



## Advance Diploma in Physical Education

Diploma in Physical Education is a Diploma level Physical Education course. The course covers topics such as coaching and training, physical fitness, outdoor activities and adventure. In this course, students learn about different types of adventure. They will be aware of the degree of difficulty, the risks involved and the skills required in each type of adventure. They know the high, medium and low accessibility of different adventure sports and the factors that can affect accessibility. It provides a good knowledge of safety in an adventure.

### Syllabus

Syllabus of Physical Education as prescribed by various Universities and Colleges.

Sr. No.	Subjects of Study
1	English and Communication Skills (ECS)
2	Punjabi (C) PBI/History and Culture of Punjab(HCP)
3	Foundations of Physical Education (FPE)
4	History of Physical Education (HPE)
5	The teaching of Fundamentals, Rules and Regulations and Measurements of Track & Fields/respective Playfields/Ground