

# COURSES

The department teaches following subjects in B.A. Programme Course:

S.No	Courses	Semester	Name of the Paper
1	DSC	I	Introduction to Physical Education
2	DSC	II	Wellness, Fitness & Nutrition
3	DSC	III	Health Education & Exercise Physiology
4	DSC	IV	Posture & Athletic Care
5	DSE	V	Sports Psychology
6	DSE	VI	Measurement & Evaluation in Physical Education
7	SEC	V	Stress Management
8	SEC	VI	Sports For All

The department teaches following subjects for Generic Elective Course:

S.No	Courses	Semester	Name of the Paper
1	GE (H)	I	Yoga & Stress Management
2	GE (H)	II	Obesity Management
3	GE (H)	III	Aerobics Training
4	GE (H)	IV	Fitness & Exercise management
5	GE (BA Prog)	V	Wellness, Fitness & Nutrition
6	GE (BA Prog)	VI	Gym Operations