

IMPORTANT TOPICS (PHYSICAL EDUCATION - XII)

DIGITAL RESOURCES (PHYSICAL EDUCATION - XII) : Sheet1

HOME BASED LEARNING/ONLINE VIDEO LESSONS

CLASS - XII (PHYSICAL EDUCATION)

Planning in Sports →	Planning in Sports	Various Committees	Tournament and Its Types	How to make Fixture	MCQ
Sports & Nutrition →	What is Nutrition	Nutritive & Non-Nutritive Components	Eating Disorder	MCQ	
Yoga & Lifestyle →	MCQ				
Physical Education & Sports of CWSN →	MCQ				
Children & Women in Sports →	Postural Deformities	Female Athletes Triad	MCQ		
Test & Measurement in Sports →	AAHPER Test	MCQ			
Physiology & Injuries in Sports →	MCQ				
Biomechanics & Sports →	MCQ				
Psychology & Sports →	MCQ				
Training in Sports →	MCQ				

DISCLAIMER: These links are collected from different sources .

