

Physical Education

Semester	Paper Name	Learning Outcome
1	HISTORY & FOUNDATION OF PHYSICAL EDUCATION	<ul style="list-style-type: none"> a. The learners will be able to conceptualize about physical education and sports. b. The learners will develop the factual knowledge of the existing various terminologies and information. c. The learners will be able to comprehend the historical perspectives and recent developments in the field of physical education and sports. d. The learners will be able to understand the multi-disciplinary foundations of physical education and sports.
2	ANATOMY & PHYSIOLOGY	<ul style="list-style-type: none"> a. The learners will be able to understand the human structure and functions of the human body. b. The learners would be able to apply the scientific knowledge of anatomy and physiology in relation to physical education and sports. c. The learners would be able to analyze the effect of exercise on various human body systems.
3	HEALTH EDUCATION	<ul style="list-style-type: none"> a. The learner will learn the basic concepts of developing the practices of health along with the dimensions, spectrum and determinant of health. b. The learners will develop the ability to apply the scope and principals of health education in life.

		<ul style="list-style-type: none"> c. The learner will be able to comprehend the role of personal and occupation hygiene for better health practices. d. The learner will be able to understand and apply the cause and preventive measure of various communicable and non-communicable diseases. e. The learner will gain knowledge and practices about the role and schemes of various health promoting agencies like WHO, UNICEF, UNDP, MHFW, RED CVROSS etc. f. The learner will be able to change their behavioural aspects related to personal health. g. The learner will be able to create the databases related to health and hygiene.
4	SPORTS FOR LIFE -I (VAC)	<ul style="list-style-type: none"> a. Acquire value of cooperation, team spirit, determination and endurance. b. Acquire good health and psychological well- being through sports participation. c. Apply the decision making-ability and goal-setting skills acquired through sports participation. d. Reduce exposure to screen time on electronic gadgets and channelizing energy through sports participation.
5	FIT INDIA (VAC)	<ul style="list-style-type: none"> a. Adopting healthy lifestyle. b. Knowledge of nutrition, diet and psycho-b physiological aspects of fitness. c. Develop self-esteem, self-confidence, self-discipline and team spirit as indicators of fitness.