

Name of The Course: Physical Education

Program outcomes

Physical Education is a very wide Subject in which biological, psychological, Physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help in to keep the human body in thermally. Students will definitely be able to discharge duties to wands themselves and society through this subjects. Under this subject, the students can demonstrate excellently their skill and perfection particularly in sports ability management, leadership health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of physical education.

Program Specific outcomes.

- 1) Students will acquire a comprehensive knowledge and sound understand fundamentals of physical Education.
- 2) Students will develop practical, theoretical skill in physical Education.
- 3) Students will be prepared to acquire a range of general skills, to specific skill to communicate with society.
- 4) Students will acquire a job efficiently in diverse field such as B. P Ed, M.P.Ed, S.S.C, NET, ETC.

B. A 1st Year

Paper I (Foundation of Physical Education)

Course Outcomes

This course focuses on the disciplines of the leaning of physical skills, exercise Physiology, processes and effects of training and exercise and the sociology of sports, physical activity, and exercise.

Paper II (History of Physical Education)

Course Outcomes

The physical education is very wide concept and this subject teacher about introduction and sociological concept of Physical Education and this also teachers about historical development of physical education in India and others countries. It introduces

a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.

B.A.I year (PaperIII) Anatomy and physiology of Exercise

Course outcomes-

students can be able to understand human structure and function. well as effects of exercise on various human body systems.

B.A. II.paper I (Health education)

Students can be able to understand various aspects of health with respect to Personal and environmental. In this subject students will study about Personal health, environmental health. Personal health is the ability to take charge of your health by making conscious decisions to be healthy. Environmental health focuses on the interrelationships between people and their environment, promoter human health and Wellbeing, and fosters healthy and safe Communities.

B.A II (paper) II(Psychological basis in physical Education)

students can be able to understand various aspects of psychology, apply to sports person and how to organize sports and recreational activities.

B.AII (paperIII Care of Athleticinjuries &Rehabilitation)

Students can be able to understand athletic Injuries and Athletic care and Rehabilitation

Paper I (Managementin Physical Education)

This course is designed to give real time exposure to students. in the area of management in physical education events /sports. The students will also learn about store management, purchasing and budget making.

paper II(Introduction to statistics & computers in physical Education)

Statistical analysis, can help demonstrate the integrity lack of sports loose many chances of jobs in sports field disentangling the intricate factors. coaches and management constantly are seeking an advantage over their team's opponent.

B.A III (Paper III Kinesiology and bio-mechanics in physical Educations)

Students can be able to understand various aspects of Kinesiology in sports and able to apply in sports activities.

PRACTICAL COURSE OUTCOMES

B.A.I-Regular physical activity and exercise is one of the most important things you can do for student health.

B A.II-Physical Exercise is a very wide activity students tend to spend more and more time indoor and outdoor games. On the other hand playing outdoor games can improve mental and physical health of students.

B.A.III-Physical activity and yoga and meditation is very helpful in prevention of many diseases and students will learn about. It in a practical manner.