

Course outcome of B.Sc. I semester Physical Education (NEP)

(Course code - Q -10005)

Course- Health: Personal and Environment

(Theory)

This course will enable the students to:

1. Know the meaning and definition of health and health education.
2. Learn about the aims, objectives, scope, need and importance of health education.
3. Understand the meaning, definition and dimension of health.
4. Students can be able to understand various aspects of health with respect to personal and environment. In this subject students will study about personal health, environmental health. Personal health is the ability to take charge of your health by making conscious decisions to be healthy. Environment health focuses on the inter relationships between people and their environment, promotes human health and well being, and fosters healthy and safe communities.
5. Know the balance diet, its elements and sources, malnutrition and adulterations.
6. Know the meaning of communicable and non communicable diseases.
7. Learn about posture and postural deformities, first aid, psychological and mental health.

Course outcome of B.Sc. I semester physical education (NEP)

(Course code - Q -10005)

Course- Health: Personal and Environment (Practical)

Course outcome : students can be able to understand various aspects of health with respect to personal and environment in a practical manner.