

B.A. Physical Education

NEP-2020.

Session: 2023-2024

Programme specific outcome (PSO)

After completion of the B.A (General) programme in Physical Education, the learners will be able to -

- Know the basic concepts of Physical Education.
- Pursue higher study and research in Physical Education.
- Understand Physical Education as an academic discipline.
- Prepare themselves for different competitive examinations with Physical Education as a subject.
- Go for specific training to become a professional sports manager and sports official.
- Compete in government service like SSC.
- Compete in government service like Yoga teacher,
- A Successful Yoga Expert.

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Course Outcome (co)

Major-1 /A1: Foundation and History of Physical Education and SPORTS.

- After completion of the course, student will Apply knowledge of physical education, growth and development, play, games and sports knowledge
- They can emphasize why physical education is necessary in modern life.
- Student will be able to know the historical development and background of physical education and sports and also different sports awards.
- Student will be able to know the psychological foundation and sociological foundation in field of physical education and sports.

PRACTICAL

- Students can develop their co-ordination ability as well as Physical Fitness through free hand exercise and some group exercise.

SEC1P: ATHLETICS.

- On completion of the course students will have hands of experience to perform starting, finishing.
- Relay race, Long Jump, High Jump, Shot-put, Discuss Throw, Javelin Throw. They will be having the concepts of track and field events.

- Students will learn the basic as well as advanced techniques of starting and finishing in running events, and baton exchange in a relay race.

Minor-1/C1T: History Background of Physical Education and SPORTS.

- After completion of the course, student will Apply knowledge of physical education, growth and development, play, games and sports knowledge
- They can emphasize why physical education is necessary in modern life.
- Student will be able to know the historical development and background of physical education and sports and also different sports awards.
- Student will be able to know the psychological foundation and sociological foundation in field of physical education and sports.

PRACTICAL

- Students can develop their co-ordination ability as well as Physical Fitness through free hand exercise and some group exercise.

Major- 2/B1: Foundation and History of Physical Education and SPORTS.

- After completion of the course, student will Apply knowledge of physical education, growth and development, play, games and sports knowledge
- They can emphasize why physical education is necessary in modern life.
- Student will be able to know the historical development and background of physical education and sports and also different sports awards.
- Student will be able to know the psychological foundation and sociological foundation in field of physical education and sports.

PRACTICAL

- Students can develop their co-ordination ability as well as Physical Fitness through free hand exercise and some group exercise.

SEC2P: Gymnastics and Yoga

- On completion of the course students will have hands of Experience to perform gymnastics, yoga Sana. They will be having the concepts of asana, pranayama, Syryanamaskara etc.
- Very basic knowledge body flexibility is developed. Practicing of yoga and gymnastics is useful in realizing in daily life.

MI-2/C- 2T: Management of Physical Education and Sports.

- Completion of the course will enable the students will understand the basic principles of management and sports managements.
- The students will learn fundamental athletic skills and techniques required for Inter-collegiate competition.
- Students have a clear knowledge of how to organize a slandered tournament including an Athletic meet.
- Students learn how to identify the leader and enhance their leadership quality.

MI-2/C-2P: Field Practical

- The learning of Indian games (practical) namely Kho-Kho and Kabaddi helps to stabilize the fundamental skills by doing drills for development. They can also learn the rules of the games for efficient teaching and Officiating.
- Students will demonstrate the knowledge, skills and strategies required to participate in games. Demonstrate the ability to perform both singles and doubles offensive and defensive strategies. Utilize and apply the knowledge of Indian games rules, terminology and scoring Procedures. Demonstrate proper court etiquette and good sportsmanship.

VAC- 02: Yoga and Wellness.

- Increased Cardio vascular Fitness.
- Improve Muscular Strength & Normalization of blood Pressure.
- Improve Physical and Mental Health.