



HOLY CROSS COLLEGE (AUTONOMOUS)

Affiliated to Bharathidasan University

Nationally Accredited(3rd Cycle) with 'A' Grade by NAAC

College with Potential for Excellence.

Tiruchirapalli – 620002

**B.A./B.COM/B.Voc/B.P.O/B.SC./ B.R.Sc DEGREE EXAMINATION-
SEMESTER V/VI**

DEPARTMENT OF PHYSICAL EDUCATION

Course Title	NON MAJOR ELECTIVE - 1: FITNESS AND SPORTS	
Code	U16PE5NMT01	
CO No.	Course Outcomes	Cognitive Level
CO-1	Recall and relate importance of physical activity	U
CO-2	Recognize and re-state, the benefits of exercise	U
CO-3	Interpret the importance of health in our lifestyle	U
CO-4	Evaluate the different tournaments and awards	E
CO-5	Appraise the importance of yoga	U