

# **SARAT CENTENARY COLLEGE**

## **Department of Physical Education**

### **Course Outcomes (CBCS) Physical Education General**

#### **SEM-I**

##### **CC-1: Foundation and History of Physical Education**

1. Learn the fundamentals of physical education.
2. Understand the biological and sociological foundations of physical education.
3. Understand the historical evolution of physical education in India.
4. Understand the fundamentals of yoga education.

##### **Field Practical**

- I. Understanding the technique of Suryanamaskar with demonstration.
- II. Practical application of Callisthenics and Aerobic activities.

#### **SEM-II**

##### **CC-2: Management of Physical Education and Sports**

1. Understand the fundamentals of sports management.
2. Understanding the structure of various types of tournaments.
3. Understand facility and equipment management systems.
4. Gaining in-depth knowledge of leadership and its various forms.

##### **Field Practical**

- I. Understanding and practical experience of any Track and Field events.
- II. Practical knowledge and skill learning on different games (Football, Kabaddi, Kho-Kho and Volleyball).

## **SEM-III**

### **CC-3: Anatomy, Physiology and Exercise Physiology**

1. Understand the fundamentals of anatomy and physiology.
2. Understand the Musculoskeletal System.
3. Understand the mechanism of vascular system and relation with physical exercises.
4. Understand the mechanism of respiratory system and relation with physical exercises.

#### **Field Practical**

- I. Understanding the assessment technique of BMI and WHR and its application.
- II. Understanding the practical assessment method for physiological characteristics such as heart rate, blood pressure, respiratory rate, and pick flow rate application.

### **SEC-1: Track and Field**

1. Acquire the fundamental skill of running event.
2. Learn fundamental skill of jumping events.
3. Learn fundamental skill of throwing events.
4. Know the rules of the Truck and Field event.

## **SEM-IV**

### **CC-4: Health Education, Physical Fitness and Wellness**

1. 1. Understand fundamental ideas in health education.
2. 2. Identify health service agencies and the School Health Program.
3. 3. Understand fundamental nutrition standards and strategies.
4. Understanding different postural deformities and management.
5. Know the basics of fitness and wellness.
6. Know the issues and challenges of fitness and wellness.
7. Understanding the fundamentals of first aid management.

#### **Field Practical**

- I. Understanding the technique and demonstration of First-aid bandage procedures.
- II. Practical knowledge and application of Hydro-therapy and Thermo-therapy.

### **SEC-2: Gymnastics and Yoga**

1. Learn fundamental gymnastics exercises.
2. Understand the fundamental philosophy of yoga.
3. Practical experience with Asanas and Pranayama.
4. Learn fundamental yoga Asanas, pranayama, kriyas, bandhas, and Suryanamaskar.

## SEM-V

### **DSE-1: Sports Training**

1. Understand the fundamentals of sports training.
2. Understanding the principles of training and conditioning.
3. Understand training components.
4. Understand the training approaches.
5. Understand the training strategy.
6. Understand different sorts of training approaches.

### **Field Practical**

- I. Practical experience of Weight Training and Circuit Training.
- II. Practical knowledge on measurement of different fitness component.

### **GE-1: Modern trends in Physical Education and Sports Sciences**

1. Learn the fundamentals of physical education.
2. Learn about the historical evolution of physical education and sports in India, before and after independence.
3. Understand the psychological and social foundations of physical education.
4. Understand the biological foundations of physical education.
5. Recognize the relevance of anatomy and physiology.

### **SEC-3: Indian Games & Racket Sports**

1. Students acquire the basic abilities of 'Kho Kho' and 'Kabaddi'.
2. Students understand the rules for playing Kho Kho and Kabaddi.
3. Students generate concepts for Kho Kho and Kabaddi playgrounds.
4. Students learn the fundamental skill of 'Badminton'.

## SEM-VI

### **DSE-2: Psychology in Physical Education and Sports**

1. Recognize the value of psychology and sports psychology.
2. Understanding the subtleties of learning.
3. Explain group dynamics and psychology in sporting contexts.
4. Understanding the main types of anxiety, anger, personality, and stress.
5. Understand the role of sociology in physical education and sports.

### **Field Practical**

- I. Understanding the evaluation technique for personality, stress, and anxiety.

II. Practical application and assessment system for Reaction Time, Depth Perception, and Mirror Drawing.

**GE-2: Health Education and Tests & Measurements in Physical Education**

1. Understand the goals, objectives, and principles of health education.
2. Learn about communicable and noncommunicable illnesses.
3. Recognize a positive view on health.
4. Learn about testing, measurement, and evaluation in physical education, health, and fitness.

**SEC-4: Ball Games**

1. Learn football rules.
2. Learn fundamental football skills.
3. Learn essential volleyball techniques.
4. Understand volleyball rules.
5. Learners found ideas for volleyball and football fields.