



HiralalBhakat College

Nalhati, Birbhum

CBCS OF B.U 2018-2023

Details of

Program Specific Outcomes (PSOs)

and

Course Outcomes (COs)

Department: Physical Education

Program Name: BA/ B.Sc (General) under CBCS of BU

Programme Specific Outcomes (PSOs)

The goal of the BA in Physical Education program is to give students the experiences and information they need to lead physically active, academically engaged, socially engaged, emotionally stable, and a financially sound, balanced life. Additionally, it offers the scientific approach that is generally required for a job in physical education. The learner has access to a variety of job alternatives, such as positions in sports academies, fitness canters, and manufacturers of sporting goods. Additionally, the student has the option to continue their education and choose to become a teacher. Additional professional choices include of:

1. Sports Management
2. Physical Therapy
3. Yoga Teaching
4. Physical Education Training
5. Health Education
6. Coaching
7. Fitness Training
8. Sports Journalism

- ❖ Ancient Wisdom in Physical Education, Sports and yoga: Introduction: Physical Education :
To Teach students about the various development of physical education in different periods.
- ❖ Foundation for Sociology: We discuss both sports and culture in this topic. Additionally, the different ways that we might use sports to exchange cultures.
- ❖ Olympic Games , Asian Games and Commonwealth Games: This Topic covers the ancient Olympic games and the modern Olympic games.
- ❖ Wellness and Life Style: This subject has everything to do with our bodies and minds. How to avoid stress and maintain a healthy lifestyle.
- ❖ Fitness :In this topic we are come to knowing about the various components of physical fitness.

- ❖ Yoga: This subject aids in the upkeep of our bodies and minds. How yoga exercises help us control our bodies and how yoga can help us heal various ailments.
- ❖ Management:- The managerial abilities in physical education are covered in this topic. How should an academy or sports facility be run? How should sports equipment be bought? as well as upkeep.

- ❖ Personality :Personality is the characteristic sets of behaviours, cognitions, and emotional patterns that evolve from biological and environmental factors. While there is no generally agreed upon definition of personality, most theories focus on motivation and psychological interactions with the environment one is surrounded.
- ❖ Learning :Learning is the process of acquiring new understanding, knowledge, behaviours, skills, values, attitudes, and preferences. The ability to learn is possessed by humans, animals, and some machines; there is also evidence for some kind of learning in certain plants.

- ❖ Motivation: The word "motivation" comes from the word "motive," which refers to an individual's needs, wants, desires, or drives. It is the process of motivating individuals to take action in order to achieve the objectives. One psychological component that may be driving people's behaviour in the context of job goals is their desire for money.

Course Outcomes

BA Programme in Physical Education

Semester	Course Type	Course Title	Course Outcomes
1 st Sem	CC-1A/2A	Foundation and History of Physical Education	<ul style="list-style-type: none"> • Physical education fundamentals, as well as its significance and application in contemporary India, will be taught to the students. • Through games and sports, students will learn about the psychological and sociological ideas, theories, and tactics that relate to physical exercise and how they affect integration on a national and worldwide scale. • The history of physical education in India will be covered, and students will practice all of the main Olympic lifts. It will be possible for students to recognize the jargon used in Olympic lifting. • The kids will practically perform a Surya Namaskara and discover how Marching Drills and Calisthenics contribute to the development of fitness.
2 nd Sem	CC-1B/2B	Management of Physical Education and Sports	<ul style="list-style-type: none"> • Students will get an understanding of the fundamentals of management and sports management during this semester. • The essential athletic abilities and methods needed for intercollegiate competition will be taught to the pupils. • For the demands of intercollegiate competition, the student athletes will be well-conditioned. • They will exhibit the information,

			<p>abilities, and tactics needed to take part in intercollegiate athletics and games.</p> <ul style="list-style-type: none"> • Additionally, the students will learn how to oversee sporting events.
3 rd Sem	CC-1C/2C	Anatomy,Physiologyand Exercise Physiology	<p>In this paper, students will explore the fundamentals of anatomy, physiology, and exercise physiology. They will also apply this information to motions and activities and examine how sports and other activities affect the body's systems and organs.</p>
	SEC-1	TrackandField	<p>Students will demonstrate how to conduct track and field events; they will also learn the regulations regulating these activities, how to set out and mark the track, and how to officiate them.</p>

4 th Sem	CC-1D/2D	Health Education, Physical fitness and Wellness	<ul style="list-style-type: none"> • Students will learn how to live a clean and healthy life from this paper. • Additionally, the children will learn the information and exhibit the abilities needed to participate in physical activity safely. • Students will build an informed and individualized approach to mental and physical health by using fundamental concepts of wellness and health.
			equipment and control of all sports related issues.

	SEC-2	YogasanaandGymnastics	<ul style="list-style-type: none"> • In this course, the students will learn gymnastics and yoga. • They will exhibit the fundamental abilities needed for yoga poses, such as balance, coordination, strength, and flexibility. They will also exhibit the capacity to execute a variety of yoga poses and combinations, comprehend and put fundamental sequencing knowledge to use, and lead a group of people effectively. • Gymnastics will help you gain confidence in your basic moves. Students will engage in exercises such as rolling, sliding, jumping, and traversing over, under, and on machinery. The student's gross motor abilities and coordination will improve as a result.
5 th Sem	DSE-1	Sports Training	<ul style="list-style-type: none"> • Here, students will learn how to use scientific sports training to get ready for specific sports. Their performance will progressively improve as a result of this sports training that will improve their fitness. • Students who participate in sports training will learn the fundamentals of lifetime fitness. The intermediate ideas, concepts, and principles of strength and speed training and conditioning will be recognized and explained by the students.
			Studentswilldesignand apply intermediatelevel exercisesto developasafeand progressive

		program to improve strength and conditioning.
SEC-3	Indian Games & Racket Games	<ul style="list-style-type: none"> • Students will exhibit the information, abilities, and tactics needed to play racket games. • Show that you are capable of using both attacking and defensive tactics in singles and doubles. Apply and make use of your understanding of the vocabulary, scoring guidelines, and rules of racket sports. • Show off your excellent sportsmanship and court manners.
GE-1	Modern Trends and Practices in Physical Education Exercise Sciences	<ul style="list-style-type: none"> • Students will have an understanding of the fundamentals of physical education. Additionally, they will study motor and physical fitness. • Through games and sports, students will learn biological, psychological, and sociological ideas, principles, and tactics that relate to physical activity and how they affect integration on a national and worldwide level. • The history of physical education in India will be taught to the students, who will also execute all of the main Olympic lifts. The terminologies will be recognized by the students. • Students that study Exercise Sciences are better able to appreciate Exercise Physiology. It also describes how exercise affects the respiratory, circulatory, and muscular systems.

6 th Sem	DSE-2	Psychology in Physical Education and Sports	<ul style="list-style-type: none"> • Develop and implement health, exercise, and psychological concepts in a way that is relevant to human performance. • Develop, carry out, and assess psychological research questions. • Effectively communicate both orally and in writing for a variety of audiences and forms. • Describe the main psychological stances. (For instance, behavioral, cognitive, social, biological, etc.)
	SEC-4	BallGames	<ul style="list-style-type: none"> • Students will exhibit the information, abilities, and tactics needed to play ball games. • The kids discover that playing with balls enhances one's motor abilities, timing, and hand-eye coordination—all of which are critical aspects of a toddler's developmental trajectory. The abilities that students develop via ball play will be crucial when they go on to cooperative and competitive play.

	GE-2	Health Education and Test & Measurements in Physical Education	<ul style="list-style-type: none"> • Students will learn how to live a clean and healthy life from this paper. • Additionally, the children will learn the information and exhibit the abilities needed to participate in physical activity safely. • Students will build an informed and individualized approach to mental and physical health by using fundamental concepts of wellness and health. • Students will learn the concept of BMI, LBM & Somatotype etc.
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Signature of H.O.D

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Teacher-in-Charge
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