

**SHIVALIK PUBLIC SCHOOL**  
**Syllabus**  
**Class : XII (2020-21)**

**Subject : English Core ( Subject code : 301)**

**Prescribed Books**

- 1. Flamingo:** English Reader published by National Council of Education Research and Training, New Delhi
- 2. Vistas:** Supplementary Reader published by National Council of Education Research and Training, New Delhi

**PART A 40 MARKS**

**Reading Comprehension 20 Marks**

- I. Multiple Choice questions based on one unseen passage to assess comprehension, interpretation and inference. Vocabulary and inference of meaning will also be assessed. The passage may be factual, descriptive or literary. Ten out of eleven questions to be done. **(10x1=10 Marks)**
- II. Multiple Choice questions based on one unseen **case-based** factual passage with verbal/visual inputs like statistical data, charts, newspaper report etc. Ten out of eleven questions to be done. **(10x1=10 Marks)**

Note: The combined word limit for both the passages will be 700-750 words.

**Literature 20 Marks**

- III. Multiple Choice Questions based on two prose extracts, one each from the books **Flamingo and Vistas**, to assess comprehension and appreciation. Refer to the lines to answer questions based on the given extract. Any 2 out of 3 extracts to be done. **(8x1=8)**
- IV. Multiple Choice Questions based on a poetry extract from the book **Flamingo** to assess comprehension, analysis and inference. Refer to the lines

to answer questions based on the given extract. Any 1 out of 2 extracts to be done. **(4x1=4)**

VI. Text based questions interpretation from the books done.(8x1=8)

to assess comprehension, analysis, inference and

**Flamingo and Vistas.** Eight out of ten questions to be

## **PART B (SUBJECTIVE QUESTIONS) - 40 MARKS**

### **Writing Section: 16 Marks**

Q1. Short writing task –Notice/Advertisement up to 50 words. One out of the two given questions to be answered.(3 Marks: Format : 1 / Content : 1 / Expression : 1).

Q2. Short writing task –Formal/Informal Invitation and Reply up to 50 words.One out of the two given questions to be answered.(3 Marks: Format : 1 / Content : 1 / Expression : 1)

Q3. Letters based on verbal/visual input, to be answered in approximately 120-150 words. Letter types include application for a job, Letters to the editor (giving suggestions or opinion on issues of public interest) . One out of the two given questions to be answered (5 Marks :Format: 1 / Content: 2 / Expression: 2)

Q4. Article/ Report Writing, descriptive and analytical in nature, based on verbal inputs, to be answered in 120-150 words. One out of the two given questions to be answered (5Marks:Format : 1 / Content : 2 / Expression : 2)

### **Literature Section: 24 Marks**

Q6. **Five** Short answer type question, **out of six, from Prose and Poetry from the book Flamingo**, to be answered in 30-40 words. Questions should elicit inferential responses through critical thinking.(5x2=10)

Q7. **Two** Short answer type question ,out of three, from **Prose (Vistas)**, to be answered in 30-40 words. Questions should elicit inferential responses through critical thinking.

(2x2=4)

Q 8. **One** Long answer type question, from **Prose/poetry (Flamingo)**, to be answered in 120-150 words to assess global comprehension and extrapolation beyond the text. Questions to provide evaluative and analytical responses using incidents, events, themes as reference points. Any 1 out of 2 questions to be done.(1x5=5)

**Q.9 One** Long answer type question, based on the chapters from the book **Vistas**, to be answered in 120-150 words to assess global comprehension and extrapolation beyond the text. Questions to provide evaluative and analytical responses using incidents, events, themes as reference points. Any 1 out of 2 questions to be done.(1x5=5)

### Periodic Assessment

**One Paper**

**1 hour**

**Marks:25**

Section	Area of Learning	Marks specified
Part A	Reading Unseen Passages	5
Extracts		3
Part B	Writing Skills	5
C	Textual Questions	4+2 = 6
Long answer		3+ 3 = 6

### Annual Assessment

**One Paper**

**3 hours**

**Marks:**

**80**

Section	Area of Learning	Marks specified
<b>Part A</b>	Reading Unseen Passages (2)	10+10 =20
	Multiple Choice from Literature (based on prose,poe try extracts Flamingo &Vistas )	8+4+8 =20
<b>Part B</b>	Advanced Writing Skills	3+3+5+5 =16
	Textual Questions	
	Literature Reader- Flamingo	10+4+5+5 =24
	Suppl. Reader - Vistas	

### Unit wise distribution of syllabus

#### Unit I

**L. Reader : Poem- My mother at 66**

( Key Words- ashen, corpse, sprinting, spilling, wan, ache)

### **Ch.1- The Last Lesson**

( Key Words-bustle, unison, solemn, reproach, enslaved, rapt, logical, primer, gesture, thunderclap, apprentice)

### **S. Reader : Ch 1 The Third Level**

(Key words- futuristic, intersection, derby, premium, spittoons, ducked Arched, protectors, apparent, illogicality )

Writing Skills : Advertisement- Classified Ads, Notice writing

Activity : Practice of listening skill

Speech on “Preserving Language Preserves Identity”

## **Unit II**

### **L. Reader : Ch.2- Lost Spring**

( Key words- scrounging, glibly, bleak, perpetual, periphery, metaphorically, squatters, unkempt, sanctity, apathy, vicious)

Writing Skills : Advertisement- Display Ads, Article writing

Reading Skills : Practice of Unseen Passage

Activity : Card Making on Mother’s Day ( Work Experience)

## **Unit III**

### **L. Reader : Poem- An Elementary School Classroom in a Slum**

( Key words- gusty, heir, gnarled, capes, azure, cramped)

### **: Ch.3- Deep Water**

( Key Words-phobia, treacherous, misadventure, aversion, bruise, summoned, oblivion, paralysed, panicky, nightmare, handicap, haunting, terror)

Writing Skills : Job Applications , Article Writing

Reading Skills : Practice of Unseen Passage

Activity : Practice of listening skill

## **Unit IV**

### **L. Reader : Chapter – 4 The Rattrap**

( Key words-plods, incredulous, forge, valet, jagged)

### **S. Reader : Ch.4- The Enemy**

( Key Words-stupor, resolution, strewed, repulsion, conviction, retching, ruthless, assassins, stubbornness, execution, prejudice)

Writing Skills : Report Writing Letter Writing (Editor)

Reading Skills : Practice of unseen passage

Activity : Practice of Speaking skill- (Expressing Opinion)

“If you were in Dr. Sadao’s place what would you have done?”

## **Unit V**

### **L. Reader : Poem – Keeping Quiet**

(Key words- exotic, inactivity, truck, interrupt)

### **Chapter – 5 Indigo**

(Key words- delegates, emaciated, tenacity, chided, vehemently )

Writing Skills : Formal and Informal Invitation and replies.

Reading Skills : Practice of Comprehension Passage

Activity : Practice of Listening & Speaking skill

## **Unit VI**

### **S. Reader : S. Reader : Chapter – 5 Should Wizard Hit Mommy**

(Key words-spell, fatiguing, swamp, fuss, ivory)

Writing Skills : Article Writing, Letter Writing ( Letter to Editors)

Reading Skills : Practice of unseen passage

Activity : Practice of Listening & speaking skill

## **Unit VII**

**L. Reader : Poem – A Thing of Beauty**

(Key words-nothingness, dearth, rills, grandeur, brink)

**S. Reader : Chapter – 6 On the Face of it**

(Key words-startled, whispered, peculiar, daft, Steady)

Writing Skill : Formal and Informal Invitation Writing ,  
Formal Letter Writing

Reading Skill : Practice of Unseen Passage

Activity : Practice of listening skill  
: Report Writing on Science Symposium in your school

**Unit VIII**

**S. Reader Chapter 7 Evan Tries an O Level**

(Key Words: Congenital, Kleptomaniac, Incommunicado, Reiterated, Contemptuous, Amiable, Demeanour, Impersonating)

writing Skill : Formal and Informal Letter Writing ,  
Article Writing

Reading Skills: Practice of Unseen Passage

Activity : Practice of listening skill

**Unit IX**

**L. Reader :Poem : Aunt Jennifer's Tigers**

(Key words : Prance, Chivalric, Fluttering, Terrified, Ordeals, Panel, Sleek)

Writing Skill : Formal and Informal Letter Writing, Article Writing

Activity : Practice of listening skill

**Unit X Revision of Unit 1 &2**

Writing Skill : Report Writing, Article Writing

Reading Skill: Practice of Unseen Passage

Activity :Practice of Listening & speaking skill

## **SYLLABUS -CLASS XII**

### **SUBJECT: MATHEMATICS ( 041)**

#### **SESSION 2020-21**

The Syllabus in the subject of Mathematics has undergone changes from time to time in accordance with growth of the subject and emerging needs of the society. Senior Secondary stage is a launching stage from where the students go either for higher academic education in Mathematics or for professional courses like Engineering, Physical and Biological science, Commerce or Computer Applications. The present revised syllabus has been designed in accordance with National Curriculum Framework 2005 and as per guidelines given in Focus Group on Teaching of Mathematics 2005 which is to meet the emerging needs of all categories of students. Motivating the topics from real life situations and other subject areas, greater emphasis has been laid on application of various concepts.

### **Objectives**

The broad objectives of teaching Mathematics at senior school stage intend to help the students:

- to acquire knowledge and critical understanding, particularly by way of motivation and visualization, of basic concepts, terms, principles, symbols and mastery of underlying processes and skills.
- to feel the flow of reasons while proving a result or solving a problem.
- to apply the knowledge and skills acquired to solve problems and wherever possible, by more than one method.
- to develop positive attitude to think, analyze and articulate logically.
- to develop interest in the subject by participating in related competitions.
- to acquaint students with different aspects of Mathematics used in daily life.
- to develop an interest in students to study Mathematics as a discipline.
- to develop awareness of the need for national integration, protection of environment, observance of small family norms, removal of social barriers, elimination of gender biases.



- to develop reverence and respect towards great Mathematicians for their contributions to the field of Mathematics.

### **Course Structure**

#### **CLASS-XII (2020-21)**

**One Paper**

**Max Marks:80**

<b>No.</b>	<b>Units</b>	<b>No. of Periods</b>	<b>Marks</b>
I.	Relations and Functions	17	08
II.	Algebra	35	10
III.	Calculus	57	35
IV.	Vectors and Three - Dimensional Geometry	26	14
V.	Linear Programming	13	05
VI.	Probability	20	08
	<b>Total</b>	168	80
	<b>Internal Assessment</b>		20

#### **Prescribed Books :**

- 1) Mathematics Part I - Textbook for Class XII, NCERT Publication
- 2) Mathematics Part II - Textbook for Class XII, NCERT Publication
- 3) Mathematics Exemplar Problem for Class XII, Published by NCERT
- 4) Mathematics Lab Manual class XII, published by NCERT
- 5) <http://www.ncert.nic.in/exemplar/labmanuals.html>

## **UNIT – I**

### **Chapter 3-MATRICES**

Concept, notation, order, equality, types of matrices, zero and identity matrix, transpose of a matrix, symmetric and skew symmetric matrices. Operation on matrices: Addition and multiplication and multiplication with a scalar. Simple properties of addition, multiplication and scalar multiplication. Noncommutativity of multiplication of matrices, Invertible matrices; (Here all matrices will have real entries).

#### **Chapter 4 - DETERMINANTS**

Determinant of a square matrix (up to  $3 \times 3$  matrices), minors, co-factors and applications of determinants in finding the area of a triangle. Adjoint and inverse of a square matrix. solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix.

<b>UNIT – II</b>
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#### **Chapter 2-Inverse trigonometric functions**

Definition, range, domain, principal value branch.

<b>UNIT – III</b>
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#### **Chapter 1-Relations and Functions**

Types of relations: reflexive, symmetric, transitive and equivalence relations. One to one and onto functions.

<b>UNIT – IV</b>
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#### **Chapter 5- Continuity And Differentiability**

Continuity and differentiability, derivative of composite functions, chain rule, derivative of inverse trigonometric functions, derivative of implicit functions. Concept of exponential and logarithmic functions. Derivatives of logarithmic and exponential functions. Logarithmic differentiation, derivative of functions expressed in parametric forms. Second order derivatives.

## UNIT – V

### Chapter 6 - Applications Of Derivatives

Applications of derivatives: increasing/decreasing functions, tangents and normals, maxima and minima (first derivative test motivated geometrically and second derivative test given as a provable tool). Simple problems (that illustrate basic principles and understanding of the subject as well as real life situations).

## UNIT – VI

### Chapter 7- INTEGRALS

Integration as inverse process of differentiation. Integration of a variety of functions by substitution, by partial fractions and by parts, Evaluation of simple integrals of the following types and problems based on them.

$$\int \frac{dx}{x^2 \pm a^2}, \int \frac{dx}{\sqrt{x^2 \pm a^2}}, \int \frac{dx}{\sqrt{a^2 - x^2}}, \int \frac{dx}{ax^2 + bx + c}, \int \frac{dx}{\sqrt{ax^2 + bx + c}}$$
$$\int \frac{px + q}{ax^2 + bx + c} dx, \int \frac{px + q}{\sqrt{ax^2 + bx + c}} dx, \int \sqrt{a^2 \pm x^2} dx, \int \sqrt{x^2 - a^2} dx$$

Fundamental Theorem of Calculus (without proof). Basic properties of definite integrals and evaluation of definite integrals.

### Chapter 8- APPLICATIONS OF INTEGRALS

Applications in finding the area under simple curves, especially lines, parabolas; area of circles / ellipses (in standard form only) (the region should be clearly identifiable).

## UNIT VII

### Chapter 9 - DIFFERENTIAL EQUATIONS

Definition, order and degree, general and particular solutions of a differential equation. Solution of differential equations by method of separation of variables, solutions of homogeneous differential equations of first order and first degree of the type:

$\frac{dy}{dx} = f(y/x)$ . Solutions of linear differential equation of the type:

$\frac{dy}{dx} + py = q$ , where p and q are functions of x or constant.

## UNIT VIII

### Chapter 10- Vectors

Vectors and scalars, magnitude and direction of a vector. Direction cosines and direction ratios of a vector. Types of vectors (equal, unit, zero, parallel and collinear vectors), position vector of a point, negative of a vector, components of a vector, addition of vectors, multiplication of a vector by a scalar, position vector of a point dividing a line segment in a given ratio. Definition, Geometrical Interpretation, properties and application of scalar (dot) product of vectors, vector (cross) product of vectors.

## UNIT – IX

### Chapter 11- Three - dimensional Geometry

Direction cosines and direction ratios of a line joining two points. Cartesian equation and vector equation of a line, coplanar and skew lines, shortest

distance between two lines. Cartesian and vector equation of a plane. Distance of a point from a plane.

## **Chapter 12- Linear Programming**

Introduction, related terminology such as constraints, objective function, optimization, different types of linear programming (L.P.) problems. graphical method of solution for problems in two variables, feasible and infeasible regions (bounded), feasible and infeasible solutions, optimal feasible solutions (up to three non-trivial constraints).

<b>UNIT X</b>
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## **Chapter 13- Probability**

Conditional probability, multiplication theorem on probability, independent events, total probability, Bayes' theorem, Random variable and its probability distribution.

**ACTIVITIES** Any 10 activities from the Math Lab Manual prescribed by NCERT.

### **Assessment of Activity Work:**

Through out the year any 10 activities shall be performed by the student from the

activities given in the NCERT Laboratory Manual for the respective class ( XI or XII) which is available on the link :

<http://www.ncert.nic.in/exemplar/labmanuals.html>

a record of the same may be kept by the student. An year end test on the activity may be conducted. The weightage are as under:

- 1) The activities performed by the student through out the year and record keeping : 5 marks

- 2) Assessment of the activity performed during the year end test: 3 marks  
Viva-voce : 2 marks

**MATHEMATICS (Code No. - 041)**  
**QUESTION PAPER DESIGN CLASS - XII**

(2020 - 21)

Time: 3 hours

Max. Marks: 80

S. No.	Typology of Questions	Total Marks	% Weightage
1	<b>Remembering:</b> Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers. <b>Understanding:</b> Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	44	55
2	<b>Applying:</b> Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	20	25
3	<b>Analysing :</b> Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations  <b>Evaluating:</b> Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria.  <b>Creating:</b> Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions	16	20
	<b>Total</b>	80	100

1. No chapter wise weightage. Care to be taken to cover all the chapters
2. Suitable internal variations may be made for generating various templates keeping the overall weightage to different form of questions and typology of questions same.

**Choice(s):**

There will be no overall choice in the question paper.

However, 33% internal choices will be given in all the sections

<b>INTERNAL ASSESSMENT</b>	<b>20 MARKS</b>
Periodic Tests ( Best 2 out of 3 tests conducted)	10 Marks
Mathematics Activities	10 Marks

**Note:** For activities NCERT Lab Manual may be referred

**Accountancy (Code 055)**  
**Class–XII**  
**(2020-21)**

**Prescribed Books:**

Accountancy I	Class XII	NCERT Publication
Accountancy II	Class XII	NCERT Publication

**Rationale**

The course in Accountancy is introduced at +2 stage of Senior Secondary education, as formal commerce education is provided after first ten years of schooling. With the fast changing economic scenario and business environment in a state of continuous flux, elementary business education along with accountancy as the language of business and as a source of financial information has carved out a place for itself at the Senior Secondary stage.

Its syllabus content should give students a firm foundation in basic accounting principles and methodology and also acquaint them with the changes taking place in the presentation and analysis of accounting information, keeping in view the development of accounting standards and use of computers.

Against this background, the course puts emphasis on developing basic understanding about the nature and purpose of the accounting information and its use in the conduct of business operations. This would help to develop among student's logical reasoning, careful analysis and considered judgment. Accounting as an information system aids in providing financial information. The emphasis at Class XI is placed on basic concepts and process of accounting leading to the preparation of accounts for a sole proprietorship firm. Computerized accounting is becoming more and more popular with increasing awareness about use of computers in business.

Keeping this in view, the students are exposed compulsorily to the basic knowledge about computers and its use in accounting in the same year. In class XII, Accounting for Partnership Firms and Companies are to be taught as a compulsory part. Students will also be given an opportunity to understand further about Computerized Accounting System, as an optional course to Analysis of Financial Statements.



### **Objectives:**

- To familiarize the students with accounting as an information system;
- To acquaint the students with basic concepts of accounting and accounting standards;
- To develop the skills of using accounting equation in processing business transactions;
- To develop an understanding about recording of business transactions and preparation of financial statements;
- To enable the students with accounting for reconstitution and dissolution of partnership firms;
- To enable the students to understand and analyze the financial statements; and
- To familiarize students with the fundamentals of computerized system of accounting.

### **Distribution**

**100 Marks**

<b>UNITS</b>	<b>PERIODS</b>	<b>MARKS</b>
<b>UNIT-1</b> Accounting for Partnership firms- Fundamentals	<b>20</b>	<b>30</b>
<b>UNIT-2 Accounting</b> for Partnership firms- Goodwill and Change in profit sharing ratio among existing partners	<b>10</b>	
<b>UNIT-3</b> Accounting for Partnership firms- Admission of a partner	<b>15</b>	
<b>UNIT-4</b> Retirement and Death of a partner	<b>12</b>	
<b>UNIT-5.</b> Dissolution of Partnership firms	<b>7</b>	
<b>UNIT-6</b> Financial Statements of Not For Profit Organizations	<b>25</b>	<b>10</b>
<b>UNIT-7</b> Accounting for share capital	<b>15</b>	<b>20</b>
<b>UNIT-8</b> Accounting for Debentures-Issue	<b>10</b>	
<b>UNIT-9</b> Analysis of Financial Statements and Accounting Ratios	<b>30</b>	<b>20+20</b>
<b>UNIT-10</b> Cash Flow Statements and Project Work	<b>30</b>	

**Project work will include:**

**Project File: 4 Marks**

**Written Test: 12 Marks (One Hour)**

**Viva Voce: 4 Marks**

### **UNIT TEST**

**MARKS-25**

1 Mark: (5 questions)

3 Marks: (2 questions)

6 Marks: (1 question)

8 Marks: (1 question)

### **TERMINAL EXAMINATION**

#### **MARKS-80**

1 Mark: (20 questions)

3 Marks: (02 questions)

4 Marks: (05 question)

6 Marks: (03 questions)

8 Marks: (02 questions)

Suggested Question Paper Design  
Accountancy (Code No. 055)  
Class XII (2020-21)

Theory: 80 Marks

Project: 20 Marks

<b>S.no.</b>	<b>Typology of Questions</b>	<b>Marks</b>	<b>Percentage</b>
<b>1</b>	<b>Remembering and Understanding:</b> Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers. Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	<b>44</b>	<b>55%</b>
<b>2</b>	<b>Applying:</b> Solve problems to new situations by	<b>19</b>	<b>23.75%</b>

	applying acquired knowledge, facts, techniques and rules in a different way.		
<b>3</b>	<b>Analysing, Evaluating and Creating:</b> Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations. Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria. Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	<b>17</b>	<b>21.25%</b>
	<b>TOTAL</b>	<b>80</b>	<b>100%</b>

### **Unit-1 Accounting for Partnership Firms- Fundamentals      20 Periods**

#### **Technical words:**

(Partnership Deed, Fixed Capital, Fluctuating Capital, Interest on Capital, Interest on Drawings, Past Adjustment, Goodwill)

- Partnership: features, Partnership deed.
- Provisions of the Indian Partnership Act 1932 in the absence of partnership deed.
- Fixed v/s fluctuating capital accounts. Preparation of Profit & Loss Appropriation account-division of profit among partners, guarantee of profits.
- Past adjustments (relating to interest on capital, interest on drawing, salary and profit sharing ratio).

### **UNIT 2 Accounting for Partnership Firms- Goodwill and Change in Profit Sharing Ratio      10 Periods**

Goodwill: nature, factors affecting and methods of valuation - average profit, super profit and capitalization.

- Change in the Profit Sharing Ratio among the existing partners - sacrificing ratio, gaining ratio. Accounting for revaluation of assets and reassessment of liabilities and distribution of reserves and accumulated profits. Preparation of revaluation a/c and Balance Sheet.

### **UNIT-3 Accounting for Partnership firms- Admission of a partner**

## **15 Periods**

### **Technical words:**

(Admission, Sacrificing Ratio Gaining Ratio, Premium, Reserves and Funds.)

- Admission of a partner - effect of admission of a partner on change in the profit sharing ratio, treatment of goodwill (as per AS 26), treatment for revaluation of assets and re - assessment of liabilities, treatment of reserves and accumulated profits, and preparation of Revaluation account and Partner's Capital Accounts.

## **UNIT-4 Retirement and Death of a partner**

**12 Periods**

### **Technical words:**

(Retirement, Death, and Accumulated Profits.)

Effect of retirement /death of a partner on change in profit sharing ratio, treatment of goodwill (as per AS 26), treatment for revaluation of assets and re -assessment of liabilities, adjustment of accumulated profits and reserves and preparation of balance sheet.

Calculation of deceased partner's share of profit till the date of death. Preparation of Partner's capital accounts and preparation of Balance Sheet.

## **UNIT-5. Dissolution of Partnership firms**

**7 Periods**

### **Technical words:**

(Dissolution, Realization Account, Reassessment.)

Meaning of dissolution of partnership and partnership firm, types of dissolution of a firm. Settlement of accounts - preparation of realization account, and other related accounts: capital accounts of partners and cash/bank a/c (excluding memorandum balance sheet, piecemeal distribution, sale to a company and insolvency of partner(s)).

Note: (i) The realized value of each asset must be given at the time of dissolution.  
(ii) In case, the realization expenses are borne by a partner, clear indication should be given regarding the payment thereof.

## **UNIT-6 Financial Statements of Not for Profit Organizations** 25 Periods

Financial Statements of Not-for-Profit Organizations

Not-for-profit organizations: concept.

Receipts and Payments Account: features and preparation.

Income and Expenditure Account: features, preparation of income and expenditure account and balance sheet from the given receipts and Payments account with additional information

### **UNIT-7 Accounting for share capital**

**15 Periods**

#### **Technical words:**

(Equity Share, Preference Share, Authorized Share Capital, Forfeiture, Pro-rata, Reissue, calls in arrears, Calls in Advance, Vendor.)

- Share and share capital: nature and types.
- Accounting for share capital: issue and allotment of equity and preferences shares.

Public subscription of shares – over subscription and under subscription of shares; issued at par and at premium, calls in advance and arrears (excluding interest), issue of shares for consideration other than cash.

- Concept of Private Placement and Employee Stock Option Plan (ESOP).
- Accounting treatment of forfeiture and reissue of shares.
- Disclosure of share capital in the Balance Sheet of a company.

### **UNIT-8 Accounting for Debentures-Issue**

**10 Periods**

#### **Technical words:**

(Debentures, Redemption, Collateral Security, Purchase Consideration.)

Debentures: Issue of debentures at par, at a premium and at a discount. Issue of debentures for consideration other than cash; Issue of debentures with terms of redemption; debentures as collateral security concept, interest on debentures. Writing off discount / loss on issue of debentures.

### **UNIT-9 Analysis of Financial Statements and Accounting Ratios** **30 Periods**

#### **Technical Words:**

(Assets, Liabilities, Balance Sheet (Schedule III), Deferred tax Assets, Deferred tax Liabilities, Comparative Statement, Common Size Statement, Inter firm, Intra firm, Absolute Change, ratio, Cash flow.)

Financial statements of a Company: Statement of Profit and Loss and Balance Sheet in

prescribed form with major headings and sub headings (as per Schedule III to the Companies Act, 2013)

Note: Exceptional items, extraordinary items and profit (loss) from discontinued operations are excluded.

- Financial Statement Analysis: Objectives, importance and limitations.
- Tools for Financial Statement Analysis: Comparative statements, common size statements, cash flow analysis, ratio analysis.
- Accounting Ratios: Meaning, Objectives, classification and computation.
- Liquidity Ratios: Current ratio and Quick ratio.
- Solvency Ratios: Debt to Equity Ratio, Total Asset to Debt Ratio, Proprietary Ratio and Interest Coverage Ratio.
- Activity Ratios: Inventory Turnover Ratio, Trade Receivables Turnover Ratio, Trade Payables Turnover Ratio and Working Capital Turnover Ratio.
- Profitability Ratios: Gross Profit Ratio, Operating Ratio, Operating Profit Ratio, Net Profit Ratio and Return on Investment.

### **Unit 10: Cash Flow Statement**

**20 Periods**

#### **Technical words:**

(Cash flow, Inflow, Outflow, Investing Activities, Operating Activities, Financing Activities, Cash and Cash Equivalents.)

Meaning, objectives and preparation (as per AS 3 (Revised) (Indirect Method only)

Scope: Adjustments relating to depreciation and amortization, profit or loss on sale of assets including investments, dividend (both final and interim) and tax.

Note:

(i) Adjustments relating to depreciation and amortization, profit or loss on sale of assets including investments, dividend (both final and interim) and tax.

(ii) Bank overdraft and cash credit to be treated as short term borrowings.

(iii) Current Investments to be taken as Marketable securities unless otherwise specified.

**ACTIVITY:** Analyzing Cash Flow Statement of a Company.

### **Project Work**

**10 Periods**

From session 2020-21 onwards, there would be only ONE project (specific) to be prepared.

Note: Kindly refer to the related Guidelines published by the CBSE.

**Business studies (054)**  
**Class-XII (commerce)**  
**2020-21**

**Course structure**

**BOOKS: NCERT-PART-1 NCERT PART-2**

**Rationale**

The courses in Business Studies and Accountancy are introduced at + 2 stage of Senior Secondary Education as formal commerce education is provided after the first ten years of schooling. Therefore, it becomes necessary that instructions in these subjects are given in such a manner that students have a good understanding of the principles and practices bearing in business (trade and industry) as well as their relationship with society. Business is a dynamic process that brings together technology, natural resources and human initiative in a constantly changing global environment. To understand the framework in which a business operates, a detailed study of the organisation and management of business processes and its interaction with the environment is required. Globalization has changed the way organizations transact their business. Information Technology is becoming a part of business operations in more and more organisations. Computerized systems are fast replacing other systems. E-business and other related concepts are picking up fast which need to be emphasized in the curriculum. The course in Business Studies will prepare students to analyze, manage, evaluate and respond to changes which affect business. It provides a way of looking at and interacting with the business environment. It recognizes the fact that business influences and is influenced by social, political, legal and economic forces. It allows students to appreciate that business is an integral component of society and develops an understanding of many social and ethical issues. Therefore, to acquire basic knowledge of the business world, a course in Business Studies would be useful. It also informs students of a range of study and work options and bridges the gap between school and work.

Objectives:

- To develop students with an understanding of the processes of business and its environment;
- To acquaint students with the dynamic nature and inter-dependent aspects of business;
- To develop an interest in the theory and practice of business, trade and industry;
- To familiarize students with theoretical foundations of the process of organizing and managing the operations of a business firm;
- To help students appreciate the economic and social significance of business activity and the social cost and benefits arising there from;
- To acquaint students with the practice of managing the operations and resources of business;

- To enable students to act more effectively and responsibly as consumers, employers, employees and citizens;
- To develop a business attitude and skills in students.
- To inculcate appropriate attitudes and develop skills among students to pursue higher education.

<b>S.NO.</b>	<b>UNITS</b>	<b>Periods</b>	<b>Marks</b>
<b>Part A</b>	<b>Principles and Functions of Management</b>		
<b>1</b>	<b>UNIT 1:Nature and Significance of Management</b>	<b>12</b>	<b>16</b>
<b>2</b>	<b>UNIT 2 (a):Principles of Management</b>	<b>11</b>	
<b>3</b>	<b>(b):Business Environment</b>	<b>08</b>	
<b>4</b>	<b>UNIT 3 (a): Planning</b>	<b>08</b>	<b>14</b>
<b>5</b>	<b>(b):Organizing</b>	<b>10</b>	
<b>6</b>	<b>UNIT 4: Staffing</b>	<b>13</b>	
<b>7</b>	<b>UNIT 5(a):Directing</b>	<b>09</b>	<b>20</b>
<b>8</b>	<b>(b):Controlling</b>	<b>07</b>	
		<b>78</b>	<b>50</b>
<b>Part B</b>	<b>Business Finance and Marketing</b>		
<b>9</b>	<b>UNIT 6:Financial Management</b>	<b>20</b>	<b>15</b>
<b>10</b>	<b>UNIT 7:Financial Markets</b>	<b>18</b>	
<b>11</b>	<b>UNIT 8:Marketing Management</b>	<b>24</b>	<b>15</b>
<b>12</b>	<b>UNIT 9:Consumer Protection</b>	<b>05</b>	
<b>Part C</b>	<b>UNIT 10:Project Work (One Project and its</b>	<b>20</b>	<b>20</b>



	PPT)		
		87	50

**PRACTICAL DISTRIBUTION:**

Allocation of Marks = 20 (for one project)

The marks will be allocated under the following heads:

- |  |        |
|--|--------|
| 1. Initiative, cooperativeness and participation | 2 Mark |
| 2. Creativity in presentation                    | 2 Mark |
| 3. Content, observation and research work        | 4 Mark |
| 4. Analysis of situations                        | 4 Mark |
| 5. Viva  | 8 Mark |

**Total 20 Marks**

**Suggested Question Paper Design**  
**Business Studies (Code No. 054)**  
**Class XII (2020-21)**  
**March 2021 Examination**

**Marks: 80**

**Duration: 3 hrs.**

SN	Typology of Questions	Marks	Percentage
1	<b>Remembering and Understanding:</b> Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers. Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	44	55%
2	<b>Applying:</b> Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way	19	23.75%
3	<b>Analysing, Evaluating and Creating:</b> Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations. Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria. Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	17	21.25%
<b>Total</b>		<b>80</b>	<b>100%</b>

**Part A: Principles and Functions of Management**

**UNIT1: Nature and significance of Management**

**(Periods 12)**

- Management - Concept, Objectives and Importance
- Management as Science, Art and Profession.
- Levels of management
- Management functions - Planning, Organizing, Staffing, Directing and Controlling.
- Coordination – Concept and Importance.

**Keywords:** Management, Levels, Planning, Organizing, Staffing, Directing, Controlling, Coordination.

**Activity:** Visit a local business unit and find out what are their objectives and categories them in economic, social and personal categories. Submit a report for the same.

**UNIT 2(a): Principles of Management:****(Periods 11)**

- Principles of Management - Concept, and Significance
- Fayol's Principles of Management
- Taylor's Scientific Management - Principles and Techniques

**UNIT 2(b): Business Environment****(Periods 08)**

- Business Environment - Concept and Importance
- Dimensions of Business Environment - Economic, Social, Technological, Political and Legal
- **Key words:** Principles, Techniques, Economic Environment, Social political, technological and legal environment.

**Activity:** Prepare PPT and find out whether they are using Fayol's or Taylor's principles of management and what benefits they are deriving from these principles.

**UNIT 3: (a) Planning:****(Periods 08)**

- Concept, Importance and Limitations
- Planning Process

**UNIT 3(b) Organizing:****(Periods 10)**

- Concept and importance.
- Organizing Process.
- Structure of organization - Functional and Divisional.
- Delegation: Concept, Elements and Importance.
- Decentralization: Concept and Importance.

**Key words:** Planning, Organizing, Functional and Divisional Organization, Delegation, Decentralization.

**UNIT 4: Staffing****(Periods13)**

- Concept and Importance of Staffing
- Staffing Process:
  - Recruitment - Process
  - Selection - Process
- Training and Development - Concept and Importance. Methods of Training- On the job and Off the job- Vestibule training, Apprenticeship training and Internship training.

**Key words:** Staffing, Recruitment, Selection, Internal and external source, Training, Vestibule, apprenticeship.

**Activity:** Visit a firm and find out recruitment policy. What source of recruitment they are using and why.

**UNIT 5 (A): Directing:****(Periods 09)**

- Concept and importance
- Elements of Directing:

Motivation - Concept, Maslow's hierarchy of needs; financial and Non-financial incentives.

Leadership - Concept, Styles - Authoritative, Democratic and Laissez faire.

Communication - Concept, Formal and Informal Communication;

**Key words:** Directing, Motivation, leadership, Authoritative, Democratic, Laissez faire, Financial and non-financial Incentive.

**Activity:** Visit any 2-3 firms and find out what communication network they are using and what facilities they have for smooth flow of communication and submit a report.

#### **UNIT 5(B): Controlling:**

**(Periods 07)**

- Concept and Importance
- Steps in the process of Control

**Key words:** Controlling, Critical Point Control, Management by Exception.

**Activity:** Analyze the controlling process of a company.

### **Part B: Business Finance and Marketing**

#### **UNIT 6: Financial Management:**

**(Periods 20)**

- Concept, Role and Objectives of Financial Management.
- Financial Decisions: Investment, Financing and Dividend: Meaning and Factors affecting.
- Financial planning - Concept and Importance.
- Capital Structure - Concept and Factors affecting capital structure.
- Fixed and Working Capital - Concept and Factors affecting their requirements.

#### **UNIT 7: Financial Markets:**

**(Periods 18)**

- Financial Markets: Concept and Types and Functions
- Money market and its Instruments.
- Capital market and its Types (Primary and Secondary), methods of floatation in the Primary Market.
- Stock Exchange – Meaning, functions and trading procedure.
- Securities and Exchange Board of India (SEBI) - Objectives and Functions.

**Key words:** Financing, Investing, Dividend, Capital Structure, Fixed and Working Capital, Financial Market, Stock Exchange, Depository and DeMat Account, SEBI.

**Activity:** Prepare a project on the role of SEBI in the stock market.

: Prepare a project on the stock market.

#### **UNIT 8: Marketing Management:**

**(Periods 24)**

- Marketing: Management Concept, functions and Philosophies
- Marketing Mix - Concept and Elements

- Product – Branding, Labeling and Packaging- concept.
- Price – Concept, Factors determining price.
- Physical Distribution- Concept.
- Promotion -Concept and Elements; Advertising, Personal Selling, Sales Promotion and Public Relations.

**Key words:** Marketing, Selling, Branding, Labeling, Packaging, Advertising, Promotion, Personal Selling, Public Relation.

**Activity:** Project on marketing mix.

### **UNIT 9 : Consumer Protection:**

**(Periods 05)**

- Concept of Consumer Protection.
- Consumer Protection Act 1986:
  - Meaning of Consumer
  - Rights and Responsibilities of Consumers
  - Who can file a complaint ?
  - Redressal machinery.
  - Remedies available.

**Key words:** Consumer, Redressal, Rights, Remedies.

**Activity:** Prepare a questionnaire to interview a consumer and find out whether he is aware about his rights, responsibilities etc.

### **UNIT10: Project Work**

**(Periods 20)**

## **ECONOMICS (CODE 030)**

### **CLASS - XII**

#### **Prescribed Books:**

1. Introductory Macroeconomics, Class XII, NCERT
2. Indian Economic Development, Class XII, NCERT
3. Supplementary Reading Material in Economics, Class XII, CBSE

#### **Rationale**

Economics is one of the social sciences, which has great influence on every human being. As economic life and the economy go through changes, the need to ground education in children's own experience becomes essential. While doing so, it is imperative to provide them opportunities to acquire analytical skills to observe and understand the economic realities. At senior secondary stage, the learners are in a position to understand abstract

ideas, exercise the power of thinking and to develop their own perception. It is at this stage, the learners are exposed to the rigor of the discipline of economics in a systematic way. The economics courses are introduced in such a way that in the initial stage, the learners are introduced to the economic realities that the nation is facing today along with some basic statistical tools to understand these broader economic realities. In the later stage, the learners are introduced to economics as a theory of abstraction. The economics courses also contain many projects and activities. These will provide opportunities for the learners to explore various economic issues both from their day-to-day life and also from issues, which are broader and invisible in nature. The academic skills that they learn in these courses would help to develop the projects and activities. The syllabus is also expected to provide opportunities to use information and communication technologies to facilitate their learning process.

### **Objectives:**

1. Understanding of some basic economic concepts and development of economic reasoning which the learners can apply in their day-to-day life as citizens, workers and consumers.
2. Realisation of learners' role in nation building and sensitivity to the economic issues that the nation is facing today.
3. Equipment with basic tools of economics and statistics to analyse economic issues. This is pertinent for even those who may not pursue this course beyond senior secondary stage.
4. Development of understanding that there can be more than one view on any economic issue and necessary skills to argue logically with reasoning.

### **DISTRIBUTION**

<b>Units</b>	<b>Periods</b>	<b>Marks</b>
<b>Part A: Introductory Macro economics</b>		
1. National Income and Related Aggregates	23	10
2. Money and Banking	08	06
3. Determination of Income and Employment	22	12

4. Government Budget and the Economy	15	06
5. Balance of Payments	07	06
	<b>75</b>	<b>40</b>

### **Part B: Indian Economic Development**

6. Development policies and Experience (1947-90) and Economic Reforms since 1991	28	12
7. Current Challenges facing Indian Economy- Part I	12	
8. Current Challenges facing Indian Economy- Part I	12	
9. Current Challenges facing Indian Economy- Part II (unit 7, 8 & 9 )	11	22
10. Development experience of India-A Comparison	12	06
	<b>75</b>	<b>40</b>

**Project Work** **15** **20**

#### ***Marking Scheme for project work:***

<b>S. No.</b>	<b>Heading</b>	<b>Marks Allotted</b>
1.	Relevance of the topic	3
2.	Knowledge Content/Research Work	6
3.	Presentation Technique	3
4.	Viva	8
	<b>Total</b>	<b>20 Marks</b>

### **Part A: Introductory Macroeconomics**

#### **Unit 1: National Income and Related Aggregates**

**Technical words:**

(Final goods, Capital goods, GDP, GNP, NNPPFC, Transfer Income, Factor Income, Real Income Nominal Income, National Income.)

Meaning of Macro Economics Some basic concepts: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation.

Circular flow of income(2 sector model); 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 and Net Domestic Product (GDP and NDP) - at market price, at factor cost; Real and Nominal GDP.

GDP and Welfare

## **Unit 2: Money and Banking**

### **Technical words:**

(Barter System, Currency, Credit Creation, Credit Control, CRR, SLR, RBI, Fiat Money, Fiduciary Money.)

Money - its meaning.

Supply of money - Currency held by the public and net demand deposits held by commercial banks.

Money creation by the commercial banking system.

Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Controller of Credit.

## **Unit 3: Determination of Income and Employment**

### **Technical words:**

(Aggregate Demand, Aggregate Supply, Consumption, Saving, MPS, MPC, APS, APC, Excess Demand, Deficit Demand.)

Aggregate demand and its components.

Propensity to consume and propensity to save (average and marginal).

Short-run equilibrium output; investment multiplier and its mechanism.

Meaning of full employment and involuntary unemployment.

Problems of excess demand and deficient demand; measures to correct them - change in government spending, availability of credit, taxes and money supply through Bank Rate, CRR, SLR, Repo Rate, Open Market Operations, Margin requirement.

## **Unit 4: Government Budget and the Economy**

### **Technical words:**

(Budget, Revenue, Capital Fiscal Deficit, Revenue Deficit, Primary Deficit.)



Government budget - meaning, objectives and components.

Classification of receipts - revenue receipts and capital receipts; classification of expenditure - revenue expenditure and capital expenditure.

Measures of government deficit - revenue deficit, fiscal deficit, primary deficit their meaning.

### **Unit 5: Balance of Payments**

### **Technical**

**words:**(Foreign Exchange Rate, Flexible Rate, Fixed Rate, BOP, BOT, Current Account, Capital Account.)

Balance of payments account - meaning and components;

Foreign exchange rate - meaning of fixed and flexible rates and managed floating.

## **Part B: Indian Economic Development**

### **Unit 6: Development Policies and Experience (1947-90) and Economic Reforms since 1991**

**Technical words:** Zamindari system, Import substitution, Self reliance, Socialist system, Capitalist, Mixed economy, Equity, Modernization. Liberalization, Globalization, Privatization, Fiscal deficit, BOP, Foreign exchange, Licensing.

- a) A brief introduction of the state of Indian economy on the eve of independence.
- b) Common goals of Five Year Plans
- c) Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy, etc.), industry , IPR 1956, SSI-role and importance (industrial licensing, etc.) and foreign trade.
- d) **Economic Reforms since 1991:** Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST

### **Unit 7: Current challenges facing Indian Economy: Part I**

**Technical words:** Poverty, Absolute poverty, Relative poverty, Rural development, Marketing, Organic farming

**Poverty-** absolute and relative; Main programmes for poverty alleviation: A critical assessment.

**Rural development:** Key issues - credit and marketing - role of cooperatives; agricultural diversification.

## **Unit 8: Current challenges facing Indian Economy: Part II**

**Technical words:** Human Capital, Employment

**Human Capital Formation:** How people become resource; Role of human capital in economic development.

**Employment:** Growth and changes in work force participation rate in Formal and informal sectors ; problems and policies.

## **Unit 9: Current challenges facing Indian Economy: Part III**

**Technical words:** Infrastructure, Energy, Health, Sustainable Development, Global warming.

**Infrastructure:** Meaning and Types: Case Studies: Health: Problems and Policies- A critical assessment;

**Sustainable Economic Development:** Meaning, Effects of Economic Development on Resources and Environment, including global warming.

## **Unit 10: Development Experience of India**

**Technical words:** Demographic indicators, Sectoral development, HDI, Liberty indicators

### **A comparison with neighbours**

India and Pakistan

India and China

**Issues:** growth, population, sectoral development and other Human Development Indicators.

**PHYSICAL EDUCATION (048)**  
**Class XII (2019–20)**  
**SYLLABUS**

**Theory**

**Max. Marks 70**

**Unit I Planning in Sports**

- ☐ Meaning & Objectives of Planning
- ☐ Various Committees & its Responsibilities (pre; during & post)
- ☐ Tournament – Knock-Out, League or Round Robin & Combination
- ☐ Procedure to Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)

**PRACTICAL**-General fitness-Warming up and cooling down

**Unit II Sports & Nutrition**

- ☐ Balanced Diet & Nutrition: Macro & Micro Nutrients
- ☐ Nutritive & Non-Nutritive Components Of Diet
- ☐ Eating For Weight Control – A Healthy Weight, the Pitfalls of Dieting, Food Intolerance & Food

Myths

**PRACTICAL**- Game-Fundamentals skills of Badminton

**Unit III Yoga & Lifestyle**

- ☐ Asanas as preventive measures
- ☐ Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardha Matsyendrasana
- ☐ Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanmuktasana, Ardha Matsyendrasana
- ☐ Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- ☐ Hypertension: Tadasana, Vajrasana, Pawanmuktasana, Ardha Chakrasana, Bhujangasana, Shavasana

**PRACTICAL**-Practice of yoga asana, meditation and pranayam

**Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang)**

- ☐ Concept of Disability & Disorder
- ☐ Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- ☐ Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- ☐ Disability Etiquettes
- ☐ Strategies to make Physical Activities accessible for children with special need.

**PRACTICAL**- Athletics events-Short, middle and long races

### **Unit V Children & Women in Sports**

- ☐ Motor development & factors affecting it
- ☐ Exercise Guidelines at different stages of growth & Development
- ☐ Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures
- ☐ Sports participation of women in India

**PRACTICAL-** Game-Badminton-Dimension, rules of the game

### **Unit VI Test & Measurement in Sports**

- o Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run
- o Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - Computation of Fitness Index: Duration of the Exercise in Seconds x 100 5.5 X Pulse count of 1-1.5 Min after Exercise
- O Rikli & Jones - Senior Citizen Fitness Test 1. Chair Stand Test for lower body strength
- 2. Arm Curl Test for upper body strength
- 3. Chair Sit & Reach Test for lower body flexibility
- 4. Back Scratch Test for upper body flexibility
- 5. Eight Foot up & Go Test for agility
- 6. Six Minute Walk Test for Aerobic Endurance

**PRACTICAL-**AAPHER and Barrow test

### **Unit VII Physiology & Injuries in Sports**

- ☐ Physiological factor determining component of Physical Fitness
- ☐ Effect of exercise on Cardio Respiratory System
- ☐ Effect of exercise on Muscular System
- ☐ Sports injuries: Classification (Soft Tissue Injuries :( Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Comminuted, Transverse Oblique & Impacted) Causes, Prevention& treatment
- ☐ First Aid – Aims & Objectives

**PRACTICAL-**Game-Volleyball-Fundamental skills

### **Unit VIII Biomechanics & Sports**

- ☐ Meaning and Importance of Biomechanics in Sports
- ☐ Types of movements (Flexion, Extension, Abduction & Adduction)
- ☐ Newton's Law of Motion & its application in sports

**PRACTICAL-** Dimension, rules of Volleyball

### Unit IX Psychology & Sports

□ Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five

Theory

□ Motivation, its type & techniques

□ Meaning, Concept & Types of Aggressions in Sports

**PRACTICAL**-Practice of Meditation and Pranayama

### Unit X Training in Sports

□ Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic

□ Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval

Training & Fartlek Training

□ Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run

□ Flexibility – Definition, types & methods to improve flexibility

□ Coordinative Abilities – Definition & types

**PRACTICAL**-Isometric, Isotonic, Isokinetic exercise

<b>Practical</b>	<b>Max. Marks 30</b>
01. Physical Fitness Test -	6 Marks
02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)-	7 Marks
03. Yogic Practices	7 Marks
04. Record File ** -	5 Marks
05. Viva Voce (Health/ Games & Sports/ Yoga) -	5 Marks
* Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce & Unified Basketball [CWSN (Children with Special Needs - Divyang)]	
**Record File shall include:	
<b>Practical-1:</b> Fitness tests administration for all items.	
<b>Practical-2:</b> Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle Disease.	
<b>Practical-4:</b> Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).	