

SARAT CENTENARY COLLEGE

Department of Physical Education

Programme Outcome

Physical Education as an integrated part of the whole educational system. Physical Education is one of the most important and dynamic subject. It has been changing remarkably during the last 50 years. It has been expanded in various fields from school to general people of all ages. Previously, physical education was generally considered as physical activities either in school or some free hand exercises, games, sports, racing, swimming, etc. But now the concept is changing with the growing interest in games and sports including the fitness boom and the wellness.

The need and importance of physical education are now being recognized in various fields like development of physical growth, development of intellectual ability, development of emotional and social responsiveness, personality development, building of character, development of Physical fitness development of Cultural activities, leadership development, Development of healthy environment national integration Better international understanding Sports and games play an important role in the etc.

There are so many options in front of the students after the completion of programme with physical education like teaching in school, college, university etc. Director of Health and Physical Education in College and Universities, Coach for games & sports, Yoga instructor, Nutritionist, Sports journalist, Sports organizer, manager etc.

Course Outcome

SEMESTER- I

Course Title: Foundation and History of Physical Education and Sports Science

Course Type: Major (Code: PEDS1011)

(Theory & Practical)

This course is aimed to provide students a thorough grasp of the fundamentals and history of physical education and sports science. The course is focused on achieving many key student outcomes:

1. Students may learn about the history and idea of Physical Education, Exercise, and Sports Science.
2. Gain insight into the subject's philosophical, biological, psychological, and sociological foundations.
3. Students may have a strong foundation in Physical Education, Exercise, and Sports Science.
4. This subject may generate vibration for further development of Physical Education, Exercise and Sports Science.

Field Practical

1. Concept of fitness (Assessment, Components and individual difference of fitness).
2. Learning about Olympic, Commonwealth and Asian Games.

SEMESTER- I

Course Title: Introduction of Physical Education and Sports

Course Type: Minor (Code: PEDS1021)

1. Educate pupils about physical education and sports.

2. Improve student awareness of the benefits of physical education and sports.
3. Some students may be interested in engaging in physical education and sports.
4. Students may encourage others to participate in sports and exercise.

SEMESTER- I

Course Title: Fitness and Wellness

Course Type: Multi/Interdisciplinary (Code: PEDS1031)

1. Educate pupils on physical, mental, and overall wellbeing.
2. Motivate pupils to maintain their health and wellness.
3. Students may adopt fitness and wellness programs in daily life.
4. They may promote healthy lifestyles and persuade others.

SEMESTER- I

Course Title: Exercise and Sports for Elementary Students

Course Type: Skill Enhancement Course (Code: PEDS1051)

1. Prepare students to plan sports and activities for elementary school pupils.
2. pupils may gain confidence in fostering elementary pupils.
3. Students may apply for positions in nursery, kindergarten, play school, and elementary school.
4. Students can create their own playschool in their community.

SEMESTER- II

Course Title: Health and Wellness Education

Course Type: Major (Code: PEDS2011)

1. To teach students about healthy and unhealthy behaviors.
2. To get them ready for wellness and wellbeing culture.
3. To prepare them mentally for keeping healthy habits.
4. To let them follow wellness standards.

Field Practical

1. Concept of fitness (Assessment, Components and individual difference of fitness).
2. Learning in detail about Health-related physical fitness.

SEMESTER- II

Course Title: Health and Life Style Management

Course Type: Minor (Code: PEDS2021)

1. Students might comprehend contemporary living and its beneficial management techniques.
2. Lifestyle diseases will be taught to the students.
3. Students can offer counsel to others and fix lifestyle problems.
4. Students might begin putting their positive living skills into practice.

SEMESTER- II

Course Title: Yoga Vyayama

Course Type: Multi/Interdisciplinary (Code: PEDS2031)

1. To understand the advantages of yoga for everyday living.
2. To comprehend the value of routinely scheduled vyayama.
3. Students may experience the flavor of yoga vyayama after doing it.
4. They might incorporate it into their everyday schedule.

SEMESTER- II

Course Title: Sports Massage

Course Type: Skill Enhancement Course (Code: PEDS2051)

1. To teach the students the fundamentals and advanced techniques of both western and Indian (Mardana) massage.
2. To inform the pupils about the many kinds of sports massage.
3. Students are welcome to use the spa, health club, and massage parlor.
4. Students may work for themselves as massage therapists.

SEMESTER- III

Course Title: Exercise and Sports Management

Course Type: Major (Code: PEDS3011)

1. Students may comprehend how educational institutions handle sports.
2. To teach students the value and necessity of contemporary technologies utilized in fitness and sports.
3. Students may be able to plan sports and games effectively.

4. The mental environment would be prepared for more advanced sports management coursework.

SEMESTER- III

Course Title: Fitness and Gym Exercise (Practical)

Course Type: Major (Code: PEDS3012)

1. To teach and familiarize students with gym workouts.
2. To encourage pupils to keep up their individual fitness.
3. Students can open their own personal fitness facility.
4. Employability in the corporate sector as a fitness and wellness coach or gym instructor's assistant.

SEMESTER- III

Course Title: Musical Exercise (Practical)

Course Type: Multi/Interdisciplinary (Code: PEDS3031)

1. To promote popular music from India and beyond.
2. To be liberated from the heavy, repetitive daily routine.
3. Students can feel the essence of music after engaging in a number of musical exercises.
4. They might incorporate it into their everyday routine.

SEMESTER- III

Course Title: Gymnastics (Practical)

Course Type: Skill Enhancement Course (Code: PEDS3051)

1. Acquire practical skills in gymnastic floor exercises.
2. Motivate students to keep their fitness.
3. Students can practice various gymnastics floor exercises.
4. Students will get an understanding of coordination, balance, and center of gravity.

SEMESTER- IV

Course Title: Yoga Education

Course Type: Major (Code: PEDS4011)

1. Enable students to gain a comprehensive understanding of yoga.
2. Learn about the various branches of yoga and their impact on human health and well-being.
3. Provide a complete understanding of Yoga through traditional works such as Patanjali Yoga Sutras and Hatha Yoga Pradipika.
4. Worked as an assistant to a yoga instructor, fitness and wellness coach in a business setting, and alternative medicine expert in AYUSH.

SEMESTER- IV

Course Title: Yoga and Naturopathy (Practical)

Course Type: Major (Code: PEDS4012)

1. Acquire practical skills in yoga techniques such as asanas, pranayama, relaxation, and meditation.
2. It provides methods for improving physical health, mental clarity, and emotional equilibrium.
3. To provide students with practical knowledge of yogic practices and naturopathic remedies.
4. Addressing the physical, mental, and spiritual aspects of well-being.
5. Worked as an assistant to a Yoga Instructor, Fitness & Wellness Coach in a business setting, and Alternative Medicine Professional in AYUSH.

SEMESTER- IV

Course Title: Self Defense (Practical)

Course Type: Major (Code: PEDS4013)

1. Measuring oneself against other fighters and progressing towards competition.
2. Motivate students to keep their fitness.
3. Improve self-confidence, control, and discipline.
4. Provides pupils with important skills in self-defense, physical fitness, mental resilience, leadership, and crisis management.

SEMESTER- IV

Course Title: Trends in Yoga and Sports Science

Course Type: Minor (Code: PEDS4021)

1. Provide students with a comprehensive understanding of yoga and modern sports and fitness technologies.
2. Obtain a comprehensive practical skill in yogasana.

3. Ensure students have a thorough understanding of yoga and modern sports and fitness technologies.

4. Students can understand current trends in yoga and sports science.