



MOTHER TERESA COLLEGE OF TEACHER EDUCATION

(Recognized by NCTE & Affiliated To Calicut University)
Perambra, Kozhikode Dist. - 673525

Phone; Office: 0496 2615774

Principal: 0496 2615775

Email: info@motherteresacollege.net

Website: www.mtcpba.com

CO'S OF HEALTH AND PHYSICAL EDUCATION

SEMESTER IV

EDU 14.5 HEALTH AND PHYSICAL EDUCATION

Course Learning Outcomes

On the successful completion of the course, the learner will be able to:

1. Understand the importance of physical and health education for a healthy Life style.
2. Design a fitness program.
3. Understand the basics of yoga, posture.
4. Explain the causes, symptoms and management of various lifestyle diseases.
5. Equipped to handle the basics of first aid ,food and nutrition.

