

COURSE EXIT SURVEY: ANALYSIS REPORT

Academic Session: 2024-25

Department: Physical Education
Course Title: Fitness and Wellness (GE)
Semester: I

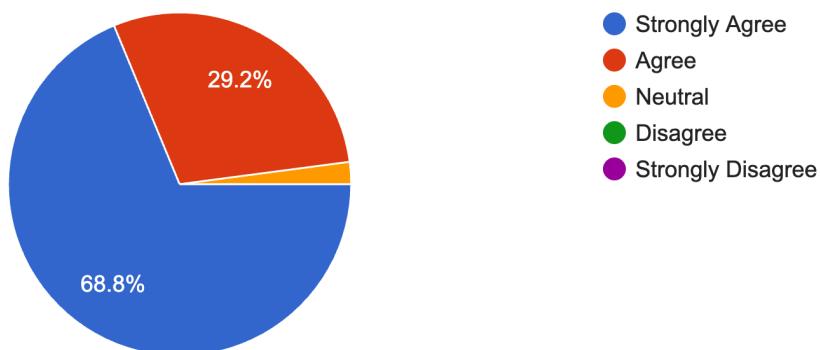
Program: B.A./ B.Com./ B.Sc. (Hons.)
Course Code: 2554001001

Total Students: 48

Total Responses: 48

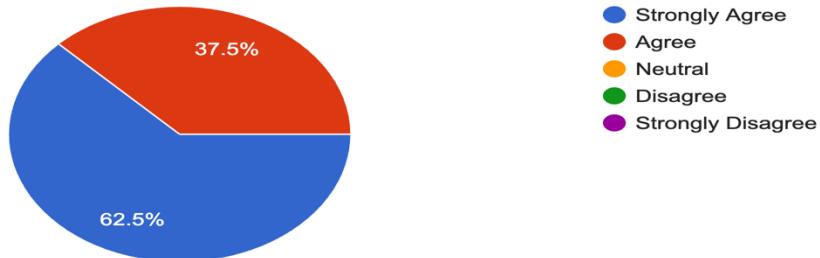
1. This course enabled me to analyse and correlate the components of physical fitness, principles of physical fitness and benefits of fitness programmes.

48 responses



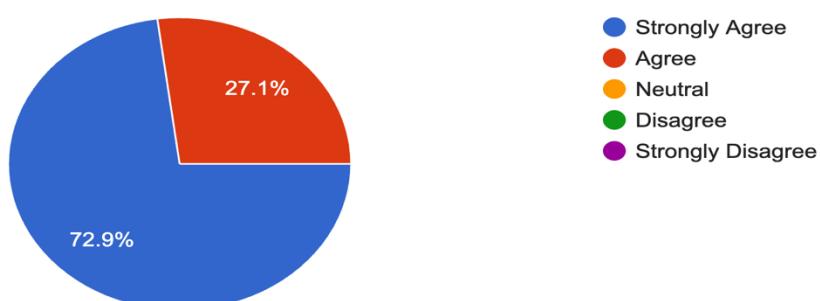
2. This course helped me to understand the causes and prevention of obesity, weight management guidelines to lead a better quality of life.

48 responses



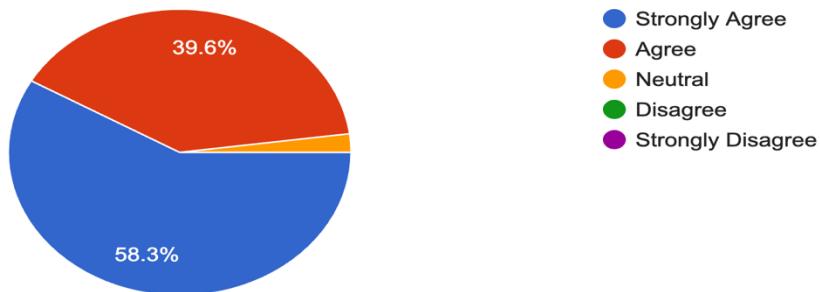
3. This course helped me to understand the concept of wellness and its dimensions & significance and how to achieve and maintain wellness.

48 responses



4. This course enabled me to describe, apply, correlate and measure different aspects of behavior modification for a healthy lifestyle approach adaptation.

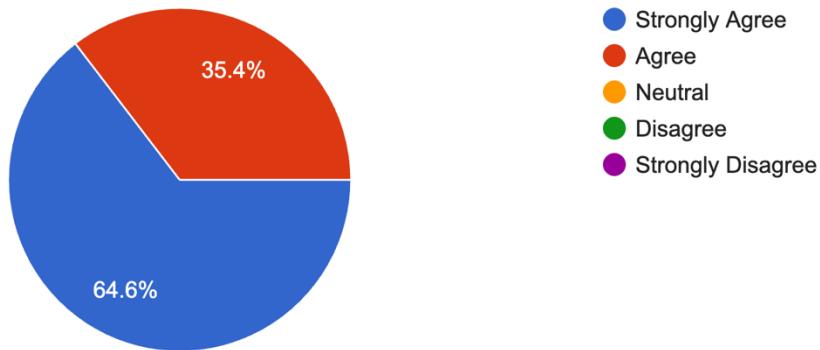
48 responses



- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

5. This course enabled me to understand the importance of Lifestyle Management

48 responses



- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

OBSERVATIONS:

From the given responses, it is observed that 68.8%- of the students strongly agreed, 29.20% of the students agreed that this course had enabled them to analyse and correlate the components of physical fitness, principles of physical fitness and benefits of fitness programmes. 62.50% of the students strongly agreed, 37.50% of the students agreed that this course had helped them to understand the causes and prevention of obesity, weight management guidelines to lead a better quality of life. 72.90% of the students strongly agreed, 27.10% of the students agreed that this course had helped them to understand the concept of wellness and its dimensions & significance and how to achieve and maintain wellness. 58.30% of the students strongly agreed, 39.60% of the students agreed that this course had enabled them to describe, apply, correlate and measure different aspects of behaviour modification for a healthy lifestyle approach adaptation. 64.60% of the students strongly agreed, 35.40% of the students agreed that this course helped them to understand the importance of Lifestyle Management.

ACTION TO BE TAKEN REPORT:

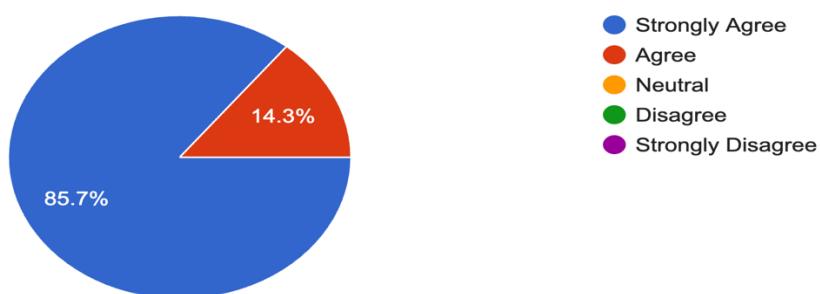
The fitness and wellness practical classes will also be covered in the remedial classes for better learning and understanding the concepts of fitness and wellness. The classes will be made more interesting and engaging by the help of different fitness and wellness experts.

Total Students: 42

Total Responses: 42

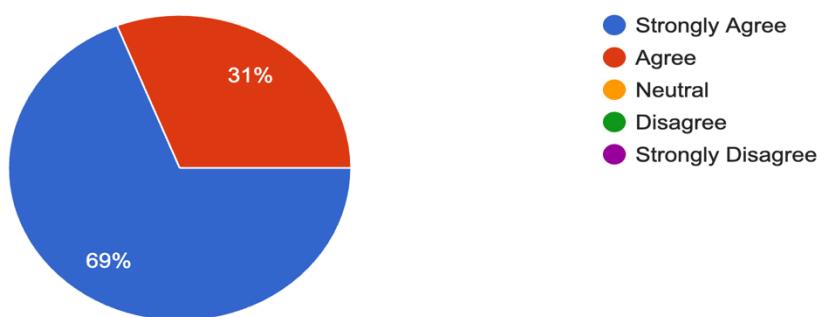
1. This course helped me in understanding the concept of Olympic Movement and Olympism.

42 responses



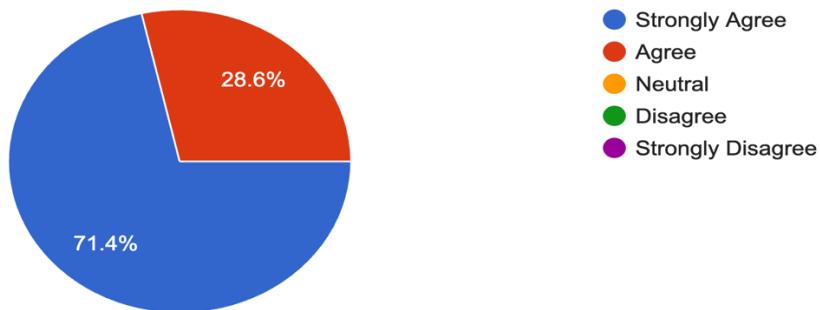
2. This course helped me to understand the Ancient Olympic Games and Modern Olympic Games, their administrations and organisations.

42 responses



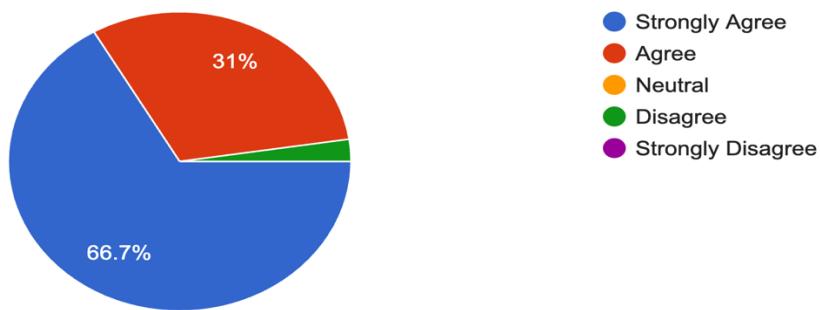
3. This course helped me to understand the International Olympic Committee, National Olympic Committee and the International Sports Federations

42 responses



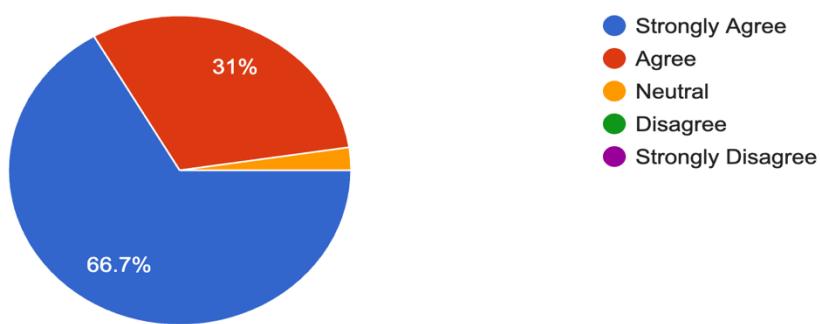
4. This course helped me to understand about Paralympic Games and Women & Sports.

42 responses



5. This course enabled me to understand how Olympic Games are being organised including their bidding process.

42 responses



OBSERVATIONS:

From the given responses, it is observed that 85.70% of the students strongly agreed, 14.30% of the students agreed that this course had enabled them in understanding the concept of Olympic Movement and Olympism. 69.00% of the students strongly agreed, 31.00% of the students agreed that this course had helped them to understand the Ancient Olympic Games and Modern Olympic Games, their administrations and organisations. 71.40% of the students strongly agreed, 28.60% of the students agreed that this course had helped them to understand the International Olympic Committee, National Olympic Committee and the International Sports Federations. 66.70% of the students strongly agreed, 31.00% of the students agreed that this course had enabled them to understand about Paralympic Games and Women & Sports. 66.70% of the students strongly agreed, 31.00% of the students agreed that this course helped them to understand how Olympic Games are being organised including their bidding process.

ACTION TO BE TAKEN REPORT:

The Department will enhance the course on *Olympic Movement and Olympism* by integrating updated study materials, interactive sessions, and expert lectures to strengthen conceptual understanding. Greater emphasis will be placed on connecting ancient and modern Olympic traditions, understanding the structure and functions of international sports bodies, and promoting awareness about the Paralympic Games and women's participation in sports. Project-based activities simulating the Olympic bidding and organisation process will be introduced to provide practical exposure. Continuous student feedback will be sought to ensure ongoing improvement in teaching and learning effectiveness.

Department: Physical Education

Program: B.A./ B.Com./ B.Sc. (Hons.)

Course Title: Professional Preparation and Career Avenues in Physical Education and Sports (GE)

Course Code: 2554001201

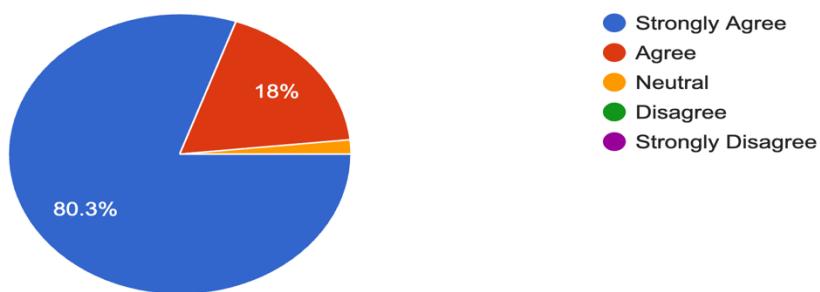
Semester: II

Total Students: 61

Total Responses: 1

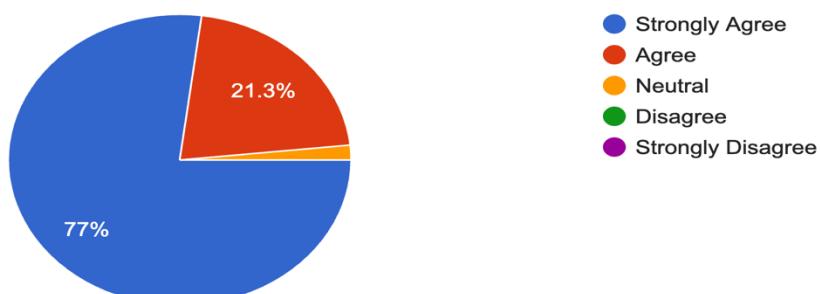
1. This course enabled me to develop the understanding of professional preparation in physical education i.r.t. pre- and post independence in India.

61 responses



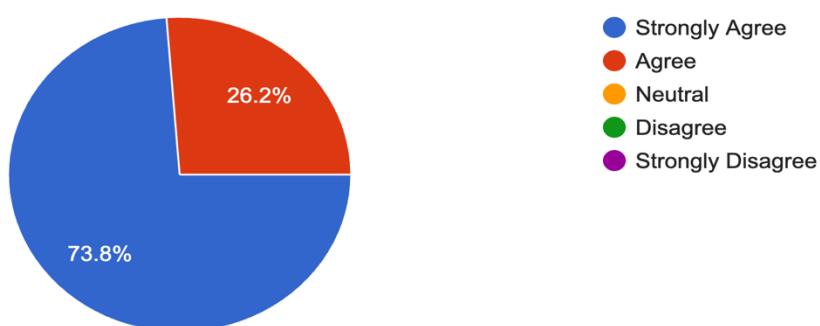
2. This course helped me to understand the need of professional development in physical education.

61 responses



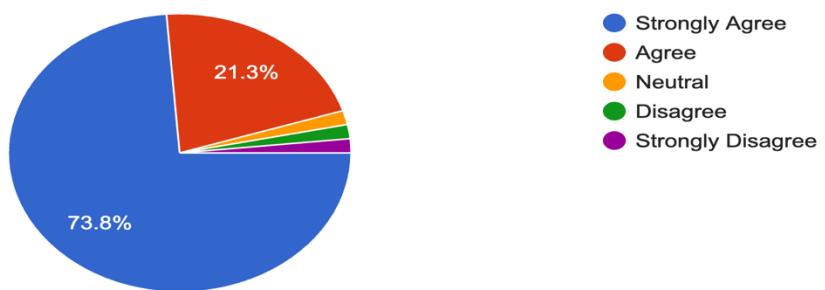
3. This course helped me to develop the skills to meet professional requirements in physical education.

61 responses



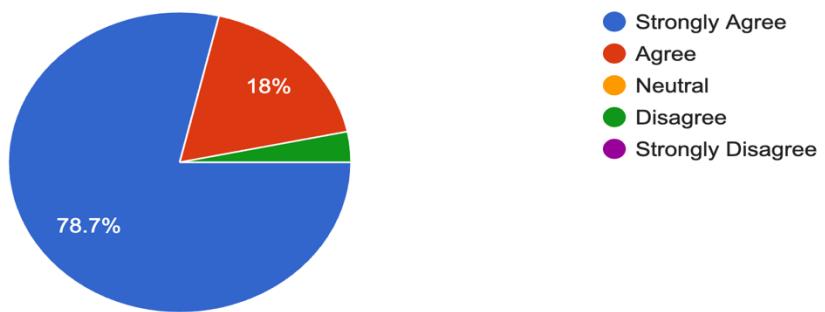
4. This course enabled me to acquire the skills and competencies for professional development.

61 responses



5. This course enabled me to provide understanding, the courses available in physical education and challenges in physical education

61 responses



OBSERVATIONS:

From the given responses, it is observed that 80.30% of the students strongly agreed, 18.00% of the students agreed that this course had enabled them to develop the understanding of professional preparation in physical education i.r.t. pre- and post independence in India. 77.00% of the students strongly agreed, 21.30% of the students agreed that this course had helped them to understand the need of professional development in physical education. 73.80% of the students strongly agreed, 26.20% of the students agreed that this course had helped them to develop the skills to meet professional requirements in physical education. 73.80% of the students strongly agreed, 21.30% of the students agreed that this course had enabled them to acquire the skills and competencies for professional development. 78.70% of the students strongly agreed, 18.00% of the students agreed that this course helped them to provide understanding, the courses available in physical education and challenges in physical education.

ACTION TO BE TAKEN REPORT:

The Department will further strengthen this course by incorporating updated content, practical sessions, and expert interactions to enhance students' understanding of professional preparation and development in Physical Education. More focus will be given to skill-building, competency enhancement, and awareness of professional courses and career opportunities in the field to ensure holistic professional growth.

Department: Physical Education

Program: B.A./ B.Com./ B.Sc. (Hons.)

Course Title: Introduction to Injury Prevention and Rehabilitation (GE) **Course Code:** 2554002003

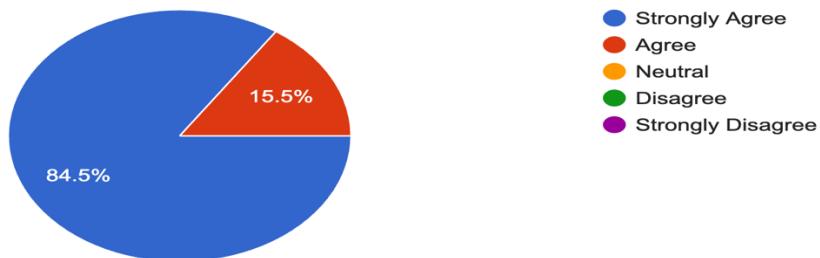
Semester: IV

Total Students: 58

Total Responses: 58

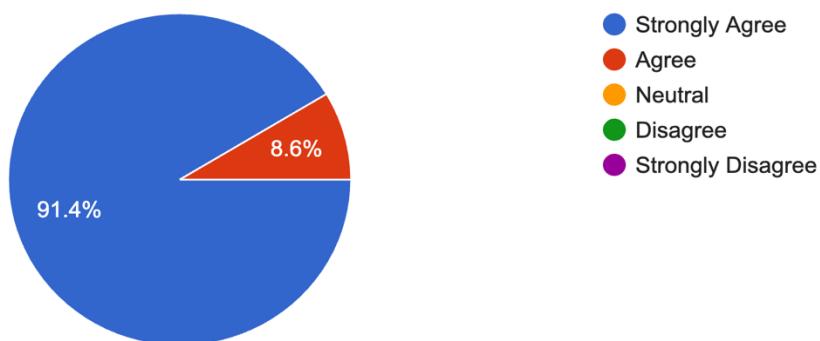
1. This course enabled me to understand the concept of injury prevention and rehabilitation in Sports

58 responses



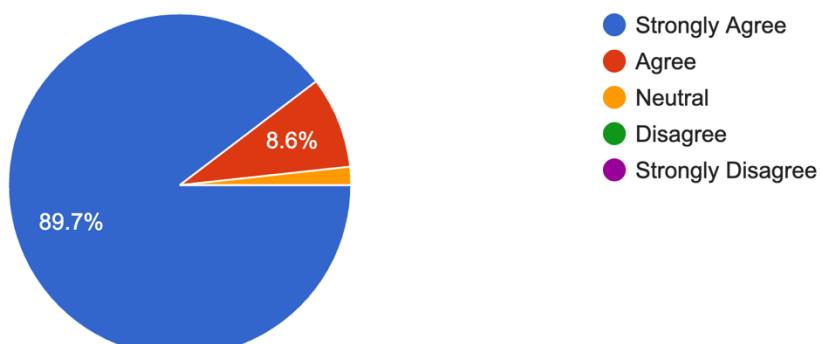
2. This course helped me to understand the principles of injury prevention and rehabilitation for fast and better recovery.

58 responses



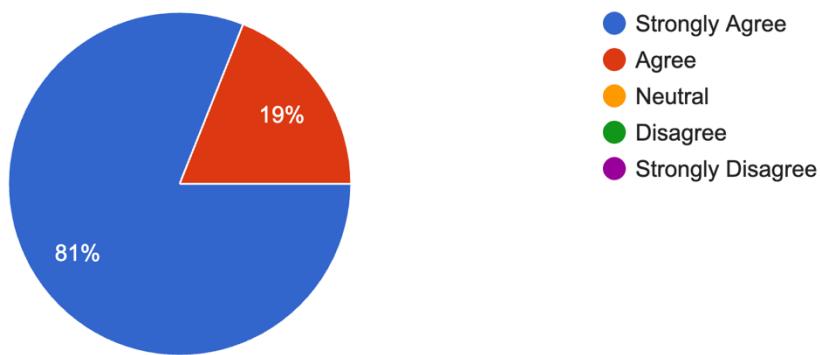
3. This course helped me to understand how to identify and classify the particular injury and how to deal with it.

58 responses



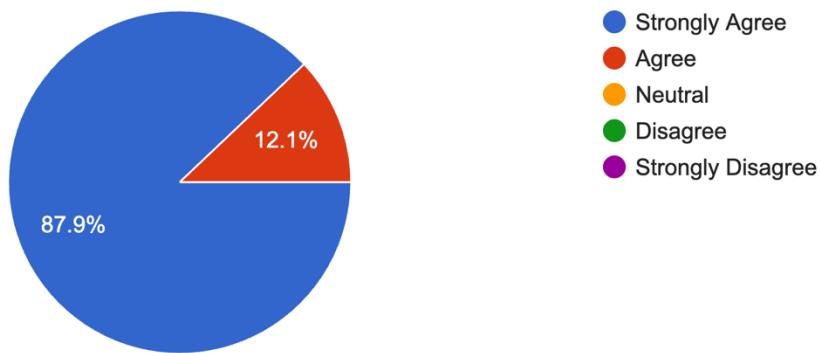
4. This course enabled me to understand various methods/ modalities used for rehabilitation.

58 responses



5. This course enabled me to provide understanding, skills, and practices related to injury prevention and rehabilitation in sports

58 responses



OBSERVATIONS:

From the given responses, it is observed that 84.50% of the students strongly agreed, 15.50% of the students agreed that this course had enabled them to understand the concept of injury prevention and rehabilitation in Sports. 91.40% of the students strongly agreed, 8.60% of the students agreed that this course had helped them to understand the principles of injury prevention and rehabilitation for fast and better recovery. 89.70% of the students strongly agreed, 8.60% of the students agreed that this course had helped them to understand how to identify and classify the particular injury and how to deal with it. 81.00% of the students strongly agreed, 19.00% of the students agreed that this course had enabled them to understand various methods/ modalities used for rehabilitation. 87.90% of the students strongly agreed, 12.10% of the students agreed that this course helped them to provide understanding, skills, and practices related to injury prevention and rehabilitation in sports.

ACTION TO BE TAKEN REPORT:

The Department will enhance the course by including more practical demonstrations, workshops, and expert sessions on injury management and rehabilitation. Emphasis will be placed on hands-on training, use of modern rehabilitation modalities, and case-based learning to strengthen students' understanding and skills in sports injury prevention and recovery.

Department: Physical Education
Course Title: Fit India (VAC)
Semester: I & III

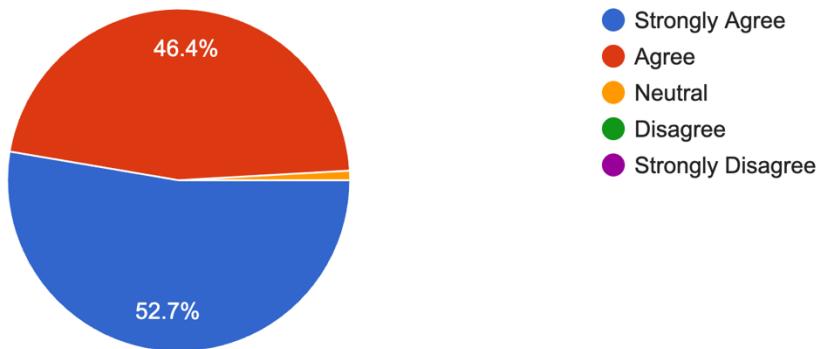
Program: B.A./ B.Com./ B.Sc. (Hons.)/ Prg
Course Code: 6967000009

Total Students: 112

Total Responses: 112

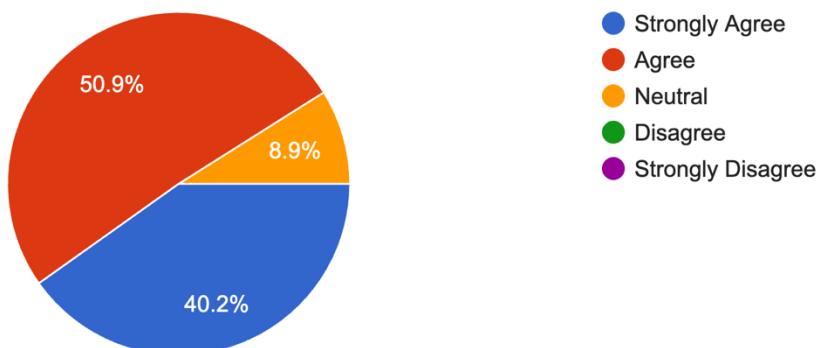
1. This course helped me in adopting a healthy lifestyle

112 responses



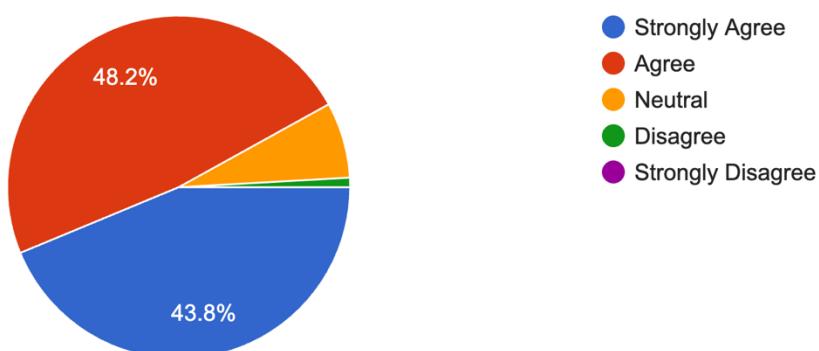
2. This course helped me to understand the psycho-physiological aspects of fitness

112 responses



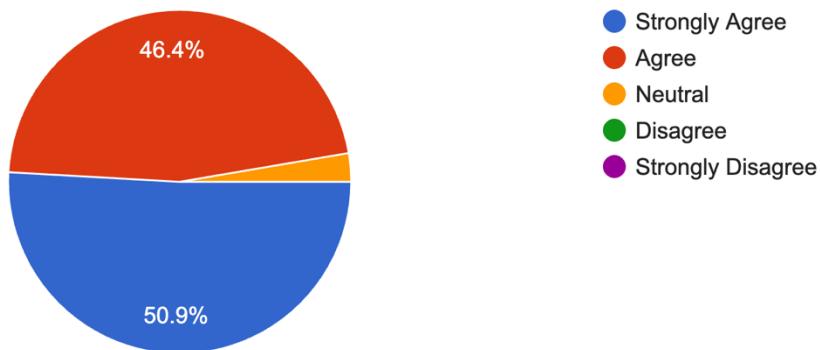
3. This course helped me to develop self-esteem, self-confidence and self-discipline

112 responses



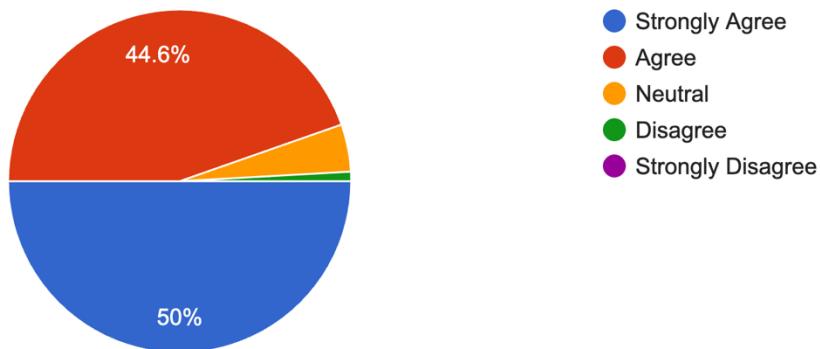
4. This course encouraged me for adopting a healthy and fit lifestyle.

112 responses



5. This course enabled me to understand the importance of balanced diet

112 responses



OBSERVATIONS:

From the given responses, it is observed that 52.70% of the students strongly agreed, 46.40% of the students agreed that this course had enabled them in adopting a healthy lifestyle. 40.20% of the students strongly agreed, 50.90% of the students agreed that this course had helped them to understand the psycho-physiological aspects of fitness. 43.80% of the students strongly agreed, 48.20% of the students agreed that this course had helped them to develop self-esteem, self-confidence and self-discipline. 50.90% of the students strongly agreed, 46.40% of the students agreed that this course had enabled them for adopting a healthy and fit lifestyle. 50.00% of the students strongly agreed, 44.60% of the students agreed that this course helped them to understand the importance of balanced diet.

ACTION TO BE TAKEN REPORT:

The Department will strengthen the course by incorporating more practical fitness activities, wellness workshops, and motivational sessions to promote healthy lifestyle habits among students. Greater emphasis will be placed on understanding psycho-physiological aspects of fitness, self-development, and the importance of a balanced diet for overall well-being.