**Program Outcomes:**

* To develop an understanding of the importance of sport in the pursuit of a healthy and active lifestyle at the College and beyond.
* To develop an appreciation of the concepts of fair play, honest competition and good sportsmanship.
* To develop leadership skills and foster qualities of co-operation, tolerance, consideration, trust and responsibility when faced with group and team problem-solving tasks.
* To develop the capacity to maintain interest in a sport or sports and to persevere in order to achieve success.
* To prepare each student to be able to participate fully in the competitive, recreational and leisure opportunities offered outside the school environment.

**Course Out Comes:**

* Students' sports activities are an essential aspect of university education, one of the most efficient means to develop one's character and personal qualities, promote the fair game principles, and form an active life position.
* Over the past year, sports have become much more popular among our students. Let us remember the most memorable events related to sports and physical training
* Special attention was paid to team sports. Our male and female games and sports have achieved remarkable progress at a number of competitions.
* Our teams in the main sports took part in regional and national competitions. Special thanks to our team in track and field athletics, which has been revitalized this year at ICT and which has won in Cross country race men & women
* Staff of our faculties and students of Sports, Physical Development, & Healthy Lifestyle of Faculty congratulates everyone on the upcoming New Year and wishes you robust health and new victories in whatever you conceive.