



शिवाजी कॉलेज
(दिल्ली विश्वविद्यालय)
Shivaji College
(University of Delhi)



NAAC ACCREDITED "A" GRADE COLLEGE

Physical Education

GENERIC ELECTIVE

S. NO.	SEMESTER	NAME OF THE PAPER	LEARNING OUTCOME
1	I	Yoga And Stress Management.	<ul style="list-style-type: none">• Yogaasanas, Pranayama and Shatkarmas: Procedure, Precautions and benefits.• Stress Management
2	II	Obesity Management	<ul style="list-style-type: none">• Management of obesity and lifestyle diseases.• Role of Diet in maintenance of healthy weight.
3	III	Aerobics Training	<ul style="list-style-type: none">• Development of Aerobics fitness program.• Sports Injuries and its prevention.
4	IV	Fitness And Exercise Management	<ul style="list-style-type: none">• Suggested exercise for fitness.• Exercise programming and management.