Kamala Education Society's

Pratibha Junior College,
Chinchwad, Pune-19

STD XI- SCIENCE/ COMMERCE/ARTS

SUBJECT- HEALITH & PHYSICAL EDUCATION (31)

MARK DISTRIBUTION/WEIGHTAGE

Chapter No	Chapter Name
1	Development of Physical Fitness
2	Obesity
3	Nature and Diet
4	Yoga and Mudra
5	Doping (Stimulants)
6	Injury management
7	Modern Technology – Activism
8	Career opportunities in sports
9	Various Games
10	Various Sports Competitions

Total - 50 marks Syllabus

Theory – 25 marks

Practical – 25 marks

Result converts into Grade – A, B, C, and D