



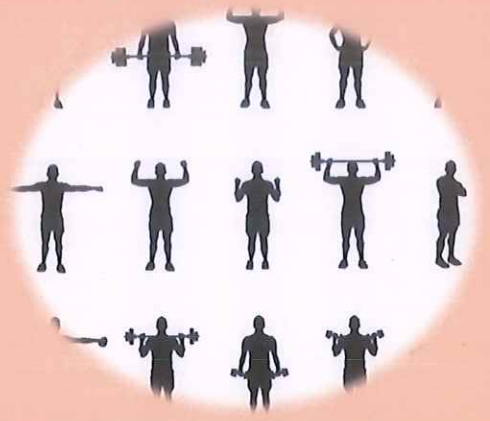
KONGU ARTS AND SCIENCE COLLEGE

NANJANAPURAM, ERODE - 638107

Academic Year 2018 - 2019

Department of Physical Education

VALUE ADDED COURSE ON HEALTH AND FITNESS MANAGEMENT



Course Duration

Practical - 40 hours

From Whom

All U.G. Students

Organised by

Department of Physical
Education

Coordinator

Dr. A. SANKAR

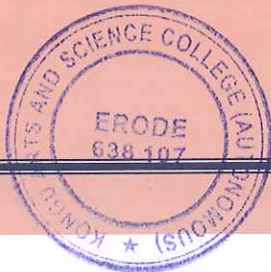
Director of Physical Education

Course Content

- ✓ Basic Fitness
- ✓ Health Education
- ✓ To maintain personal fitness
- ✓ Reduce obesity
- ✓ Fitness trainer
- ✓ Prepare competitions
- ✓ Various Sports Training

Course Outcome

- ✓ Various Sports Training understand the basic concepts of fundamental fitness.
- ✓ To maintain fitness and reduced the obesity
- ✓ learn fitness trainer



Dr. N. RAMAN
PRINCIPAL
KONGU ARTS AND SCIENCE COLLEGE
(AUTONOMOUS)
NANJANAPURAM, ERODE - 638 107