

# **P.N.Das College**

## **Department of Physical Education**

### **Course Outcomes**

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The course allows scope to students to engage in different knowledge about physical activities with the objective with an all-round development. It gathers knowledge of the methodologies, theories, rules and regulations, and nutritional and psychological supports imperative for the development of the careers.

The course outcomes of physical education are as follows:

#### **Course Title: Foundation and History of Physical Education**

**Course Code: PEDGCOR01T**

**Course content: Introduction**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Know about meaning, scope, aim and objectives of Physical Education and also its importance of our daily life.

**Course content: Biological, Sociological and Philosophical Foundations of Physical Education**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about growth and development,
- Knowledge about socialization,
- Knowledge about philosophical foundation in physical education.
- Able to know role of games and sports in National and International integration.

**Course content: History of Physical Education**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about historical development of physical education and sports in India.
- Knowledge about Ancient Olympic Games and Modern Olympic Games, Asian Games, Commonwealth Games.
- Knowledge about Modern and Ancient Historical perspectives of USA, UK, Greece, Rome and India.

### **Course content: Yoga Education**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about Yoga.

### **Course content: Marching, Callisthenics, Aerobics (Practical)**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about Marching, Callisthenics, Aerobics and Fitness.

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

#### **Course Code: PEDGCOR02T**

#### **Course content: Introduction**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Know about basic concept of sports Management and also its importance in the field of physical education.

#### **Course content: Tournaments**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Know about basic concept and different types of tournaments
- Know about procedure of drawing a fixture
- Knowledge about how to organize Annual Athletic Meet, as well as Intramural and Extramural competition

#### **Course content: Facilities and Equipment's**

#### **Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about method of calculation of Standard Athletic Track and Field marking
- Knowledge about care and maintenance of playground, gymnasium and sports equipment.
- Know about lay-out of Play-Field and Basic Rules of Football, Kabaddi, Kho-Kho, Badminton and Volleyball.

#### **Course content: Leadership**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about qualities of good leader in Physical Education,
- Knowledge about principles of leadership activities,
- Knowledge about hierarchy of Leadership in School, College and University,
- Knowledge about importance and factors affecting Time Table in physical education.

**Course content: Layout Knowledge and Officiating Ability (Practical)****Learning Outcomes:**

After completion of the course the students will be able to:

- Know about officiating of Football, Kabaddi, Kho-Kho, Badminton and Volleyball.

**Course Title: Anatomy, Physiology and Exercise Physiology****Course Code: PEDGCOR03T****Course content: Introduction****Learning Outcomes:**

After completion of the course the students will be able to:

- Know about basic concept of Anatomy, Physiology and Exercise Physiology and also its importance in the field of physical education.
- Knowledge about human Cell and Tissue.

**Course content: Musculo-skeletal System****Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about Skeletal System and Muscular System
- Knowledge about types of muscular contraction and effect of exercise on muscular system

**Course content: Circulatory and Respiratory System****Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about Heart and Mechanism of blood circulation through heart.
- Knowledge about Blood Pressure, Athletic Heart and Bradycardia,
- Knowledge about effect of exercise on circulatory system,
- Knowledge about of Respiratory organs and mechanism of Respiration,
- Knowledge about Vital Capacity, O<sub>2</sub> Debt and Second Wind,

- Knowledge about effect of exercise on respiratory system.

**Course content: Nervous and Endocrine System**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about different parts of Nervous System,
- Knowledge about structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations.
- Knowledge about Endocrine Gland,
- Knowledge about function and location of Pituitary, Thyroid and Adrenal Glands.

**Course content: Laboratory Practical**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about assessment of BMI, Heart rate, Blood Pressure, Respiratory Rate, Pick Flow Rate and Vital Capacity.
- Know about Anthropometric measurement and Body fat %.

**Course Title: Health Education, Test, Measurement and Evaluation in Physical Education**

**Course Code: PEDGCOR04T**

**Course content: Introduction**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Know about basic concept and dimension of Health and Health Education,
- Knowledge about Communicable Diseases and Non-communicable Diseases,
- Knowledge about Basic Nutrients like Protein, Carbohydrates, Fat, Vitamins, Minerals and Water,
- Knowledge about Balance Diet, Athletic Diet, Standard Diet.

**Course content: Health and First-aid Management**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about First aid management,
- Knowledge about sports injuries that is Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration,

- Knowledge about Safety Education like Safety at Home, School, College, Play-ground, Streets,
- Knowledge about Postural deformities like Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot

**Course content: Introduction Test, Measurement and Evaluation**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Know about the concept of test, measurement and evaluation, and importance of Test, Measurement and Evaluation in Physical Education and Sports.

**Course content: Measurements of Body Compositions and Somatotype Assessment**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about concept and method of measurement of Body Mass Index (BMI),
- Knowledge about the concept and method of measurement of Body Fat
- Knowledge about the concept and method of measurement of Somatotype.

**Course content: Fitness Test(Practical)**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about different types of fitness test like Kraus-Weber Muscular Strength Test, AAHPER Youth Fitness Test, Queens College Step Test and Harvard Step Test.
- Knowledge about the assessment of body fat %.

**Course Title: Sports Training and Mechanics**

**Course Code: PEDGDSE01T**

**Course content: Introduction**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Know about basic concept and characteristics of Sports Training.
- Knowledge about warming up, cooling down and conditioning
- Knowledge about different Training Methods like Circuit Training, Weight Training, Fartlek Training.

**Course content: Training Techniques**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about how to developed Strength, Speed, Endurance and Flexibility.

**Course content: Training Load and Adaptation**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowabout the concept of Training Load
- Knowledge about Over Load and also causes, symptoms and tackling of over load,
- Knowledge about Periodization.

**Course content: Mechanical Principles Applied to Sports**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about the Motion, Equilibrium, Centre of Gravity, Force and Lever.

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

**Course Code: PEDGDSE03T**

**Course content: Introduction**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Know about basic concept and meaning of Psychology and Sports Psychology,
- Know about importance and scope of Psychology,
- Need for knowledge of Sports Psychology in the field of Physical Education.

**Course content: Learning**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about meaning and concept of learning,
- Knowledge about theories and laws of learning,
- Knowledge about learning curve and transfer of learning.

**Course content: Psychological Factors**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowabout the concept of motivation and importance of Motivation in Physical Education and Sports,
- Knowabout the meaningof emotion and importance of emotion in Physical Education and Sports,

- Knowabout the meaningof personality and Role of physical activities in the development of personality.

**Course content: Stress and Anxiety**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about the Stress and Anxiety,
- Knowledge about the effect of Stress and anxiety on Sports Performance,
- Knowledge about the management of Stress and Anxiety through physical activity and sports.

**Course Title: Track and Field Events**

**Course Code: PEDSSEC01M**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowledge about different skills of running techniques.
- Knowledge about different skills of long jump, high jump, shot put, discus throw and javelin throwing techniques.

**Course Title: Gymnastics and Yoga**

**Course Code: PEDSSEC02M**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowabout different skills of Gymnastics and Yoga techniques.

**Course Title: Indian Game and Racket Sports**

**Course Code: PEDSSEC03M**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowabout different skills of Kabaddi, Kho-Kho, Badminton and Table Tennis techniques.

**Course Title: Ball Games**

**Course Code: PEDSSEC04M**

**Learning Outcomes:**

After completion of the course the students will be able to:

- Knowabout different skills of Football, Handball, Cricket, Volleyball, Netball and Throw Ball techniques.