



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

DSE-PE

| | Module | First term | Module | Second term |
|-------------|--------|-----------------------|--------|--|
| 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 |