

**List of Courses – FYUGP**

**NSS College, Pandalam**

Name of the Department: **Physical Education**

**Semester: III**

**Value Added Courses (VAC)**

<b>Sl. No.</b>	<b>Course Code</b>	<b>Name of the Course</b>
1	UK3VACPES200	FUNDAMENTALS OF HEALTH AND FITNESS

**Semester: IV**

**Value Added Courses (VAC)**

<b>Sl. No.</b>	<b>Course Code</b>	<b>Name of the Course</b>
1	UK4VACPES200	LIFESTYLE MANAGEMENT AND HEALTHY AGING

**Semester: V**

**Value Added Courses (VAC)**

<b>Sl. No.</b>	<b>Course Code</b>	<b>Name of the Course</b>
1	UK5SECPES300	FIRST AID AND BASIC LIFE SUPPORT