

# **P.N. Das College**

## **Department of Physical Education**

### **Course Outcomes (COs):**

After completion of this course students will have following opportunities and skills.

#### **Course: Foundation and History of Physical Education (PEDGCOR01T)**

CO1: Get Preliminary idea and History of Physical Education.

CO2: Get knowledge of Biological, Sociological and Philosophical foundation of Physical education.

CO3: Get knowledge of Olympic Movement.

CO4: Study the historical perspectives of India and World Physical Education.

CO5: Get basic knowledge of yoga education.

CO6: Get practical knowledge about development of physical fitness through marching, aerobics.

#### **Course: Management of Physical Education and Sports PEDGCOR02T**

CO1: Get preliminary idea of sports management.

CO2: Learn how to organize the standard tournaments or competitions.

CO3: Get knowledge about facilities and equipments of sports.

CO4: Learn about Leadership.

CO5: Learn about time table in physical education.

CO6: Get lay-out knowledge and officiating ability of games and sports.

**Course: Anatomy, Physiology and Exercise Physiology  
PEDGCOR03T**

CO1: Get knowledge of Anatomy, Physiology and Exercise Physiology of human.

CO2: Learn different body parts, its mechanism and effects of exercises on different systems of our body.

CO3: Get knowledge about Musculo-skeletal system.

CO4: Get knowledge about Circulatory and Respiratory system.

CO5: Get knowledge about Nervous and Endocrine system.

CO6: Get laboratory practical knowledge of Anthropometric measurement, Blood pressure, Pick Flow rate etc.

**Course: Track and Field Events  
PEDSSEC01M**

CO1: Achieve the proper Rules, Judgment and Skills of Track and Field events.

CO2: Achieve the proper techniques of Track and Field events.

**Course: Health Education, Test, Measurement & Evaluation in Physical Education  
PEDGCOR04T**

CO1: Learn how to maintain proper Health and active life style.

CO2: Know about Communicable and Non-communicable diseases.

CO3: Learn how to prepare balance diet chart.

CO4: Get knowledge of First Aid management.

CO5: Know about Test, Measurement and Evaluation in Physical Education and Sports.

CO6: Learn how to measurements of Body compositions and Somatotype assessment.

CO7: Get practical knowledge about different fitness test and sports skill test.

**Course: Gymnastics and Yoga**  
**PEDSSEC02M**

CO1: Achieve the proper Rules, Judgment and Skills of yogasana and gymnastics.

CO2: Achieve the techniques and benefits of Gymnastics and Yoga.

**Course: Sports Training and Mechanics**  
**PEDGDSE01T**

CO1: Understand the process, principles, importance of Sports Training.

CO2: Get knowledge about different training methods.

CO3: Learn various training techniques to make a good athlete.

CO4: Get knowledge about training load and adaptation.

CO5: Knowledge about Periodization.

CO6: Get knowledge about mechanical principles applied to sports.

**Course: Modern Trends and Practices in Physical Education Exercise Sciences**  
**PEDGGEC01T**

CO1: Get Preliminary idea and History of Physical Education.

CO2: Know about physical fitness and motor fitness.

CO3: Get knowledge of Biological, Psychological and Sociological foundation of Physical education.

CO4: Learn about Leadership activities.

CO5: Know about Olympics and Asian games.

CO6: Get knowledge to developing exercise of human's Organic system.

**Course: Indian Games and Racket Sports**  
**PEDSSEC03M**

CO1: Achieve the Fundamental Skills of Kabaddi, Kho-Kho and Badminton.

CO2: Achieve the proper rules and their interpretations and duties of the officials.

**Course: Psychology in Physical Education and Sports  
PEDGDSE02T**

CO1: Get Preliminary knowledge about psychology and sports psychology.

CO2: Get knowledge about learning and transfer of learning.

CO3: Learn how to understand the player's Psychology.

CO4: Learn about different psychological factors.

CO5: Get knowledge about stress management.

CO6: Learn about anxiety.

**Course: Health Education and Tests & Measurements in Physical Education  
PEDGGEC02T**

CO1: Learn how to maintain proper Health and active life style.

CO2: Know about different health agencies (WHO and UNESCO).

CO3: Get knowledge of First Aid management.

CO4: Know about Hypo-kinetic Diseases, Postural deformities and Physical activities.

CO5: Get knowledge of Measurement of Body composition and Somatotype assessment.

CO6: Learn about the Fitness testes.

**Course: Ball Games  
PEDSSEC04M**

CO1: Achieve the Fundamental Skills of Football, Handball and Volleyball.

CO2: Achieve the proper rules and their interpretations and duties of the officials.