

PHYSICAL EDUCATION

COURSE OUTCOMES

Class: B.A 1 st Year				
Sr. No.	Subject Code	Subject Name	Subject Category	Course Outcome
1	PED101TH	Introduction to Physical Education	DSC-1A	<ul style="list-style-type: none">• Students will have a general understanding of Physical Education• Students will develop competency in many movement activities.
2	PED101PR	Athletics and Game-I	DSC-1A	<ul style="list-style-type: none">• It will increase the knowledge of students about Shot Put, Long Jump and Badminton/ Weight Lifting.• To provide the knowledge exercises for the betterment of fitness.
3	PED102TH	Olympics Movements and Organization of Tournaments	DSC-1B	<ul style="list-style-type: none">• To help students understand the value of Olympic spirit.• To provide the knowledge of physical education and Sports promotion in India.
4	PED102PR	Athletics and Game-II	DSC-1B	<ul style="list-style-type: none">• To increase the knowledge of students about Events (Sprints) and Basketball/Table Tennis.• To provide the knowledge of historical background of Athletics.

Class: B.A 2nd Year

Sr. No.	Subject Code	Subject Name	Subject Category	Course Outcome
1	PED201TH	Human Anatomy and Physiology	DSC-1C	<ul style="list-style-type: none">• Explain the basic knowledge of human anatomy and physiology.• Students will get familiarized about the different Systems in our body.
2	PED201PR	Athletics and Game-III	DSC-1C	<ul style="list-style-type: none">• To increase the Knowledge of Students about High Jump, Javelin and Handball/Boxing.• To improve general motor ability.
3	PED202TH	Sports Psychology	DSC-1D	<ul style="list-style-type: none">• To help students understand the value of Sports Psychology.• To provide the knowledge of personality development.
4	PED202PR	Athletics and Game-IV	DSC-1D	<ul style="list-style-type: none">• To increase the Knowledge of Students about Discus Throw, Triple Jump and Hockey/Judo.• To develop throwing skill of the students.
5	PED203TH	Sports Medicine, Physiotherapy and rehabilitation	SEC-1	<ul style="list-style-type: none">• To increase awareness among students of Physiotherapy, Hydrotherapy, Thermotherapy.

				<ul style="list-style-type: none"> To understand the concept of Sports Medicines, Common Accidents and Ergogenic Aids etc.
6	PED204TH	Sports Training	SEC-II	<ul style="list-style-type: none"> To provide the knowledge of Sports training to the athletes. Students will have general Understanding about Aims, Objectives, Principles of Warming up and Cooling Down.

Class: B.A 3rd Year

Sr. No.	Subject Code	Subject Name	Subject Category	Course Outcome
1	PED301PR PED302PR PED303PR	Specialization (Volleyball) Specialization in Football. Specialization in Kabaddi. {Any One of Above}	SEC-III	<ul style="list-style-type: none"> To develop the skill ability of the students. It develops social and brotherhood qualities.
2	PED304PR	Specialization in Athletics	SEC-IV	<ul style="list-style-type: none"> Students will have General Understanding about the History of Athletics along with National and International level in the Athletics. To develop physical fitness.
3	PED305TH PED306TH	Recreation or Kinesiology and Bio-mechanism	DSE-IA	<ul style="list-style-type: none"> <i>To develop healthy behavior in community with a diverse group of people.</i> It will increase the knowledge of students

				and their understanding.
4	PED307TH PED308TH	Methods of Teaching in Physical Education OR Officiating and Coaching	DSE-IB	<ul style="list-style-type: none"> • Students will get to know about the Teaching Skills, Lesson Planning and Importance of methods in Physical Education. • Students will get to know about the Principles of Officiating and Coaching and its Philosophy along with qualities and qualification of an efficient coach and official.
5	PED309TH	Health Education and Nutrition	GE-I	<ul style="list-style-type: none"> • To provide knowledge of health and balance diet. • Students will get to know about the Concept, objectives and Principles of Personal Health and Hygiene. Further they will understand the need and significance of Nutrition, Health Service.
6	PED310TH	Yoga	GE-II	<ul style="list-style-type: none"> • To develop their abilities in therapeutic knowledge of various <i>yogic</i> practices and their importance of Health. • To increase yoga and meditation awareness among the students.