



MOTHER TERESA COLLEGE OF TEACHER EDUCATION

(Recognized by NCTE & Affiliated To Calicut University)
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CO'S OF YOGA, HEALTH & PHYSICAL EDUCATION-II

SEMESTER III

EDU.303 YOGA, HEALTH & PHYSICAL EDUCATION-II

Course Learning Outcomes

1. Plan lesson for HRPF programme 7 marks
2. Lesson plan on any one health and fitness education theory classes (constructive approach) 7 marks
3. Assisting/participation in annual athletic championship/intramural competitions 6 marks
4. Yogic practices to improve flexibility, pranayama techniques, the sun salutation, shithilikarana vyayamas ,yoga and stress management , 10 marks

