

**OPEN COURSE IN PHYSICAL EDUCATION**  
**PE5D03 – PHYSICAL ACTIVITY HEALTH AND WELLNESS**

**COURSE OUTCOMES**

The course aims at creating consciousness among the students towards health, fitness and wellness and in developing and maintaining a healthy life style.

**PROGRAMME OUTCOMES**

1. To introduce the fundamental concepts of physical education, health and fitness.
2. To provide a general understanding on nutrition, first aid and stress management.
3. To familiarize the students regarding yoga and other activities for developing fitness.
4. To create awareness regarding hypo-kinetic diseases, and various measures of fitness and health assessment.