

**COURSE EXIT SURVEY: ANALYSIS REPORT**  
**Academic Session: 2025-26**

**Department:** Physical Education

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

**Course Title:** History & Foundation of Physical Education **Course Code:** 2554000004

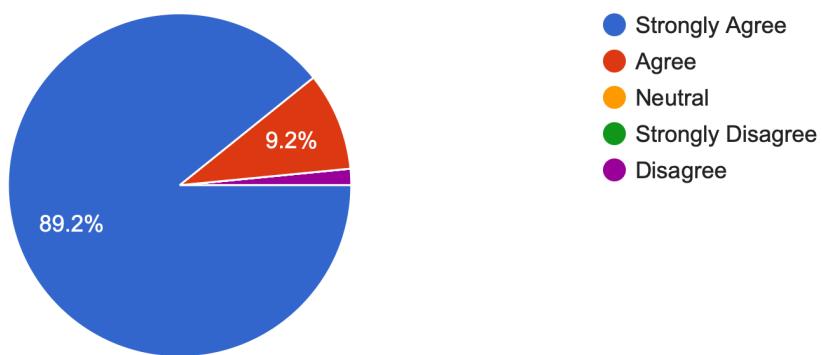
**Semester:** V

**Total Students: 65**

**Total Responses: 65**

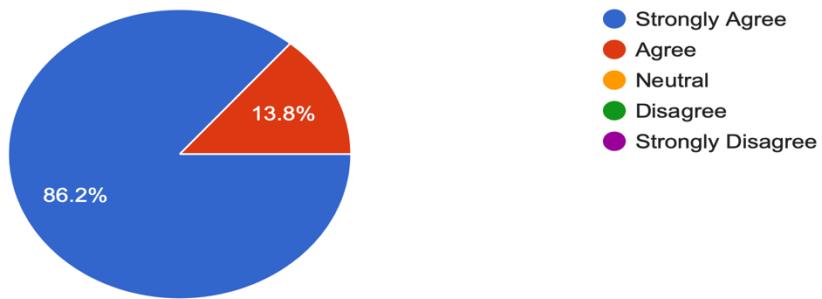
1. This course helped me to understand the meaning, aim, objectives, scope, and importance of Physical Education

65 responses



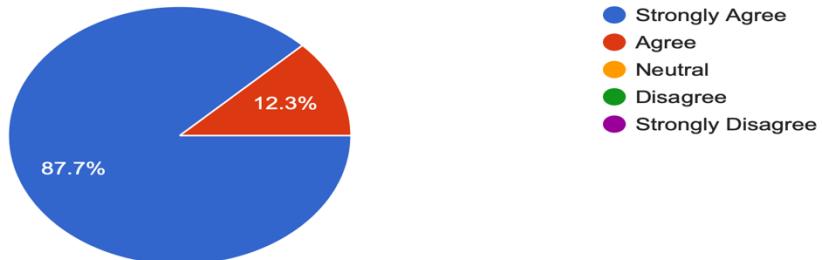
2. This course helped me to understand the knowledge of the history and foundation of Physical Education in India (Pre & Post Independence) and the World.

65 responses



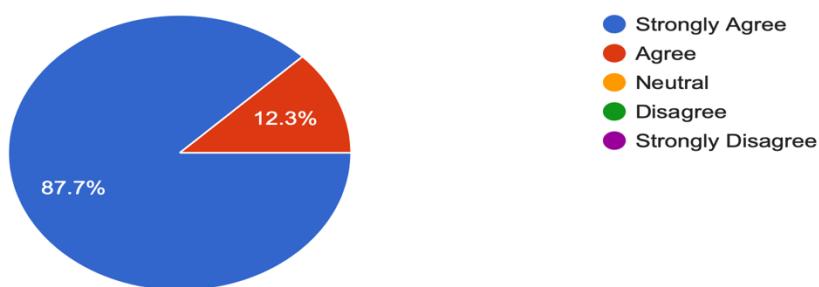
3. This course helped me to understand various schemes for the promotion of Sports in India

65 responses



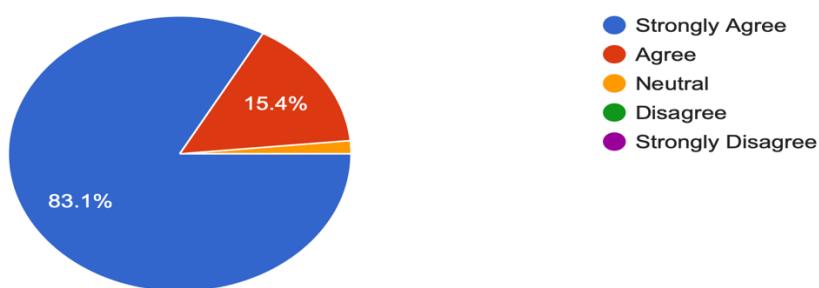
4. This course helped me to understand about various major sports competitions at International and National Level and Prominent Sports Awards in India.

65 responses



5. This course enabled me to understand the Biological, Psychological, Philosophical and Sociological Foundations of Physical Education.

65 responses



## OBSERVATIONS:

From the given responses, it is observed that 89.20% of the students strongly agreed, 9.20% of the students agreed that this course had enabled them to understand the meaning, aim objectives, scope and importance of physical education. 86.20% of the students strongly agreed, 13.80% of the students agreed that this course had helped them to understand the knowledge of the history and foundation of Physical Education in India (Pre & Post Independence) and the World. 87.70% of the students strongly agreed, 12.30% of the students agreed that this course had helped them to understand various schemes for the promotion of Sports in India. 87.70% of the students strongly agreed, 12.30% of the students agreed that this course had enabled them to understand about various major sports competitions at International and National Level and Prominent Sports Awards in India. 83.10% of the students strongly agreed, 15.40% of the students agreed that this course helped them to understand the Biological, Psychological, Philosophical and Sociological Foundations of Physical Education.

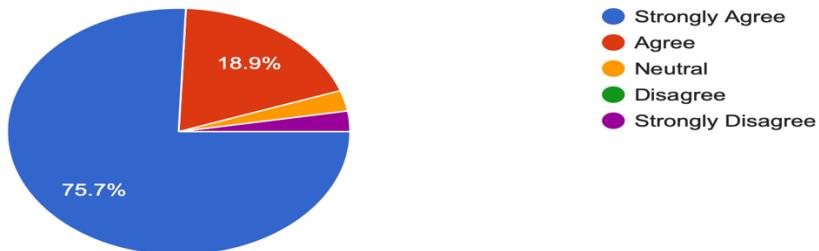
## ACTION TO BE TAKEN REPORT:

Based on the observation reflecting very high levels of student agreement on the attainment of course outcomes, effective teaching-learning strategies such as structured lectures, updated study materials, interactive discussions, presentations, and continuous assessments were reinforced to strengthen students' understanding of the fundamentals, history, foundations, and contemporary aspects of Physical Education. Emphasis was placed on integrating interdisciplinary perspectives and real-life examples to enhance conceptual clarity and relevance. To further improve academic performance, the department plans to incorporate more experiential and digital learning resources, organize expert talks and guest lectures, promote student-led seminars and project-based learning, and continue systematic analysis of student feedback to ensure continuous improvement and sustained academic excellence.

**Total Students:** 38

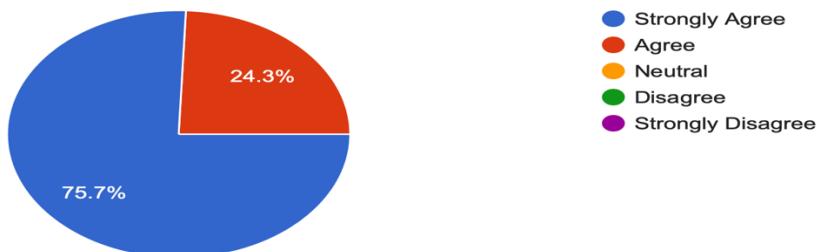
**Total Responses:** 37

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



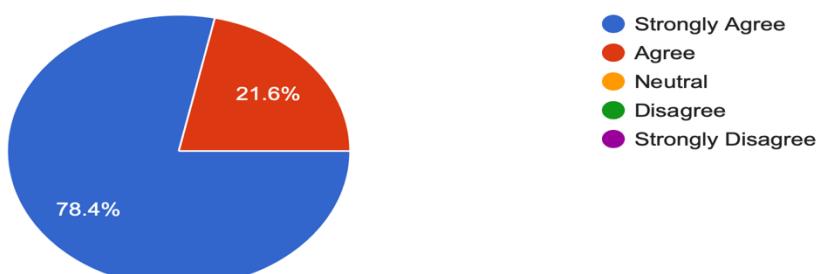
2. This course helped me to understand the Ancient Olympic Games and Modern Olympic Games, their administrations and organisations.

37 responses



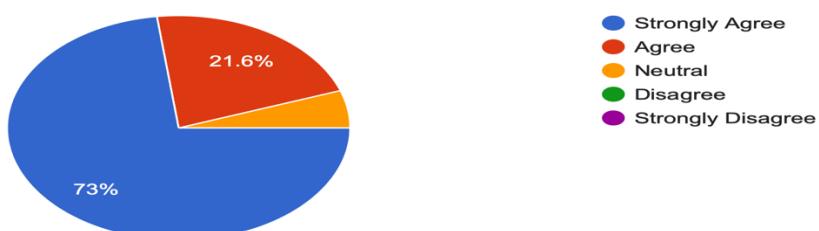
3. This course helped me to understand the International Olympic Committee, National Olympic Committee and the International Sports Federations

37 responses



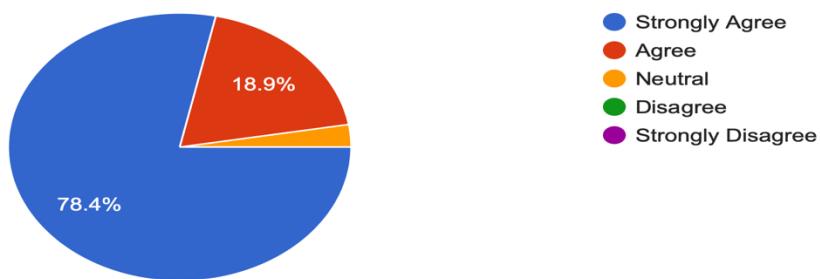
4. This course helped me to understand about Paralympic Games and Women & Sports.

37 responses



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

37 responses



### OBSERVATIONS:

From the given responses, it is observed that 75.70% of the students strongly agreed, 18.90% of the students agreed that this course had enabled them in understanding the concept of Olympic Movement and Olympism. 75.70% of the students strongly agreed, 24.30% of the students agreed that this course had helped them to understand the Ancient Olympic Games and Modern Olympic Games, their administrations and organisations. 78.40% of the students strongly agreed, 21.60% of the students agreed that this course had helped them to understand the International Olympic Committee, National Olympic Committee and the International Sports Federations. 73.00% of the students strongly agreed, 21.60% of the students agreed that this course had enabled them to understand about Paralympic Games and Women & Sports. 78.40% of the students strongly agreed, 18.90% 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:

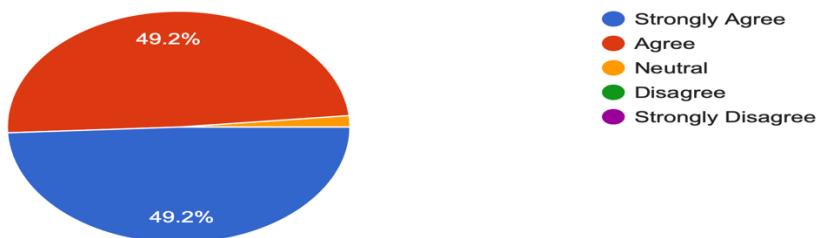
The Department plans to strengthen the course on Olympic Movement and Olympism by incorporating updated learning resources, interactive teaching methods, and expert lectures to deepen students' conceptual understanding. Enhanced focus will be given to linking ancient and modern Olympic traditions, comprehending the roles and functions of international sports organizations, and increasing awareness of the Paralympic Games and women's participation in sports. Project-based learning activities, including simulations of the Olympic bidding and organizational process, will be introduced to provide practical exposure. Regular student feedback will be collected to ensure continuous enhancement of teaching–learning effectiveness.

**Total Students:** 63

**Total Responses:** 63

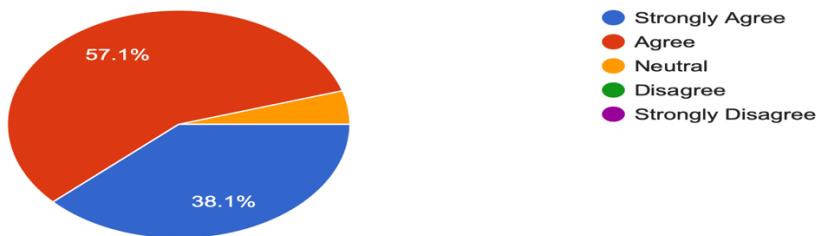
1. This course enabled me to analyse and correlate the components of physical fitness, principles of physical fitness and benefits of fitness programmes.

63 responses



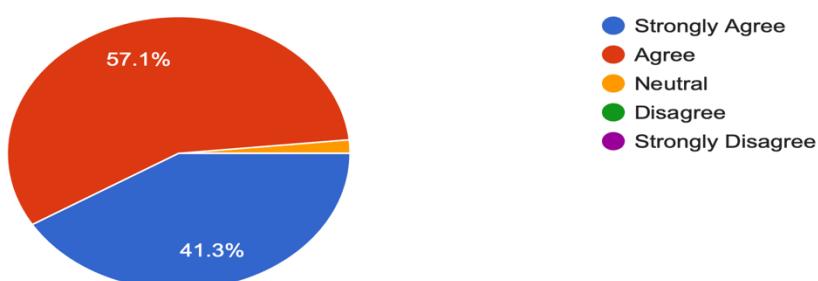
2. This course helped me to understand the causes and prevention of obesity, weight management guidelines to lead a better quality of life.

63 responses



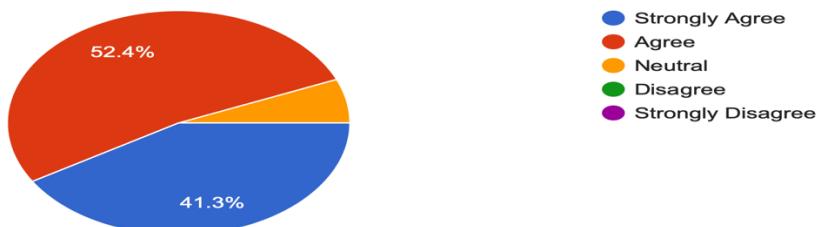
3. This course helped me to understand the concept of wellness and its dimensions & significance and how to achieve and maintain wellness.

63 responses

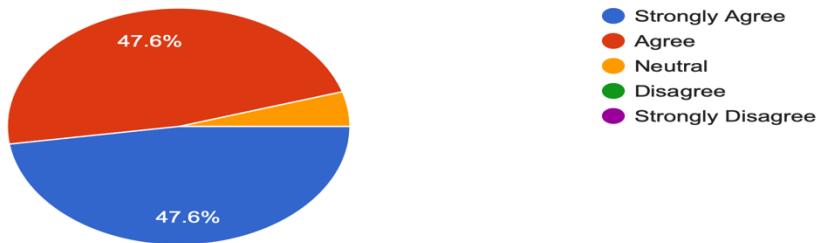


4. This course enabled me to describe, apply, correlate and measure different aspects of behavior modification for a healthy lifestyle approach adaptation.

63 responses



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



**OBSERVATIONS:**

From the given responses, it is observed that 49.20% of the students strongly agreed, 49.20% 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. 38.10% of the students strongly agreed, 57.10% 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. 41.30% of the students strongly agreed, 57.10% 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. 41.30% of the students strongly agreed, 52.40% 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. 47.60% of the students strongly agreed, 47.60% of the students agreed that this course helped them to understand the importance of Lifestyle Management.

**ACTION TO BE TAKEN REPORT:**

Based on the student feedback, the course content and teaching–learning processes were strengthened through reinforced curriculum delivery, activity-based and experiential learning, interactive teaching methods, and continuous assessment with timely feedback to enhance conceptual understanding and application of physical fitness, wellness, obesity prevention, behaviour modification, and lifestyle management. These actions resulted in high levels of student satisfaction and effective attainment of learning outcomes. To further improve academic performance, the department plans to integrate more interdisciplinary and digital learning resources, organize expert lectures and workshops, enhance practical exposure, and continue systematic analysis of student feedback to ensure continuous quality enhancement and sustained academic excellence.

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

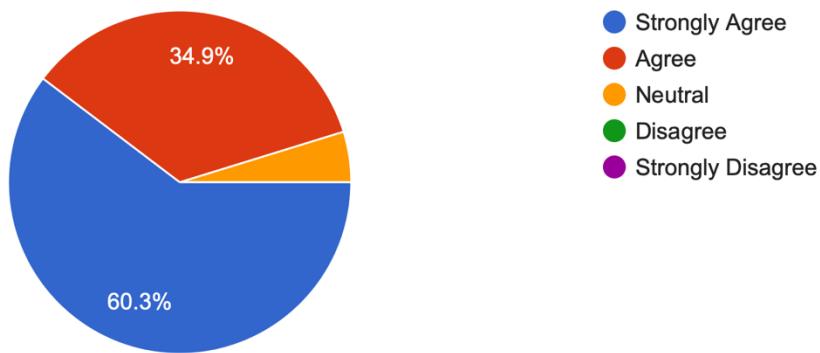
**Program:** B.A./ B.Com./ B.Sc. (Hons.)/ Prg  
**Course Code:** 6967000009

**Total Students: 65**

**Total Responses: 63**

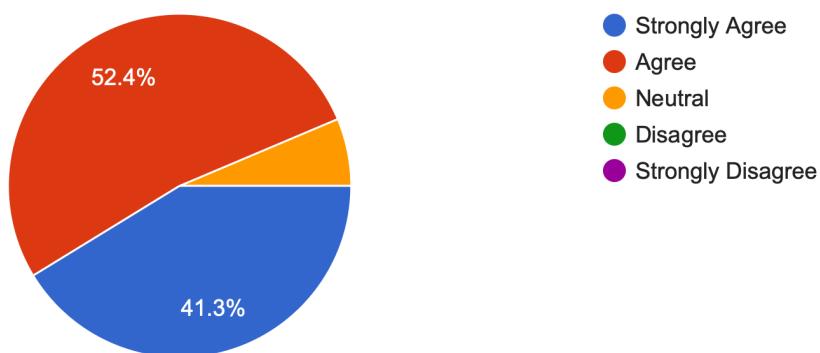
1. This course helped me in adopting a healthy lifestyle

63 responses



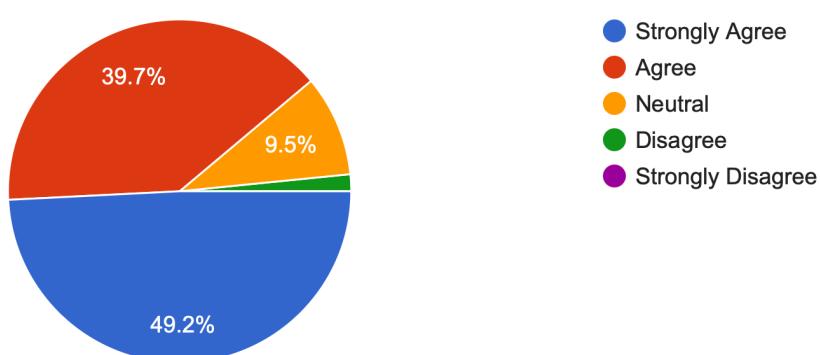
2. This course helped me to understand the psycho-physiological aspects of fitness

63 responses



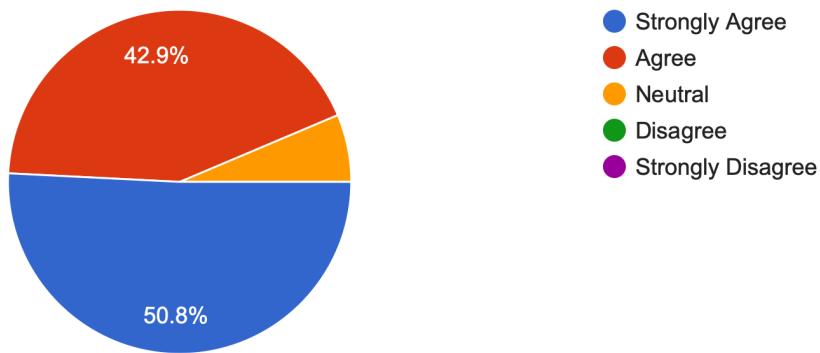
3. This course helped me to develop self-esteem, self-confidence and self-discipline

63 responses



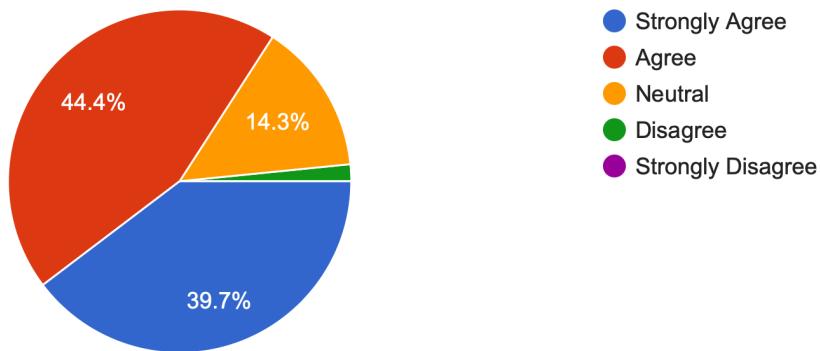
4. This course encouraged me for adopting a healthy and fit lifestyle.

63 responses



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

63 responses



### OBSERVATIONS:

From the given responses, it is observed that 60.30% of the students strongly agreed, 34.90% of the students agreed that this course had enabled them in adopting a healthy lifestyle. 41.30% of the students strongly agreed, 52.40% of the students agreed that this course had helped them to understand the psycho-physiological aspects of fitness. 49.20% of the students strongly agreed, 39.70% of the students agreed that this course had helped them to develop self-esteem, self-confidence and self-discipline. 50.80% of the students strongly agreed, 42.90% of the students agreed that this course had enabled them for adopting a healthy and fit lifestyle. 39.70% of the students strongly agreed, 44.40% of the students agreed that this course helped them to understand the importance of balanced diet.

### ACTION TO BE TAKEN REPORT:

Based on the student feedback reflecting a high level of agreement on the achievement of course outcomes, the Department reinforced activity-based and learner-centric teaching strategies to promote the adoption of a healthy and fit lifestyle. Greater emphasis was placed on explaining psycho-physiological aspects of fitness through interactive lectures and practical illustrations, while personality development components such as self-esteem, self-confidence, and self-discipline were strengthened through group activities, reflective exercises, and fitness-based tasks. Concepts related to balanced diet and nutrition were reinforced using practical examples and basic diet-planning activities. To further enhance learning outcomes, the Department plans to introduce experiential learning initiatives such as lifestyle and fitness journals, workshops by nutritionists and fitness experts, increased use of digital learning resources, and regular analysis of student feedback to ensure continuous improvement and sustained impact on students' health, fitness, and overall well-being.

**Department:** Physical Education  
**Course Title:** Indigenous Sports (VAC)  
**Semester:** III

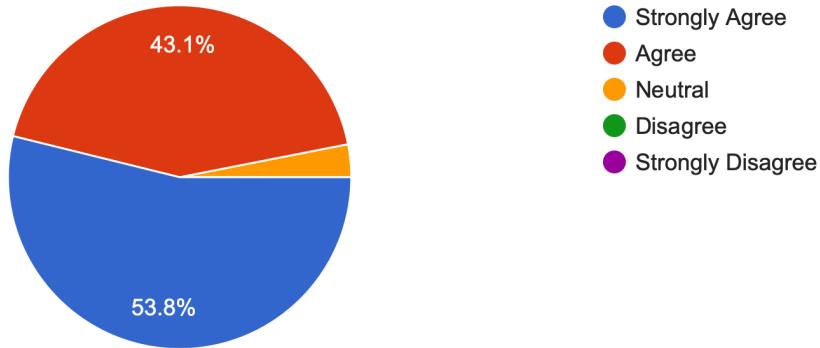
**Program:** B.A./ B.Com./ B.Sc. (Hons.)/ Prg  
**Course Code:** 6967000026

**Total Students:** 71

**Total Responses:** 65

1. This course helped me in Understand the rules and strategies employed in diverse sports and mass activities

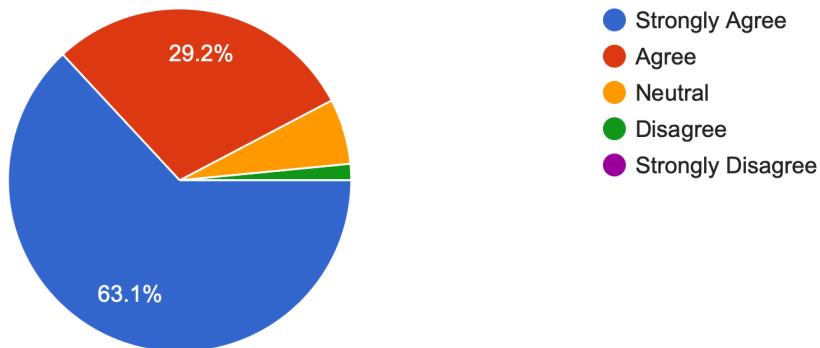
65 responses



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

2. This course helped me to understand the mechanisms for group dynamics and team building.

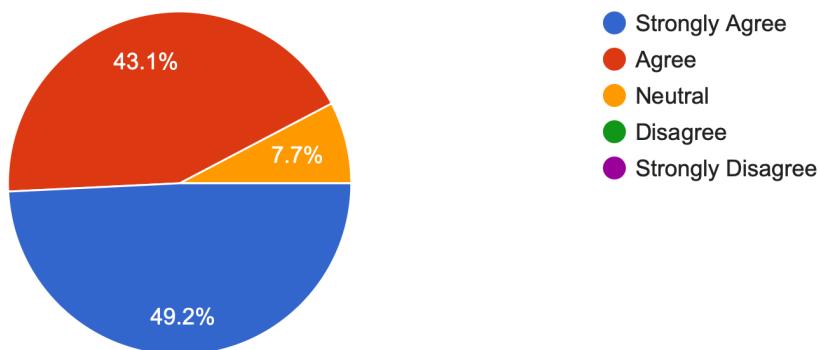
65 responses



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

3. This course helped me to understand the sports culture and inclusiveness among youth.

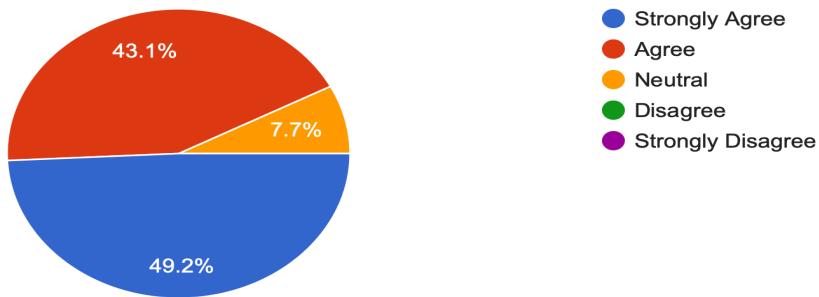
65 responses



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

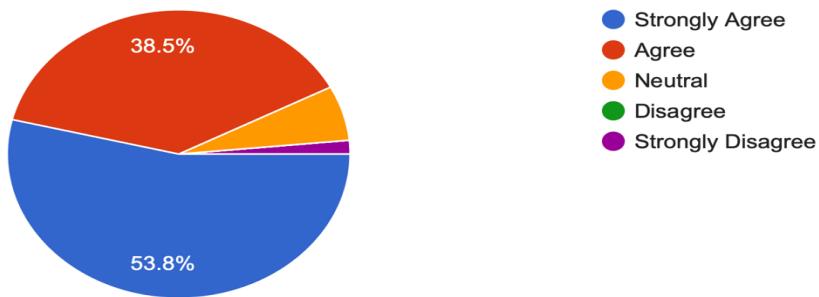
4. This course helped me indulge in various sports activities leading to awareness and greater sensitivity.

65 responses



5. This course enabled me to prioritize well-being.

65 responses



## OBSERVATIONS:

From the given responses, it is observed that 53.80% of the students strongly agreed, 43.10% of the students agreed that this course had enabled them to understand the rules and strategies employed in diverse sports and mass activities. 63.10% of the students strongly agreed, 29.20% of the students agreed that this course had helped them to understand the mechanisms for group dynamics and team building. 49.20% of the students strongly agreed, 43.10% of the students agreed that this course had helped them to understand the sports culture and inclusiveness among youth. 49.20% of the students strongly agreed, 43.10% of the students agreed that this course had enabled them to indulge in various sports activities leading to awareness and greater sensitivity. 53.80% of the students strongly agreed, 38.50% of the students agreed that this course helped them to prioritize well-being.

## ACTION TO BE TAKEN REPORT:

Based on the student feedback indicating strong attainment of learning outcomes, the Department reinforced experiential and participatory teaching–learning approaches to strengthen students’ understanding of rules and strategies in diverse sports and mass activities, group dynamics, team building, and sports culture with an emphasis on inclusiveness among youth. Practical sessions, team-based activities, and guided discussions were used to promote active participation, awareness, sensitivity, and prioritization of well-being through sports. To further enhance learning and engagement, the Department plans to introduce more structured team-building modules, inclusive sports events, and inter-group activities, along with expert sessions on sports psychology and social inclusion. Greater use of reflective assignments and continuous student feedback will be adopted to ensure sustained improvement in academic performance and holistic development through sports and physical activity.