

Raniganj Girls' College
Department of Physical Education

Programme Outcome and Programme Specific Outcome

BA Programme in Physical Education aims to provide the students with learning experiences that help them to acquire the knowledge and tools necessary to live a physically active, intellectually motivated, socially enriched and emotionally and materially a balanced and healthy life. It also imparts a scientific outlook typically necessary for pursuing a career in Physical Education. The multiple career options open to the learner include careers in sports academy, health clubs and sports goods manufacturing companies. The learner also has the opportunity to pursue higher studies and opt for a career as a teacher. Other career options include:

1. Sports Management
2. Physical Therapy
3. Yoga Teaching
4. Physical Education Training
5. Health Education
6. Coaching
7. Fitness Training
8. Sports Journalism

Course Outcomes

BA Programme in Physical Education

Semester	Course Type	Course Title	Course Outcomes
I	CC	Foundation and History of Physical Education	<p>Students will learn the basic concept of Physical Education and its importance and scope in modern India.</p> <p>Students will gain knowledge about the psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports.</p> <p>Students will learn about history of physical education in India and perform all the major Olympic lifts. Students will be able to identify the terminology used in Olympic lifting.</p> <p>Practically the students will demonstrate the technique of Surya namaskara and learn how fitness develops through Calisthenics and Marching Drills.</p>
II	CC	Anatomy, Physiology and Exercise Physiology	<p>In this paper students will learn the students will understand the basic principles of anatomy, physiology, exercise physiology and apply the knowledge to movements and activities and study the effects of activities or sports on our organs and different systems of the body.</p>

III	CC	Health Education and Wellness	<p>This paper will teach the students how to lead a healthy and hygienic life.</p> <p>The students will also acquire the knowledge and demonstrate skills to safely engage in physical activity.</p> <p>Students will use basic principles of health and wellness to develop an informed and personalized approach to mental and physical health.</p>
	SEC	Track and Field	<p>Students will demonstrate the techniques of Track and Field events; learn the method of laying and marking the track and field, rules governing track and field events and the skill for officiating the track and field events.</p>
IV	CC	Management of Physical Education and Sports	<p>In this semester the students will understand the basic principles of management and sports managements.</p> <p>The students will learn fundamental athletic skills and techniques required for intercollegiate competition.</p> <p>The student athletes will be well conditioned for the rigors of intercollegiate competition.</p> <p>They will demonstrate knowledge, skills and strategies required to participate in intercollegiate games & sports</p> <p>The students will also learn to manage sports meet, sports</p>

			equipment and control of all sports related issues.
	SEC	Yogasana and Gymnastics	<p>The students will learn Yoga & Gymnastics in this course.</p> <p>They will demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. They will also demonstrate the ability to perform yoga movements in various combination and forms, understand and apply the knowledge of basic sequencing, and effective group management.</p> <p>Gymnastics will develop confidence in fundamental movements. The students will involve in activities like jumping, sliding, rolling. moving over, under and on apparatus. This will develop The student's coordination and gross motor skills</p>
V	DSE	Sports Training	<p>Here students will know how to prepare themselves for particular sports with a scientific sports training. This sports training will enhance their fitness so their performance will gradually increase.</p> <p>Students will understand the principles of lifetime fitness through sports training Students will identify and explain intermediate principles, concepts, and theories of strength & speed training and conditioning.</p>

			Students will design and apply intermediate level exercises to develop a safe and progressive program to improve strength and conditioning.
	SEC	Racket Games	<p>Students will demonstrate the knowledge, skills and strategies required to participate in Racket games.</p> <p>Demonstrate the ability to perform both singles and doubles offensive and defensive strategies. Utilize and apply the knowledge of racquet sport rules, terminology, and scoring procedures.</p> <p>Demonstrate proper court etiquette and good sportsmanship.</p>
	GE	Modern Trends and Practices in Physical Education Exercise Sciences	<p>Students will acquire the knowledge of basic concept of Physical Education. They will also learn about physical fitness and motor fitness.</p> <p>Students will acquire the knowledge of biological, psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports.</p> <p>Students will learn history of physical education in India and perform all of the major Olympic lifts. Students will be able to identify the terminology</p>

			<p>used in Olympic lifting.</p> <p>Exercise Sciences help the students to give the importance to Exercise Physiology. It also explains the effects of exercise on the muscular, circulatory and respiratory system.</p>
VI	DSE	Sports Psychology	<p>Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance.</p> <p>Design, conduct, and evaluate research that addresses psychological questions.</p> <p>Demonstrate effective written and oral skills in various formats and for various purposes.</p> <p>Explain the major perspectives of psychology. (e.g. biological, cognitive, behavioral, sociocultural, etc.)</p>
	SEC	Ball Games	<p>Students will demonstrate the knowledge, skills and strategies required to participate in Ball Games.</p> <p>The students learn that playing with balls improves a person's motor skills, hand-eye coordination, and timing, which are important parts of the developmental progression of toddlers. The skills pupils learn by playing with balls will also be important once they graduate to collaborative and competitive play.</p>

	GE	Fitness and Wellness	Students will use basic principles of fitness and wellness to develop an informed and personalized approach to mental and physical health. They will learn about balanced diet and the importance of training and fitness in our modern lifestyle. In this course, the students will also be informed about the role of exercise in aging, and also about the role of balanced nutrition.