



# KHEJURI COLLEGE

Baratala :: Purba Medinipur

## DEPARTMENT OF PHYSICAL EDUCATION

### **COURSE OUTCOMES FOR B.A. GENERAL (Elective Phy. Education)**

**NAME OF THE PROGRAMME: B.A. General (Elective Phy. Education)**

**LIST OF COURSE OUTCOMES:**

<b>COURSE</b>	<b>NAME OF THE COURSE</b>	<b>COURSE OUTCOME</b>
DSC-1A	<b>Foundation and History of Physical Education</b>	<ol style="list-style-type: none"><li>1. The conception of the physical education is introduced in this paper.</li><li>2. Actually, most of the students get knowledge about the physical education and its fundamental necessity to their life.</li><li>3. Misconception and modern concept of this subject have been discussed in this paper.</li><li>4. Socialization through Physical Education and Sports are very important to the life of Students and sportsman.</li><li>5. This syllabus also made some section of Yoga education through these sub topics like History of Yoga, Astanga Yoga and Hatha Yoga.</li><li>6. Demonstration of Suryanamaskar, Callisthenics and Aerobic activities help the learners to set their mind and posture.</li><li>7. Apply the knowledge of Olympism in organizing various sport activities.</li></ol>
DSC-1B	<b>Management of Physical Education and Sports</b>	<ol style="list-style-type: none"><li>1. Introduced the Ideas of Management and sports management.</li><li>2. Students get knowledge regarding Purpose, Importance and Principles of Sports Managements. They also learned the Duties of Sports Manager.</li><li>3. They get opportunity to learn the organizing technique of Athletic meet, play day and intramural and extramural technique.</li><li>4. To equip the students to learn fundamental skills and techniques of track and field events.</li><li>5. This paper provides knowledge to how to make good leader.</li><li>6. Students get knowledge regarding the care and maintenance of facilities and equipments of Physical Education and Sports.</li><li>7. The students learnt lay-out knowledge and officiating of different ball games.</li><li>8. To equip the students to learn fundamental techniques to making of time table.</li></ol>



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COURSE	NAME OF THE COURSE	COURSE OUTCOME
DSC-1C	<b>Physiology Exercise, Muscular Skeletal System, Circulatory System and Respiratory System</b>	<ol style="list-style-type: none"><li>1. Meaning and structure of the human anatomical structure have to be introduced in this paper.</li><li>2. Cell and Tissue function also introduced in this paper.</li><li>3. Meaning and structure of the human anatomical structure have to be introduced in this paper.</li><li>4. The learners get the knowledge about specifically male and female strength and efficiency of their own body.</li><li>5. Blood composition and its function, heart structure and its function, blood pressure and Bradycardia etc.</li><li>6. The student of Physical education department also knows about the respiratory system of human body.</li><li>7. The practical paper of this syllabus contains assessment of BMI and WHR. This section is important for every learner to understand the present condition of their own body.</li><li>8. They also get some knowledge about the measurement of Blood pressure, vital capacity, respiratory rate at present, heart rate, limb length and PEI. Mainly when they practice the physical exercise during practice session.</li></ol>
DSC-1D	<b>Health Education, Physical Fitness and Wellness</b>	<ol style="list-style-type: none"><li>1. Meaning and Definitions and Concept of Health, Health Education and Wellness to be introduced in this Paper.</li><li>2. This paper also introduced the Dimensions, Aims and Objectives of Health Education.</li><li>3. Students get knowledge regarding promoting health agencies.</li><li>4. This paper also discussed the nutrition and balance diet.</li><li>5. The learners get the ideas about the communicable diseases and preventive measures.</li><li>6. First Aid and different sports injuries are discussed in this paper. Students also get knowledge, how to prevent it.</li><li>7. Postural deformities and causes and corrective exercises are discussed in this paper.</li><li>8. Students also get the practical knowledge regarding different therapeutic measures and selected physical fitness test.</li></ol>



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COURSE	NAME OF THE COURSE	COURSE OUTCOME
SEC-1	<b>Indian Games and Racket Sports (Practical)</b>	<ol style="list-style-type: none"><li>1. To equip students with a basic concepts of Indian Games.</li><li>2. To acquire the skills and technique on Indian games.</li><li>3. To familiarize the students with the latest technology involved in sports and games.</li><li>4. To find out the innovative and creative ability of sports among the students.</li><li>5. To recognize the mechanical principles involved in various skills of a racket sports.</li><li>6. To equip the students to learn the technology used in racket sports.</li><li>7. To acquire the knowledge regarding officiating about Indian games and racket sports.</li><li>8. To equip the students with rules and their interpretation about Indian games and racket sports.</li></ol>
SEC-2	<b>Ball Games (Practical)</b>	<ol style="list-style-type: none"><li>1. To provide the acquaintance about the history of ball games with skills and technique.</li><li>2. To equip the students to learn the technology used in Ball games.</li><li>3. To familiarize the students with the latest technology involved in ball games.</li><li>4. To acquire the skills and technique on ball games.</li><li>5. To equip the students with rules and their interpretation about ball games.</li><li>6. To acquire the knowledge regarding officiating about ball games.</li></ol>

COURSE	NAME OF THE COURSE	COURSE OUTCOME
SEC-3 (Practical)	<b>Gymnastics and Yoga (Practical)</b>	<ol style="list-style-type: none"><li>1. Learn about the essentials of the yogic practices.</li><li>2. Exposed to techniques of loosening the joints.</li><li>3. Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation.</li><li>4. Experience in designing yogic programmes for various age groups.</li></ol>



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		<p>5. Practical teaching of yogic practices based on the needs and requirement of the subjects.</p> <p>6. Demonstration of Gymnastics Activity helps the learners to set their mind and posture.</p> <p>7. To acquire the skill of series of physical movement with intensity.</p>
<b>SEC-4</b>  (Practical)	<b>Track and Field (Practical)</b>	<p>1. To equip the students to learn fundamental skills and techniques of track events.</p> <p>2. To familiarize with mechanical principles involved in skills and technique on track events.</p> <p>3. To equip the students to learn fundamental skills and techniques of field events.</p> <p>4. To familiarize with mechanical principles involved in skills and technique on field events.</p> <p>5. Gain and learn the knowledge about different skill and technique of track and field event.</p>

<b>COURSE</b>	<b>NAME OF THE COURSE</b>	<b>COURSE OUTCOME</b>
<b>DSE-1</b> (T +P)	<b>Tests, Measurements and Evaluation in Physical Education</b>	<p>1. Understand the basics of Test, Measurement and Evaluation in Physical Education, Health and Fitness.</p> <p>2. Know about the different types of test for different sports and games.</p> <p>3. Analyze the performance and movements in the field of sports.</p> <p>4. Evaluate the performance and physical ability through the test.</p> <p>5. Gain knowledge regarding different skill test</p> <p>6. Develop the ability of fitness through physical fitness test.</p>
<b>DSE-2</b> (T +P)	<b>Sports Training</b>	<p>1. Understand training as performance based science.</p> <p>2. Explain different means and methods of various training.</p> <p>3. Prepare training schedule for various sports and games.</p> <p>4. Appraise types of periodization for performance development.</p> <p>5. Apply the knowledge of training load.</p> <p>6. Create various training facilities and plans for novice to advance performers.</p> <p>7. Experience the different fitness training and measure the ability of fitness components.</p>



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COURSE	NAME OF THE COURSE	COURSE OUTCOME
<b>GE-1 (T +P)</b>	<b>Foundation and History of Physical Education</b>	<ol style="list-style-type: none"><li>1. Know the origin and development of Physical Education</li><li>2. Apply the knowledge of Olympism in organizing various sport activities.</li><li>3. Distinguish the functional operations on National and International Olympic Federations.</li><li>4. Analyze the concepts and issues pertaining to Physical Education.</li><li>5. Formulate the principles, philosophy and concepts about Physical Education</li><li>6. Demonstration of Suryanamaskar, Callisthenics and Aerobic activities help the learners to set their mind and posture.</li></ol>
<b>GE-2 (T+P)</b>	<b>Health Education and Tests &amp; Measurements in Physical Education</b>	<ol style="list-style-type: none"><li>1. Understand the Meaning and Definitions and Concept of Health, Health Education and Wellness to be introduced in this Paper</li><li>2. First Aid and different sports injuries are discussed in this paper. Students also get knowledge, how to prevent it.</li><li>3. To equip the students to learn the technology used in Body Fat measurement.</li><li>4. Understand the basics of Test, Measurement and Evaluation in physical education, Health and Fitness.</li><li>5. Know about the different types of test for different sports and games.</li><li>6. Analyze the performance and movements in the field of sports.</li></ol>