

Department of Physical Education

Open Course in Physical Education: Physical, Health and Life Skill Education

Course Objectives

- To improve the health and well-being of our students and to guide and motivate them to face the immediate challenges of our daily lives.
- They can demonstrate good health behaviours that help improve their own health and the health of others.
- A struggling community moving forward with their goals. The rise of obesity in modern life urges us to stay steadfast in urgent fitness.
- Maintain the maximum requirement of our body.

Course outcome

Different strategies can be used to manage resources and promote self-responsibility, problem solving and team building. It can also promote fitness among them and in the community.

Expected Course Outcomes upon completion of this course, the students will be able to:

1. Understand the basic of sports sciences
2. To provide knowledge on health and nutrition
3. To familiarize the safety education, First aid and health promotion measures
4. Understand the value of sports in life