



NORTH POINT SENIOR SECONDARY BOARDING SCHOOL
SYLLABUS 2024-25
CLASS – XI
(SCIENCE/COMMERCE/HUMANITIES)

ENGLISH

PRE MID TERM

- Ch 1 : The Portrait of a lady
- Ch 2 : A Photograph
- Ch 3 : The summer of the beautiful white horse
- Ch 4 : Grammar
- Ch 5: Comprehension
- Ch 6 : Advertisement (Situation vacant and wanted)

MID TERM

1. THE SUMMER OF THE BEAUTIFUL WHITE HORSE
2. THE ADDRESS
3. THE PORTRAIT OF A LADY
4. A PHOTOGRAPH
5. WE'RE NOT AFRAID TO DIE...
6. THE LABURNUM TOP
7. THE VOICE OF THE RAIN
8. COMPREHENSION
9. NOTE MAKING
10. ADVERTISEMENT (ALL)
11. POSTER Making
12. SPEECH WRITING
13. DEBATE
14. GRAMMAR

POST MID TERM

1. DISCOVERING TUT
2. CHILDHOOD
3. MOTHER'S DAY
4. NOTE MAKING
5. POSTER MAKING
6. GRAMMAR

ANNUAL

1. THE SUMMER OF THE BEAUTIFUL WHITE HORSE

2. THE ADDRESS
3. MOTHER'S DAY
5. BIRTH
6. THE PORTRAIT OF A LADY
7. A PHOTOGRAPH
8. WE'RE NOT AFRAID TO DIE...
9. DISCOVERING TUT
10. THE LABURNUM TOP
11. THE VOICE OF THE RAIN
12. FATHER TO SON
13. CHILDHOOD
14. COMPREHENSION
15. NOTE MAKING
16. ADVERTISEMENT (ALL)
17. POSTER MAKING
18. SPEECH WRITING
19. DEBATE WRITING
20. GRAMMAR

BENGALI

PRE MID TERM

- ব্যাকরণ – 1. বাচ্য পরিবর্তন
গদ্যাংশ - 1. তেলেনাপোতা আবিষ্কার
পদ্যাংশ – 1. নুন
2. বাড়ির কাছে আরশিনগর।
নাটক - 1. গুরু প্রথম অধ্যায়।

MID TERM

- ১) বাচ্য পরিবর্তন, উক্তি পরিবর্তন (ব্যাকরণ)
- ২) তেলেনাপোতা আবিষ্কার, ডাকাতের মা (গদ্য)
- ৩) নুন, বাড়ির কাছে আরশিনগর, শিক্ষার সার্কাস (কবিতা)
- ৪) গুরু (প্রথম ও দ্বিতীয় অধ্যায়)
- ৫) সংলাপ লিখন
- ৬) বোধ পরীক্ষণ

POST MID TERM

- গদ্য - গ্যালিলিও
কবিতা - দ্বীপান্তরের বন্দিনী
নাটক - গুরু (তৃতীয় অধ্যায়)
ব্যাকরণ - শব্দভাণ্ডার (তৎসম, তদ্ভব ও দেশি-বিদেশি)

ANNUAL EXAM

- গদ্য - কর্তার ভূত, তেলেনাপোতা আবিষ্কার, ডাকাতের মা, গ্যালিলিও।

কবিতা - শিক্ষার সার্কাস ,বাড়ির কাছে আরশিনগর, দ্বীপান্তরের বন্দিনী , নুন।
নাটক - গুরু (প্রথম থেকে চতুর্থ অধ্যায়)
ব্যাকরণ - উক্তি পরিবর্তন , বাচ্য পরিবর্তন ,বাংলা শব্দ ভান্ডার (তৎসম ,তদ্ভব ,দেশী-বিদেশী)
সংলাপ লিখন ও গদ্যের সারাংশ লিখন।
বোধ পরীক্ষণ।

HINDI

PRE MID TERM

আরোহ

- নমক কা দারোগা
- মযিা নসীরুদ্দীন
- কবীর (পদ-1)
- মীরা (পদ-1)

বতান

- ভারতীয় গায়কিাওঁ মেঁ বেজোড় লতা মাংগেশকর
- অপঠতি বোধ – গদ্যাংশ ব কাব্যাংশ
- জনসাংচার মাধ্যম ঔর লেখন

MID TERM

আরোহ

- নমক কা দারোগা
- মযিা নসীরুদ্দীন
- কবীর (পদ-1)
- মীরা (পদ-1)
- ঘর কী যাদ
- অপ্পূ কে সাথ ঢাইঁ সাল
- চম্পা কালে-কালে অচ্ছর নহীঁ চীন্হতী
- বদিাইঁ সাংভাষণ
- গজল
- গলতা লোহা

বতান

- ভারতীয় গায়কিাওঁ মেঁ বেজোড় লতা মাংগেশকর
- রাজস্থান কী রজত ব্লাঁদে
- অপঠতি বোধ – গদ্যাংশ ব কাব্যাংশ
- জনসাংচার মাধ্যম ঔর লেখন
- কার্যালযীন লেখন ঔর প্রক্রযিা (প্রতবিদন, প্রেস , বজ্জপ্তাধিরপিত্র, কার্যবৃত্ত)
- ডায়রী লেখন কী কলা
- কথা -পটকথা লেখন
- পত্রকরতি কে ববিধি আযাম

POST MID TERM

LITERATURE

ये भूख मत मचल, है मेरे जूही के फूल जैसे ईश्वर
रजनी, सबसे खतरनाक

LANGUAGE

स्ववृत

ANNUAL

जामुन का पेड़

भारतमाता

आओ मलिकर बचाएं

वतान आलो अंधारी

ACCOUNTANCY

PRE MID TERM

Ch - 1. Meaning, Objectives, Scope and Nature of Accounting

Ch - 2. Basic Accounting Terms

Ch - 3. Accounting Principles

Ch - 4. Process and Bases of Accounting

Ch - 5. Accounting Standards

Ch - 6. Accounting Equations

Ch - 7. Double Entry System

Ch - 8. Origin of Transactions: Source Documents of Accountancy

MID TERM

Ch 1. Meaning, Objectives, Scope and Nature of Accounting

Ch 2. Basic Accounting Terms

Ch 3. Accounting Principles

Ch 4. Process and Bases of Accounting

Ch 5. Accounting Standards

Ch 6. Accounting Equations

Ch 7. Double Entry System

Ch 8. Origin of Transactions: Source Documents of Accountancy

Ch 9. Books of Original Entry Journal

Ch 10. Accounting for Goods & Services Tax (GST)

Ch 11. Books of Original Entry Cash Book

Ch 12. Books of Original Entry Special Purpose Subsidiary Books

Ch 13. Ledger

Ch 14. Trial Balance and Errors

Ch 15. Bank Reconciliation Statement

Ch 16. Depreciation

Ch 17. Provisions and Reserves

POST MID TERM

- Ch 20. Financial statements
- Ch 21. Financial statements with adjustment

ANNUAL

- Ch 1. Meaning, Objectives, Scope and Nature of Accounting
- Ch 2. Basic Accounting Terms
- Ch 3. Accounting Principles
- Ch 4. Process and Bases of Accounting
- Ch 5. Accounting Standards
- Ch 6. Accounting Equations
- Ch 7. Double Entry System
- Ch 8. Origin of Transactions: Source Documents of Accountancy
- Ch 9. Books of Original Entry Journal
- Ch 10. Accounting for Goods & Services Tax (GST)
- Ch 11. Books of Original Entry Cash Book
- Ch 12. Books of Original Entry Special Purpose Subsidiary Books
- Ch 13. Ledger
- Ch 14. Trial Balance and Errors
- Ch 15. Bank Reconciliation Statement
- Ch 16. Depreciation
- Ch 17. Provisions and Reserves
- Ch 18. Rectification of Errors
- Ch 19. Capital and Revenue
- Ch 20. Financial Statements
- Ch 21. Financial Statements With Adjustments
- Ch 22. Accounts from Incomplete Records

BUSINESS STUDIES

PRE MID TERM

- Ch-1 : Nature of purpose of business
- Ch-2 : Forms of Business organization

MID TERM

- Ch-1 : Nature of purpose of business
- Ch-2 : Forms of Business organization
- Ch-3 : Public, Private and global enterprises
- Ch-4 : Business services
- Ch-5 : Emerging mode of Business
- Ch-6 : Social responsibility of business and business ethics

POST MID TERM

- Ch - 7 : Small Businesses
- Ch - 8 : Sources of Business Finance

ANNUAL

- Ch-1 : Nature of purpose of business
- Ch-2 : Forms of Business organization
- Ch-3 : Public, Private and global enterprises
- Ch-4 : Business services
- Ch-5 : Emerging mode of Business
- Ch-6 : Social responsibility of business and business ethics
- Ch - 7 : Small Businesses
- Ch - 8 : Sources of Business Finance
- Ch - 9 Internal Trade
- Ch - 10 International - Business

COST ACCOUNTING

PRE MID TERM

Employability skills

Ch-1 : Communication skills

Ch-2 : Self management

Subject specific

Ch-1 : General Principles

Ch-2 : Direct materials

MID TERM

Employability skills

Ch-1 : Communication skills

Ch-2 : Self management

Ch-3 : ICT skills

Subject specific

Ch-1 : General Principles

Ch-2 : Direct materials

Ch-3 : Direct labour and direct expenses

POST MID TERM

Subject specific

Ch-4. Overheads General, classification, distribution and control.

ANNUAL

Subject specific

Ch 1. General principles

Ch 2. Direct material

Ch 3. Direct labour and direct expenses

Ch 4. Overheads General, classification, distribution and control.

Ch 5. Overhead distribution

Employability skills

Ch 1. Communication skills

Ch 2. Self management skills

- Ch 3. ICT skills
- Ch 4. Entrepreneurship skill
- Ch 5. Green skill

ECONOMICS

PRE MID TERM

Part A - Statistics

1. Concept of Economics and significance of Statistics in Economics

Part B - Micro-Economics

1. Introduction and the Production Possibility Curve

MID TERM

Statistics

- 2 Collection of data
- 3 Census and Sample methods
- 4 Organisation of data
- 5 Presentation of Data: Textual and Tabular Presentation
- 6 Diagrammatic presentation of data: Bar and Pie diagrams
- 7 Measures of Central Tendency: Arithmetic Mean

Part B - Micro-Economics

- 2 Utility
- 3 Indifference curves
- 4 Theory of Demand
- 5 Elasticity of demand
- 6 Production

POST MID TERM

Statistics

- 8 Measures of Central Tendency: Median and Mode
- 9 Index Numbers

Microeconomics

- 7 Cost
- 8 Revenue
- 9 Supply

ANNUAL

Statistics

- 10 Correlation

Microeconomics

- 10 Perfect Competition

+ Pre Mid+ Mid+ Post Mid syllabus

PHYSICS

PRE MID TERM

- Ch-2: Units and measurements
- Ch-3: Motion in a straight line

Ch-4 : Motion in a plane

Ch-5: Laws of motion

MID TERM

Ch-2 : Units and measurements

Ch-3: Motion in a straight line

Ch-4 : Motion in a plane

Ch-5 : Laws of motion

Ch-6: Work, energy and power

Ch-7: System of particles and rotational motion

Ch-8 : Gravitation

Ch-9 : Mechanical properties of solids

POST MID TERM

Ch-10. MECHANICAL PROPERTIES OF FLUIDS

Ch-11. THERMAL PROPERTIES OF MATTER

Ch-12. THERMODYNAMICS

ANNUAL

Ch-2: UNITS AND MEASUREMENTS

Ch-3: MOTION IN A STRAIGHT LINE

Ch-3 : MOTION IN A STRAIGHT LINE

Ch-4 MOTION IN A PLANE

Ch-5 LAWS OF MOTION

Ch-6 WORK, ENERGY AND POWER

Ch-7 SYSTEM OF PARTICLES AND ROTATIONAL MOTION

Ch-8 GRAVITATION

Ch-9 MECHANICAL PROPERTIES OF SOLIDS

Ch-10 MECHANICAL PROPERTIES OF FLUIDS

Ch-11 THERMAL PROPERTIES OF MATTER

Ch-12 THERMODYNAMICS

Ch-13 KINETIC THEORY

Ch-14 OSCILLATIONS

Ch- 15 WAVES

CHEMISTRY

PRE MID TERM

Ch-1 : SOME BASIC CONCEPTS OF CHEMISTRY

Ch-2 : STRUCTURE OF ATOM :

MID TERM

Ch-1 : Some basic concepts of chemistry

Ch-2 : Structure of atom

Ch-3 : Classification of elements and periodicity in properties

Ch-4 : Chemical Bonding

Ch-8: Organic Chemistry- Some basic principles and Techniques

POST MID TERM

Ch-5: Thermodynamics

Ch- 7: Redox Reactions

ANNUAL

1. Some Basic concepts of chemistry

2. Structure of Atom

3. Classification of elements and Periodicity in properties

4. Chemical bonding

5. Thermodynamics

6. Equilibrium

7. Redox reactions

8. Organic chemistry- Some basic principles and techniques

9. Hydrocarbons

MATHEMATICS

PRE MID TERM

Chapter-1: Sets.

Chapter-2: Relations And Functions.

Chapter-5: Linear Inequalities

MID TERM

Chapter-1: Sets.

Chapter-2: Relations And Functions.

Chapter-3: Trigonometric Functions.

Chapter-4: Complex Numbers And Quadratic Equations.

Chapter-5: Linear Inequalities.

Chapter-8: Sequences And Series.

Chapter-9: Straight Lines.

POST MID TERM

Chapter-6: Permutations And Combinations.

Chapter-7: Binomial Theorem.

ANNUAL

Chapter-1: Sets.

Chapter-2: Relations And Functions.

Chapter-3: Trigonometric Functions.

Chapter-4: Complex Numbers And Quadratic Equations.

Chapter-5: Linear Inequalities.

Chapter-6: Permutations And Combinations.

Chapter-7: Binomial Theorem.

Chapter-8: Sequences And Series.

Chapter-9: Straight Lines.
Chapter-10: Conic Sections.
Chapter-11: Introduction To Three-Dimensional Geometry.
Chapter-12: Limits And Derivatives.
Chapter-13: Statistics.
Chapter-14: Probability.

BIOLOGY

PRE MID TERM

Ch-1 : The living world
Ch-2 : Biological classification
Ch-3 : Plant kingdom
Ch-4 : Animal kingdom

MID TERM

Ch-1 : The living world
Ch-2 : Biological classification
Ch-3 : Plant kingdom
Ch-4 : Animal kingdom
Ch-5 : Morphology of flowering plants
Ch-6 : Anatomy of Flowering Plants
Ch-7: Structural Organisation in Animals
Ch-8 : Cell-The Unit of Life
Ch-10 : Cell Cycle and Cell Division
Ch-17 : Breathing and Exchange of gases
Ch-18: Body fluids and circulation

POST MID TERM

Ch-9- Biomolecules
Ch-19: Excretory Products and their Elimination

ANNUAL

Ch 1 : The living world
Ch 2 : Biological Classification
Ch- 3 : Plant kingdom
Ch-4 : Animal kingdom
Ch-5 : morphology of flowering plant
Chapter-6: Anatomy of Flowering Plants
Chapter-7: Structural Organisation in Animals
Chapter-8: Cell-The Unit of Life
Chapter-9: Biomolecules
Chapter-10: Cell Cycle and Cell Division
Chapter-13: Photosynthesis in Higher Plants
Chapter-14: Respiration in Plants
Chapter-15: Plant - Growth and Development

Ch- 17 : Breathing and Exchange of gases
Ch-18: Body fluids and circulation
Ch-19 Excretory Products and their Elimination
CH- 20 LOCOMOTION AND MOVEMENT
CH-21: NEURAL CONTROL AND COORDINATION
CH- 22: CHEMICAL COORDINATION AND INTEGRATION

COMPUTER SCIENCE

PRE MID TERM

Ch-1 : Computer system overview
Ch-2 : Data representation

MID TERM

Ch-3 : Boolean Logic
Ch-5 : Getting started with Python.
Ch-6 : Python Fundamentals
Ch-7: Data Handling
Ch 9 : Flow of control

POST MID TERM

CHAPTER-9: FLOW OF CONTROL
CHAPTER-10: STRING MANIPULATION
CHAPTER-11 : LIST MANIPULATION

ANNUAL

CHAPTER-9 : FLOW OF CONTROL
CHAPTER -10: STRING MANIPULATION
CHAPTER-11 : LIST MANIPULATION
CHAPTER-12 : TUPLES
CHAPTER-13 : DICTIONARIES
CHAPTER-14 : CYBER SAFETY
CHAPTER-15 : SOCIETY, LAW AND ETHICS

HISTORY

PRE MID TERM

Theme-II – writing & city life

MID TERM

Writing & city life (unit-I)
An empire Across Three Continents (Unit-II)
Nomadic Empire (Unit-III)

POST MID-TERM

5. UNIT V - CHANGING CULTURAL TRADITIONS

ANNUAL

- 1. UNIT I - WRITING AND CITY LIFE**
- 2. UNIT II - AN EMPIRE ACROSS THREE CONTINENTS**
- 3. UNIT III - NOMADIC EMPIRES**
- 4. UNIT IV - THE THREE ORDERS**
- 5. UNIT V - CHANGING CULTURAL TRADITIONS**
- 6. UNIT VI - DISPLACING INDIGENOUS PEOPLES**
- 7. UNIT VII - PATHS TO MODERNIZATION**

GEOGRAPHY

PRE MID TERM

FUNDAMENTAL OF PHYSICAL GEOGRAPHY

Chapter-1 : Geography as a discipline

Chapter-2 : The origin and evolution of the Earth

INDIA : PHYSICAL ENVIRONMENT

Chapter-1 : India : Location

Chapter-2 : Structure and Physiographic (till Mountains)

MID TERM

FUNDAMENTAL OF PHYSICAL GEOGRAPHY

Chapter-2 : The origin and evolution of the Earth

Chapter-3 : Interior of the Earth

Chapter-4 : Distribution of Oceans and Continents

Chapter-5 : Geomorphic Process

Chapter-6 : Landforms and their evolution

Chapter-7 : Composition and Structure of atmosphere

INDIA : PHYSICAL ENVIRONMENT

Chapter-1 : India : Location

Chapter-2 : Structure and Physiographic (full)

Chapter-3 : Drainage System

Chapter-4 : Climate

Mapwork : India Map (physiography, rivers, rainfall, monsoon wind)

POST MID TERM

FUNDAMENTALS OF PHYSICAL GEOGRAPHY

CHAPTER 8

SOLAR RADIATION, HEAT BALANCE AND TEMPERATURE

CHAPTER 9

ATMOSPHERIC CIRCULATION AND WEATHER SYSTEM

INDIA PHYSICAL ENVIRONMENT

CHAPTER 9

NATURAL VEGETATION

ANNUAL

FUNDAMENTALS OF PHYSICAL GEOGRAPHY

CHAPTER 1-GEOGRAPHY AS A DISCIPLINE

CHAPTER 2-THE ORIGIN AND EVOLUTION OF EARTH

CHAPTER 3-INTERIOR OF EARTH

CHAPTER 4- DISTRIBUTION OF OCEANS AND CONTINENTS

CHAPTER 5-GEOMORPHIC PROCESSES

CHAPTER 6- LANDFORMS AND THEIR EVOLUTION

CHAPTER 7- COMPOSITION AND STRUCTURE OF ATMOSPHERE

CHAPTER 8- SOLAR RADIATION, HEAT BALANCE AND TEMPERATURE

CHAPTER 9 - ATMOSPHERIC CIRCULATION AND WEATHER SYSTEMS

CHAPTER 10- WATER IN THE ATMOSPHERE

CHAPTER 11- WATER OCEANS(ONLY MAJOR AND MINOR RELIEF FEATURES)

CHAPTER 13- MOVEMENTS OF OCEAN WATER (ONLY WAVES AND TIDES)

CHAPTER 14- BIODIVERSITY AND CONSERVATION

INDIA PHYSICAL ENVIRONMENT

CHAPTER 1- INDIA LOCATION

CHAPTER 2-STRUCTURE AND PHYSIOGRAPHY

CHAPTER 3-DRAINAGE SYSTEM

CHAPTER 4-CLIMATE

CHAPTER 5-NATURAL VEGETATION

MAP WORK

FUNDAMENTALS OF PHYSICAL GEOGRAPHY (CHAPTER 4,9,12,13,14)

INDIA PHYSICAL ENVIRONMENT (CHAPTER 1,2,3,4,5)

GEOGRAPHY PRACTICAL

CHAPTER 1 - INTRODUCTION TO MAPS

CHAPTER 2- MAP SCALE

CHAPTER 3-LATITUDE, LONGITUDE AND TIME

CHAPTER 4-MAP PROJECTION

CHAPTER 5-TOPOGRAPHICAL MAPS

CHAPTER 6-INTRODUCTION TO REMOTE SENSING

POLITICAL SCIENCE

PRE MID TERM

BOOK-1 : INDIAN CONSTITUTION AT WORK

Chapter-1 : Constitution : Why and How?

BOOK-2 : POLITICAL THEORY

Chapter-1 : Political Theory : An Introduction

MID TERM

BOOK-1 : INDIAN CONSTITUTION AT WORK

Chapter-2 : Rights in the Indian Constitution

Chapter-3 : Election and Representation

Chapter-4 : Executive
Chapter-5 : Legislature

BOOK-2 : POLITICAL THEORY

Chapter-2 : Freedom
Chapter-3 : Equality
Chapter-4 : Social Justice

POST MID TERM

Book 1: Indian Constitution at Work
Ch 6- Judiciary
Book 2: Political Theory
Ch 5- Rights

ANNUAL

Book 1: Indian Constitution at Work
Ch 7- Federalism
Ch 8- Local Governments
Ch 9- Constitution as a Living Document
Ch 10- The Philosophy of the Constitution
Book 2: Political Theory
Ch 6- Citizenship
Ch 7- Nationalism
Ch 8- Secularism

SOCIOLOGY

PRE MID TERM

INTRODUCING SOCIOLOGY

Chapter-1 : Sociology, Society and its relationship with other social science discipline.

MID TERM

INTRODUCING SOCIOLOGY

Chapter-2 : Terms, concepts and their use in Sociology
Chapter - 1: Sociology, Society and it's relationship with other social science discipline

UNDERSTANDING SOCIOLOGY

Chapter-7 : Social Change and Social Order in Rural and Urban Society

POST MID TERM

INTRODUCING SOCIOLOGY

Chapter 3: Understanding Social Institutions

UNDERSTANDING SOCIOLOGY

Chapter 2: Introducing Western Sociologists

ANNUAL

INTRODUCING SOCIOLOGY

Chapter 4: Culture and socialisation
Chapter 3: Understanding social institutions
UNDERSTANDING SOCIOLOGY
Chapter 3: Indian Sociologists
Chapter 2: Introducing Western Sociologist

PSYCHOLOGY

PRE MID TERM

Ch-1 : What is psychology?
Ch-2 : Methods of enquiring

MID TERM

Ch-1 : What is psychology?
Ch-2 : Methods of enquiring
Ch-3 : Human development
Ch-4 : Sensation, attention and perceptual processes
Ch-5 : Learning

POST MID TERM

6. Human Memory
7. Thinking

ANNUAL

1. WHAT IS PSYCHOLOGY?
2. METHODS OF ENQUIRY IN PSYCHOLOGY
3. HUMAN DEVELOPMENT
4. SENSORY, PERCEPTUAL & ATTENTIONAL PROCESSES
5. LEARNING
6. HUMAN MEMORY
7. THINKING
8. MOTIVATION AND EMOTION

HOME SCIENCE

PRE MID TERM

Ch -1 Introduction to Home Science
Ch-2 Understanding the Self
Ch-3 Food Nutrition Health & Fitness

MID TERM

Ch -1 Introduction to Home Science
Ch-2 Understanding the Self
Ch-3 Food Nutrition Health & Fitness
Ch-4 Management of Resources
Ch-5 Fabric Around Us
Ch-6 Media and Communication Technologies

Ch-9 Concerns and Needs in Diverse Contexts
Ch-10 Survival Growth and Development
Ch-11 Nutrition Health and Well being

POST MID TERM

Ch-13 : our apparel
Ch-14 : health and wellness

ANNUAL

CH - 1 Introduction TO HOME SCIENCE
CH - 2 UNDERSTANDING THE SELF
CH - 3 FOOD NUTRITION HEALTH & FITNESS
CH - 4 management of resources
CH - 5 FABRIC AROUND US
CH - 6 MEDIA and communication technologies
CH - 9 concerns and needs in diverse contexts
CH - 10 survival growth and development
CH - 11 nutrition health and well being
CH - 13 : our apparel
CH - 14 : health and wellness
CH - 15 : Financial management and Planning
CH -16 : Care and maintenance of fabrics

PHYSICAL EDUCATION

PRE MID TERM

Ch-1. Changing trends & career in physical education
Ch-2. Olympism

MID TERM

Ch-1. Changing trends & career in physical education
Ch-2. Olympism
Ch-3. Yoga
Ch-4. Physical education and sports for CSWN
Ch-5. Physical fitness, health and wellness

POST MID TERM

6.Test, measurements and evaluation
7.Fundamental of anatomy, physiology in sports

ANNUAL

1.Changing trends & careers in physical education
2.Olympism
3.Yoga
4.Physical education and sports for CSWN
5.Physical fitness, health and wellness

6. Test, measurements and evaluation
7. Fundamental of anatomy, physiology in sports
8. Fundamentals of kinesiology and biomechanics in sports
9. Psychology and sports
10. Training and doping in sports

YOGA

PRE MID TERM

I. Part A (5marks)

Unit 1 Communication skills

II. Part B (15marks)

Unit 1 Yoga Etymology, definition, aim, objectives, misconceptions text.

MID TERM

I. Part A (10marks)

Unit 2 Self management skills

Unit 3 Basic ICT skills

II. Part B (60marks)

Unit 1 Etymology, definition, aim, objectives, misconceptions text

Unit 2 Introduction to yoga texts

POST MID TERM

Part A (5marks)

Unit 4 Entrepreneurial skills

Part B

Unit 3 Yoga for health promotions

ANNUAL EXAM (50MARKS)

PART A (EMPLOYBLISKILLS (10MARKS)

UNIT 1 Communication skills

UNIT 2 Self Management skills

UNIT 3 ICT Skills

UNIT 4 Entrepreneur skills

Unit 5 Green skills

Part B (yoga theory)

Unit 1 Introduction of yoga

Unit 2 Introduction of text

Unit 3 Yoga for health promotions

Practical 50marks

ANNUAL PRACTICAL

1. Project 10marks

2. Viva 5marks

3. Practical file 15marks

4. Demonstration of skills 20marks