



AMBEDKAR COLLEGE OF ARTS & SCIENCE, WANDOOR

(Aided by Govt. of Kerala & Affiliated to University of Calicut)

Run By Indiraji Memorial Society

Ambalapadi, Wandoor, Pin 679328

Phone: 04931-249666 (Office)

Email: acaswandoor@gmail.com, Website: www.ambedkarcollege.info

DEPARTMENT OF PHYSICAL EDUCATION

Vision

Physical education provides academic programs in health, physical education, outdoor recreation and pre-physical therapy. Our vision for the future includes adding a minor in health/wellness promotion, continuing to grow our outdoor adventure and leadership program in coaching, adult fitness, and physical education. We aim to provide exemplary programs in these areas.

Mission

In keeping with the University's mission, the Department of Physical Education and Leadership is dedicated to and focused on the development of the whole student: physical, mental, and intellectual. Programs within the department are interdisciplinary by nature and combine the fields of education and social sciences. The department is dedicated to providing a high quality physical education program and career preparation with the idea of excellent teaching and coaching being the central to our mission. Our students teach in a variety of settings, including colleges, sports arenas, fitness centers, community/public health organizations and outdoor recreation endeavors. We aim to empower the students for developing their healthy habits, we encourage them to fitness literacy and we give a chance to become ultimate participants of physical activity.



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Course Outcome

Semester	V
Course Code	PEN5D03
Course Category	Open
Course Title	PHYSICAL ACTIVITY, HEALTH AND WELLNESS
Contact Hours	3
Credit	3
Regulation	R-2021

CO	Statement
CO1	Understand the concepts of physical education, Health & Wellness.
CO2	Understand the fitness and physical fitness
CO3	Know about science of Yoga and its benefits
CO4	Understand First Aid for sports injuries
CO5	Understand how to control Emotions and manage stress




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