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**Department of Physical Education**

**Programme Outcome and Programme Specific Outcome**

BA Programme in Physical Education aims to provide the students with learning experiences that help them to acquire the knowledge and tools necessary to live a physically active, intellectually motivated, socially enriched and emotionally and materially a balanced and healthy life. It also imparts a scientific outlook typically necessary for pursuing a career in Physical Education. The multiple career options open to the learner include careers in sports academy, health clubs and sports goods manufacturing companies. The learner also has the opportunity to pursue higher studies and opt for a career as a teacher. Other career options include:

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

## Physical Education Programme Outcome & Course Outcome

|  | <b>Objective of programme / course outcome</b>   | <b>Employability of programme / course</b>  | <b>Attainment of programme / course outcome</b>   |
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| <p style="text-align: center;"><b>Programme</b></p> <p><b>B.A. Programme in Physical Education</b></p> | <p>Physical Education is to educate students through physical activities. It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. The Bachelor degree of Physical Education is an interdisciplinary science involving field practical related to education, human behaviour, anatomy and physiology, kinesiology, sports sciences. The objective of the three years degree course is provides a longer period of professional preparation in the field of physical education and sports. This course help those students who want to take admission in the B.P.Ed course without outstanding performance in sports.</p> | <p>After completion of the professional courses like B.P.Ed and M.P.Ed students enable them to get job like Physical Education teachers in school, Fitness experts, Gym Instructors, Yoga Instructors, Physical training instructors in Armed forced and as well as in corporate sectors etc.</p> | <p>To attain the desired outcomes of this programme we generally use a combination of traditional class room teaching, ICT classes, and practical (field &amp; Laboratory) classes.</p> |
| <p style="text-align: center;"><b>Course</b></p>   | <b>Semester I</b>  |   |   |
| <p><b>UG/PEDG/101/C-1A</b><br/><b>Foundation and History of Physical Education</b></p>                 | <p>Students become familiar with the aim &amp; objectives of physical education, its importance in their life. The can also understand the concept of Olympic games, differences between ancient and modern Olympic games. They also improved their knowledge about different types of body, sex differences, Child's growth &amp; development and role of physical education in growth &amp; development process.</p>   |   |   |

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| <b>Semester II</b>  |  |  |  |
| <b>UG/PEDG/201/C-1B<br/>Anatomy,<br/>Physiology &amp;<br/>Physiology of<br/>Exercise and sports</b> | It provides knowledge about body structure and function of different organs of the body, help in selection of game and activities for sports performance as well as for fitness development, how to protect sports injuries, know about the individual difference for planning training program.   |  |  |
| <b>Semester III</b>   |  |  |  |
| <b>UG/PEDG/301/C-1C<br/>Track &amp; Field and Its<br/>Rules regulations</b>                         | Students will learn how to layout the tracks like 400 meter, 200 meter and different field arena. They also improve their knowledge about the rules & regulations of different track & field events by self participation and how to organize standard Annual sports meet.   |  |  |
| <b>UG/PEDG/304/SEC-1<br/>Yogasana and<br/>Gymnastics</b>  | It develops the basic concept about yogasana and Gymnastics. They became familiar about how to perform the yogasana in different postures and some basic skills of gymnastics, which strengthen immune system, blood circulation and blood pressure normalized and stabilized They also improve their flexibility and balance of the body. |  |  |
| <b>Semester IV</b>  |  |  |  |
|   | Students will be able to understand the concepts of health and health education, aim and objectives of health education and different health agencies. They can  |  |  |

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| <b>UG/PEDG/401/C-1D<br/>Health Education &amp;<br/>Complete Wellness</b>                | learn about the need and importance, factors affecting health, nutrition, balance diet, athletic diet, mid day meal scheme, malnutrions. They can also understand how to maintain personal health & hygiene and how to prevent and control the communicable diseases.   |  |  |
| <b>UG/PEDG/404/SEC-2<br/>Ball Game and<br/>Racket Game</b>                              | The students will be learn the different skills and techniques of different ball games like Football, Cricket, Hand ball, Net ball, Volley ball and racket games like Badminton and Table Tennis. Besides these they can improve their playing ability and enhance the knowledge of rules and regulations of these games.   |  |  |
| <b>Semester V</b>   |   |  |  |
| <b>UG/PEDG/501/DSE-1A<br/>Measurement and<br/>Evaluation<br/>OR<br/>Sports Training</b> | The students become familiar with the concept of test, measurement and evaluation and its importance in physical education. They can learn how to measures the physical fitness, motor fitness and sports skills with the help of standard tests.<br><br>The students will understand about the meaning, definition, aim and objectives, principles and importance of sports training. It also helps to know the different training methods for developing the components of physical fitness . |  |  |
| <b>UG/PEDG/503/GE-1<br/>First Aid &amp;<br/>Personnel Hygiene</b>                       | Students will be able to provide the First Aid for different types of injuries during sports and other types of accidental injuries and use of different types of bandages. They can also understand how to maintain  |  |  |

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| <p><b>OR</b><br/><b>Recreation and physical activity</b></p>   | <p>personal health &amp; hygiene.<br/>It helps to know about the aim, objectives and importance of recreational activities for life. It also develops the concept of camping, types of camping and its educational value.</p>  |  |  |
| <p><b>UG/PEDG/504/SEC-3</b><br/><b>Indigenous and Minor Games and Excursion/ Camping Programme</b></p>               | <p>Students will be developed the knowledge about the camping, excursion and different minor/recreational games and rules, regulation about Kabaddi &amp; Kho-kho.</p>   |  |  |
| <b>Semester VI</b>   |  |  |  |
| <p><b>UG/PEDG/601/DSE-1B</b><br/><b>Sports Psychology OR Management of Sports and Physical Education</b></p>         | <p>The students will acquire knowledge about general psychology and sports psychology, importance of sports psychology and role of sports psychology in the field of physical education. They also familiar with learning ,types of learning, transfer of learning , personality and factors affecting personality and different psychological term like stress, anxiety, arousal, emotion, motivation Interest and their roles in sports performance.<br/>Sports management help the students to learn about the concept of management, leadership qualities, types of fixture for conducting tournaments, merits and demerits of different types of tournaments, budget etc.</p> |  |  |
| <p><b>UG/PEDG/604/SEC-4</b><br/><b>Adapted Physical Education and Computer Application in Physical Education</b></p> | <p>Students will learn about the adapted physical education, disabilities and its types, activities for disable people. Basic knowledge about computer, Internet and their uses in physical education.</p>   |  |  |
|  | <p>Students will be able to understand the concepts of health and health education,</p>  |  |  |

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| <p><b>UG/PEDG/603/GE-2</b><br/><b>Health Education</b><br/><b>OR</b><br/><b>Complete Fitness</b><br/><b>and Therapeutic</b><br/><b>value of Physical</b><br/><b>Education</b></p> | <p>aim and objectives of health education They can learn about the need, importance, factors affecting health, nutrition, health disorders. Postural deformities and it types, preventive measures. They can also understand how to maintain personal health &amp; hygiene and how to prevent and control the communicable diseases, safety education &amp; its need. Concept of fitness &amp; wellness, factors affecting fitness and its types use of physiotherapy in sports injuries.</p> |  |  |
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