



The main aim of the undergraduate course in Physical Education is to enrich the students with the basics of Physical Education. The course content includes such interesting areas as Biomechanics in Sports, Exercise Physiology, Sports psychology, Sports Management, Sports Journalism, Sports Nutrition and Physiotherapy.

Students will also be taught of the values and ethical practices that ought to go with sports. The course, as its very nature demands, will adequately bridge the gap between theory and practice. It also includes all the major Sports, Games, Yoga, Aerobics, Gymnastics and Calisthenics.

Programmes Offered: **B.Sc**