



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



NAAC ACCREDITED "A" GRADE COLLEGE

## B.A. Physical Education

### Learning Outcomes

#### SEMESTER -I

#### GE: FITNESS & WELLNESS

##### Learning Objectives

- To impart the knowledge and practices about the fitness components and health.
- The learner will learn and practice about the subject and their health benefits for normal and challenged population.
- To develop the practical knowledge of learners, with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis.

##### Learning Outcomes

- The learners will be able to analyze and correlate the components of physical fitness, principles of physical fitness and benefits of fitness programmes.
- The learners will be able to apply the knowledge regarding causes and prevention of obesity; and weight management guidelines to lead a better quality of life.
- The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management.
- The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness.



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- The learner will be able to describe, apply, correlate and measure different aspects of behaviour modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation.
- The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age & occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

## VAC: FIT INDIA

### Learning Objectives

The Learning Objectives of this course are as follows:

- Encourage physical activity through engaging the students in sports and yoga.
- Understand the importance of a balanced diet.
- Build skills for self-discipline, self-confidence, cooperation and teamwork.
- Promote fitness as a joyful activity

### Learning outcomes

The Learning Outcomes of this course are as follows:

- Adopting a healthy lifestyle.
- Knowledge of nutrition, diet and psycho-physiological aspects of fitness.
- Develop Self-esteem, Self-confidence, Self-discipline and team spirit as indicators of fitness.



## SEMESTER -II

### GE: STRESS MANAGEMENT

#### Learning Objective

- To acquaint the learner with the knowledge, practices and understanding of anger, stress and its management and other related aspects important to sports persons.

#### Learning Outcome

- The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.
- The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress. The learner will be able to correlate the concepts and practices of the above.
- The learner will develop the understanding and knowledge of adaptation to stress-reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality. The learner will be able to correlate the concepts and practices of the above.
- The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities. The learner will be able to correlate the concepts and practices of the above for best management of stress.
- The learner will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management-behaviour modification, time management,



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coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy. The learner will be able to correlate the concepts and practices of the above for best management of stress

## VAC: SPORTS FOR LIFE

### Learning Objectives

The Learning Objectives of this course are

- To imbibe the significance of sports to promote health, fitness and wellness in life.
- To understand the values of teamwork, tolerance, goal-setting and decision making.
- To learn the strategies and tactical moves while playing a sport.
- To understand the importance of physical activity in reference to 3S: strength, speed and suppleness.

### Learning outcomes

The learning Outcomes of this course are

- Acquire values of cooperation, team spirit, determination, and endurance.
- Acquire good health and psychological well-being through sports participation.
- Apply the decision making-ability and goal-setting skills acquired through sports participation in everyday life.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
- Reduce exposure to screen time on electronic gadgets and channelising energy through sports participation.



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## SEMESTER -III

### VAC: FIT INDIA

#### Learning Objectives

The Learning Objectives of this course are as follows:

- Encourage physical activity through engaging the students in sports and yoga.
- Understand the importance of a balanced diet.
- Build skills for self-discipline, self-confidence, cooperation and teamwork.
- Promote fitness as a joyful activity

#### Learning outcomes

The Learning Outcomes of this course are as follows:

- Adopting a healthy lifestyle.
- Knowledge of nutrition, diet and psycho-physiological aspects of fitness.
- Develop Self-esteem, Self-confidence, Self-discipline and team spirit as indicators of fitness.

## SEMESTER -IV

### VAC: FIT INDIA

#### Learning Objectives

The Learning Objectives of this course are as follows:

- Encourage physical activity through engaging the students in sports and yoga.
- Understand the importance of a balanced diet.
- Build skills for self-discipline, self-confidence, cooperation and teamwork.



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- Promote fitness as a joyful activity

### Learning outcomes

The Learning Outcomes of this course are as follows:

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- Develop Self-esteem, Self-confidence, Self-discipline and team spirit as indicators of fitness.