



Hiralal Bhakat College

Nalhati, Birbhum

Program Name: BA/ B.Sc General Degree Course(I+II+II)I of BU Year 2016-2018

Details of

Program Specific Outcomes (PSOs)

and

Course Outcomes (COs)

Department: Physical Education

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

Programme Specific Outcome (PSOs)

- ❖ 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 (COs)

Semester	Course Type	Course Title	Course Outcomes
Part-1	Theoretical	Principles and Foundation of Physical Education	<p>The student will be able to:</p> <ul style="list-style-type: none"> ➤ Understand & differentiate the concept of History, Principles and Philosophy of physical education. ➤ Choose the physical education as a remedial tool to inculcate values and ethics. ➤ Get acquainted with historical development and its impact on nature of physical education in India and abroad ➤ Acquaint with historical perspective as an influence on physical education, Abroad and in India. 5. Identify the students with different Issues, challenges and opportunities in Physical education & sport.
		History of Physical Education	<ul style="list-style-type: none"> ➤ The purpose of the course is to contrast how physical education and general education relate to one another. Being familiar with the origins and background of physical education is beneficial. It helps the students to be aware of current advancements in the field. ➤ This course is intended to distinguish between the functional operations of National and International Olympic Federations and apply Olympic knowledge to the organization of diverse sports events. It aims to develop the ideas, philosophy, and concepts surrounding physical education as well as analyze the issues and concepts related to it.
		Anatomy and Physiology	<p>The student will be able to:</p> <ul style="list-style-type: none"> ➤ Understand the basic structure and function of the human body and demonstrate its knowledge for the development of skills and fitness . ➤ Demonstrate knowledge and understanding of the effect of exercise on the different systems. ➤ Classify types of joints and explain the structure and function of human joints. ➤ Identify and differentiate various movements of the body and demonstrate knowledge of the importance of appropriate movements during exercise and sports. ➤ Recognize the need of different energy systems of the human body for its efficient performance during exercise and sports
		Organisation and Administration of Physical Education and Sports	<p>The students will understand-</p> <ul style="list-style-type: none"> ➤ The basic principles of management and sports managements. ➤ Fundamental athletic skills and techniques required for intercollegiate competition. ➤ Well conditioned for the rigors of intercollegiate competition. ➤ Demonstrate knowledge, skills and strategies required to participate in intercollegiate games & sports The students will also learn to manage sports meet, sports.

Part-II	Theoretical	Health Education and Dietetics	<p>The students will understand-</p> <ol style="list-style-type: none"> 1) Utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes. 2) Acquire the skills and techniques involved in the planning and preparation of therapeutic diets for various ailments. 3) Develop the capacity and attitude for taking dietetics as a profession. 4) Implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities. 5) Utilize advanced principles of health literacy, including critical thinking skills, literature searches, data collection and interpretation, necessary for the implementation of food and nutrition services in professional settings.
		Exercise and Sports Physiology	<p>The students will understand-</p> <p>Origins of Exercise Physiology; Scope, Importance; Application in Competitive sports, Recreation sports, Medical rehabilitation; Human energy transfer in rest and exercise; Concept of Aerobic and anaerobic energy production; Energy expenditure in different activities.</p>
		Sports Psychology	<p>The students will understand-</p> <ol style="list-style-type: none"> 1. Examine and discuss historical and psychological perspectives of sport psychology. 2. Analyze and describe research methods used in sport psychology. 3. Compare and contrast psychological perspectives of personality and illustrate how personality concepts can be applied to understanding and enhancing sport performance. 4. Examine the ways in which concepts and principles of motivation can be used to enhance sport performance. 5. Compare and contrast psychological perspectives on emotional states and how they relate to sport performance. 6. Describe the psychobiology of anxiety and related emotional states and assess how knowledge of these states can be used to enhance sport performance. 7. Compare and contrast various learning theories and determine how the principles of these theories can be employed to enhance sport performance.

		Test, Measurement and Evaluation in Physical Education	<p>The students will understand-</p> <ol style="list-style-type: none"> 1) the need & importance of test, measurement and evaluation in physical Education 2) to describe the criteria, classification and administration of test. 3) to develop concepts related to test, measurement education. 4) to construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education. 5) to explain different physical fitness and skill tests.
Part-II	Practical	Practical in Field	<p>The students will be -</p> <ol style="list-style-type: none"> 1) Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility. 2) Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfilment and men and nature. 3) the all techniques to perform all the competitive track and field events along with the international rules. This helps them to prepare for becoming officials of state, national and international levels. 4) the Rules, their interpretations, basic skills and their drills of basketball, football, khokho, handball, kabaddi, tennis and volleyball. The students may become efficient coaches in these games. 5) improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility which help them to stabilize other competitive techniques of games and track and field events. 6) "First aid" along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.
		Practical in Laboratory	<p>The students will be -</p> <ol style="list-style-type: none"> 1) Measurement of pulse rate & respiratory rate in rest & exercise condition. 2) Measurement of blood pressure. 3) Measuring Physical Efficiency Index by Harvard Step Test. 4) to understand Kin-Anthropometry Laboratory.
		Sports Training	<p>The students will be -</p> <ol style="list-style-type: none"> 1) Improvement of physical fitness. 2) Acquisition of motor skills. 3) Improvement of tactical efficiency. 4) Education and improvement of mental capabilities.

Part-III	Theoretical	Therapeutic Aspect of Physical Education	The students will be - 1) Meaning and definition of physiotherapy & Need for the knowledge of Physiotherapy in the field of Physical Education and Sports. 2) meaning and definition of Hydrotherapy. 3) definition, type and Principles and Contradictions of massage. 4) Meaning, Definition, Types, Symptoms and Treatment of common sports injuries.
		Recreation and Adapted Physical Education	The students will be - 1) Meaning, Definition and Type of recreation. 2) Importance of recreation in modern society. 3) Meaning, Definition and Type. Physical exercise programme for different type of disable. 4) Meaning, Definition and Objectives of Adapted Physical Education.
	Practical	Practical in Physiotherapy Laboratory	The students will be - 1) Use of Hydrotherapy Modalities. 2) Use of Heat therapy Modalities. 3) Use of Electro therapy Modalities. 4) Massage technique like Effleurage, Kneading, Vibration etc.
		Practical in Psychological Laboratory	The students will able to learn - 1) Reaction Time. 2) Mirror Drawing. 3) Depth Perception. 4) Anticipatometer.
		Project Work	The students will able to learn - Physical Fitness Components, Body composition and Somatotype, Educational Tour, Leadership Camp.
		Computer application in Physical Education and Sports	The students will able to learn - 1) MS Word . 2) MS Excel. 3) MS Power Point 4) Information and Communication Technology

Signature of H.O.D

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