

## **PROGRAMME- B.A / B.SC PHYSICAL EDUCATION GENERAL.**

### **Programme Outcomes**

1. Develop critical thinking and analytical skills among students enabling them to analyse and interpret various game and sports in a comprehensive manner
2. Gain a knowledge or deeper understanding of different game and sports cultures, societies, History of physical education and worldviews through the study of physical education and sports.
3. Enhance students' abilities to express ideas and thoughts effectively in speech, demonstration and writing.
4. Prepare students for career options as a teacher's, coaches, sports media (video, Radio, and journalist T.V.) health related physical fitness trainer, Yoga specialist, Physiotherapist, Book publishing, Sports broadcasting, Marketing and Sports Industry.
5. Through the study of Physical Education, students will explore and analyze ethical and moral issues, developing a strong sense of social responsibility and ethical decision-making.
6. Build awareness of self and society by adopting an inter-disciplinary approach to Physical Education.
7. Empower students in utilizing digital tools and technologies to research, analyze, locate and present information effectively, keeping up with the evolving demands of the digital age.
8. To develop the overall personality of the students through the physical education activity and good citizen of the nation.

## Course Outcome of Physical Education General Course (Under CBCS)

Semester	Paper	Course	Outcome/s
<b>I</b>	Foundation and History of Physical Education	PEDN-G-CC-1-1-TH	<p><b><u>PEDGCOR01T</u> : Foundation &amp; History of Physical Education</b></p> <p>This paper helps the students to gain knowledge in the following ways</p> <ul style="list-style-type: none"> <li>• Understand about concept of physical education &amp; importance.</li> <li>• Know about biological, sociological and philosophical foundation of physical education and gain clear concept about growth and development.</li> <li>• Knowledge gain about historical background of physical education and sports:- pre-independence &amp; post-independence development, Olympic games Asian games, Commonwealth games etc.</li> <li>• Learn about yoga education and its implication, which focuses on bringing harmony between mind and body. Students realize Practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man &amp; Nature.</li> </ul> <p><b><u>PEDGCOR01P</u> : Marching, Calisthenics, Aerobics</b></p> <ul style="list-style-type: none"> <li>• Students able to developed their Disciplinary attitude, physical fitness &amp; Co- ordination ability through marching, calisthenics and aerobics practice.</li> </ul> <p>On completion of the semester-I students realize and evaluated physical education is</p>

			brief concept to develop and maintain our physical, mental, social and spiritual attitude.
II	Health Education, Physical Fitness and Wellness	PEDN-G-CC-2-2-TH	<p><b><u>PEDGCOR03T : Management of Physical Education and Sports</u></b></p> <p>This paper helps the students to know about sports management in various ways</p> <ul style="list-style-type: none"> <li>• Understand the importance of sports management and its application in sports meet of sports day of celebration days of country.</li> <li>• Students learn procedure of drawing fixture and how to organize annual athletic meet, play day, intramural, extramural or any competition.</li> <li>• Learn about methods of track and field marking calculation, lay out of play field and basic rules, also know about care and maintained of playground, gymnasium, auditorium etc.</li> <li>• Students appreciate leadership quality and how to apply this quality to College, University and social for positive effect.</li> </ul> <p><b><u>PEDGCOR03P : Lay Out Knowledge and Officiating Ability</u></b></p> <ul style="list-style-type: none"> <li>• Students gain knowledge about layout of track and field and Football, Kabaddi, Kho-Kho, Badminton and Volleyball. Also learn how to officiate the all events which was</li> </ul>

			<p>listed.</p> <p>complication of the semester-II students realize and evaluated how to tackle sports meet or any games management and what's actual leadership quality.</p>
<b>III</b>	Anatomy, Physiology and Exercise Physiology	PEDN-G-CC-3-3-TH-P	<p><b><u>PEDGCOR05T</u> : Anatomy, Physiology And Exercise Physiology</b></p> <p>This paper helps the students to know about human anatomy and physiology</p> <ul style="list-style-type: none"> <li>• Understand about human anatomical structure, physiological functions during exercise. Know about human cell, tissue structure and functions.</li> <li>• Understand about muscular systems, skeletal systems and its effect by exercise.</li> <li>• Knowledge about structure, mechanism &amp; functions of human heart, circulatory systems and its effect of exercise.</li> <li>• Know about human nervous system and endocrine systems: - about brain, spinal cord, gland etc.</li> </ul> <p>This paper very important to physical education students, because without anatomical structure and physiological functions cannot possible any types of exercise or any kind of movement. So students realize why do exercise? Which exercise develops what parts of the body? how to develop brain functions by the exercise how to work nervous systems to do any quick action.</p>

		<p><b><u>PEDGCOR05P</u></b> :-</p> <ul style="list-style-type: none"><li>• Students able to know how to assessment of BMI, how to Measure heart rate  , blood pressure, respiratory rate, pick flow rate and vital capacity, and also measure length, width, circumference, of bones, body fat percentage by anthropometric measurement.</li></ul> <p>After completion this paper students know that he/she actual able for which games and capability of the students to do any physical exercise.</p> <p><b><u>PEDSSEC01M</u></b> :-</p> <p>Understand the students about track and field event of athletics, students realize how to apply running, jumping, throwing techniques and enhance the performance for higher level competitions.</p>
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<p style="text-align: center;">IV</p>	<p>Psychology and Sociology in Physical Education &amp; Sports</p>	<p>PEDN-G-CC-4-4-TH-P</p>	<p style="text-align: center;"><b><u>PEDGCOR07T</u> :- Health Education, Test, Measurement &amp; Evaluation in Physical Education</b></p> <p>On completion of the paper, students are able to:</p> <ul style="list-style-type: none"> <li>• Concept of health, aims, objectives of health.</li> <li>• Know about health education, institutional health programmed.</li> <li>• Knowledge about communicable and non-communicable diseases.</li> <li>• Knowledge about nutritional importance for exercise or normal daily routine.</li> <li>• Students able to know first aid management and its application on accidental or suddenly emergency situation.</li> <li>• Students know about test, measurement, evaluation procedure of physical fitness, sports performance or game situation tactics.</li> <li>• Know about body composition, body types etc.</li> </ul> <p><b>PEDGCOR07P :- Fitness Test</b></p> <p>On the completion of the paper students practically known about fitness test and sports skills test, Like : AAHPER Youth Fitness Test, Harvard Step Test, Lockhart and McPherson Badminton Skill Test, Johnson Basketball Test Battery, McDonald Soccer Test, Brady Volleyball Test</p>
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V	Management in Physical Education and Sports	PEDN-G-DSE-A-5-1-TH-P	<p><b><u>PEDGDSE01T</u> :- Sports Training &amp; Mechanics</b></p> <p>This paper helps the students following ways</p> <ul style="list-style-type: none"> <li>• Students know how to improve and maintain higher performance capacity in different <b>sports</b> activities through sports training &amp; mechanics.</li> <li>• Understand about training methods:-</li> </ul>

			<p>Circuit Training, Interval Training, Weight Training, Fartlek Training.</p> <ul style="list-style-type: none"> <li>• Know about training techniques and its implication on fitness level like: endurance, agility, speed, flexibility etc.</li> <li>• Known about training load &amp; adaptation, after that realize how much load given for trainee. Knowledge gain about load varying individual to individual.</li> <li>• Knowledge gain about Law of Motion, Equilibrium - its type and Law, Centre of Gravity, Force and its types, Lever and its types. That means Mechanical Principles Applied to Sports</li> </ul> <p>After completion this paper students realize that, how to perform sports skills and what's techniques applied for accuracy of performance. Students evaluated that behind reason all sports skills and techniques possible by low of motion and its related terms.</p> <p><b><u>PEDGDSE02T</u> :- Therapeutic Aspect of Physical Activities and Lifestyle</b></p> <p>the completion of the paper students able to know:</p> <ul style="list-style-type: none"> <li>• What is therapy, importance of therapy, aims and objectives?</li> <li>• How to applied therapy for physical exercise or physical activities and sports purpose.</li> <li>• How to helps therapy for any types of sports injury, any chronic diseases etc.</li> <li>• How to maintain active lifestyle.</li> </ul> <p>After completion students realize and applied to maintain wellness life style therapy very important parts in sports person or in general person.</p>
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**PEDGGEC01T :- Modern Trends And Practices In Physical Education Exercise Sciences**

This paper helps the students to understand following areas:

- Basic concept of physical education, aims, objectives of physical education. Also known about physical fitness programme.
- Knowledge about growth and development factors, social values of sports, how to develop leadership quality of students etc. through Biological, Psychological and Sociological Foundations of Physical Education
- How to create good relationship through national and international competitions.
- Know about historical concept of physical education: - Olympic movements, Asian games, pre and post-independence sports develop in India.
- Understand about science of exercise, and how to effect exercise various physiological functions.

On completion this paper students gain clear concept about physical education and how to occurs various activities. Students realize and evaluated that physical education programme can give sincere and healthy lifestyle. So it is very important subject to students.

**PEDSSEC03M :- Indian Games and Racket Sports**

This paper helps the students to know basic rules and regulation and officiating of

			<p>kabaddi, kho-kho, badminton, table tennis. Students realize that, what is the technical part of mentioned games and how to play in game situation according to standard rules.</p>
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<p style="text-align: center;"><b>VI</b></p>	<p>Modern Trends in Physical Education &amp; Exercise Science</p>	<p>PEDN-G-DSE-A-5-2-TH-P</p>	<p><b>PEDGDSE03T :- Psychology In Physical Education And Sports</b></p> <p>This paper help the psychological factors of the students:-</p> <ul style="list-style-type: none"> <li>• Know about sports psychology and its importance in sports.</li> <li>• Know about learning process.</li> <li>• Know about motivation, emotion and personality in sports situation or regular normal life.</li> <li>• How to tackle stress, anxiety, depression etc.</li> </ul> <p>the completion students able to realize that how to support psychological factors for sports performance and achieve higher level sports. Also evaluated that physical activities and sports programme can reduce stress, anxiety, depression etc. which is actual psychological supported.</p> <p><b>PEDGDSE04T :- Project Work</b></p> <p>This paper helps the students to record the Physical Fitness Components, Body composition and Somato type, Rules of Games and Sports, Non-communicable diseases, First-aid Management, which will be future support, and data to students. Students realize that it is very important for them because record book always help the students as a reliable and easy understand.</p> <p>In this paper alternative option have given for the students, which thesis paper prepared and submitted :</p> <p><b>THE ORIGINAL AND COPIES OF THE THESIS MUST INCLUDE THE FOLLOWING ITEMS IN THE ORDER LISTED:</b></p> <p>1. Title Page.</p>
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