

<b>Program: HSC Commerce</b>	<b>S.Y.J.C</b>
<b>Subject: Health and Physical Education</b>	<b>Code: NA</b>
<b>Number of lectures per week: 2</b>	
<b>Evaluation Scheme: One written exam of 25 marks and Practical exam of 25 marks. The marks obtained out of 50 will be converted to grades.</b>	
<b>Learning Objectives:</b> <ul style="list-style-type: none"> <li>• To develop physical fitness</li> <li>• To create awareness about individual fitness.</li> <li>• To study the principles of fitness.</li> <li>• Maintaining consistency in exercise by making it a habit.</li> <li>• To accept a balanced diet and health habits.</li> </ul>	
<b>Pedagogy:</b> Incorporate hands-on activities and experiential learning opportunities that allow students to actively engage in physical activities relevant to their interests and goals.	

Link to Textbook: <https://ebooks.ebalbharati.in/pdfs/1203000639.pdf>

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