

SEWNARAWAN RAMESWAR FATEPURIA COLLEGE

Department of Physical Education

Name of the Programme: B.A General Degree Course in Physical Education

Programme Outcome (POs)

The need of physical education in every human beings particularly for the total development of students in their daily life. So the utility, need and manifestation of student for the future development in the society as well as state.

For this purpose, the implementation of physical Education from school life next in college life is earnestly needed. Considering this aim of physical Education, the Education dept introduce the subject in this college curriculum and syllabus.

Like others subjects physical Education has its various aspects. To realize themselves in cultivating the games and sports like Athletics, Indian games, Ball games, Yoga etc. The students obtain different theoretical and practical knowledge as well as leadership quality, social understanding etc, and get their remuneration and certificates and trophies for their future life.

Different competition like college Annual meet, DPI sports, Inter University Annual meet and State meet and the certificate obtain from these fields the participant can go ahead in their service and higher studies.

Regular cultivation of physical activity their fitness level increases and they can join in different services like police, paramilitary etc.

Completing the graduation they enter into the B.P.Ed course and then M.P.Ed, M.Phil, Ph.D etc. Besides these they can obtain certificate course in NSNIS, Diploma in Yoga etc, and inter the different services sectors like:-----

- 1. Physical Education Teacher**
- 2. Professor**
- 3. Sports Coach**
- 4. Sports Officers**
- 5. Sports Manager**
- 6. Inspector of health club and fitness centre**
- 7. Director of Physical Education and sports**
- 8. Yoga Instructor etc.**

Course Outcome (CO)

The University Grants Commission (UGC) has taken various measures by means of formulating regulations and guidelines and updating them, in order to improve the higher education system and maintain minimum standards and quality across the Higher Educational Institutions in India. The various steps that the UGC has initiated are all targeted towards bringing equity, efficiency and excellence in the Higher Education System of country. These steps include introduction of innovation and improvements in curriculum structure and content, the teaching-learning process, the examination and evaluation systems, along with governance and other matters. The introduction of Choice Based Credit System is one such attempt towards improvement and bringing in uniformity of system with diversity of courses across all higher education institutes in the country. The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising of core, elective, skill enhancement or ability enhancement courses. The courses shall be evaluated following the grading system, is considered to be better than conventional marks system. This will make it possible for the students to move across institutions within India to begin with and across countries for studying courses of their choice. The uniform grading system shall also prove to be helpful in assessment of the performance of the candidates in the context of employment.

SEMESTER-I

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-CC-T-1A UNIT-I	Introduction of Physical Education	6	75	After completion of this course, students will gather knowledge about meaning and definition of physical education and aim and objective of physical education. From this course student will know about the importance of physical education
UNIT-II	Biological and Sociological Foundation of Physical Education			Students will know and understand through this course about the biological and sociological foundation of physical education.
UNIT-III	History of Physical Education			Having successfully completed this course students will know about the history of physical education.
UNIT-IV	Yoga Education			Use an understanding of history of yoga,astanga yoga to effectively know about yoga in every day.
UNIT-V	Field Practical			To know about the track and field event, such as 100mt run,200mt run, long jump, high jump, shot-put throw, javelin throw etc.

SEMESTER-II

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-CC-T-1B UNIT-I	Introduction of Sports Management	6	75	Management in various sports organizations ensures the smooth flow of all the activities that are involved in the program and provides development in the field of physicaleducation. Business functions, communication skills, and proper coordination are also improved through management in sports and physical education. After completion of this course, students will gather knowledge about meaning and definition of sports management in physical education.
UNIT-II	Tournaments			Students will know and understand through this course about definition of tournament, types of tournament and importance of tournament in physical education.
UNIT-III	Facilities and Equipment			Students will be familiar with the facilities of the equipment and know how any instrument is used.
UNIT-IV	Leadership			Through this course students develop their leadership quality.

SEMESTER-III

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-CC-T1C UNIT-I	Introduction of Anatomy, Physiology and Exercise Physiology	6	75	Completion of this course will enable the students to: know the basics of anatomy, physiology and exercise physiology.
UNIT-II	Musculo-skeletal System			Completion of this course will enable the students to: know the basics of musculo-skeletal system.
UNIT-III	Circulatory System			Completion of this course will enable the students to: know the basics of circulatory system.
UNIT-IV	Respiratory System			Completion of this course will enable the students to: know the basics of respiratory system.
UNIT-V	Field Practical			From this course students learn about how to measure BMI and WHR(waist to hip ratio) and they can also measure heart rate, blood pressure, respiratory rate and peak flow expiratory rate in resting and post exercise.

SEMESTER-III (SEC)

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-SEC-P-1 UNIT-I	Track Events	2	50	Completion of this course will enable the students to: know the basics of starting technique of 100 mt run, proper running technique, finishing technique and relay race.
UNIT-II	Field Events			Completion of this course will enable the students to: know the basics of long jump, high jump shotput throw, discuss throw, javelin throw and they also know about the skills of field event.

SEMESTER-IV

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-CC-T-1D UNIT-I	Introduction of Health Education, Physical Fitness and Wellness	6	75	Health education elevates the student's understanding of health – It allows them to develop their physical, social, and emotional health values. When students meet more well-informed people, they learn from them and are ready to metamorphose this knowledge.
UNIT-II	Common Health Problems - Prevention and Control			Through this course, the students can learn more about the communicable diseases and how they can keep themselves away from the disease and students will know the prevention of communicable diseases.
UNIT-III	Physical Fitness and Wellness			Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Wellness is primarily being in good physical and mental health. Because mental health and physical health are so closely linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health and other life domains, and vice versa.
UNIT-IV	Health and First-aid			Students acquire knowledge about health education and first-aid.
UNIT-V	Field Practical			Students acquire knowledge about the first aid practical such as triangular bandage, roller bandage, simple spiral and practical knowledge on application hydro-therapy and thermo-therapy

SEMESTER-IV

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG- SEC-P- 2	Gymnastics	2	50	From this course, students develop their skill in gymnastics, such as forward roll, backward roll, t-balance, cart-wheel, drive and forward roll-hand spring, neck spring, hand stand etc.
UNIT-I				
UNIT-II	Yoga			From this course students acquire knowledge about the skill of asanas, such as standing posture, sitting posture, supine posture, prone posture, inverted posture and pranayama.

SEMESTER-V

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-DSE-T-1/T-2/T-3 UNIT-I	Introduction of test - measurement and evaluation	6	75	<p>From this course, students develop their own understanding of test, measurement and evaluation.</p> <p>Also they are clear about the correct idea about the principal of evaluation.</p> <p>Through this course they also understand the importance of test, measurement and evaluation in the field of physical education.</p>
UNIT-II	Measurement of Body Composition and Somatotype Assessment			<p>Through this topic they get a clear idea of what and why body mass index is used.</p> <p>Also they can learn from this topic that what is the concept of LMB and somatotype.</p>
UNIT-III	Fitness Test			<p>From this course, they will learn the component of APPER YOUTH PHYSICAL PHITNESS TEST and get a clear understanding of the subject.</p> <p>Moreover they can also know about the queens college step test.</p>
UNIT-IV	Sports Skill Test			<p>Through this course they can learn the components of Lockhart badminton skill test, Johnson basketball test, Mc Donald soccer test and Brady volleyball test very well.</p>
UNIT-V	Field Practical			<p>From this course students acquire knowledge about the skill of football,handball,basketball,volleyball,netball and throw ball.</p>
PEDG-GE-T-1/T-2	Modern Trends in Physical Education	6	75	<p>Through this course they also understand the importance of modern trends in physical education and yoga/management of physical education.</p>

OR

SEMESTER-V

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-DSE-T-2 UNIT-I	Introduction of Sports Training	6	75	From this course students acquire knowledge about meaning, definition, aim and objective, principal and importance of physical education.
UNIT-II	Methods of Training and Conditioning in Sports			From this course, students develop their own understanding of methods of training and conditioning in sports.
UNIT-III	Training Load and Adaptation			Students acquire knowledge about training load and adaptation.
UNIT-IV	Training Technique			They are clear about the correct idea about the training technique.
UNIT-V	Field Practical			From this course, students develop their skill in circuit training, weight training. Moreover they can also know about the measurement of speed, strength, explosive strength and flexibility.

SEMESTER-V

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-SEC-P-3 UNIT-I	Fundamental Skill of Kabaddi	2	50	From this course students acquire knowledge about the fundamental skills of kabaddi. It will also learn from this course how to play kabaddi and what is the rules and regulation of kabaddi game.
UNIT-II	Fundamental Skill of Kho-Kho			From this course students acquire knowledge about the fundamental skills of kho-kho. It will also learn from this course how to play kabaddi and what is the rules and regulation of kho-kho game.
UNIT-III	Fundamental Skill of Badminton			From this course students acquire knowledge about the fundamental skills of badminton. It will also learn from this course how to play kabaddi and what is the rules and regulation of badminton game.
UNIT-IV	Fundamental Skill of Table Tennis			From this course students acquire knowledge about the fundamental skills of table tennis. It will also learn from this course how to play kabaddi and what is the rules and regulation of table tennis game.

SEMESTER-VI

Course Code	Course Title	Course Credit	Full Marks	Course Outcome
PEDG-DSC-T-4/T-5/T-6 UNIT-I	Introduction of Psychology	6	75	From this course students acquire knowledge about meaning, definition, aim and objective, principal and importance of sport psychology.
UNIT-II	Learning			From this course, students develop their own understanding of methods of learning in sports.
UNIT-III	Psychological Factors			From this course students acquire knowledge about meaning, definition, aim and objective, principal and importance of psychological factors.
UNIT-IV	Stress and Anxiety			They are clear about the correct idea about stress and anxiety.
UNIT-V	Field Practical			From this course, students develop their Personality, stress and anxiety. Moreover they can also know about the measurement of reaction time, depth perception and mirror drawing.
PEDG-GE-T-3/T-4	Anatomy, Physiology and Exercise Physiology	6	75	Completion of this course will enable the students to: know the basics of anatomy, physiology and exercise physiology.
PEDG-SEC-P4	Ball games Football,handball, basketball,volleyball, netball,throwball	2	50	From this course students acquire knowledge about the fundamental skills of ballgames. It will also learn from this course how to play ballgames and what is the rules and regulation of ball game.