

M.P.M.M.S.N. TRSUTS COLLEGE, SHORANUR

PROGRAMME OUTCOMME, PROGRAMME SPECIFIC OUTCOME AND

COURSE OUTCOME

DEPARTMENT OF PHYSICIAL EDUCATION

SEMESTER	COURSE CODE	COURSE NAME	CODE	COURSE OUTCOME
V	PE5D03	PHYSICAL ACTIVITY HEALTH AND WELLNESS	2	<ol style="list-style-type: none"> 1. To create awareness of physical education and its significant in the present scenario, additionally it provides aims; objectives and its importance. To make out to understand the meaning of health, physical fitness and its components. 2. To disseminate the knowledge of first aid and its aim and principles. To explain some major first aid steps to save life.to realize the needs of nutritional balance in diet and cause of deficiency due to malnutrition. 3. To make known about yoga and its importance, stress and stress managements. To make aware about good posture and its benefits, major postural deformities and corrective measures. 4. To make conscious about lifestyle or hypokinetic diseases and its management. 5. To encourage a healthy and active lifestyle throughout the college days