

COURSE EXIT SURVEY: ANALYSIS REPORT

Academic Session: 2022-2023

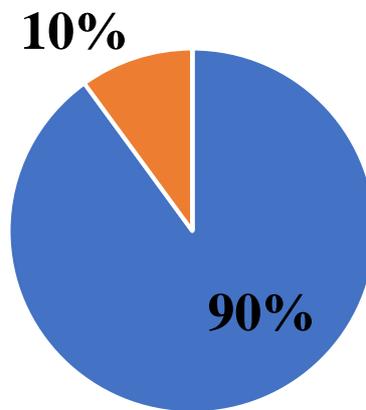
Department: Physical Education
Course Title: Aerobics Training (GE)
Course Code: 12555324
Semester: III

Program: B.A./ B.Com./ B.Sc. (Hons.)

Total Students: 40

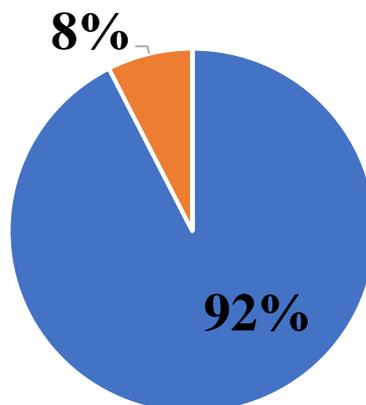
Total Responses: 40

1. This course helped me to understand the concept of Aerobics Training and Individual & Group Training along with their benefits for Health and Well Being.



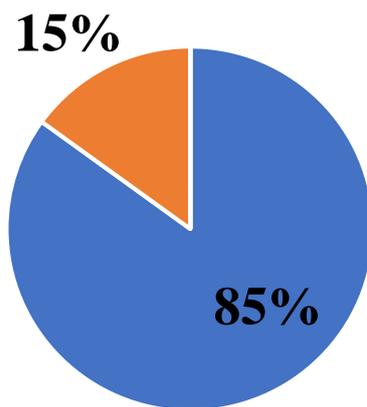
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

2. This course helped me to understand different forms of Aerobics and how to develop an Aerobics Fitness Programme.



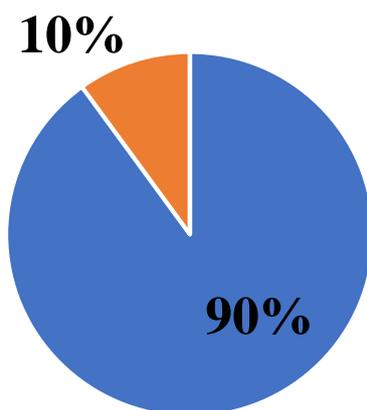
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

3. This course helped me to understand the importance of appropriate gear required during Aerobics Training.



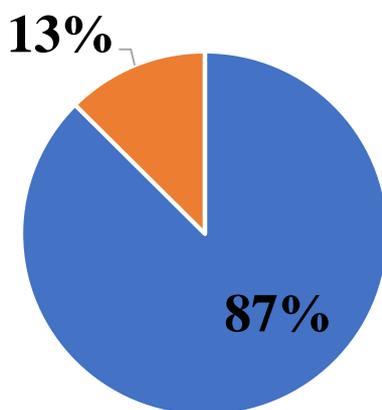
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

4. This course helped me to understand various Group Training Methods and Group Formations for effective teaching/ understanding.



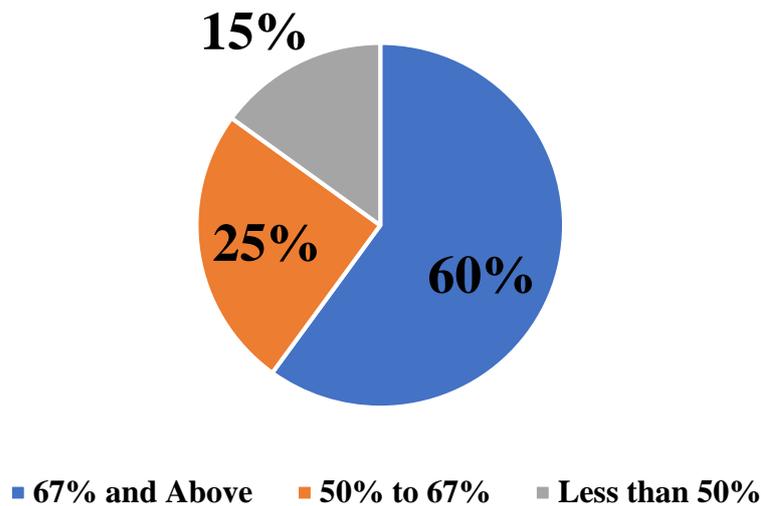
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

5. This course helped me to understand the prevention and care associated to common injuries while performing Aerobics Training.



■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

6. Percentage of Classes Attended.



OBSERVATIONS:

From the given responses, it is observed that 90% of the students strongly agreed that this course helped them to understand the concept of Aerobics Training and Individual & Group Training along with their benefits for Health and Well Being. Around 92% of the students had strongly agreed that they had understand different forms of Aerobics and they can develop an Aerobics Fitness Programme. 85% of the students had strongly agreed that they understand the importance of appropriate gear required during aerobics training while 90% of the students strongly agreed that they had understand the various group training methods and how they can do the group formations for effective teaching/ understandings. It is also observed that 87% of the students had strongly agreed that they had understand the prevention and care associated to common injuries while performing Aerobics Training. The data also reveals that 60% of the students had attendance more the 67% while 25% of the students had attendance between 50% to 60%.

ACTION TO BE TAKEN REPORT:

For the very few responses, the aerobics practical classes will be covered in the remedial classes for better learning and understanding the concepts of aerobics training. The classes will be made more interesting and engaging (using music of different intensities) in order to enhance attendance of the class.

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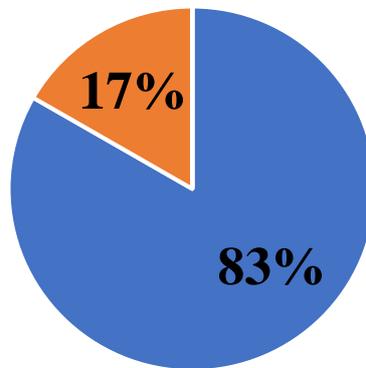
Department: Physical Education
Course Title: Fitness and Exercise Management (GE)
Course Code: 12555423
Semester: IV

Program: B.A./ B.Com./ B.Sc. (Hons.)

Total Students: 43

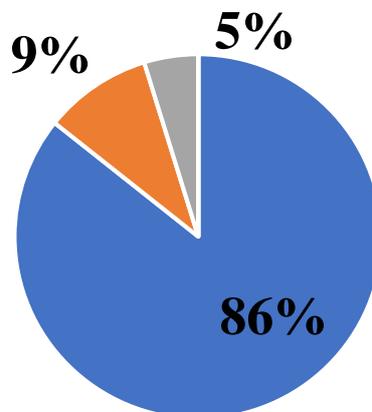
Total Responses: 42

1. This course helped me to understand the concept, components and significance of Physical Fitness.



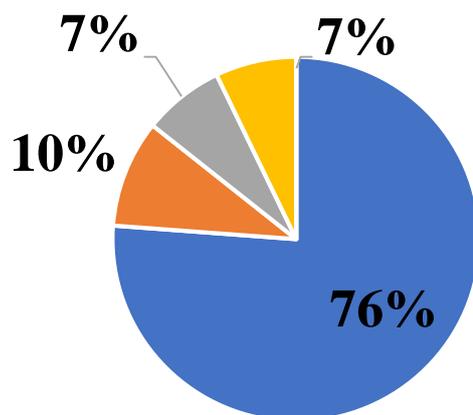
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

2. This course helped me to understand different methods for the assessment of Health Related Fitness Components namely Cardio-Respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance and Flexibility.



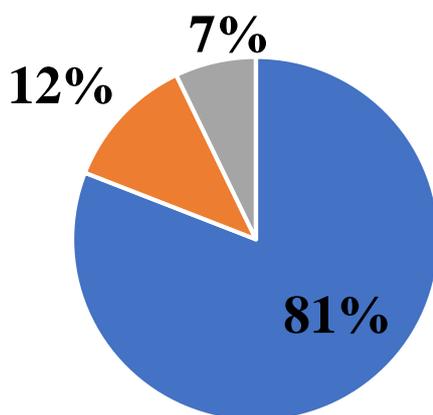
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

3. This course helped me to understand the Principles of Training and I can suggest the exercises for the development of fitness to various sections of the society such as Youth, Adults, Women and Senior Citizens.



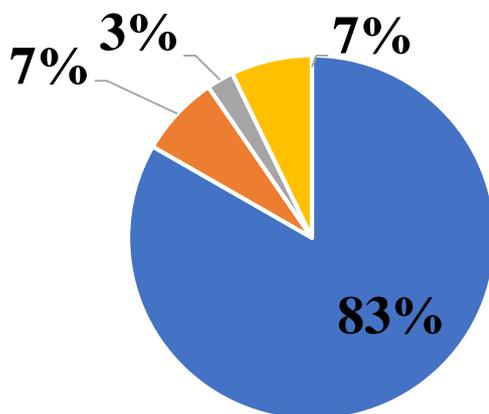
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

4. This course helped me to understand the preventive measures to be taken care of while developing fitness programme and First Aid Skills.



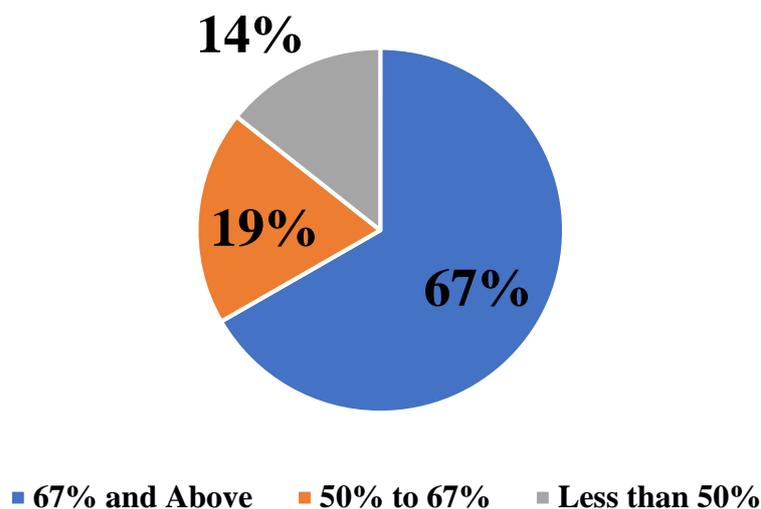
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

5. This course helped me to understand the methods of evaluation of an implemented fitness programme and how to prepare the report of the same.



■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

6. Percentage of Classes Attended.



OBSERVATIONS:

From the given responses, it is observed that all the students strongly agreed or agreed that this course helped them to understand the concept, components and significance of physical fitness. The survey showed that 95% of the students had strongly agreed or agreed that they had understand different methods for the assessment of Health Related Fitness Components. 86% of the students had strongly agreed or agreed that they understand the Principles of Training and they can suggest the exercises for the development of fitness to various sections of the society such as Youth, Adults, Women and Senior Citizens. 93% of the students strongly agreed or agreed that they had understand the preventive measures to be taken care of while developing fitness programme and First Aid Skills. It is also observed that 90% of the students had strongly agreed or agreed that they had understand the methods of evaluation of an implemented fitness programme and how to prepare the report of the same. The data also reveals that 67% of the students had attendance more the 67% while 19% of the students had attendance between 50% to 60%.

ACTION TO BE TAKEN REPORT:

For the moderate responses received - topics will be covered in remedial classes/ tutorials using various innovative methods (learning by doing). To improve class attendance, efforts will be made to enhance the interest and engagement of the classes.

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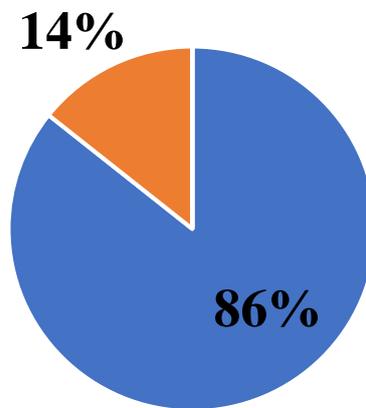
Department: Physical Education
Course Title: Sports for Life-I (VAC)
Course Code: 6967000017
Semester: II

Program: B.A./ B.Com./ B.Sc.

Total Students: 56

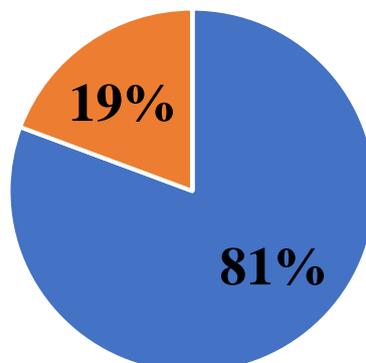
Total Responses: 56

1. This course helped me to acquire the values of cooperation, team spirit, determination and endurance.



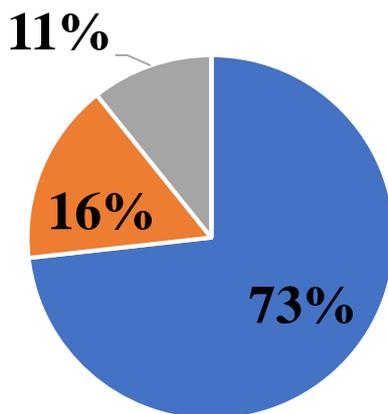
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

2. This course helped me to acquire good health and psychological wellbeing through participation in sports.



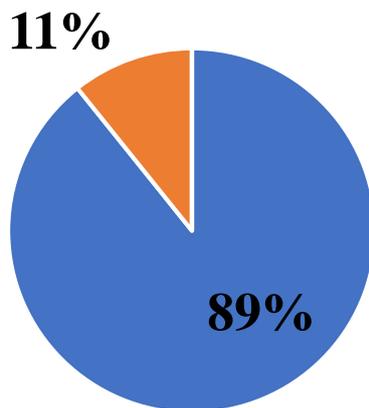
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

3. This course helped me to improve my decision making ability and goal setting skills in everyday life.



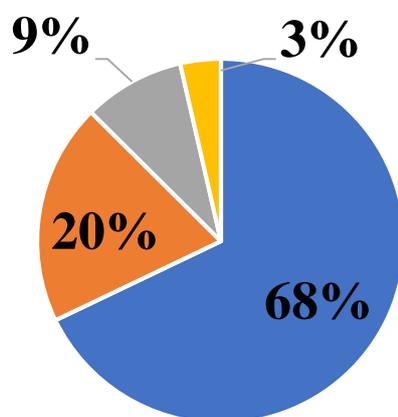
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

4. This course helped me to acquire skills for engaging in moderate or vigorous physical activity and sports participation.



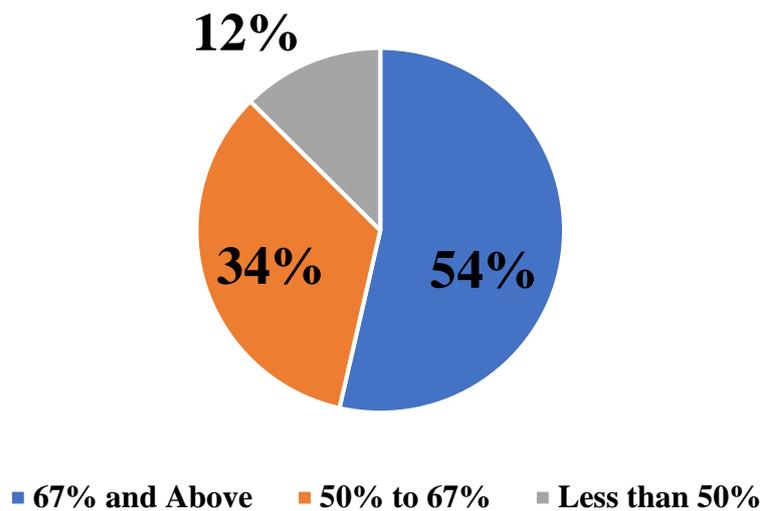
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

5. This course helped me to reduce screen time on electronic gadgets and channelizing energy through sports participation.



■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

6. Percentage of Classes Attended.



OBSERVATIONS:

From the given responses, it is observed that all the students strongly agreed or agreed that this course helped them to acquire the values of cooperation, team spirit, determination and endurance. The survey showed that 100% of the students had strongly agreed or agreed that they had acquired good health and psychological wellbeing through participation in sports. 89% of the students had strongly agreed or agreed that this course helped them to improve their decision making ability and goal setting skills in everyday life. All 100% of the students strongly agreed or agreed that they had acquired skills for engaging in moderate or vigorous physical activity and sports participation. It is also observed that 88% of the students had strongly agreed or agreed that this course helped them to reduce screen time on electronic gadgets and channelizing energy through sports participation. The data also reveals that 54% of the students had attendance more the 67% while 34% of the students had attendance between 50% to 60%.

ACTION TO BE TAKEN REPORT:

Measures will be taken to make the subject more engaging and appealing to the students in order to ensure higher attendance on their part. Assessments would also be done at regular intervals.