

# SEVA BHARATI MAHAVIDYALAYA

## Physical Education

### Programme Specific Outcomes (PSOs)

Physical Education (PE) is a course that keeps concentrate on the physical fitness of the students. The benefits of introducing physical education as a subject in college levels are that it makes students physically fit with the interest in various sports activities

**PO1:** Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.

**PO2:** Understanding the meaning of physical education for an individual development and improving general health for professional activity and application in sports fields.

**PO3:** Ability to function effectively as an individual and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal and been able to think creatively to propose novel ideas in explaining facts and figures providing new solution to the problems.

**PO4:** Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation. Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sports sciences programmes.

**PO5:** Ability to communicate effectively among a range of audiences/ stakeholders and ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications.

**PO6:** Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society and recognition of the need for and an ability to engage in continuing professional development.

## **COURSE OUTCOMES (COs)**

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

### **Course: Foundation and History of Physical Education (DSC1A)**

CO1: Get preliminary idea and history of Physical Education.

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

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 (DSC-1B)**

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 (DSC-1C)**

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 (SEC-4)**

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, Physical Fitness and Wellness (DSC-1D)**

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.

**Course: Gymnastics and Yoga (SEC-3)**

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 (DSE-2)**

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 (GE-1)**

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 (SEC-1)**

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 (DSE-1)**

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: Tests & Measurements in Physical Education (DSC-1)**

CO1: Get knowledge of Measurement of Body composition and Somatotype assessment.

CO2: Learn about the Fitness testes.

CO3: Know about Test, Measurement and Evaluation in Physical Education and Sports.

CO4: Learn how to measurements of Body compositions and Somatotype assessment.

CO5: Get practical knowledge about different fitness test and sports skill test.

**Course: Ball Games (SEC-2)**

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

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