

DEPARTMENT OF PHYSICAL EDUCATION

Learning Outcome of the Course

The department aims to equip students with the comprehensive understanding of human movement, physical activity and the importance of leading a healthy lifestyle. Through a combination of theoretical knowledge and practical application, students develop proficiency in a range of physical activities such as sports, fitness training and recreational pursuits. Furthermore, they gain an appreciation for the significance of Physical Education in promoting overall well being and enhancing quality of life. Additionally, students are expected to demonstrate effective communication and leadership skills, as well as understanding the socio-cultural aspects related to physical activity and sports.

Overall the learning Outcome of the department of Physical Education are designed to empower students with the knowledge and skills necessary to promote physical literacy, to reduce the exposure to screen time on electronic gadgets and encourage lifelong engagement in physical activity through sports participation.

Papers Offered

- Under Graduate Level

S.No	NAME OF THE PAPER	SEMESTER	COURSE	CREDIT
1	FITNESS AND WELLNESS	1	GENERIC ELECTIVE	4
2	STRESS MANAGEMENT	2	GENERIC ELECTIVE	4
3	OLYMPIC EDUCATION	3	GENERIC ELECTIVE	4
4	YOGA AND STRESS MANAGEMENT	4	GENERIC ELECTIVE	4
4	SPORTS FOR LIFE	ODD & EVEN	VALUE ADDITION COURSE	2
5	FIT INDIA	ODD & EVEN	VALUE ADDITION COURSE	2

Facilities Available

Shivaji College has huge sports ground comprising of:

- 01 volleyball court (18m x9m)
- 01 football field of approx. 100m x50m
- 01 cricket field of approximate 60m radius
- 04 cricket practice nets (3 turf and 01cemented)
- 01 Synthetic basketball court (28m x15m)
- 02 tennis courts of 23.8m x11m each
- Indoor space for chess.
- 01 flood light.
- Other facilities like locker/ changing rooms, store room, grounds-men room and washrooms are available.
- Yoga classes are conducted occasionally as per NEP curriculum in paper 'Fit India' and during National Yoga Day.

List of the Faculty Members

- Mr.Gaurav Goel, Associate Professor (M.Ed. Physical Education)
- Dr.Amita Handa, Assistant Professor (Ph.D, Master of Physical Education.)