

Course outcomes and mechanism of communication of B.Sc. physical education

Our college adopts outcome based education of learning. The physical education programs include theory and practical classes of subject. It improves the student's physical, mental, social, emotional and spiritual ability to cope up with the day-to-day problems of life. The following mechanism is followed by the college to communicate the learning outcomes to the teachers and students.

1. **Prospectus:-** Prospectus is used for admission process. The prospectus of the college is made available to the students before the admission process starts. In every academic session new prospectus is printed and all information about the college, admission, admission fees and new curriculum is included in it.
2. **Institutional website:-** Institutional website is available and all the information about the academic courses available in it and is utilized for admission process by students. The students are also communicated about the course outcomes through website and daily classes. Soft copies of curriculum and courses outcomes are uploaded on the college website.
3. **Meeting:-** Through regular meetings of principal teachers are acquainted about the stated program and course outcomes and also guided for effective implementation. Course outcomes are observed and measured time to time and the importance of courses outcomes has been communicated to the teachers periodically in every IQAC meeting and staff meeting.
4. **Personal Counseling:-** Personal counseling of the subject is done as per the need of the subjects. At the beginning of session, graduate attributes are described to the first year students. Teachers introduce the subject to the students. Every student actively involved in practical classes of physical education and sports.

Course outcome of B.Sc. I year physical education and sports

(Paper code - B -001)

This course will enable the students to:

1. Know the meaning and definition of education and physical education.
2. Learn about the aims, objectives, scope, need and importance of physical education.
3. Understand the meaning, definition and dimension of health.

4. Learn about meaning, definition, objectives and principles of health education.
5. Know the balance diet, its elements and sources, malnutrition and adulterations.
6. Know the meaning of growth and development, factors affecting growth and development.
7. Learn about the heredity and environment, effect of heredity and environment on growth and development.
8. Understand the meaning and definition of psychology and sports psychology.
9. Know about the meaning and definition of personality, psychological factors effecting physical performance.
10. Learn about Olympic Games, Asian games, Afro-Asian games and commonwealth games.

Course outcome of B.Sc.-II year physical education and sports

(Paper code - B -002)

This course will enable the students to:

1. Know the meaning of anatomy and physiology.
2. Learn about structure and functions of cell.
3. Learn about structure and functions of cell understand the different systems (muscular , skeletal, circulatory, respiratory, digestive and nervous system)and effect of exercise on various systems .
4. Know the concept of society and sports social institutions.
5. Learn about games and sports as men's cultural heritage.
6. Understand national and international integration.
7. Know about yoga, Asanas– lying, sitting, standing and pranayama.
8. Define physical fitness, components of physical fitness, factors influencing physical fitness, development of physical fitness components

9. Learn about the concept of add types of first aid a prerequisite qualities of first aider first aid box and types of sports injuries and their first aid treatment.

Course outcome of B.Sc.-III year physical education and sports

(Paper code - B -003)

This course will enable the students to:

1. Know about the meaning and definition of kinesiology and biomechanics and importance in physical education and sports.
2. Learn about axis and planes, fundamental movements around various joints, Newton's law of motion, center of gravity.
3. Understand the meaning of sports training, strength, speed, endurance, flexibility, co-ordinative ability.
4. Learn about the meaning of sports medicine and importance in physical education and sports.
5. Know the concept of ergogenic aids, therapeutic modalities, rehabilitation of athlete after injury or sickness.
6. Meaning and definition of recreation, role in physical education and sports, types of recreation.
7. Meaning and definition of test and measurement, importance in the field of sports.
8. Know about frequency table, measures of Central tendency, measures of variability, correlation (product moment correlation only).

Dr.Parveen Ahmed

(Assistant professor)

Department of physical education and sports