

PHYSICAL EDUCATION, SPORTS AND YOGA

1. Remember: Define and explain the meaning and importance of health and wellness.
2. Understand: Identify the dimensions of health and wellness and analyze the role of exercise in maintaining them.
3. Apply: Demonstrate the techniques for managing stress through exercise and the principles of nutrition for health and wellness.
4. Analyze: Compare and contrast different types of exercises for health and wellness, such as warming-up, stretching, strengthening, cardiovascular, flexibility, and agility exercises.
5. Evaluate: Assess the effectiveness of relaxation techniques like IRT, QRT, DRT in promoting health and wellness.
6. Create: Develop personalized exercise plans for individuals based on their specific health and wellness needs.