

Course Name : 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

Summary

Physical Education aims to develop physical competence and knowledge of movement and safety, and ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. Some teachers have begun to incorporate stress-reduction techniques such as yoga, deep-breathing and tai chi, which provides physical and psychological benefits to human. Physical Education can taught to any age students.