

# Comprehensive



# PHYSICAL EDUCATION LAB MANUAL

### Salient Features

- History
- General Rules
- Court/Field Specifications
- Fundamental Skills
- Equipment and Sports Gear
- Specific Exercises
- Injuries-Prevention and Treatment
- Related Sports Terminologies
- Important Tournaments
- Awards
- Important Personalities
- Viva Voce
- Olympic Movement and Athletics Records
- SAI Khelo India Fitness Test
- Brockport Physical Fitness Test
- Games and Sports for CWSN





XII

# **Physical Education Lab Manual**

## **EduGorilla Prep Experts**

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