

SS 102 D: SPORTS & PRACTICE

- Unit - 1** **Meaning, Aim & Objectives of Physical Education**
Meaning of Sports, Significance of Play for a Child
- Unit – 2** **Physical Fitness**
Meaning of Physical Fitness. Components of Physical Fitness Aahpered
Physical Fitness Test
- Unit - 3** **Health**
Meaning, W.H.O. Definition Dimension of Health (Physical Dimension,
Mental Dimension, Social Dimension)
- Unit - 4** **Olympic & Asian Games**
Introduction, Historical Back Ground, Aims of Olympic Games.
Opening and Closing Ceremony.
Asian Games
- Introduction, Historical Back Ground, Aims of Asian Games. India in Olympic &**
Asian Games.