

# PHYSICAL & HEALTH EDUCATION (PHE) COURSE OUTLINE

## Course Description

Physical and Health Education (PHE) is designed to develop learners physically, mentally, socially, and emotionally through physical activities, health knowledge, and positive lifestyle habits.

## Course Objectives

- 1 Develop physical fitness and motor skills
- 2 Promote healthy living and wellness
- 3 Encourage teamwork, discipline, and sportsmanship
- 4 Build knowledge of personal and community health
- 5 Foster lifelong participation in physical activities

## Course Content / Topics

- 1 Introduction to Physical and Health Education
- 2 Human Body Systems and Functions
- 3 Physical Fitness and Exercise
- 4 Basic Skills in Sports and Games
- 5 Athletics and Gymnastics
- 6 Recreation and Leisure Activities
- 7 Personal Health and Hygiene
- 8 Nutrition and Balanced Diet
- 9 First Aid and Safety Education
- 10 Mental Health and Emotional Well-being
- 11 Substance Abuse and Drug Education
- 12 Sexual and Reproductive Health
- 13 Environmental Health
- 14 Sports Ethics and Fair Play

## Teaching Methods

- 1 Demonstration and practice
- 2 Discussion and group work
- 3 Games and sports activities
- 4 Project-based learning

## 5 Question and answer sessions

### **Assessment Methods**

- 1 Practical performance
- 2 Written tests and quizzes
- 3 Assignments and projects
- 4 Participation and attendance

### **Learning Outcomes**

- 1 Demonstrate improved physical fitness and coordination
- 2 Apply health knowledge to daily life
- 3 Exhibit teamwork and leadership skills
- 4 Adopt healthy lifestyle habits