

Class – XI (Commerce)(2023-2024)
English

Ist Term	(April - September)
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APRIL	LITERATURE:	Portrait of a Lady The Photograph
	WRITING SKILLS:	Articles, Notice Writing, Posters
MAY	READING:	Unseen Passage Note-Making
	LITERATURE:	Discovering Tut;The Saga Continues Voice of Rain The Summer of the Beautiful White Horse
JULY	LITERATURE:	The Address
	WRITING SKILLS:	Reports Business Letters Job Applications
AUGUST	LITERATURE:	Albert Einstein at School The Browning Version
	WRITING SKILLS:	Invitations and Replies
SEPTEMBER		REVISION ALS

2nd Term	(October - February)
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October	LIERATURE:	Father to Son Childhood Birth
NOVEMBER	WRITING SKILLS:	Speech, Debate, Advertisements
DECEMBER	LITERATURE:	Mother’s Day The Tale of Melon City
JANUARY		ALS
FEBRUARY		Revision & Annual Examination

ENGLISH CORE
CODE NO. 301
CLASS – XI
2023-24

Section A – 26 Marks
Reading Skills

I Reading Comprehension through Unseen Passages (10+8=18 Marks)

1. One unseen passage to assess comprehension, interpretation, analysis, inference and vocabulary. The passage may be factual, descriptive or literary.
2. One unseen **case-based factual** passage with verbal/visual inputs like statistical data, charts etc. to assess comprehension, interpretation, analysis, inference and evaluation.

Note: The combined word limit for both the passages will be 600-750. Multiple

Choice Questions / Objective Type Questions will be asked.

3. Note Making and Summarization based on a passage of approximately 200-250 words.

i	Note Making:	5 Marks
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	◊ Title:	1
	◊ Numbering and indenting:	1
	◊ Key/glossary:	1
	◊ Notes:	2
i	Summary (up to 50 words):	3 Marks
i		
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	◊ Content:	2
	◊ Expression:	1

Section B – 23 Marks Grammar and Creative Writing Skills

II Grammar

7 Marks

4. Questions on Gap filling (Tenses, Clauses)
5. Questions on re-ordering/transformation of sentences

(Total seven questions to be done out of the eight given).

III Creative Writing Skills

16 Marks

6. Short writing task – Classified Advertisements, up to 50 words. One out of the two given questions to be answered **(3 Marks: Format : 1 / Content : 1 / Expression : 1)**
7. Short writing task –Poster up to 50 words. One out of the two given questions to be answered. **(3 marks: Format : 1 / Content : 1 / Expression : 1)**
8. Long Writing task: Speech in 120-150 words based on verbal / visual cues related to contemporary / age-appropriate topic. One out of the two given questions to be answered. **(5 Marks: Format: 1 / Content: 2 / Expression: 2)**
9. Long Writing Task: Debate based on visual/verbal inputs in 120-150 words, thematically related to contemporary, topical issues. One out of the two given questions to be answered. **(5 Marks: Format: 1 / Content: 2 / Expression: 2)**

Section C – 31 Marks

Literature Text Book and Supplementary Reading Text

This section will have variety of assessment items including Multiple Choice Questions, Objective Type Questions, Short Answer Type Questions and Long Answer Type Questions to assess comprehension, interpretation, analysis, evaluation and extrapolation beyond the text.

10. One Poetry extract out of two, from the book **Hornbill**, to assess comprehension, interpretation, analysis, inference and appreciation. **(3x1=3 Marks)**
11. One Prose extract out of two, from the book **Hornbill**, to assess comprehension, interpretation, analysis, evaluation and appreciation. **(3x1=3 Marks)**
12. One prose extract out of two, from the book **Snapshots**, to assess comprehension, interpretation, analysis, inference and appreciation. **(4x1=4 Marks)**
13. Two Short answer type questions (one from Prose and one from Poetry, from the book **Hornbill**), out of four, to be answered in 40-50 words. Questions should elicit inferential responses through critical thinking. **(3x2=6 Marks)**
14. One Short answer type question, from the book **Snapshots**, to be answered in 40- 50 words. Questions should elicit inferential responses through critical thinking. One out of two questions to be done. **(3x1=3 Marks)**
15. One Long answer type question, from **Prose/Poetry of Hornbill**, to be answered in 120-

150 words. Questions can be based on incident / theme / passage / extract / event, as reference points to assess extrapolation beyond and across the text. The question will elicit analytical and evaluative response from the student. Any one out of two questions to be done. **(1x6=6 Marks)**

- 16.** One Long answer type question, based on the chapters from the book **Snapshots**, to be answered in 120-150 words, to assess global comprehension and extrapolation beyond the text. Questions to provide analytical and evaluative responses, using incidents, events, themes, as reference points. Any one out of two questions to be done. **(1x6=6 Marks)**

Prescribed Books

- 1. Hornbill:** English Reader published by National Council of Education Research and Training, New Delhi

- The Portrait of a Lady (Prose)
- A Photograph (Poem)
- “We’re Not Afraid to Die... if We Can be Together
- Discovering Tut: the Saga Continues
- The Laburnum Top (Poem)
- The Voice of the Rain (Poem)
- Childhood (Poem)
- The Adventure
- Silk Road (Prose)
- Father to Son

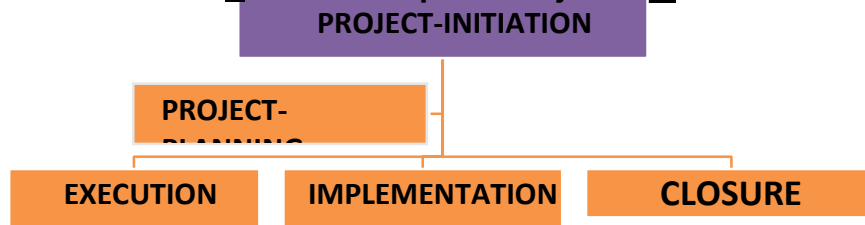
- 2. Snapshots:** Supplementary Reader published by National Council of Education Research and Training, New Delhi

- The Summer of the Beautiful White Horse (Prose)
- The Address (Prose)
- Mother’s Day (Play)
- Birth (Prose)
- The Tale of Melon City

INTERNAL ASSESSMENT

Assessment of Listening Skills - 05 marks.
Assessment of Speaking Skills – 05 Marks Project
Work - 10 Marks

The FIVE Steps in Project Plan



Month	Objectives
Planning and Research for the Project Work Preferably till November-December	<ul style="list-style-type: none"> Teachers plan a day to orient students about the ALS projects, details are shared with all stakeholders. Students choose a project, select team members and develop project-plan. Group meets (preferably online) and reports to the team leader about the progress: shortfalls and successes are detailed. Team leader appraises teacher-mentor. Students working individually or in pairs also update the teachers. A logical, deliverable and practical plan is drafted by the team/pair/individual. Goals/objectives are clearly defined for all. Work is delegated to team members by the team leader. Students wishing to work alone develop their own plan of Action. Detailed project schedules are shared with the teacher.
December-January	<ul style="list-style-type: none"> Suggestions and improvements are shared by the teacher, wherever necessary. Group members coordinate and keep communication channels open for interaction. Gaps (if any) are filled with the right skill sets by the Team Leader/ individual student.
	<ul style="list-style-type: none"> The final draft of the project portfolio/ report is prepared and submitted for evaluation.
January-February	<ul style="list-style-type: none"> Students are assessed on their group/pair/individual presentations on allotted days. Final Viva is conducted by the External/Internal examiner.
February-March or as per the Timelines given by the Board	<ul style="list-style-type: none"> Marks are uploaded on the CBSE website.

SAMPLE RUBRIC FOR ALS Project Work (For Theatre/Role Play/Oral presentation/Interview/Podcast)

CATEGORY	1	2	3	4	5
TIME LIMIT	Presentation is less than or more	Presentation exceeded or less	Presentation exceeded or	Presentation exceeded or	Student/ group adhered to the

	than 5 minutes long	than specified time limit by 4 to 5 minutes	less than specified time limit by 3 to 4 minutes	less than specified time limit by 2 to 3 minutes	given time limit
CONTENT/SCRIPT/QUESTIONNAIRE	Script is not related to topic or issue	Well written script/content shows little understanding of parts of topic	Well written script/content shows good understanding of parts of topic	Well written script/content shows a good understanding of subject topic	Well written script/content shows full understanding of subject topic
CREATIVITY	No props/costumes/ stage presentation lack-lustre	Some work done, average stage set-up and costumes	Well organized presentation, could have improved	Logical use of props, reasonable work done, creative	Suitable props /honest effort seen/ considerable work done/ Creative and relevant costumes
PREPAREDNESS	Student /group seems to be unprepared	Some preparedness visible, but Rehearsal is lacking	Somewhat prepared, rehearsal is lacking	Good preparedness, but need better rehearsal	Complete preparedness/ rehearsed presentation
CLARITY OF SPEECH	Lack of clarity in presentation many words mispronounced	Speaks clearly, some words are mispronounced	Speaks clearly 90% of the time/ a few mispronounced words	Speaks clearly and distinctly 95% of time/ few mispronounced words	Speaks clearly distinctly 95% of time/ fluency in pronunciation
USE OF PROPS (Theatre/Role Play)	Only 1/no relevant props used	1 to 2 relevant props used	2 to 3 relevant props used	3 to 4 relevant props used	4 to 5 relevant props used
EXPRESSION/ BODY LANGUAGE	Very little use of facial expressions/ body language, does not generate much interest	Little Use of facial expressions and body language	Facial expressions and body language are used to try to generate some enthusiasm	Facial expression and body language sometimes generate strong enthusiasm with the topic	Facial expression and body language generate strong enthusiasm with the topic
PORTFOLIO-PRESENTATION	Inadequate & unimpressive	Somewhat suitable & convincing	Adequate & relevant	Interesting, enjoyable & relevant	Brilliant, creative & exceptional

Class XI - Maths(2023-2024)

Ist Term		(April - September)
April	1. Trigonometry	
May	1. Sets 2. Relations and functions	
July	1. Complex numbers 2. Sequence and Series	
August	1. Binomial Theorem 2. Permutations & Combinations	
September	1. Linear Inequalities	
2 nd Term		(October – February)
October	1. Straight Lines 2. Conic sections	
November	1. Three Dimensional Geometry 2. Limits and Derivatives	
December	1. Probability 2. Statistics	
January February	Revision	

Class XI - Economics(2023-2024)

Ist Term		(April - September)
April	Unit 1 : Introduction What is Economics? Meaning, scope, functions and importance of statistics in Economics	
May	Unit 2: Collection, Organisation and Presentation of data. Collection of Data Sources of data - primary and secondary; how basic data is collected with concepts of Sampling; methods of collecting data; some important sources of secondary data: Census of India and National Sample Survey Organisation.	
July	Organisation of Data: Meaning and types of variables; Frequency Distribution. Presentation of Data: Tabular Presentation and Diagrammatic Presentation of Data : Geometric forms (bar diagrams and pie diagrams), (ii) Frequency diagrams(histogram, polygon and Ogive) and (iii) Arithmetic line graphs (time series graph).	

August	Unit 3: Statistical Tools and Interpretation For all the numerical problems and solutions, the appropriate economic interpretation may be attempted. This means, the students need to solve the problems and provide interpretation for the results derived.
	Measures of Central Tendency - Arithmetic mean, median and mode
September	Correlation – meaning and properties, scatter diagram; Measures of correlation - Karl Pearson's method (two variables ungrouped data) Spearman's rank correlation (Non-Repeated Ranks and Repeated Ranks).
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2nd Term	(October – February)
October/ November	Introduction to Index Numbers - meaning, types - wholesale price index, consumer price index and index of industrial production, uses of index numbers; Inflation and index numbers Simple Aggregative Method.
	Part B: Introductory Microeconomics
May	Unit 4: Introduction Meaning of microeconomics and macroeconomics; positive and normative economics
July	What is an economy? Central problems of an economy: what, how and for whom to produce; concepts of production possibility frontier and opportunity cost.
August	Unit 5: Consumer's Equilibrium and Demand Consumer's equilibrium - meaning of utility, marginal utility, law of diminishing marginal utility, conditions of consumer's equilibrium using marginal utility analysis.
October	Indifference curve analysis of consumer's equilibrium-the consumer's budget (budget set and budget line), preferences of the consumer (indifference curve, indifference map) and conditions of consumer's equilibrium.
November	Demand, market demand, determinants of demand, demand schedule, demand curve and its slope, movement along and shifts in the demand curve; price elasticity of demand – factors affecting price elasticity of demand; measurement of price elasticity of demand – percentage change method and total expenditure method.
December	Unit 6: Producer Behaviour and Supply Meaning of Production Function – Short-Run and Long-Run Total Product, Average Product and Marginal Product.
January	Returns to a Factor Cost: Short run costs - total cost, total fixed cost, total variable cost; Average cost; Average fixed cost, average variable cost and marginal cost-meaning and their relationships. Revenue - total, average and marginal revenue - meaning and their relationship. Producer's equilibrium-meaning and its conditions in terms of marginal revenue-marginal cost.

Supply, market supply, determinants of supply, supply schedule, supply curve and its slope, movements along and shifts in supply curve, price elasticity of supply; measurement of price elasticity of supply - percentage-change method.

February

Unit 7: Forms of Market and Price Determination under Perfect Competition with simple applications.

Perfect competition - Features; Determination of market equilibrium and effects of shifts in demand and supply.

Simple Applications of Demand and Supply: Price ceiling, price floor.

Revision

Part C: Project in Economics 20 Marks

Class XI - Accountancy(2023-2024)

Ist Term

(April - September)

**April/
May**

**Unit-1: Theoretical Frame Work
Introduction to Accounting**

- Accounting- concept, meaning, as a source of information, objectives, advantages and limitations, types of accounting information; users of accounting information and their needs. Qualitative Characteristics of Accounting Information. Role of Accounting in Business.
- Basic Accounting Terms- Entity, Business Transaction, Capital, Drawings. Liabilities (Non Current and Current). Assets (Non Current, Current); Expenditure (Capital and Revenue), Expense, Revenue, Income, Profit, Gain, Loss, Purchase, Sales, Goods, Stock, Debtor, Creditor, Voucher, Discount (Trade discount and Cash Discount)

August

Theory Base of Accounting

- Fundamental accounting assumptions: GAAP: Concept
- Basic accounting concept : Business Entity, Money Measurement, Going Concern, Accounting Period, Cost Concept, Dual Aspect, Revenue Recognition, Matching, Full Disclosure, Consistency, Conservatism, Materiality and Objectivity
- System of Accounting. Basis of Accounting: cash basis and accrual basis
- Accounting Standards: Applicability in IndAS
- Goods and Services Tax (GST): Characteristics and Advantages.

April

**Unit-2: Accounting Process
Recording of Business Transactions**

- Voucher and Transactions: Source documents and Vouchers, Preparation of Vouchers, Accounting Equation Approach: Meaning and Analysis, Rules of Debit and Credit.
- Recording of Transactions: Books of Original Entry- Journal
- Special Purpose books:
- Cash Book: Simple, cash book with bank column and petty cashbook

- Purchases book
- Sales book
- Purchases return book
- Sales return book
- Journal proper

Note: Including trade discount, freight and cartage expenses for simple GST calculation.

- Ledger: Format, Posting from journal and subsidiary books, Balancing of accounts

July

Bank Reconciliation Statement:

- Need and preparation, Bank Reconciliation Statement

2nd Term

(October – February)

October

Depreciation, Provisions and Reserves

- Depreciation: Meaning, Features, Need, Causes, factors
- Other similar terms: Depletion and Amortisation
- Methods of Depreciation:
 - Straight Line Method (SLM)
 - Written Down Value Method (WDV)

Note: Excluding change of method

- Difference between SLM and WDV; Advantages of SLM and WDV
- Method of recoding depreciation
- Charging to asset account
- Creating provision for depreciation/accumulated depreciation account
- Treatment of disposal of asset
- Provisions, Reserves, Difference Between Provisions and Reserves.
- Types of Reserves:
 - Revenue reserve
 - Capital reserve
 - General reserve
 - Specific reserve
 - Secret Reserve
- Difference between capital and revenue reserve

November

Trial balance and Rectification of Errors

- Trial balance: objectives, meaning and preparation
(**Scope: Trial balance with balance method only**)
- Errors: classification-errors of omission, commission, principles, and compensating; their effect on Trial Balance.
- Detection and rectification of errors;
 - (i) Errors which do not affect trial balance
 - (ii) Errors which affect trial balance preparation of suspense account.

**December/
January**

Part B: Financial Accounting - II

Unit 3: Financial Statements of Sole Proprietorship Financial Statements

Meaning, objectives and importance; Revenue and Capital Receipts; Revenue and Capital Expenditure; Deferred Revenue expenditure. Opening journal entry. Trading and Profit and Loss

Account: Gross Profit, Operating profit and Net profit. Preparation. Balance Sheet: need, grouping and marshalling of assets and liabilities. Preparation. Adjustments in preparation of financial statements with respect to closing stock, outstanding expenses, prepaid expenses, accrued income, income received in advance, depreciation, bad debts, provision for doubtful debts, provision for discount on debtors, Abnormal loss, Goods taken for personal use/staff welfare, interest on capital and managers commission. Preparation of Trading and Profit and Loss account and Balance Sheet of a sole proprietorship with adjustments.

Incomplete Records:

Features, reasons and limitations.

Ascertainment of profit/loss by statement of Affairs method (excluding conversion method)

February

Part C: Project Work (Any One)

1. Collection of source documents, preparation of vouchers, recording of transactions with the help of vouchers.
2. Preparation of Bank Reconciliation Statement with the given cash book and the pass book with twenty to twenty-five transactions.
3. Comprehensive project of any sole proprietorship business. This may state with journal entries and their ledgering, preparation of Trial balance. Trading and Profit and Loss Account and Balance Sheet. Expenses, incomes and profit (loss), assets and liabilities are to be depicted using pie chart / bar diagram.

Class XI - Business Studies(2023-2024)

Month	Content
April	<p>Part A: Foundation of Business</p> <p>Unit 1: Evolution and Fundamentals of Business</p> <ul style="list-style-type: none"> • History of Trade and Commerce in India: Indigenous Banking System, Rise of Intermediaries, Transport, Trading Communities: Merchant Corporations, Major Trade Centres, Major Imports and Exports, Position of Indian Sub-Continent in the World Economy • Business – meaning and characteristics • Business, profession and employment –Concept • Objectives of business - economic and social objectives of business, role of profit in business. • Classification of business activities -Industry and Commerce • Industry-types: primary, secondary, tertiary Meaning and subgroups • Commerce-trade: (types-internal, external; wholesale and retail) and auxiliaries to trade; (banking, insurance, transportation, warehousing, communication, and advertising) – meaning • Business risk-Concept

May / July	<p>Unit 2: Forms of Business organizations</p> <ul style="list-style-type: none"> • Sole Proprietorship-Concept, merits & limitations • Partnership-Concept, types, merits and limitation of partnership, registration of a partnership firm, partnership deed. Types of partners • Hindu Undivided Family Business: Concept • Cooperative Societies-Concept, merits, and limitations • Company - Concept, merits and limitations; Types: Private, Public and One Person Company – Concept, Distinguish between a private company and a public company • Formation of company - stages, important documents to be used in formation of a company • Choice of form of business organization, Distinguish between the various forms of business organizations.
July	<p>Unit 3: Public, Private and Global Enterprises</p> <ul style="list-style-type: none"> • Public sector and private sector enterprises – Concept & distinction • Forms of public sector enterprises: Departmental Undertakings, Statutory Corporations and Government Company (features, merits and limitations of each) • Global Enterprises, Joint venture meaning & features • Public private partnership – meaning & features
August	<p>Unit 4: Business Services</p> <ul style="list-style-type: none"> • Business services – meaning and types. Banking: Types of bank accounts - savings, current, recurring, fixed deposit and multiple option deposit account • Banking services with particular reference to Bank Draft, Bank Overdraft and Cash credit. • E-Banking: meaning, types of digital payments • Insurance – Principles. Types – life, health, fire and marine insurance – concept • Postal Service - Mail, Registered Post, Parcel, Speed Post, Courier – meaning • Understand the utility of different telecom services <p>Unit 5: Emerging Modes of Business</p>

	<ul style="list-style-type: none"> • E - business: concept, scope and benefits • Distinguish e-business from traditional business.
September	Revision Half yearly Examination
October	Unit 6: Social Responsibility of Business and Business Ethics <ul style="list-style-type: none"> • Concept of social responsibility • Case for social responsibility • Responsibility towards owners, investors, consumers, employees, government and community • Role of business in environment protection • Business Ethics - Concept and Elements
October /November	Part B: Finance and Trade Unit 7: Sources of Business Finance <ul style="list-style-type: none"> • Concept of business finance - meaning, nature and importance • Owners' funds- equity shares, preference share, retained earnings (Meaning, features) • Borrowed funds: debentures and bonds, loan from financial institution and commercial banks, public deposits, trade credit, Inter Corporate Deposits (ICD) (Meaning, features) • Distinguish between owners' funds and borrowed funds.
November	Unit 8: Small Business and Enterprises <ul style="list-style-type: none"> • Entrepreneurship Development (ED): Concept, Characteristics and Need. Process of Entrepreneurship Development: Start-up India Scheme, ways to fund start-up. • Intellectual Property Rights and Entrepreneurship • Small scale enterprise as defined by MSMED Act 2006 (Micro, Small and Medium Enterprise Development Act) • Role of small business in India with special reference to rural areas • Government schemes and agencies for small scale industries: National Small Industries Corporation

	(NSIC) and District Industrial Centre (DIC) with special reference to rural, backward areas
December	Unit 9: Internal Trade <ul style="list-style-type: none"> • Internal trade - meaning and types • Services rendered by a wholesaler and a retailer • Types of retail-trade-Itinerant and smallscale fixed shops retailers • Large scale retailers-Departmental stores, chain stores – concept • Features of Mail order business • GST (Goods and Services Tax): Concept and key-features
January	Unit 10: International Trade <ul style="list-style-type: none"> • International trade: concept and benefits to nations and to business firms • Export trade – Meaning, objectives and procedure • Import trade- Meaning, objectives and procedure • Documents involved in International Trade; indent, letter of credit, shipping order, shipping bills, mate's receipt (DA/DP) (specimen & importance of documents involved) • World Trade Organization (WTO) meaning and objectives
December/ January	Unit 11: Project Work As per CBSE guidelines.

Class XI - Physical Education(2023-2024)

Ist Term	(April - September)
April	UNIT 1 - Changing Trends & Career in Physical Education <ul style="list-style-type: none"> • Concept , Aims & Objectives of Physical Education • Development of Physical Education in India – Post Independence • Changing Trends in Sports - Playing surface , wearable gear and sports equipment, technological advancement • Career Options in Physical Education • Khelo - India and Fit - India Program
May	UNIT 2- Olympism Value Education <ul style="list-style-type: none"> • Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) • Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind • Ancient and Modern Olympics • Olympics - Symbols , Motto , Flag , Oath and Anthem

- Olympics Movement Structure - IOC, NOC, IFS, Other members

July

UNIT 3 – Yoga

- Meaning & Importance of Yoga
- Introduction to Ashtang Yoga
- Introduction to Yogic Kriyas (Shat Karma)
- Pranayama and its types.
- Active Lifestyle and stress management through Yoga

August

UNIT 4 - Physical Education And Sports For CWSN (Children With Special Need- Divyang)

- Concept of Disability and Disorder
- Types of Disability, Its Causes and Nature (Intellectual Disability, Physical Disability)
- Disability Etiquette
- Aim and Objective of Adaptive Physical Education
- Role of Various Professionals for Children with Special Need. (Counsellor, Occupational Therapist), Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

September

UNIT 5 - Physical Fitness, Wellness and Lifestyle

- Meaning and Importance of Wellness, Health and Physical Fitness
- Components/Dimensions of Wellness, Health and Physical Fitness
- Traditional Sports & Regional Games for promoting wellness
- Leadership through Physical Activity and Sports
- Introduction to First Aid – PRICE

2nd Term

(October – February)

October

UNIT 6 - Test, Measurement & Evaluation

- Define Test, Measurements and Evaluation.
- Importance of Test, Measurements and Evaluation in Sports.
- Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurements of health-related fitness

UNIT 7 - Fundamentals of Anatomy, Physiology in Sports

- Definition and Importance of Anatomy and Physiology in exercise and sports
- Functions of Skeletal system, classification of bone and types of joints
- Properties and Functions of Muscles.
- Structure and Functions of Circulatory system and Heart.
- Structure and Functions of Respiratory system.

November

UNIT 8- Fundamentals of Kinesiology and Biomechanics in Sports

- Definition and Importance of Kinesiology and Biomechanics in sports
- Principles of Biomechanics
- Kinetics and Kinematics in Sports
- Types of Body Movements- Flexion, Extension, Abduction, Adduction, Rotation,

Circumduction, Supination & Pronation

- Axis and Planes - Concept and its application in body movements

December

UNIT 9 - Psychology & Sports

- Definition & Importance of Psychology in Physical Education & Sports
- Developmental Characteristics at Different Stages of Development
- Adolescent Problems & Their Management
- Team Cohesion and Sports
- Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness

January

UNIT 10 - Training and Doping in Sports

- Concept and Principles of Sports Training
- Training Load; Over Load, Adaptation, and Recovery
- Warming-up & Limbering Down –Types, Method & Importance
- Concept of Skill, Technique, Tactics & Strategies
- Concept of Doping and its Disadvantages

February

Revision and Annual Exam