

ASANNAGAR MADAN MOHAN TARKALANKAR COLLEGE



PROGRAMME OUTCOMES (PO) AND COURSE OUTCOME (CO)

DEPARTMENT OF PHYSICAL EDUCATION

Physical Education (Programme Course-CBCS)

Program Specific outcomes (PSOs)

The Bachelor of Physical Education is a professional Programme meant for preparing Physical Education teacher for colleges. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

Programme Outcome (PO)

1. Students develop an understanding of Concept regarding Physical Education in modern society to develop their growth and development to maintain quality of life number.
2. To know about Yoga this will help to sustainable life through harmony of body mind and Soul.
3. To learn about management and leadership and through this knowledge organized big event in a meaningful and successful way.
4. To develop a sense of awareness and concern for the anatomy, physiology and exercise physiology in their respect as well as to know in detail about a force person and the anatomical differences between male and female athletes
5. Through this theoretical and practical knowledge students understand to evaluate themselves. Develop health, fitness, performance and Wellness as part of sport person.
6. Students acquire deeper knowledge regarding their Health, Disease, Immunity, Prevention Control and Management to develop Wellness of sports persons and non-sports persons in different stages.
7. Learn to analyse the data, apply statistical technique and layout in a graphical structure to assess and evaluate fitness status, sports skills status to get knowledge regarding development as well as to find out the correction and necessary modifications.
8. Learners can relate to how culture and religious influence people's perception of a place or region and its importance and use in various sector in the current country.

Semester	Course code	Course content	Course outcome (CO)
Sem-I	PEDG-CC-T-1A	Course Title: Foundation and History of Physical Education	
		Unit – I 1. Meaning and definition of Physical Education 2. Aim and objectives of Physical Education 3. Misconcept and Modern concept of Physical Education 4. Importance of Physical Education in modern society	This unit comprises of knowledge of this meaning and definition of physical education. Students learn the aim and objectives of physical education and the importance of physical education in society.
		Unit – II 1. Biological Foundation - meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and Development	This unit comprises meaning and definition of growth and development and also explains the factors which are affecting the growth and development. Students learn principles of growth and development and

		<p>2. Age - Chronological age, anatomical age, physiological age and mental age</p> <p>3. Sociological Foundation - meaning and definition of Sociology, Society, Socialization and Physical Education</p> <p>4. Role of games and sports in National and International harmony</p>	differentiation between growth and development.
		<p>UNIT - III</p> <p>1. Historical development of Physical Education and Sports in India: Pre - Independence period and post-Independence period</p> <p>2. Olympic Movement: Ancient and Modern Olympic Games</p> <p>3. Brief historical background of Asian Games, Commonwealth Games, and SAF Games</p> <p>4. National Sports Awards: Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award, and Dhyan Chand Award</p>	Students will be taught the historical development of physical education in pre and post-independence day, Mega event, Olympic, Asian games, commonwealth games and different national sports awards
		<p>Unit – IV</p> <p>1. Meaning and definition of the term Yoga, types, aim, objectives, and importance of Yoga</p> <p>2. History of Yoga, 3. Astanga Yoga, 4. Hatha Yoga</p>	Students will learn about winning definition aim or objectives of Yoga. Astanga Yoga and Hatha Yoga
		<p>Field Practical:</p> <p>Learn and demonstrate the technique of Suryanamaskar Development of physical fitness through Callisthenics, Marching, Aerobic activities (any one)</p>	In this course students learn how to perform Surya Namaskar and its benefit. They also develop their physical fitness through different calisthenics and aerobic activities.
SEM-II	PEDG-CC-T-1B	<p>Course Title: Management of Physical Education and Sports</p> <p>Unit – I</p> <p>1. Concept and definition of Sports Management</p> <p>2. Importance of Sports Management</p> <p>3. Principles of Sports Management</p> <p>4. Sports Manager and his duties</p>	The main objectives of the study are to develop concept of sports management and its importance, purpose and principles.
		<p>Unit – II</p> <p>1. Tournaments: Meaning and definition and types of tournaments (Knockout, League, Combination, Challenge)</p> <p>2. Procedure of drawing fixture</p> <p>3. Methods of organising Annual Athletic Meet and Play Day</p> <p>4. Methods of organising Intramural and Extramural competition</p>	To understand about tournaments, its meaning, definition and types. Students develop knowledge of how to draw a fixture and to organizing methods of Athletic Meet, Play Day, Intramural and Extramural competitions.

		Unit – III 1. Methods of standard Athletic Track marking 2. Care and maintenance of playground and gymnasium 3. Importance, care and maintenance of sports equipments 4. Time Table: meaning, importance and factors affecting School's Physical Education Time Table	This is another method of calculation of standard athletic track marking. Management and maintenance procedure of playground gymnasium sports equipment and the importance meaning and factors affecting the time table.
		Unit – IV 1. Meaning and definition of leadership 2. Qualities of good leader in Physical Education 3. Types of leadership 4. Principles of leadership activities Field Practical: Lay out, knowledge and officiating ability of 1. Track and Field events (any one) 2. Games: Football, Kabaddi, Kho-Kho, Volleyball (any one)	To understand meaning definition of leadership and qualities of good leader in physical education. Student also learns about principles of leadership activities and hierarchy of leadership in school college University etc. With this help of theoretical knowledge students learn to layout the field and its officiating ability to conduct a game such as football, Kabaddi, Kho-Kho and volleyball (anyone).
SEM-III	PEDG-CC-T-1C	Course Title: Anatomy, Physiology and Exercise Physiology Unit – I 1. Meaning and definition of Anatomy, Physiology and Exercise Physiology 2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education 3. Elementary concept of cellular organelles: Mitochondrion, Endoplasmic reticulum, Lysosome, Glycogen 4. Tissue: types and function Unit – II 1. Skeletal System- structure of Skeletal System. Classification and location of bones and joints, Anatomical differences between male and female 2. Muscular System- types of muscles. Location, structure and function of skeletal muscle 3. Types of muscular contraction 4. Effect of exercise and training on muscular system Unit – III 1. Blood- composition and function 2. Heart- structure and functions. Mechanism of blood circulation through heart 3. Blood Pressure, Athletic Heart and Bradycardia 4. Effect of exercise and training on circulatory system	Students will learn about the meaning definition and importance of anatomy, physiology and exercise physiology in physical education. Students will also learn about structure and function of cell and tissue. This unit comprises that knowledge of the structure skeletal system, classification and location of bone and joint. Students learn about anatomical differentiation between male and female. From this unit students develop their knowledge regarding Muscular System, contraction and effect of exercise on Muscular System. Students studied about structure and function of heart and mechanism of circulation including blood pressure athletic heart bradycardia etc. and effect of exercise on circulatory system.

		Unit – IV 1. Structure and function of Respiratory organs 2. Mechanism of Respiration 3. Vital Capacity, O ₂ Debt and Second Wind 4. Effect of exercise and training on respiratory system	Students gain a wider knowledge about structure function and mechanism of respiration including Vital Capacity, Oxygen Debt, Second Wind and effect of exercise on respiratory system.
		Field Practical 1. Measurement of BMI and WHR (Waist-to-hip ratio) 2. Measurement of Heart rate, Blood Pressure, Respiratory Rate, and Peak Flow Expiratory Rate in resting and post exercise (any two)	Student will learn to measure height, circumference with the help of tools and techniques, they will also learn to assess about BMI, WHR and to take data from the individual of Physiological parameters. Therefore, this can also be taking up as a career option in future as well as to maintain their quality of life.
SEM-IV	PEDG-CC-T-1D	Health Education, Physical Fitness and Wellness	
		Unit – I 1. Concept, definition and dimension of Health 2. Definition, aim, objectives and principles of Health Education 3. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF) 4. School Health Program- Health Service, Health Instruction, Health Supervision, Personal Hygiene and Health Record	Students will learn about the meaning, definition and importance of Health, Health Education. They will learn about WHO, UNESCO and also School Health programme.
		Unit – II 1. Communicable Diseases- Malaria, Dengue, Chicken Pox, Diarrhoea, Tuberculosis, Covid 19 2. Non-communicable Diseases- Obesity, Diabetes and Asthma 3. Nutrition- nutritional requirements for daily living. Preparation of Balance Diet chart. Health disorders due to deficiency of Protein, Carbohydrate, fat, Vitamins and Minerals 4. Concept of personal and environmental hygiene	Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. Health Education helps adolescents acquire functional health knowledge, strengthen attitudes and beliefs, and practice skills needed to adopt and maintain healthy behaviors throughout their lives.
		Unit – III 1. Physical Fitness- meaning, definition and Importance of Physical Fitness 2. Components of Physical Fitness- Health and Performance related Physical Fitness 3. Concept of Wellness. Relationship between Physical activities and Wellness 4. Ageing-physical activities and its importance	General fitness implies the ability of a person to live most effectively with his and her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated.

		Unit – IV 1. First Aid- meaning, definition, importance and golden rules of First-Aid 2. Concept of sports injuries Sprain, Strain, Wound, Fracture and Dislocation 3. Management of sports injuries through the application of Hydro-therapy 4. Management of sports injuries through the application of Thermo-therapy	This unit comprises knowledge of First-aid, Management of First-Aid, Concept of Sports injuries and Management of sports injuries through application of Hydro-therapy & Thermo-therapy
		Field Practical 1. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint 2. Practical knowledge on application of Hydro-therapy and Thermo-therapy	In this Field Practical Students will learn practical knowledge and their application of different bandages and therapies.
SEM-V	PEDG-DSE-T-1	Test, Measurement and Evaluation in Physical Education	
		Unit – I 1. Concept of test, measurement & Evaluation 2. Criteria of good test 3. Principles of Evaluation 4. Importance of Test, Measurement and Evaluation in Physical Education and Sports	Test and Measurement is an important feature in the field of physical education and sports. Test and Measurement in physical education are the devices that are needed to collect the details regarding the needs, abilities, and attitudes of a sports person.
		Unit – II 1. Body Mass Index (BMI)- Concept and method of measurement 2. Body Fat- Concept and method of measurement 3. Lean Body Mass (LBM)- Concept and method of measurement 4. Somatotype- Concept and method of measurement	BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. Lean body mass (LBM) is a part of body composition that is defined as the difference between total body weight and body fat weight. Somatotype comprises knowledge of different body types.
		Unit – III 1. Measurement of strength using Dynamometer 2. AAHPER Health Related Fitness Test 3. Queens College Step Test 4. J.C.R. Test	Using a dynamometer is the best way to measure strength objectively. AAPHER test helps to evaluate muscular strength, flexibility, agility, cardiovascular endurance, and coordination. The JCR test helps to measure various aspects of physical fitness, including strength, agility, and cardiovascular endurance.
		Unit – IV 1. Lockhart and McPherson Badminton Skill Test 2. Johnson Basketball Test Battery 3. McDonald Soccer Test 4. Brady Volleyball Test	This test to assess the general playing ability of badminton. Johnson Basketball Test Battery helps to the students for enhancing their playing ability like- Speed, throw for accuracy, dribble. McDonald Soccer Test

			helps to measure accurate kicking, ball control, and judgement of a moving ball. To assess the general playing ability of volleyball.
		Field Practical 1. Assessment of somatotype and % body fat (any one) 2. Assessment of AAHPER Youth Fitness Test and Queens College Step Test (any one)	To assess the practical knowledge of somatotype, % body fat, AAHPER Youth Fitness Test and Queens College Step Test
SEM-VI	PEDG-DSE-T-4	Psychology in Physical Education and Sports	
		Unit – I 1. Meaning and definition Psychology 2. Importance and scope of Psychology 3. Meaning and definition of Sports Psychology 4. Need for knowledge of Sports Psychology in the field of Physical Education	Psychology is the scientific study of how the human mind works and how it impacts conduct, or how a person's character influences their behavior. The application of psychological ideas and concepts to areas of sports such as coaching and teaching is referred to as sports psychology.
		Unit – II 1. Meaning and definition of learning 2. Theories and Laws of learning 3. Learning curve: meaning and types 4. Transfer of learning- meaning, definition and types. Factors affecting transfer of learning	Learning is the key process of acquiring new understanding, knowledge, behaviors, skills, values, attitudes, and preferences. All living is learning. Therefore, learning is a change in behavior, influenced by previous behavior.
		Unit – III 1. Motivation- meaning, definition, types and importance of Motivation in Physical Education and Sports 2. Emotion- meaning, definition, types and importance of Emotion in Physical Education and Sports 3. Personality- meaning, definition and types. Personality traits 4. Role of physical activities in the development of personality	Motivation controls our behavior based on our needs and desires which also energize behavior. It's important note that motivation starts with a person's needs. If you do not have any needs, you would be no reason for motivation. It is a key determinant of behavior in sport. Motivation is the desire to act in service of a goal.
		Unit – IV 1. Stress- meaning, definition and types of Stress 2. Causes of Stress 3. Anxiety- meaning, definition and types of Anxiety 4. Management of Stress and Anxiety through physical activity and sports	Stress is a natural human response that prompts us to address challenges and threats in our lives. Stress is a feeling of emotional or physical tension.
		Field Practical 1. Assessment of Personality, Stress and Anxiety (any one) 2. Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one)	Through the help of questionnaires, we can assess personality, stress, and anxiety. The Mirror-drawing test is a psychological assessment used to measure the rate of

			learning, hand-eye coordination, and neuropsychological damage.
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