

Department of Physical Education

Course Offered : PHYSICAL, HEALTH AND LIFE SKILL EDUCATION

STUDENTS : 5th Semester Students Under Graduate Level

MODULES : 5 MODULES

: Module 1: Physical Education and Physical Fitness

: Module2: Health Concepts of Physical Education

: Module 3: Nutrition and Health

: Module 4: Safety Education and Health Promotion

: Module 5: Sports and Life Skills Education.