

DEPARTMENT OF PHYSICAL EDUCATION

Programme Outcome

The B.A. in Physical Education Program aims to equip students with a comprehensive understanding of the historical foundations of physical education and its interplay with Philosophy and Education. Through this program, students delve into the theoretical and practical underpinnings of physical education philosophies, integrating them with contemporary developments and societal aspects.

1. Grasping the significance of physical education in personal development and enhancing overall health for professional endeavors.
2. Cultivating a motivational mindset towards physical education, embracing a healthy lifestyle, and committing to regular exercise.
3. Acquiring specialized knowledge and practical skills aimed at safeguarding health, fostering compensatory processes, addressing existing health issues, promoting mental well-being, and enhancing psychophysical abilities, while also shaping professional attributes.
4. Facilitating the body's adaptation to physical and mental demands, bolstering physiological systems, and fortifying immune defenses to enhance resilience.
5. Mastering the methodology for independently crafting health-oriented exercise routines, practicing self-monitoring during physical activities, adhering to hygiene protocols, and establishing balanced work-rest schedules.
6. Developing strategies to combat adverse environmental factors and workplace conditions, mitigating fatigue during professional duties, and elevating performance quality.

Course outcomes:

Semester	Paper Title	Paper Code
Semester – I	Foundation and History of Physical Education	CC1A CC2A
Program Specific outcomes	<ol style="list-style-type: none">1. Understand the basic concepts of physical education2. Know the historical development of physical education in India.3. Understand the foundation of physical education.4. Know the principles of physical education5. Analyze the concepts and issues pertaining to Physical Education.	
Semester – II	Management of Physical Education and Sports	Paper Code- CC1B & CC2B

Program Specific outcomes	<ol style="list-style-type: none"> 1. Know the basics of sports management. 2. Know the leadership and its forms. 3. Know the sports management in educational institutions 4. Know the modern concept of curriculum. 5. Prepare curriculum for various levels. 	
Semester – III	Anatomy, Physiology and Exercise Physiology	Paper Code-CC1C
Program Specific outcomes	<ol style="list-style-type: none"> 1. Know the basics of anatomy and physiology 2. Understand the circulatory, respiratory and digestive system. 3. Understand the excretory, endocrine, nervous system & sense organs. 4. Know the concept of physiology and neuromuscular physiology. 5. Understand feet exercise on various system of our body. 	
Semester – III	Track and Field	Paper Code-SEC-1
Program Specific outcomes	<ol style="list-style-type: none"> 1. Acquire the fundamental skill running event. 2. Learn fundamental skill of jumping events. 3. Learn fundamental skill of throwing events. 4. Know the rules of the Truck and Fill event 	
Semester – IV	Health Education, Physical Fitness and Wellness	CC 1D & CC2D
Program Specific outcomes	<ol style="list-style-type: none"> 1. Understand the basic concepts in health education. 2. Know the health services provided. 3. Know the basic nutritional guidelines and plans. 4. Know the basics of fitness and wellness. 5. Know the issues and challenges of fitness and wellness. 	
Semester – IV	Gymnastics and Yoga	SEC-2
Program Specific outcomes	<ol style="list-style-type: none"> 1. To learn the basic movements in gymnastic exercise. 2. Know the basic concept of yoga. 3. Practical experience about Asanas, Pranayama . 4. To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara. 	
Semester – V	Sports Training	DSE-1
Program Specific outcomes	<ol style="list-style-type: none"> 1. Understand the basics of sports training. 2. Understand the concept of training components. 3. Know the methods of training process. 4. Know the training planning. 5. Know the various types of training methods. 	
Semester – V	Modern trends in Physical Education and Sports Sciences	GE-1

Program Specific outcomes	<ol style="list-style-type: none"> 1. Understand the basic concepts of physical education. 2. Understand how physical education and sports have evolved historically in India, both before and after independence 3. Know the psychological and sociological principles of physical Education 4. Know the biological foundation of physical education 5. To understand the need and importance of Anatomy and Physiology 	
Semester – V	Indian Games & Racket Sports	SEC-3
Program Specific outcomes	<ol style="list-style-type: none"> 1. Students learn fundamental skills of ‘Kho Kho’ and ‘Kabiddi’. 2. Students knows about the rules of playing Kho Kho and Kabaddi. 3. Students develop ideas about Kho Kho and Kabaddi playgrounds. 4. Students develop an understanding of the primary skill of ‘Badminton’ 	
Semester – VI	Psychology in Physical Education and Sports	DSE-2
Program Specific outcomes	<ol style="list-style-type: none"> 1. Understand the importance of psychology and sports psychology. 2. Explain group mechanisms and group psychology in a sports context 3. Knowing the basic idea of Types of anxiety, aggression and personality. 4. Understand Role of sociology in physical education and sports 	
Semester – VI	Health Education and Tests & Measurements in Physical Education	GE-2
Program Specific outcomes	<ol style="list-style-type: none"> 1. Aware of the aim, objectives and principles of Health Education. 2. To know about communicable and non-communicable diseases. 3. To acknowledge and recognise a good outlook on health 4. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness. 	
Semester – VI	Ball Games	SEC-4
Program Specific outcomes	<ol style="list-style-type: none"> 1. Know about the rules of football. 2. Learn about the basic skill of football. 3. Acquire knowledge of fundamental volleyball skills. 4. Know about the rules of volleyball paying. 5. Learners gained inspiration for volleyball and football fields. 	