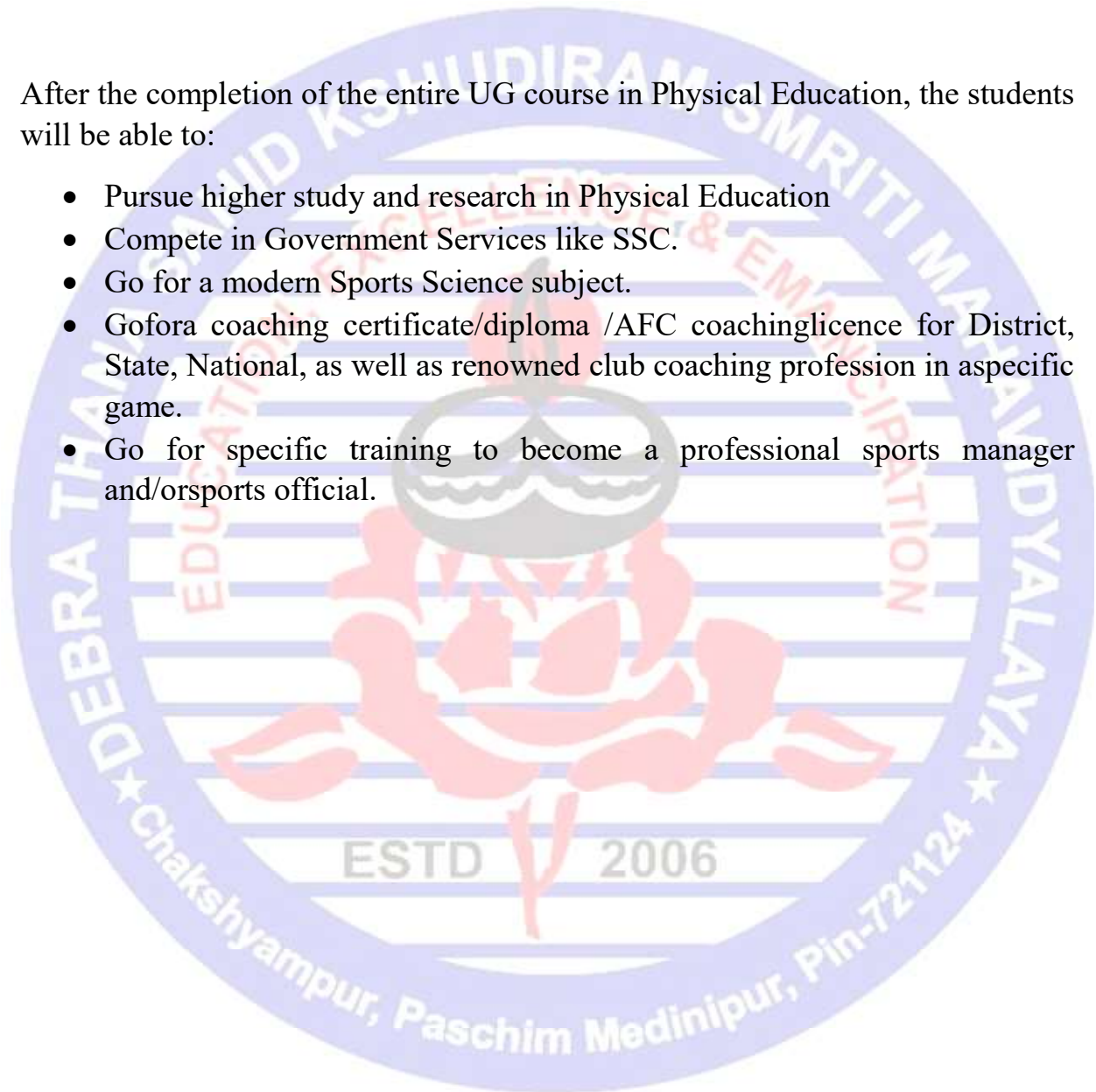


## **B. A. Physical Education**

### **Programme Specific Outcome (PSO)**

After the completion of the entire UG course in Physical Education, the students will be able to:

- Pursue higher study and research in Physical Education
- Compete in Government Services like SSC.
- Go for a modern Sports Science subject.
- Go for a coaching certificate/diploma /AFC coaching licence for District, State, National, as well as renowned club coaching profession in a specific game.
- Go for specific training to become a professional sports manager and/or sports official.



## Course Outcome (CO)

### PEDGCC01: 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 International 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 coordination ability as well as Physical Fitness through free hand exercise and some group exercise.

### PEDGCC02: Management of Physical Education and Sports

- Students can develop their idea about the importance of sports management and also the duties of a sports manager.
- Students have a clear knowledge of how to organize a sponsored tournament including an Athletic meet.
- Students will be able to know the method of calculation of athletic track marking, maintenance, and care of gymnasium and sports equipment.
- Students learn how to identify the leader and enhance their leadership quality.

#### Practical

- Students gather layout knowledge and officiating ability of track and field also different 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

- Students are able to know the importance of human anatomy, physiology, and exercise physiology in the field of physical education and sports.
- Students enrich their knowledge of the human skeletal system, muscular system, muscle contraction, and the effect of exercise or training on the muscular system.
- Students will be able to know the circulatory system as well as the effect of exercise and training on the circulatory system and respiratory system.
- Student gathers knowledge about the human reparatory system and mechanism of preparation as well as the role of vital capacity, O<sub>2</sub> debt, and a second wind in physical education and sports.

#### Practical

- Students assess the BMI, WHR as well as physiological and anthropometrical parameters in relation to physical activity.

### PEDGCC04: Health Education, Physical Fitness and Wellness

Students have basic concepts and dimensions of modern health and the function of different international health agencies.

Student gathers enough knowledge about communicable and non-communicable disease as well as the prevention and control of that disease.

Students can learn the nutritional aspect of a balanced diet.

Students exhibit about importance of physical fitness and wellness in modern society. Students have a clear concept of first aid, management of sports injuries, and sports therapy.

#### Practical

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

### PEDGDS01: Tests, Measurement, and Evaluation In Physical Education

- Students can learn Concepts of test measurement and evaluation and their importance in physical education and sports.
- Student gathers knowledge about why different body composition and somatotype assessment is very much important in games and sports.
- As per the UGC guideline in the CBCS examination system students have to maintain their fitness level for Higher Education, in this regard this



portion of the syllabus will help how to measure and maintain different physical fitness components.

- Any objective judgement is much more reliable than subjective judgement. This sports skill test will help the students to learn about objective skill tests for different games of sports.

#### Practical

- Students will be able to know how to assess the somatotype, Body fat percentage( %) physical fitness of the individual.

#### PEDGDS02: Sports Training

- Students will deal with the knowledge, importance, principles, and characteristics of sports training in games and sports.
- Students will become aware of the role of different sports training and conditioning as well as periodisation in games and sports.
- Students acquire importance and factors of training load, symptoms and tackling of load and adaptation of load in modern sports training.
- Students will know how to learn the means and different methods of development of health-related and performance related fitness components.

#### Practical

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

#### PEDGSE01: Indian Games and Racquet Sports

- Students can learn and exhibit the basic as well as advanced sports skill of Indian games like kho-kho and kabaddi along with the interpretation of rules, game practice, and different official duties.
- Students can learn and exhibit the basic as well as advanced sports skill of Racquet Games like badminton, table tennis, etc. along with the interpretation of the rules, game practice, and different official duties.

#### PEDGSE02: Ball Games

- Students can learn and exhibit the basic as well as advanced sports skill of Ball games like Football, Handball, Basketball, Volleyball, Netball, and Throwball along with the interpretation of rule, game practice and different official duties.

### PEDGSEO3: Gymnastics and Yoga

- Students will learn and be able to exhibit the basic as well as the advanced posture of Yogasana and Gymnastics.

### PEDGSE04: Track and Field

- Students will learn the basic as well as advanced techniques of starting and finishing in running events, and baton exchange in a relay race. They will also learn the field events of long jump high jump shot put discus and javelin throw and their basic technique in relation with sports performance.

