



॥ विद्या विनयेन शोभते ॥

Janardan Bhagat Shikshan Prasarak Sanstha's

CHANGU KANA THAKUR

**ARTS, COMMERCE AND SCIENCE COLLEGE, NEW PANVEL
(AUTONOMOUS)**

Re-accredited 'A+' Grade by NAAC (3rd Cycle - CGPA 3.61)

'College with Potential for Excellence' Status Awarded by UGC

'Best College Award' by University of Mumbai

Gymkhana Committee

PHYSICAL EDUCATION – I

CO No.	COs Statement
	After completing the Physical Education Course, students will be able to-
CO-1	Able to understand the history of physical education in India.
CO-2	Identify and relate with the History of Indian physical education and Olympic movement.
CO-3	able to comprehend the relationship between Physical Fitness and its Test.
CO-4	To familiarize the learner with different types of philosophies and their relation to physical education and sports.



॥ विद्या विनयेन शोभते ॥

Janardan Bhagat Shikshan Prasarak Sanstha's

CHANGU KANA THAKUR

**ARTS, COMMERCE AND SCIENCE COLLEGE, NEW PANVEL
(AUTONOMOUS)**

Re-accredited 'A+' Grade by NAAC (3rd Cycle - CGPA 3.61)

'College with Potential for Excellence' Status Awarded by UGC

'Best College Award' by University of Mumbai

PHYSICAL EDUCATION – 2

CO No.	COs Statement
	After completing the Physical Education Course, students will be able to-
CO-1	To understand the basic concepts of Health and Physical Fitness.
CO-2	To familiarize the learner with different types of fitness & its parameters.
CO-3	To create awareness about own body Systems & its functioning
CO-4	To acquire the knowledge pertaining to yoga and it's Type.
CO-5	To familiarize the learner with the concept of obesity and diseases



॥ विद्या विनयेन शोभते ॥

Janardan Bhagat Shikshan Prasarak Sanstha's

CHANGU KANA THAKUR

**ARTS, COMMERCE AND SCIENCE COLLEGE, NEW PANVEL
(AUTONOMOUS)**

Re-accredited 'A+' Grade by NAAC (3rd Cycle - CGPA 3.61)

'College with Potential for Excellence' Status Awarded by UGC

'Best College Award' by University of Mumbai

PHYSICAL EDUCATION - 3

CO No.	COs Statement
	After completing the Physical Education Course, students will be able to-
CO-1	Explain the different nutrients to use their daily life.
CO-2	Apply the positions and exercise to maintain good body posture.
CO-3	Organize the sports medicine practice to the other students to prevent different sports injuries.
CO-4	Justify the effects of sports training which is given in different training cycles.



॥ विद्या विनयेन शोभते ॥

Janardan Bhagat Shikshan Prasarak Sanstha's

CHANGU KANA THAKUR

**ARTS, COMMERCE AND SCIENCE COLLEGE, NEW PANVEL
(AUTONOMOUS)**

Re-accredited 'A+' Grade by NAAC (3rd Cycle - CGPA 3.61)

'College with Potential for Excellence' Status Awarded by UGC

'Best College Award' by University of Mumbai

PHYSICAL EDUCATION – 4

CO No.	COs Statement
	After completing the Physical Education Course, students will be able to-
CO-1	After completing the course, Student will able to:
CO-2	Recognize the stress and stressor which effects on individuals.
CO-3	Identify the levels, awards and sports policy has implemented by state and central government.
CO-4	Compare the Yogic and Non Yogic exercise and preventive measures for different disease.
CO-5	Prepare the proper planning for organization and administration in sports.