

Program: HSC Commerce	F.Y.J.C
Subject: Health and Physical Education	Code: NA
Number of lectures per week: 2	
Evaluation Scheme: One written exam of 25 marks and Practical exam of 25 marks. Marks obtained out of 50 will be converted to grades.	
Learning Objectives: <ul style="list-style-type: none"> • Develop proper techniques and form in various sports and recreational activities. • Emphasizing safety and injury prevention. • Evaluate personal fitness levels. • Set realistic fitness goals. • Design individualized fitness plans to improve overall health and wellness. 	
Pedagogy: 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/1103000639.pdf>

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