

## **1. Physical Education (P)**

### **Programme Outcomes (PO)**

1. Body's adaptation for physical and mental workload and also at the increasing of the capability of physiological systems as well as raising of the resistance of immune defenses;
2. Learning the methodology of formation and taking health exercises independently, the methods of self-control while exercising, hygiene rules and sound schedule for work and rest;
3. Learning how to resist unfavorable factors and working conditions, decreasing fatigue during professional activities and raising the quality of results.

### **Programme Specific Outcomes (PSO)**

1. Understanding the meaning of physical education for an individual development and improving general health for professional activity;
2. Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising;
3. Learning special knowledge, practical skills, which provide health protection, form compensatory process, correct present health abnormalities, provide mental Prosperity, development and improvement of psychophysical skills, form professional qualities of an individual;

### **Course Outcome (CO)**

1. To get Preliminary idea of Physical Education Theory.
2. To study the behaviors of India and World Physical Education.
3. Students learn net surfing in order to get acquainted with different new writing materials.
4. Learn how to access books in e-library.
5. Learn different function of body parts, anatomy, physiology and exercise physiology of players.
6. Learn the different therapy process and use.
7. How to maintain and develop physical fitness.