

Programme outcome and Course Outcome : Physical Education

Course Outcome:

A physically educated person is one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity; one who values physical fitness and understands that both are related to health and well-being.

The vision is for all students to be physically educated and have fun while moving. Students who choose to actively participate in quality physical education programs receive a variety of benefits, including the development of:

1. A variety of motor skills and abilities related to lifetime leisure activities
2. Improved understanding of the importance of maintaining a healthy lifestyle
3. Improved understanding of movement and the human body
4. Improved knowledge of rules and strategies of particular games and sports
5. Self-confidence and self-worth as they relate to physical education recreation programs.

STUDENT OUTCOMES

1. Students will develop competency in many movement activities.
2. Students will understand *how* and *why* they move in a variety of situations and use this information to enhance their own skills.
3. Students will achieve and maintain a health-enhancing level of physical fitness.
4. Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.
5. Students will demonstrate responsible personal behavior while participating in movement activities.

6. Students will demonstrate responsible social behavior while participating in movement activities. Students will understand the importance of respect for others.
7. Students will understand the relationship between history, culture and games.

Papers / Topics Outcome:

DSC-1A/2A&GE-1

Foundation and History of Physical Education

The learning outcome of the paper are as :

1. To know meaning of Physical Education
2. To know about history of Physical Education
3. To know the importance of Physical Education
4. To know about Olympic Games
5. To Know the role of Yoga Education on sports performance
6. To know about the benefits of Pranayama and Asana on health of the Athletes
7. Able to perform the various Yogic Practices

DSC-1B/2B

Management of Physical Education and Sports

The learning outcome of the paper are as :

1. To Know the importance of sports Management and curriculum Design
2. To know about how to organised sports competition
3. To create the awareness regarding research in the field of sports Management and curriculum Design
4. To know about that intramural and extramural tournaments

5. To Know about the role of curriculum design for effective teaching and learning in physical education

DSC-1C/2C

Anatomy, Physiology and Exercise Physiology

The learning outcome of the paper are as:

1. To Know the role of exercise physiology on sports performance
2. To know about the Effects of exercise on different system of human body
3. To create the awareness regarding research in the field of exercise physiology
4. Able to test the Physiological Parameters
5. To Know about the function of internal human body

DSC-1D/2D&GE-2

Health Education, Physical Fitness and Wellness

The learning outcome of the paper are as:

1. To Know the health education in physical education
2. To know about effects of nutrition in sports performance
3. To create the awareness regarding research in the field of sports nutrition
4. To know about various communicable and Non communicable Disease.
5. To Know about the health service and personal Hygiene of Students and athletes
6. To Know the sports concept and technique of Physical Fitness
7. To know about role foods and Nutrition in sports performance
8. To create the awareness regarding research in the field of physical fitness and wellness.
9. To know about various techniques of Aerobic and anaerobic exercise and its benefits

10. To Know about the flexibility exercise and its role on sports performance

DSE-1A/2A&GE-2

Tests, Measurements and Evaluation in Physical Education

The learning outcome of the paper are as:

1. To know about the Tests, Measurements and Evaluation
2. To Know the importance of Applied statistics in physical education
3. To know about the benefits of Applied statistics for research of Physical education.
4. To create the awareness regarding research in the field of Applied statistics
5. Able to apply the different statistical test for hypothesis testing
6. To Know about that benefits of Applied statistics in illustration of sports related ddata

DSE-1B/2B

Sports Training in Physical Education

The learning outcome of the paper are as :

1. To Know the importance of Scientific Principles of sports training
2. To know about scientific principle for enhancement of sports performance
3. To create the awareness regarding research in the field of Scientific Principles of sports training
4. To know about various technique for development of physical and motor fitness
5. To Know about the role of tactics and strategy for sports performance