

B.A. in Physical Education

PROGRAMME OUTCOMES AND COURSE OUTCOMES

PROGRAMME OUTCOMES

- Physical Education students after successful completion of their Bachelor's Degree (Major and Minor) were eligible for the job of Physical Education Teachers at Secondary Level.**
- Students who has mastered the necessary movement skills, were able to participate confidently in many different forms of physical activity and competitive Sports.**
- One who values physical fitness and health, leads a healthy and prosperous life.**
- Our vision is for all students to participate in all physical Sports related activities at national and International level.**
- Physical Education student is able to understand the importance of maintaining good health.**
- Improved knowledge of rules and strategies of particular games and sports enable students to emerge as a professional sports person.**

On completion of the BA in Physical Education, students are able to:

- **Develop competency in many physical movement activities.**
- **Students will understand how they have to perform in a variety of sports events and information can be used to enhance their sports skills.**
- **Students will achieve and maintain a health-enhancing level of physical fitness.**
- **Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, entrepreneurship and jobs.**
- **Students will demonstrate responsible personal and social behavior while participating in different sports activities.**
- **Students will understand the relationship between history, culture and games.**
- **These courses offer a comprehensive, standards-based program as the curriculum is designed to meet the following state standards for Physical Education: Demonstrate knowledge and competency of movement patterns and strategies needed to perform a variety of physical activities.**
- **Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.**

Develop skill proficiency.

Besides above mentioned programme outcomes there are other most possible outcomes such as:

Students will be able to compare the sports development since ancient times.

Understand the historical aspects of Sports and Games.

After successful completion of the programme student will be able to organize sports competition in a professional way.

Will be able to relate and analyze sports movement in a scientific way which in other sense, enhance sports performance.

Students will be highly efficient in handling sports injury for providing first-aid to the needy person.

Student can organize sports training camps and other camps successfully.

Will improve upon the officiating skill of different games.

Will learn and develop teaching methods and teaching skills.

Students will gain the knowledge about the balanced diet and nutrition for the health and prosperous life ahead.

COURSE SPECIFIC OUTCOMES

SN	Course Code with Title	Course Outcomes
1	Discipline Specific Course-1A (DSC-1A) Introduction to Physical Education PED101TH	Students will gain the knowledge of the historical aspects of Physical Education and Sports which will help in comparison of the recent development in the field of Physical Education.
2	Discipline Specific Course-1A (Practical) {DSC-1A(PR)} Athletics and Game-1 PED101PR	<p>Athletics is known as the mother of all Games and Students will learn about the</p> <p>1. Athletics</p> <p>i) Event (Shot put and Long jump):</p> <p>(a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event. (h) Preparation and filling of score sheet. (i) Marking of the shot put/long jump field.</p> <p>2. Game</p> <p>ii) Badminton/Weightlifting: (Any one)</p> <p>(a) History of the game. (b) Measurement and preparation of the playfield. (c) Equipment required for the game. (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game. (h) Team/Individual records (World, Olympic, Asian and National Level) of the game. (i) Awards associated with the game. (j) Knowledge of score sheets. (k) Signals of officiating</p>
3	Discipline Specific Course-1B (DSC-1B) Olympic Movement and Organization of Tournaments PED102TH	Students will learn about the Olympic Movement and basis on this they can organize sports event at state and national level.
4	Discipline Specific Course -1B (Practical) {DSC-1B(PR)} Athletics and Game-2 PED102PR	<p>This course will help students to know about the:</p> <p>1. Athletics</p> <p>i) Event (Sprints):</p> <p>(a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event. (h) Preparation and filling of score sheet. (i) Marking of the track.</p> <p>2. Game</p> <p>ii) Basketball/Table Tennis: (Any one)</p> <p>(a) History of the game. (b) Measurement and preparation of the playfield. (c) Equipment required for the game.</p>

		<ul style="list-style-type: none"> (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game. (h) Team/Individual records (World, Olympic, Asian and National Level) of the game. (i) Awards associated with the game. (j) Knowledge of score sheets. (k) Signals of officiating.
6	Discipline Specific Course-1C (DSC-1C) Human Anatomy and Physiology PED201TH	Students will learn about the anatomy and physiology of human structure. Which will help them to study sportsperson and their response to the training.
7	Discipline Specific Course-1C (Practical) {DSC-1C(PR)} Athletics and Game-3 PED201PR	<p>1. Athletics</p> <p>i) Event (High jump and Javelin):</p> <ul style="list-style-type: none"> (a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event. (h) Preparation and filling of score sheet. (i) Marking of the shot high jump/javelin field. <p>2. Game</p> <p>ii) Handball/Boxing: (Any one)</p> <ul style="list-style-type: none"> (a) History of the game. (b) Measurement and preparation of the playfield/arena. (c) Equipment required for the game. (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game. (h) Team/Individual records (World, Olympic, Asian and National Level) of the game. (i) Awards associated with the game. (j) Knowledge of score sheets. (k) Signals of officiating.
8	Discipline Specific Course-1D (DSC-1D) Sports Psychology PED202TH	This course will help in understanding the behavior of sportsperson and its effect of sports performance. This will also increase their tenacity.
9	Discipline Specific Course -1D (Practical) {DSC-1D(PR)} Athletics and Game-4 PED202PR	<p>1. Athletics</p> <p>i) Event (Discus throw and Triple jump):</p> <ul style="list-style-type: none"> (a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event.

		<p>(h) Preparation and filling of score sheet. (i) Marking of the discus throw/triple jump field.</p> <p>2. Game ii) Hockey/Judo: (Any one) (a) History of the game. (b) Measurement and preparation of the playfield/arena. (c) Equipment required for the game. (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game. (h) Team/Individual records (World, Olympic, Asian and National Level) of the game. (i) Awards associated with the game. (j) Knowledge of score sheets. (k) Signals of officiating.</p>
10	Skill Enhancement Course-1 (SEC-1) Sports Medicine, Physiotherapy and Rehabilitation PED203TH	This course will help in understanding the pros and cons of the usage of the medicine and know about the adverse effect of doping. Besides this students will learn about different injuries, their cause, treatment and precautions and rehabilitation of the injury.
11	Skill Enhancement Course-2 (SEC-2) Sports Training PED204TH	Students will learn about the basic principles of sports training and the planning and preparation of the training schedule. They will also learn about the talent identification process and how to impart training to the beginners and to elite level athletes.
12	Skill Enhancement Course-3 (Practical) {SEC-3(PR)} a) Specialization in Volleyball PED 301PR b) Specialization in Football PED 302 PR c) Specialization in Kabaddi PED 303 PR	<ol style="list-style-type: none"> 1. History of game, measurement and preparation of the play field and equipment required for game. 2. Fundamental skills and lead-up games. 3. Techniques, strategies and method of play. 4. Rules and regulations of the game. 5. National and International tournaments associated with the game. 6. Team/Individual records (World, Olympic, Asian and National Level) of the game. 7. Awards associated with the game. 8. Duties of the officials. 9. Technical Equipment for officiating. 10. Knowledge of the score sheets. 11. Signals of officiating. <ol style="list-style-type: none"> 1. General and specific warming-up and cooling down. 2. Long-term and short-term preparation for the decisive volleyball competitions. 3. Psychological qualities and preparation of a volleyball player.

		<p>4. Offensive, defense system in play, service and reception pattern.</p> <p>5. Individual, group and team tactics.</p> <p>6. Diet and nutrition for a volleyball player.</p> <p>7. Coordination among the manager, coach, doctor, psychologist and players.</p> <p>1. Teaching of volleyball skills.</p> <p>2. Preparing a lesson plan.</p> <p>3. Specific training methods for different playing positions.</p>
<p>13</p>	<p>Skill Enhancement Course-4 (Practical) {SEC- 4(PR)} Specialization in Athletics PED304PR</p>	<p>1. Introduction to athletics.</p> <p>2. Historical developmental of athletics, Ancient Olympics and Modern Olympics games.</p> <p>3. Historical review of track and field with special reference to India.</p> <p>4. National and International level athletics championships: Olympic Games, Asian games, World Athletics, World Championship, Commonwealth Games, National Games, Open National, Youth National and Inter-Universities athletics championships.</p> <p>1. Athletic track and its types.</p> <p>2. Procedure and methods to mark the track (200m, 400m).</p> <p>3. Marking and construction of Shot Put, Discus Throw, Javelin throw and Hammer throw arena.</p> <p>4. Specification and construction of Long Jump, Triple Jump high jump and pole vault pit/runways etc.</p> <p>5. Selected National and International personalities in athletics.</p> <p>6. Need, importance and procedure of Warming-up and Cooling down.</p> <p>7. First aid and rehabilitation of athletics injuries.</p> <p>1. Track Events: Brief background, technique, training and important motor components of the following track events: i) Sprints races: 100m, 200m, 400m; Hurdle Races: High Hurdle and Low Hurdle and Steeple Chase. ii) Middle and Long Distance Races; Combined Events: Decathlon and Hephthalon; Relay Races and Marathon.</p> <p>37</p> <p>2. Fields Events: Brief background, technique, training and important motor components of the following field events: i) Shot put, Discus throw, Javelin throw and Hammer Throw. ii) Long Jump, Triple Jump, High Jump and Pole vault.</p>

		<p>1. Technical training and practice of following events:</p> <p>i) Sprints Starting techniques, finishing techniques.</p> <p>ii) Shot put, Discus throw and Javelin throw (Basic Teaching Stages)</p> <p>iii) Long Jump, Triple Jump High Jump and Pole vault(Basic Teaching Stages)</p> <p>iv) Record files, calculations of straight, radius and staggers of standard tracks.</p> <p>v) Relays: Holding of the baton and various types of baton exchange (visual and non-visual).</p>
14	Discipline Specific Elective-1A (DSE-1A) Recreation PED305TH Or Any One Kinesiology and Biomechanics PED306TH	Students will able to identify biomechanical, health, physiological, and psychological limitations and interventions for improving physical performance. 2. Analyze and explain the mechanisms underlying biomechanical, physiological and psychological changes that occur during after acute and chronic exercise. 3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance 4. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury. 5. Know effectiveness of human movement using mechanical principles.
15	Discipline Specific Elective-1B (DSE-1B) Methods of Teaching in Physical Education PED307TH Or Officiating and Coaching PED308	After studying this course students will able to mark Track and Field and Officiate 2. Able to understand the rules of the games and sports 3. Able to give seeding and Heats in Track and Field. Combined Events. 4. Design and practice the new methods of technique of officiating. And teaching. They will also enhance their teaching skills and abilities.
16	Generic Elective-1 (GE-1) Health Education and Nutrition PED309TH	Students will Appraise the effects of health condition during the training and practical sessions. The will learn about the nutrition recommendations being given to the sports person and sports related specific diet which can enhance the sports performance.
17	Generic Elective-2 (GE-2) Yoga PED310TH	Students will : 1. Understand the basic Concepts of Yoga 2. Apply the principles of Yoga to live healthy and active life style. 3. Promote the awareness of health through yoga 4. Analyse the techniques and of body posture to bring out healthy change. 5. Develop the knowledge through practice, participate and organize.