

**FUTURE TOPPER**  
*Empowering CUET Aspirants*

# CUET 2027

## Syllabus

### Physical Education (Yoga, Sports)

Subject Code: 321

*Based on the Latest Official CUET (UG) 2026 Syllabus released by NTA*

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### Unit I: Health Status and Programmes in India

- National Health Policies
- National Rural Health Mission (NRHM)
- Nutritional Status – Hypo-nutrition, Hyper-nutrition
- School Health Services and Midday Meal Programme
- Adolescence Education Programme
- Inclusive Physical Education
- Advantages of Physical Activities for Children with Special Needs
- Strategies to make Physical Activities accessible for Children with Special Needs
- Major Diseases – Communicable: Typhoid, Influenza, Malaria, Dengue, HIV Infection
- Non-Communicable Diseases: Diabetes, Hypertension, Obesity & Arthritis

### Unit II: Psychological and Sociological Aspects of Physical Education and Sports

- Psychological Aspects:
  - Role of Psychology in Games and Sports
  - Motivation – its types and techniques in sports
  - Personality – Theories of Personality (C.G. Jung, Sheldon, Big Five Factor Theory)
  - Role of sports in managing emotion, anxiety and aggression
- Sociological Aspects:
  - Development of leadership qualities through games and sports
  - Role of Physical Education in promoting National Integration

### Unit III: Theoretical Aspects of Games, Sports and Yogic Practice

- Basics of Games and Sports – Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Volleyball, Swimming, Table Tennis and Wrestling
- Specifications of play fields / Arena of games / sports
- General rules
- Fundamental skills

### Unit IV: Yoga – Basics of Yogic Practices

- Suryanamaskar / Sun Salutation
- Asanas – Standing: Vrikshasana, Trikonasana, Padhatasana, Utkatasana, Ardhchakrasana
- Sitting: Pravatasana, Ustrasana, Yogmudrasana, Simhasana, Dhanurasana, Sukhasana
- Lying – Prone: Makarasana, Shalabhasana, Bhujangasana; Supine: Viparita Karani, Sarvangasana
- Advance Asana: Kukutasana, Mayurasana
- Kriya: Kapalbhathi, Tratak, Neti, Dhauti
- Bandha: Uddiyana & Jalandhar Bandha
- Pranayama: Bhramari, Sheetli, Ujjayi, and Nadi Shodhana
- Yognidra – Knowledge of Do's and Don'ts of yogic practices

### Unit V: Nutrition and Athlete's Care

- Macro & Micro Nutrients and Balanced Diet
- Importance of Diet in Sports – Pre, During and Post Competition Requirements
- Food Adulteration and Awareness
- Postural Deformities and their Corrective Measures
- Causes and Management of Common Sports Injuries: Sprain, Strain, Contusion, Abrasion, Dislocation
- Types of Fracture: Oblique, Impacted, Comminuted, Transverse, Green Stick Fracture

### Unit VI: Policies, Programmes and Career Options in Sports

- National Sports Policies in India
- Sports Awards – Major Dhyan Chand Khel Ratna Award, Arjuna Award, and Dronacharya Award
- Career Opportunities in Physical Education, Sports and Yoga in India
- Courses offered in Physical Education, Sports and Yoga in India

### Unit VII: Skill Related Physical Fitness – Means and Methods for Improvement

- Strength – Isometric, Isotonic & Isokinetic Exercises
- Endurance – Continuous Training Method, Interval Training Method and Fartlek Training Method
- Speed – Acceleration Runs and Pace Runs
- Flexibility – Ballistic Method and Proprioceptive Neuromuscular Facilitation (PNF)

### Unit VIII: Measurement and Evaluation

- Strength: Standing Broad Jump; Backward Medicine Ball Throw
- Speed: Sprint – 50 Metres
- Agility: Shuttle Run (4X10 Metres), SEMO Agility Test
- Balance: Static Balance (Flamingo Balance Test); Dynamic Balance (Modified Bass Test)
- Rikli & Jones – Senior Citizen Fitness Test

### Unit IX: Physiology and Biomechanics in Sports

- Physiological factors determining components of physical fitness
- Effects of exercise on the Muscular System
- Effects of exercise on the Cardio-Respiratory System
- Newton's Law of Motion & their Application in Sports
- Types of Levers and their Application in Sports

## Important Notes

- This syllabus is based on the official CUET (UG) 2026 syllabus released by NTA.
- No official CUET 2027 syllabus has been released at the time of this publication.
- Students are advised to regularly check the NTA official website (nta.ac.in) for updates.
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## Disclaimer

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