

Department of Physical Education

General Course

Course Outcomes

PART-I

PAPER-I : Principal and management of Physical Education

Group-A

CO1 : (a) To know the nature and scope of Physical Education

(b) To gather Sub-discipline in Physical Education

CO2 : To understand the Role of Physical Education in General Education

CO3 : To know the aims and objectives of Physical education

CO4 : To know about the stages and physical activities during the period of childhood and adolescence of growth and development .

CO5 : To assume the physical activity for the aged person

CO6 : To take the concept of physical activities for the disabled

Group-B

CO1 : To understand the organizational structure of game and sports in school, Colleges, Universities .

CO2 : To learn the types of tournaments .

CO3 : To gather the concept of lay-out the following games and sports and their basic rules -1. Kabaddi, 2. Volley Ball, 3. Kho-kho, 4. Football, 5. Badminton, 6. Handball, 7. Netball, 8. Basketball.

CO4 : To learn the procedure for purchase of sports equipments and their proper care and maintenance **CO5 :** To help the students understand about track and field meet .

PAPER-II : Anatomy , Physiology and Exercise physiology

Group-A

CO1 : To know about the cell-structure and function, concept of tissue, organ and system .

CO2 : To discuss about the skeletal system and postural defects .

CO3: To help the students know about the circulatory system .

CO4: To help the students know about the respiratory system .

CO5 : To help the students understand the nervous system .

CO6 : To know about the concept of endocrine system .

Group-B

CO1 : To know about the concept of Muscular system .

CO2 : To access the affect of exercise on circulatory system, blood pressure

CO3 : To examine the affect of exercise in respiratory system, vital capacity, O2debt, Cardiovascular endurance .

PART-II

PAPER-IV : History of Physical Education and psycho-social aspects of Sports

GROUP-A

CO1 : To learn about the development of physical education and sports in India.

CO2 : To help the students know about development of physical education and sports during pre and post independence period in India .

CO3 : To discuss the concept of Olympic movements .

Group B

CO1 : To discuss the concept of psycho physical unity of man

CO2 : To help the students understand the concept of attention and interest .

CO3 : To assume the concept of instinct and emotion.

CO4 : To know about the motivation and it's roll in sports.

CO5: To help the students understand about the personality and it's development through physical education as a socializing force.

PAPER-V : Health education , First-Aid and dietetics.

GROUP A

- CO1 :** To help the students understand the meaning of health education
- CO2 :** To help the students understand the major area of health education.
- CO3 :** To know about the environmental pollution (air, water, sound and soil pollution cause and control)
- CO4 :** To help the students learn the importance of hygienic living and healthy living
- CO5 :** To discuss about the mental health.
- CO6 :** To discuss about the safety education,(college, playground, streets)
- CO7 :** To help the students about the prevention and control of communicable diseases.
- CO8 :** To understand about the details of First-Aid management.

GROUP B

- CO1 :** To help the students learn the basic nutrients .
- CO2 :** To help the students know about the need of nutrients.
- CO3 :** To assume the quality of food and diets of different age groups
- CO4 :** To know about the balance diet and atheletic diet
- CO5 :** To understand about the mulnutrition
- CO6 :** To know about the drinks, drug, and tobacco. To analyze the affects on health and performance

PART III

PAPER- VII : Sports training and therapeutic aspects of physical activities

GROUP A

- CO1 :** To help the students know about the sports training, conditioning, warming-up and cooling down.
- CO2 :** To help the students understand about the components of physical fitness(Speed, strength, agility and flexibility)

CO3 : To know about the details of training methods (circuit, interval, fartlek, weight)

CO4 : To help the students learn about the normal load, crest load, over load and principals of load

CO5 : To analyze the mechanicals principals applied in Sports .

GROUP B

CO1 : To know about the exercise and chronic diseases

CO2 : To help the students learn about the exercise therapy and to analyze the Yogasana and massage as a therapy .

CO3 : To help the students know about the basic principals of electrotherapy, hydrotherapy, cryo-therapy, thermotherapy.

CO4 : To understand about the basic principals of rehabilitation, modalities and relaxation techniques .