types of agriculture:<ul style="list-style-type: none"><li>❖ Primitive Subsistence</li><li>❖ Intensive Subsistence</li></ul></li><li>• Commercial Agriculture<ul style="list-style-type: none"><li>❖ Plantation Agriculture</li><li>❖ Extensive Commercial Grain Cultivation</li><li>❖ Mixed Farming</li><li>❖ Dairy farming</li><li>❖ Mediterranean Agriculture</li><li>❖ Market Gardening and Horticulture</li><li>❖ Cooperative Farming</li><li>❖ Collective Farming</li></ul></li><li>• Mining, factors affecting mining</li><li>• Methods of Mining</li></ul>

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### Chapter- 5 Secondary Activities

- Manufacturing: Characteristics of Modern large-Scale Manufacturing
- Factors influencing industrial Location
- Classification of manufacturing Industries: On the basis of Size, Inputs /raw material, Output /Products and Ownership
- Concept of High tech Industry

July

### Chapter- 6 Tertiary Activities

- Tertiary activities-concept and types
- Trade and commerce: Retail and Wholesale trading Transport, Factors Affecting Transport;
- Communication
- Services
- People engaged in tertiary activities
- Tourism, Major tourist regions
- Tourist attractions - some examples from selected countries
- Medical Services for Overseas Patients in India
- Quaternary and Quinary activities-concept
- The Digital Divide

### Chapter- 7 Transport and Communication

- Transport
- Modes of Transportation:
- Land transport: Roadways, Highways, Road Density, Border Roads.
- Railways: Trans-continental Railways: Trans-Siberian, Trans Canadian, Australian Trans Continental,
- Water Transport: Important Sea Routes, Shipping Canals, Inland waterways
- Air transport: Inter-Continental air routes
- Pipelines
- Communications: Satellite Communications and Cyber Space- Internet

August

### Chapter- 8 International Trade

- History of International trade
  - Why Does International Trade Exist?
  - Basis of International Trade
  - Balance of Trade
  - Types of International Trade: Bilateral and Multi-lateral trade
  - Case for Free Trade
  - Concept of Dumping
  - World Trade Organisation
  - Regional Trade Blocs
  - Concerns Related to International Trade
  - Gateways of International trade: Ports
  - Types of Port
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Month	Book: India: People and Economy	
April	Unit 1:	<b>Chapter- 1 Population Distribution, Density, Growth and Composition</b> <ul style="list-style-type: none"> <li>• Distribution of Population</li> <li>• Density of Population</li> <li>• Growth of population</li> <li>• Four distinct phases of population growth</li> <li>• Regional Variation in Population Growth</li> <li>• Population Composition: Rural – Urban Composition, Linguistic Composition, Religious Composition</li> <li>• Composition of Working Population</li> <li>• Promoting Gender Sensitivity through ‘Beti Bachao-Beti Padhao’ Social Campaign.</li> </ul>
	Unit 2:	<b>Chapter- 2 Human Settlements</b> <ul style="list-style-type: none"> <li>• Rural settlements - types and distribution</li> <li>• Urban settlements - types, distribution</li> <li>• Evolution of Towns in India</li> <li>• Urbanisation in India</li> <li>• Functional Classification of Towns</li> <li>• Smart Cities Mission</li> </ul>
May & June	Unit 3:	<b>Chapter- 3 Land Resources and Agriculture</b> <ul style="list-style-type: none"> <li>• Land resources- general land use</li> <li>• Land use categories</li> <li>• Land-use Changes in India</li> <li>• Common Property Resources</li> <li>• Agricultural Land Use in India</li> <li>• Cropping Seasons in India</li> <li>• Types of Farming</li> <li>• Geographical conditions and distribution of major crops (Wheat, Rice, Tea, Coffee, Cotton, Jute, Sugarcane and Rubber);</li> <li>• Agricultural development in India</li> <li>• Growth of Agricultural Output and Technology</li> <li>• Problems of Indian Agriculture</li> </ul> <b>Chapter- 4 Water Resources</b> <ul style="list-style-type: none"> <li>• Water resources- Surface water and Groundwater Resources</li> <li>• Lagoons and Backwaters</li> <li>• Water Demand and Utilisation - irrigation, domestic, industrial and other uses;</li> <li>• Emerging Water Problems: Deterioration of Water Quality</li> <li>• Water Conservation and Management; Prevention of Water Pollution; Rain water harvesting and Watershed management</li> </ul>
July		<b>Chapter- 5 Mineral and Energy Resources</b> <ul style="list-style-type: none"> <li>• Mineral Resources: Introduction and Types</li> </ul>

		<ul style="list-style-type: none"> <li>• Major mineral belts of India</li> <li>• Distribution of Ferrous Minerals (Iron ore and Manganese), Non-Ferrous Minerals (Bauxite and Copper); Non-metallic minerals (Mica)</li> <li>• Energy Resources: Conventional sources (Coal, Petroleum and Natural gas) and non-conventional sources (Nuclear, Solar, Wind, Tidal and Wave and Geothermal and Bio energy)</li> <li>• Conservation of Mineral Resources</li> </ul> <p><b>Chapter - 6 Planning and Sustainable Development in Indian Context</b></p> <ul style="list-style-type: none"> <li>• Planning- Introduction</li> <li>• Target Area Planning: Hill Area Development Programme, Drought Prone Area Programme.</li> <li>• Concept of Sustainable Development</li> <li>• Case Studies - <ol style="list-style-type: none"> <li>1. Integrated Tribal Development Project in Bharmaur* Region,</li> <li>2. Indira Gandhi Canal (Nahar) Command Area</li> </ol> </li> </ul>
<b>August</b>	<b>Unit 4:</b>	<p><b>Chapter- 7 Transport and Communication</b></p> <ul style="list-style-type: none"> <li>• Means of transport: Land (Road transport, Rail transport and Oil and Gas pipelines), Water transport (Inland waterways and Oceanic routes) and Air transport</li> <li>• Communication Networks- Personal and Mass Communication Systems</li> </ul>
<b>September</b>		<p><b>Chapter- 8 International Trade</b></p> <ul style="list-style-type: none"> <li>• Changing Pattern of the Composition of India's Exports and Import</li> <li>• Direction of Trade</li> <li>• Sea Ports as Gateways of International Trade</li> <li>• Major Seaports of India along with their hinterlands.</li> <li>• Airports</li> </ul>
<b>October</b>	<b>Unit 5:</b>	<p><b>Chapter- 9 Geographical Perspective on Selected Issues and Problems</b></p> <ul style="list-style-type: none"> <li>• Environmental pollution- Introduction and types</li> <li>• Urban-waste disposal</li> <li>• Rural-Urban Migration: Case Study</li> <li>• Problems of Slums</li> <li>• Land degradation: Case study</li> </ul>



**DAV PUBLIC SCHOOL, HEHAL, RANCHI**  
**COURSES OF STUDY**  
**POLITICAL SCIENCE-028**  
**CLASS-XII (2026-2027)**

**BOOK-1- CONTEMPORARY WORLD POLITICS**  
**BOOK-2 POLITICS IN INDIA SINCE INDEPENDENCE**

MONTHS	BOOKS	CHAPTER NO.	CHAPTER NAME
APRIL	BOOK-1	1	THE END OF BIPOLARITY
	BOOK-1	2	CONTEMPORARY CENTRES OF POWER
	BOOK-2	1	CHALLENGES OF NATION BUILDING
	BOOK-2	2	ERA OF ONE PARTY DOMINANCE
MAY	BOOK-2	3	POLITICS OF PLANNED DEVELOPMENT
JUNE	BOOK-1	3	CONTEMPORARY SOUTH ASIA
JULY	BOOK-1	4	INTERNATIONAL ORGANIZATIONS
	BOOK-2	4	INDIA'S EXTERNAL RELATIONS
AUGUST	BOOK-1	5	SECURITY IN CONTEMPORARY WORLD
	BOOK-2	5	CHALLENGES TO AND RESTORATION OF
	BOOK-2	6	THE CONGRESS SYSTEM THE CRISIS OF DEMOCRATIC ORDER
SEPTEMBER	----	----	REVISION AND HALY-YEARLY EXAMINATION
OCTOBER	BOOK-1	6	ENVIROMENT AND NATURAL RESOURCES
	BOOK-2	7	REGIONAL ASPIRATIONS
NOVEMBER	BOOK-1	7	GLOBALISATION
	BOOK-2	8	RECENT DEVELOPMENTS IN INDIAN POLITICS



# D.A.V.PUBLIC SCHOOL HEHAL, RANCHI

CLASS-XII (2026-27)

MONTHWISE SYLLABUS

SUBJECT-HINDI

MARKS-80

Month	Topic
अप्रैल	आरोह पाठ -02 - पाठ - आत्म परिचय ,दिन जल्दी -जल्दी ढलता है ,भक्तिन वितान भाग -02 - सिल्वर वैडिंग
मई	आरोह भाग -02 - पतंग ,बाज़ार दर्शन ,रचना - जनसंचार माध्यम
जून	आरोह भाग -02 कविता के बहाने ,काले मेघा पानी दे ,रचना - पत्रकारीय लेखन
जुलाई	रचना - किसी नवीन विषय पर अप्रत्याशित लेख ,अपठित काव्यांश आरोह भाग -02 बात सीधी थी पर ,कैमरे में बंद अपाहिज , वितान भाग -02 अतीत में दबे पांव
अगस्त	आरोह भाग -02 उषा ,बदल राग ,कवितावली ,लक्ष्मण मूर्छा और राम का विलाप वितान भाग -02 जूझ , रचना - विशेष लेखन
अगस्त	प्रथम आवधिक परीक्षा के लिए पठित पाठों की पुनरावृत्ति
सितम्बर	आरोह भाग -02 रुबाईयां ,शिरीष के फूल ,छोटा मेरा खेत
अक्टूबर	आरोह भाग -02 बगुलों के पंख ,श्रम विभाजन और जाति प्रथा ,मेरी कल्पना का आदर्श समाज
नवम्बर	कहानी व नाटक की रचना , समाचार लेखन ( रचना भाग )
दिसम्बर	पठित पथों की पुनरावृत्ति
	पाठक्रम के निम्नलिखित पाठ हटा दिए गए हैं

नोट :- पाठक्रम के निम्नलिखित पाठ हटा दिए गए हैं

आरोह भाग -02 काव्य खंड - गजानन माधव मुक्तिबोध , गज़ल

गद्य खंड - चार्जि चैपलिन यानी हमसब ,नमक

वितान भाग 02 -डायरी के पन्ने

अंतरिम प्रायोगिक परीक्षा

(अ ) श्रवण तथा वचन -

10(अंक )

(ब ) परियोजना कार्य -

10(अंक)



# DAV PUBLIC SCHOOL, HEHAL, RANCHI

## Month wise break up Syllabus (2026-27)

Subject: Fine Art (049)

MONTH	THEORY TOPICS	PRACTICAL TOPICS
APRIL	Introduction to Indian Miniature Painting, Rajasthani School (Mewar, Bundi, Kishangarh, Jaipur), key features & artworks	Basic sketching, object drawing, line practice
MAY-JUNE	Pahari School (Basohli, Kangra, Guler), comparison with Rajasthani	Still life drawing, shading techniques Nature study, landscape sketches
JULY	Mughal School of Painting (features, artists, artworks)	Imaginative composition (theme- based)
AUGUST	•Deccan School of Painting, comparison with Mughal •Bengal School of Art (Rabindranath Tagore, Nandalal Bose)	Composition using color (watercolour /poster color) Portrait sketching, human figures
AUG & SEP	Half Yearly	Examination
OCTOBER	Modern Indian Art (Jamini Roy, Amrita Sher-Gil)	Creative composition, mixed media work
NOVEMBER (Till 15 <sup>th</sup> Nov)	Contemporary Indian Art, installations, new media	Experimental art, texture work Final composition practice, portfolio completion
NOVEMBER (Last week)	First Pre Board	Examination
DECEMBER	Second Pre Board	Examination
JANUARY	Revision from Sample	Paper
FEBRUARY	BOARD	EXAMINATION



# DAV PUBLIC SCHOOL, HEHAL, RANCHI

MONTH WISE SYLLABUS (Session: 2026-27)

CLASS: XII

SUBJECT: PHYSICAL EDUCATION (048)

FULL MARKS: 70

S.No	MONTH	NAME OF THE CHAPTER	NAME OF THE TOPICS
1	APRIL	UNIT 1. Management of Sporting Events UNIT 2. Children & Women in Sports	1. Functions of sports management, committees, fixtures, Intramural & Extramural tournaments. Community sports program. 2. Exercise guidelines, postural deformities, women's participation, Special consideration, Female athlete triad .
2	MAY JUNE	UNIT 3. Yoga as Preventive measure for Lifestyle Disease. UNIT 4. Physical Education & Sports for (CWSN).	1. Asanas for obesity, diabetes, asthma, hypertension, back pain. 2. Organization s promoting Disability Sports, Concept of Classification and Divisioning in Sports, Concept of Inclusion in sports, its need, and Implementation, Advantages of Physical Activities for children with special needs, Strategies to make Physical Activities assessable for children with special needs.
3	JULY AUG	UNIT 5. Sports & Nutrition. UNIT 6. Test & Measurement in Sports.	1. Balanced diet, macro/micronutrients, Eating for Weight control, food myths, diet for performance. 2. Fitness tests-Khelo India, Rikli & Jones, Measurement of CardioVascular Fitness – Harvard StepTest, Computing Basal Metabolic Rate (BMR), Johnsen – Methney Test of Motor Educability.
4	SEP- OCT	UNIT 7. Physiology and Injuries in Sports. UNIT 8. Biomechanics and Sports. UNIT 9. Psychology & Sport.	1. Physiological factors determining components of physical fitness, Effect of exercise on the Muscular System, Effect of exercise on the CardioRespiratory System, Physiological changes due to aging, Sports injuries. 2. Newton’s Law of Motion & its application in sports, Types of Levers and their application in Sports, Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports, Friction & Sports, Projectile in Sports. 3. Personality its definition & types (Jung Classification & Big Five Theory) Motivation, its type & techniques, Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it Meaning, Concept & Types of Aggressions in Sports Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting.

5 NOV

UNIT 10. Training in Sports.

1. Concept of Talent Identification and Talent Development in Sports, Introduction to Sports Training Cycle, Types & Methods to Develop Strength, Endurance, and Speed. Types & Methods to Develop – Flexibility and Coordinative Ability.  
Circuit Training - Introduction & its importance