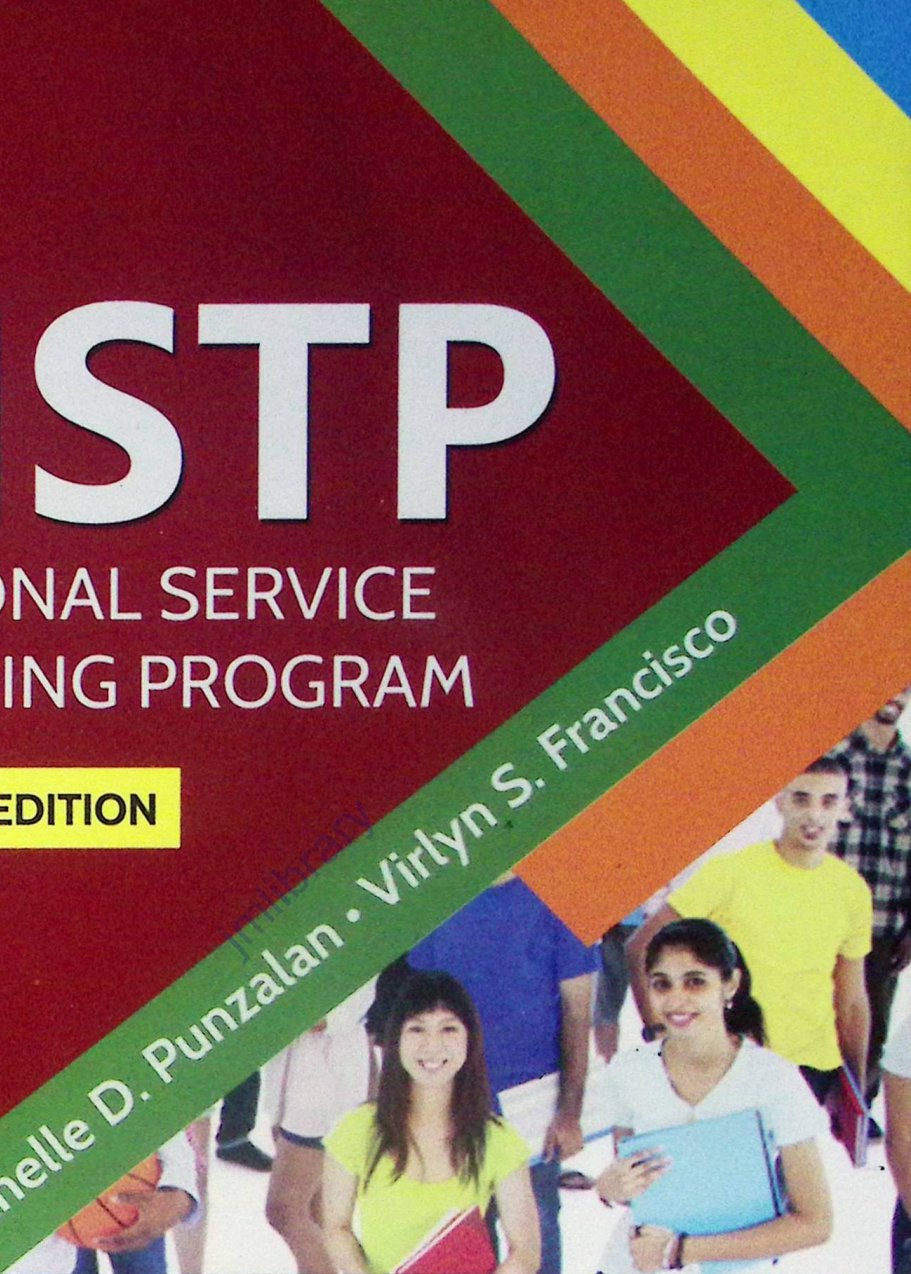
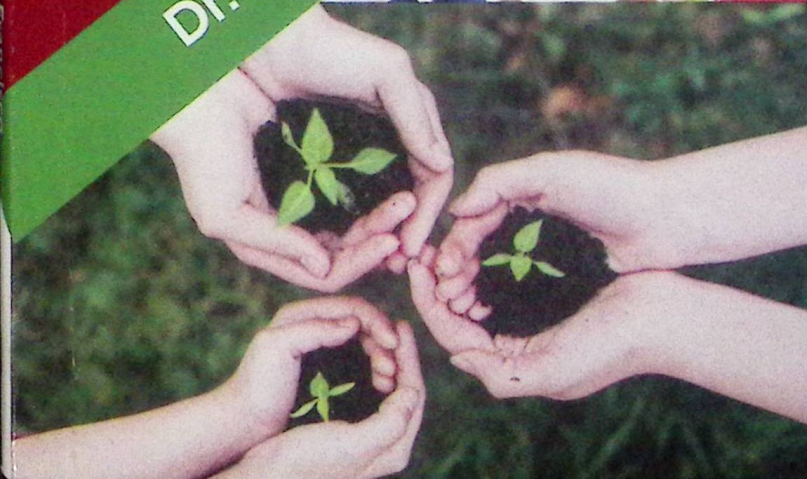


# NSTP

NATIONAL SERVICE  
TRAINING PROGRAM

REVISED EDITION

Dr. Michelle D. Punzalan • Virlyn S. Francisco



# **National Service Training Program**

**REVISED EDITION**

**Dr. Michelle D. Punzalan  
Virlyn S. Francisco**

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**REVISED EDITION**

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**Dr. Michelle D. Punzalan**  
**Virlyn S. Francisco**

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## **PREFACE**

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This NSTP is essential component for the holistic development of the students since part of its main objective is to enhance the health, leadership skills, sense of nationalism and patriotism. As stated in Republic Act 7077, part of the duties of the citizen is to provide service for their community and the country in times of war.

The book is basically divided into three important parts. The first part of the book is about the nature of National Service Training Program, the Contemporary Philippine Government, Citizenship and Community Participation. This part is a tool in enhancing the sense of service, understanding the citizenship, importance of the participation in the community. The second part of the book is about the leadership and Prohibited Drugs. This part is a tool for understanding the nature of a leader and the characteristics of a good leader. The third part of the book is about the health. This part includes the series of exercise to achieve physical fitness.

The book also includes the content of Republic Act 7077 and laws in regards with the dangerous drugs, the different articles about the government, module about leadership and exercises. In the beginning of the chapter, the authors provided the set of objectives to provide focus to the teacher who will use the book and preliminary activity which will motivate the students for the discussion. At the end of the chapter, the authors also provided exercises and activities which will test the knowledge of the students about the content and skills in line with the topic.

## **ACKNOWLEDGMENT**

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