CLO's Health Physical and Yoga Education

After completion of the course student teacher will be able to-

* Explain concept aims and objectives of health and physical education
* They will be able to identify the factors which influence the health
* They will able to maintain the good posture and prevent common postural deformities
* They will able to describe and prevent communicable diseases
* Explain the aims and functions of yoga education
* Describe the Patanjali's Ashtanga yoga