

COURSE OUTCOMES

Physical Education

GENERIC ELECTIVE (GE) Courses

Sem	Type of Course	Course Name	Course Outcomes
III	G.E	Aerobics Training	<p>CO1:To promote overall health and wellbeing among students living sedentary lifestyle</p> <p>CO2: To spread awareness among the students about the significance of physical activity in daily life.</p> <p>CO3: To train and equip the students to practice physical activity in a systematic manner.</p> <p>CO4: To ensure well-being through regular and disciplined participation in physical activity</p> <p>CO5: To help the sports girls adopt knowledge base and apply the principles of the scientific training to further enhance their own sports performance,</p>
IV	G.E	Fitness and Exercise Management	<p>CO1: To train and equip the students to adopt scientific and systematic methodologies of training</p> <p>CO2: To help the sports girls adopt knowledge base and apply the principles of the scientific training to further enhance their own sports performance,.</p> <p>CO3: To train them to monitor their progress and result oriented measurements of their participation in physical activity</p> <p>CO4: To train the students to engage their own families and friends (general population) to adopt health lifestyle</p>

			CO5: To train the students to broaden their prospects in higher studies, career advancement and further research areas of study.
--	--	--	--