

## DEPARTMENT OF PHYSICAL EDUCATION B.A GENERAL COURSE OUTCOME

Semester	Paper Code	Paper Name	Course Outcome
Semester 1	PEDGCOR01T	Foundation & History of Physical Education	CO1:To learned the basic Knowledge of physical education
	PEDGCOR01P	Marching ,Callisthenics , Acrobics	CO2: To learned the History of physical Education in India and out of India CO3: To learned the basic Knowledge of Sociological and Philosophical Foundations of Physical Education CO4: To learned the basic Knowledge of Olympic Movement, Asian Games and Commonwealth Games. CO5: To learned the basic Knowledge of Historical development of Physical Education and Sports in India CO6: To learned the basic Knowledge of Yoga Education.
Semester 2	PEDGCOR02T	Management of Physical Education	CO1:To learned the basic Knowledge of of Sports Management
	PEDGCOR02P	Layout and Officiating Play Fields	CO2: To learned the Lay out knowledge and officiating of Track events (Practical CO3: __To learned the basic Knowledge of Tournaments CO4: To learned the basic Knowledge of Lay out knowledge and officiating of Field Events (Practical CO5: To learned the basic Knowledge of Facilities and Equipment's CO6: To learned the basic Knowledge of leadership activities. CO7 To learned the basic Knowledge of Lay out knowledge and officiating of Field Events
Semester 3	PEDGCOR03T	Anatomy, Physiology, & Exercise, Physiology	CO1:To learned the basic anatomical structure of human body including various organs and its functions.
	PEDGCOR03P	Laboratory Practical	CO2: Effects of exercise on various systems of human body.
	PEDSSEC01M	Track & Field	CO3:To learned the basic Knowledge of Musculo-skeletal System CO4: To learned the the basic knowledge of Circulatory and Respiratory System CO5: __To learned the basic Knowledge of Assessment of : BMI, Heart rate , Blood Pressure CO6: To learned the basic Knowledge of Assessment of : Respiratory RatePick Flow Rate and Vital Capacity. CO7: To learned the basic Knowledge of Nervous and Endocrine System CO8: To learned the basic Knowledge of Body fat %

Semester 4	PEDGCOR04T	Health Education Test, Measurement, &Evaluation in Physical Education	CO <sub>1</sub> :To learned the basic Knowledge of Health and Health Education. CO <sub>2</sub> : To learned the History of Health and First- aid Management
	PEDGCOR04P	Fitness Test	CO <sub>3</sub> : To learned the basic Knowledge of test, measurement & Evaluation
	PEDSSEC02M	Gymnastics & Yoga	CO <sub>4</sub> : To learned the basic Knowledge of AAHPERD Youth Fitness Tes Kraus-Weber Muscular Strength Test t , CO <sub>5</sub> : To learned the basic Knowledge of Measurements of Body Compositions and Somatotype Assessment CO <sub>6</sub> : To learned the basic Knowledge of Assessment of % body fat
Semester 5	PEDGDSE01T	Sports Training & Mechanics	CO <sub>1</sub> :To learned the basic Knowledge of Sports Training.
	PEDGGECO1T	Modern Trends and Practices in Physical Education Exercise Sciences	CO <sub>2</sub> : To learned the History of Training Techniques CO <sub>3</sub> : To learned the basic Knowledge of Training Load and Adaptation
	PEDSSEC03M	Indian Games and Racket Sports	CO <sub>4</sub> : To learned the basic Knowledge of Periodization CO <sub>5</sub> : To learned the basic Knowledge of Mechanical Principles Applied to Sports CO <sub>6</sub> : To learned the basic Knowledge of Low of Motion
Semester 6	PEDGDSE03T	Psychology in Physical Education& Sports	CO <sub>1</sub> :To learned the basic Knowledge of Psychology And Sports Psychology.
	PEDGGEC02T	Health Education Test, Measurement, &Evaluation in Physical Education	CO <sub>2</sub> : To learned the History of Learning CO <sub>3</sub> : To learned the basic Knowledge of Psychological Factors
	PEDSSEC04M	Ball Gages	CO <sub>4</sub> : To learned the basic Knowledge of Stress and Anxiety CO <sub>5</sub> : To learned the basic Knowledge of physical activities in the development of personality CO <sub>6</sub> : To learned the basic Knowledge of Management of Stress and Anxiety through physical activity and sports.

### **Programme Outcome (PO)of the Department**

Programme Outcome	Particulars
<b>PO<sub>1</sub></b>	To give basic knowledge and introduce about Physical Education its meaning, scope in present scenario and importance in our society.
<b>PO<sub>2</sub></b>	Give basic knowledge about Health & Hygiene and, how : Meaning, definition, importance of Health & Hygiene in life, Factors influencing Health and Hygiene of various body parts.
<b>PO<sub>3</sub></b>	Ability to Understand Yoga and mainly Astang Yoga and Pranayama
<b>PO<sub>4</sub></b>	To make basic Understanding of students about Human Anatomy and Physiology and also to give knowledge about Cell: Meaning, definition, Importance of Human Anatomy and Physiology in Physical Education and Definition of Cell, Tissue, Organ and System, Structure and Properties of Cell.
<b>PO<sub>5</sub></b>	Understand and give knowledge Health Education & First Aid: Definition, Aim, Objectives, Scope, and importance of Health Education. Understand First Aid: Meaning, Aim, Objectives, General Principles of First Aid and First Aid for Bleeding, Burns, Electric Shock, and Common injuries.
<b>PO<sub>6</sub></b>	To make able the students to understand the Historical Prospects of Physical Education: Pre-independence and Post – independence historical development of Physical Education in India, Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India, Sports Policy India.
<b>PO<sub>7</sub></b>	To make able the students to understand Physical Fitness: Meaning, definition, importance, Components, Principles, Factors influencing of Physical Fitness. Meaning of Isometric, Isotonic and Isokinetic exercises.
<b>PO<sub>8</sub></b>	To give knowledge to the students to understand Human Bone Anatomy and Physiology: Human Bone, Types and Function of bones in Human Body. Meaning and types of joints in Human Body.
<b>PO<sub>9</sub></b>	Make able to play and understand: kho–kho, Badminton and Cricket games with ground specifications, general rules and general skills. Name and identification of bones in Human Body Understand Athletics: Shot Put (Measurements & Basic Techniques) Types of Starts - Crouch Start and standing starts (Basic Technique)
<b>PO<sub>10</sub></b>	To Understand Safety Education and sports injuries: Meaning, need and importance of Safety Education, understand types, causes, Principles, General treatment for sports Injuries i.e. Abrasion,

	Contusion, Sprain , Strain, Fracture and Dislocation of joints
<b>PO<sub>11</sub></b>	To give knowledge of Common communicable Diseases: Meaning of Communicable and Non-communicable diseases, Modes of transmission, prevention and control of communicable diseases i.e. Malaria, Influenza, obesity
<b>PO<sub>12</sub></b>	Ability to understand Balanced Diet: Meaning, importance, Components, sources and Factors affecting balanced diet
<b>PO<sub>13</sub></b>	Ability to understand Anatomy and Physiology of Circulatory System: Structure, Function of Heart, Systemic and Pulmonary Circulation and Effects of exercise on Circulatory System.
<b>PO<sub>14</sub></b>	Ability to understand Warming Up and Cooling Down: Meaning, types, significance, Methods and Physiological aspects of warming up and cooling down.
<b>PO<sub>15</sub></b>	Understand Psychological aspects of Physical Education: Meaning Need and importance of Psychology and sports Psychology Understand meaning, laws of Learning and Learning curve
<b>PO<sub>16</sub></b>	Understand Major Sports Events: Ancient, Modern Olympic Games, Asian Games and Common Wealth Games.
<b>PO<sub>17</sub></b>	Ability to understand Anatomy and Physiology of Respiratory system: Respiratory Organs, Physiology of respiratory System, Effect of exercise on respiratory System and Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity.
<b>PO<sub>18</sub></b>	Understand and Practical knowledge of Measurement of Body Mass Index, Games and Athletics: Normal Range of B.M.I for (Children, Women and Men), , Football, Kabaddi Game (With ground specifications, general rules and skills) and Athletics; Discus throw and Long Jump (Specifications, general rules and general skills)
<b>PO<sub>19</sub></b>	Understand Growth & Development: Meaning and definition, Stages, Principles and factors influencing of Growth and Development and Age and sex difference in relation to physical activities and sports.
<b>PO<sub>20</sub></b>	To give knowledge about Sports Organization and Administration: Meaning, Principles, importance, Intramural and Extramural activities of organization and administration in Physical Education and Sports. Tournaments and their types (League and Knock out )
<b>PO<sub>21</sub></b>	To give knowledge about good and bad Body Posture: Meaning, importance of good posture, Causes of poor posture, Symptoms, causes of Postural Deformities i.e., Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs, Precautions and Remedies for postural deformities.

<b>PO<sub>22</sub></b>	Understand and get basic knowledge of Anatomy and Physiology of muscle and Blood: Types of Muscles in human body and Effects of exercise on it and Composition and functions of Human Blood.
<b>PO<sub>23</sub></b>	Understand in detail about Motivation and Socialization in sports: Meaning, definition, types and importance of motivation in sports. Understand meaning of Socialization and Socialization through sports .
<b>PO<sub>24</sub></b>	Understand different types of Sports Training: Meaning, definition, factors affecting sports training and types of sports training: Circuit training, Interval Training and Continuous Training. Understand Doping: Meaning, types and its effects on health.
<b>PO<sub>25</sub></b>	Understand basic knowledge of Sports Biomechanics: Meaning, definition, Importance of sports biomechanics. Understand Newton's Laws of motion and their application in sports. Understand Levers: Meaning, types and their application in Sports
<b>PO<sub>26</sub></b>	Helps to understand Anatomy and Physiology of Digestive system: Organs, Structure of Digestive System and Mechanism of food digestion and effects of exercise on Digestive System.
<b>PO<sub>27</sub></b>	Helps to understand types of Pranayam and basic knowledge about different games: Bhramari, Anulom Vilom and Kapal Bhati. Volleyball/ Hockey/Judo/Boxing/Wrestling/Self-defense game tactics, Ground Specifications, General rules and General Skill. Understand and give practical knowledge about Bandages its types and Arm Slings First Aid: First aid for different injuries and circumstances, items of first aid box and their uses.

## **Programmed-Specific Outcome (PSO) of the Department**

Programmed-Specific Outcome	Particulars
PSO <sub>1</sub>	Understand the Physical Education its area, aim, objectives and importance in our daily life and eliminate the Misconceptions about it.
PSO <sub>2</sub>	Understand Health education, Personal Hygiene and healthful living with healthy habits in our life.
PSO <sub>3</sub>	Understand History of Indian Science Yoga and pranayama and its contribution in our busy life.
PSO <sub>4</sub>	Understand Human Anatomy and Physiology and basic unit of life „cell“
PSO <sub>5</sub>	Understand how to use First Aid and How it can save our life.
PSO <sub>6</sub>	Understand the Historical and present institution/ sports policies of India which helps to promote sports.
PSO <sub>7</sub>	Understand Physical Fitness and its components.
PSO <sub>8</sub>	Understand Human Anatomy and Physiology of osteology and arthrology in Human Body.
PSO <sub>9</sub>	Understand and playing experience of kho–kho, Badminton, Cricket games and Athletics with ground specifications, general rules and general skills.
PSO <sub>10</sub>	Understand and playing experience of kho–kho, Badminton, Cricket games and Athletics with ground specifications, general rules and general skills.
PSO <sub>11</sub>	Understand Communicable Diseases. its Modes of transmission, prevention and control.
PSO <sub>12</sub>	Understand Balanced Diet its components and Junk Food effects on our body.
PSO <sub>13</sub>	Understand Anatomy and Physiology of Circulatory System its organs and how exercise increase its efficiency.
PSO <sub>14</sub>	Understand Warming Up and Cooling Down and its physiological aspects on body.
PSO <sub>15</sub>	Understand Psychological aspects i.e., learning in Physical Education and sports.
PSO <sub>16</sub>	Understand Major Sports Events of world i.e., Ancient, Modern Olympic Games, Asian Games and Common Wealth Games.
PSO <sub>17</sub>	Understand Anatomy and Physiology of Respiratory system its organ and exercise benefits on it.
PO <sub>18</sub>	Understand and Practical knowledge of Measurement of Body Mass Index and

	Kho-Kho, Football, Kabaddi, Badminton, Volleyball Game and Athletics.
PO <sub>19</sub>	Understand Growth & Development in different stages of life in relation to sports.
PO <sub>20</sub>	Understand Sports Organization, Administration and tournament with fixture specification.
PO <sub>21</sub>	Understand Body good and bed Posture and Remedies exercises for postural deformities
PO <sub>22</sub>	Understand Anatomy and Physiology of muscle and Blood with their functions in body.
PO <sub>23</sub>	Understand Motivation and Socialization in sports and how sports working as socialization agency.
PO <sub>24</sub>	Understand different types of Sports Training and Doping in sports.
PO <sub>25</sub>	Understand Sports Biomechanics and how it is giving help in the enhancements in sports.
PO <sub>26</sub>	Understand Anatomy and Physiology of Digestive system and its organ
PO <sub>27</sub>	Understand types of Pranayam in detail i.e., Bhramari, Anulom Vilom and Kapal Bhati.