



**SALESIAN COLLEGE**  
**(AUTONOMOUS) | SONADA**  
**SILIGURI**

**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**

**Course Offered:**

- History and Foundation of Physical Education
- Fitness & Recreation
- Formal Activities & Gymnastics
- Sports for Life (Indigenous Games, Volleyball, Cricket, Football & Basketball)
- Sports Management
- Health Education
- Anatomy, Physiology & Exercise Physiology
- Yoga Education
- Track & Field
- Test, Measurement & Evaluation in Physical Education & Sports
- Sports Training
- Sports Psychology
- Rehabilitation & Therapeutic Values in Physical Education & Sports
- Sports Nutrition & Exercise Prescription