

DEPARTMENT OF PHYSICAL EDUCATION

COURSE OUTCOME

1: Foundation and History of Physical Education

CO 1. Meaning, definition and scope of Physical Education.

CO 2. Aim and objectives of Physical Education.

CO 3. Misconception and Modern concept of Physical Education.

CO 4. Need and Importance of Physical Education in modern society.

2: Biological and Sociological Foundations of Physical Education

CO 1. Biological Foundation- Meaning and definition of growth and development.

CO 2. Factors affecting growth and development.

CO 3. Differences of growth and development.

CO 4. Principles of growth and development

CO 5. . Age- Chronological age, anatomical age, physiological age and mental age.

CO 6. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethic.

CO 7. Role of games and sports in National and International integration.

3: History of Physical Education

CO 1. Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.

CO 2. Olympic Movement- Ancient Olympic Games and Modern Olympic Games.

CO 3. Brief historical background of Asian Games and Commonwealth Games.

CO 4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award.

4: Yoga Education

CO 1. Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga.

CO 2. History of Yoga.

CO 3. Astanga Yoga

CO 4. Hatha Yoga

5: Field Practical

CO 1. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark

CO 2. Learn and demonstrate the technique of Suryanamaskar.

CO 3. Development of physical fitness through Calisthenics and Aerobic activities.

CO 4. Lay out knowledge and Officiating ability of Track and field events

CO 5. Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho-Kho, Volley ball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis.

CO 6. Gymnastic and Yoga Scoring

CO 7. Laboratory Measurements

CO 8. Fitness Testing Procedures

6: Management of Physical Education and Sports

CO 1. Concept and definition of Sports Management.

CO 2. Purpose of Sports Management, Importance of Sports Management,

CO 3. Principles of Sports Management.

CO 4. Sports Manager and his duties.

7: Tournaments

CO 1. Procedure of drawing fixture.

CO 2. Procedure of drawing fixture.

CO 3. Method of organizing Annual Athletic Meet and Play Day.

CO 4. Method of organizing of Intramural and Extramural competition.

8: Facilities and Equipments

CO 1. Method of calculation of Standard Athletic Track marking.

CO 2. Care and maintenance of play ground and gymnasium.

CO 3. Importance, care and maintenance of sports equipment.

CO 4. Time Table: Meaning, importance and factors affecting school Physical Education Time Table.

9: Leadership

CO 1. Meaning and definition of leadership.

CO 2. Qualities of good leader in Physical Education.

CO 3. Types of Leadership.

CO 4. Principles of leadership activities.

10. Therapeutic Aspect of Physical Activity

CO 1. Hypo kinetics diseases

CO 2. Exercise therapy

CO 3. Basic Principles of Rehabilitation

CO 4. Physical activities and life styles

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PROGRAMME OUTCOMES

PO 1. **Knowledge of subject** :- Students will get the knowledge about physical education and sports and its historical background. Students will acquire knowledge from ancient to modern sports history in India.

PO 2. **Changing concept of physical education** :- Understanding the other subjects physical education try to achieve itself and its effects on society in various ways. Also through physical education one can related with the world games and sports. In the age of modern technology. It also improve world society.

PO 3. **Knowledge of human anatomy and disease** :- Through physical education students will be able to inform about human anatomy and also various treatment during physical disturbances.

PO 4. **Impact of physical education** :- Through the various method of training, participate of various activity students develop their physical ability, mental ability, leadership quality, personality, disciplined, well-wisher which makes them a good citizen.

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PROGRAMME SPECIFIC OUTCOMES

PSO 1. Students are come to know the physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in physical, mental, social, emotional, spiritual and educational.

PSO 2. Development of knowledge in sports medicine, sports journalism, sports pedagogy, sports nutrition, sports biomechanics, sports management, sports physio-therapy sports economics and sports coaching etc.

PSO 3. Progression on motor components that is speed, strength, endurance, agility, flexibility, balance and coordination.

PSO 4. Structural development of human anatomical posture.

PSO 5. Effect of exercise on benefited of physiological system that is muscular system, circulatory system, respiratory system, digestive system, nervous system, excretory system and endocrine system.

PSO 6. The process of developing on psychological character that is motivation, attitude, personality, behavior, efficiency, duty and discipline, idealism, character, concentration and honesty etc.

PSO 7. Yoga therapy and meditation is part of the life because it is promoted to change on human life style.

PSO 8. Change the concept of misconception of physical education.

PSO 9. Health fitness wellness is benefited of regular physical activities.

PSO 10. Increase your knowledge on sports injury, rehabilitation and sports physio therapy.