

Course – Bachelor of Physical Education

Year - Ist

Paper Name - Introduction to Physical Education

Topic Name - Introduction to Physical Education

Topic No. – 1 (a, b)

Paper No. – I

Lecture No. – 1

Lecture Name

Introduction to Physical Education

F.A.Qs

Question1: What is the Aim of Physical Education?

Answer: The aim of Physical Education is to generate Physical and Psychological competence in students. It helps students to develop a good and healthy life style.

Question2: What are the types of Stress-reducing technique?

Answer: There are three techniques yoga, deep-breathing and tai-chi which help us to reduce stress. It provide both physical and psychological benefits to students.

Question3: What are the Psychological Benefits of Physical Education?

Answer: Physical Education Improves mental health, concentration and awareness. Physical education is taught to any age students.

Question4: What are the aspects of Physical Education?

Answer: Physical Education have four aspects. For example: Physical, mental, social and emotional. All these aspects are necessary to improve the physical and psychological competency and ability of human.

Question5: What are the Benefits of Physical Education?

Answer: Physical Education improves the physical fitness and mental ability of students. P.E. generates confidence and release the tension and anxiety. It generates self-judgement ability in student.