



**ST. JOSEPH'S COLLEGE**  
**Physical Education**  
**Teaching Syllabus (2024-25)**

**DSE-PE**

	Module	<b>First term</b>	Module	<b>Second term</b>
Secondary 4	2	Human Body	5	Physiological Basis for Exercise and Sports Training
	4	Fitness and Nutrition	6	Sports Injuries, Treatment and Precautions

**Secondary 4**

Module	
Human Body	Sep- Oct
Fitness and Nutrition	Nov
Physiological Basis for Exercise and Sports Training	Jan-Feb
Sports Injuries, Treatment and Precautions	Mar-May
Practical examination Training	Take place throughout the year