

Program: HSC Commerce	S.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. The marks obtained out of 50 will be converted to grades.	
Learning Objectives: <ul style="list-style-type: none"> • To develop physical fitness • To create awareness about individual fitness. • To study the principles of fitness. • Maintaining consistency in exercise by making it a habit. • To accept a balanced diet and health habits. 	
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://books.ebalbharati.in/pdfs/1203000639.pdf>