

CO1 -PHYSICAL EDUCATION

Student will be able to:

- Learn about Objectives, Scope and importance of Physical Education
- Learn about organization, administration of ancient and modern Olympic Games
- Learn about the physiological changes in adolescence
- Learn about health education, personal hygiene and forming healthy habits
- Learn about structure, parts and functions of the cell

CO2 -PHYSICAL EDUCATION

Student will be able to:

- Learn about importance of Play ,Yoga and Asana in modern society
- Learn about types of Yoga as rajyog; astang yog etc
- Learn about types like cultural asana, meditative asana and relaxative asana
- Learn about different techniques of asanas

CO3 -PHYSICAL EDUCATION

Student will be able to:

- Learn about Recreation and its different types and principles
- Learn about Leadership; qualities and responsibilities of a leader
- Learn about Postural deformities and consequent disabling complications
- Learn about deformities like kyphosis, lordosis and scoliosis and their causes and corrective measures.