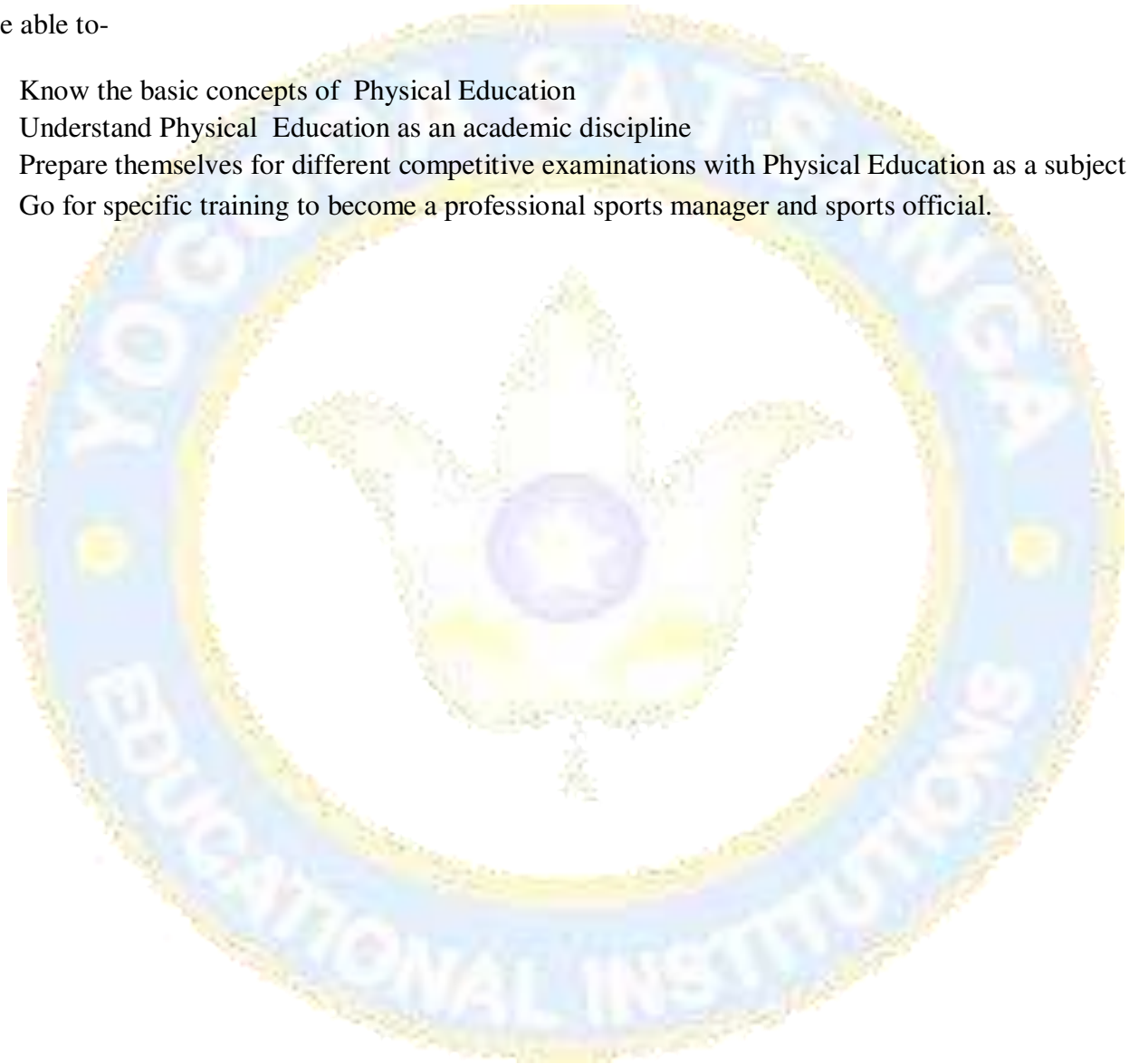


# B. A. Physical Education

## 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
- 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.



## Course Outcome (CO)

### **PEDGCC01: Foundation and History of Physical Education**

- 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 know the historical development and background of physical education and sports and also different sports awards.
- Use an understanding of history of yoga, astanga yoga to effectively know about yoga in everyday life ,further study in physical education.

#### **PRACTICAL**

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

### **PEDGCC02: 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.
- Studentshavea clear knowledge of how to organize a slandered tournament includingan Athletic meet.
- Studentslearn how to identify the leader and enhance their leadership quality.

#### **PRACTICAL**

- Students gather layout knowledge and officiating ability of track and field alsodifferent team and ball games as well as racket sports.
- Students will become aware of the methods of gymnastics and yoga scoring.

### **PEDGCC03: Anatomy , Physiology and Exercise Physiology**

- Completion of the course will enable the student to: Know the basics of anatomy, physiology, exercise physiology, muscular-skeletal system, circulatory system, respiratory system.
- Students are able to know the importance of human anatomy, physiology, and exercise physiology in the field of physical education and sports.
- Student gathers knowledge about the human reparatory system and mechanism of preparation as well as the role of vital capacity, O2 debt, and a second wind in physical education and sports.

#### **PRACTICAL**

- Students assess the BMI, WHR as well as physiological and anthropometry icalparameters in relation tophysical activity.

## **PEDGSE01: Indian Games and Racket Sports**

- The learning of major games (practical) namely Football, Kho-Kho, Kabaddi, Table Tennis and Volleyball 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 Racket games. Demonstrate the ability to perform both singles and doubles offensive and defensive strategies. Utilize and apply the knowledge of racquet sport rules, terminology, and scoring procedures. Demonstrate proper court etiquette and good sportsmanship

## **PEDGCC041: Health Education ,Physical Fitness and Wellness**

- Having successfully completed this course student will learn health, health education, personal hygiene, health problems-prevention and control, physical fitness and wellness, health and first-aid-management.
- Students have basic concepts and dimensions of modern health and the function of different international health agencies.
- Students can learn the nutritional aspect of a balanced diet.
- Student gathers enough knowledge about communicable and non communicable disease as well as the prevention and control of that disease.

### **PRACTICAL**

- Students can learn from the practical knowledge of first aid management in their daily living and sports field.

## **PEDGSE02: Ball Games**

- On completion of the course Students will demonstrate the knowledge, skills and strategies required to participate in Ball Games. The students learn that playing with balls improves a person's motor skills, hand-eye coordination, and timing, which are important parts of the developmental progression of toddlers. The skills pupils learn by playing with balls will also be important once they graduate to collaborative and competitive play.

## **PEDGCC04: Health Education and Test & measurements in Physical Education**

- After completion of the course The understanding of "First aid" along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.
- Another branch of sports science is "Tests and Measurements". Students understand the meaning and importance of this science. They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports persons.
- Students have basic concepts and dimensions of modern health and the function of different international health agencies.

### **PRACTICAL**

- Students can learn from the practical knowledge of first aid management in their daily living and sports field.

## **PEDGGE01: Foundation and History of Physical Education**

- Students can gather knowledge about the aim, objectives, and misconceptions of Physical Education.
- They can emphasize why physical education is necessary in modern life.
- Students will be able to know the different factors affecting Growth and Development, how to live in a society, different types of age as well as the importance of sports in National Integration and Intern understanding.
- Students will be able to know the historical development and background of Physical Education and sports and also different sports awards.
- Basic knowledge of Yoga Education and its implementation in society through the college student

### **PRACTICAL**

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

## **PEDGSE03: Gymnastics and Yoga**

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

## **PEDGDS02: Sports Training**

- After completion of the course Here students will know how to prepare themselves for particular sports with a scientific sports training. This sports training will enhance their fitness so their performance will gradually increase.
- Students will dealwith the knowledge,importance, principles, and characteristics of sports training in games and sports.
- Students will become aware ofthe role of differentsports training and conditioning as well as periodisation in games andsports.
- Students acquire importance and factors of training load, symptoms and tackling ofload and adaptation of load in modern sports training.

### **PRACTICAL**

- Students will practically experience weight training and Circuit training as well asthe measurement of skill related fitness component.

## **PEDGGE02: Anatomy , Physiology and Exercise Physiology**

- Students will be able to know the circulatory system as well as the effect of exercise and trainingon the circulatory system and respiratory system.
- Student gathers knowledge about the human reparatory system and mechanism ofreparation as well as the role of vital capacity, O2 debt, anda second wind in physicaleducation and sports.
- Students are able to know the importance of human anatomy, physiology, and exercisephysiology in the field of physical education and sports.

### **PRACTICAL**

- Students assess the BMI, WHR as well as physiological and anthropometric alpara meters in relation tophysical activity.

## PEDGSE04: Track and Field

- 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 have the concepts of track and field events.
- Students will learn the basic as well as advance dtechniques of starting and finishing inrunning events, and baton exchange in a relay race.

