

Sports & Practice

Unit - 1 Meaning, Aim & Objectives of Physical Education

Meaning of Sports,
Significance of Play for a Child

Unit – 2 Physical Fitness

Meaning of Physical Fitness.
Components of Physical Fitness
Aahpered Physical Fitness Test

Unit - 3 Health

Meaning, W.H.O. Defination
Dimension of Health
(Physical Dimension, Mental Dimension, Social Dimension)

Unit - 4 Olympic & Asian Games

Introduction, Historical Back Ground, Aims of Olympic
Games.

Opening and Closing Ceremony.

Asian Games

Introduction, Historical Back Ground, Aims of Asian Games.
India in Olympic & Asian Games.