

## COURSE OUTCOME

### DEPARTMENT OF PHYSICAL EDUCATION, SERAMPORE GIRLS COLLEGE

By Course outcomes(CO) we mean the brief statement describing significance and learning that students will achieve and can reliably demonstrate at the end of a course i.e. after completing a paper (whether it is CC/GE). These relate to the skills, knowledge, and behavior that students acquire in their curriculum through the course. The knowledge they will gain should be related to skill development, i.e., writing skill, skill of analytical thinking, critical thinking, problem solving. And then how these skills may be used to get different kind of jobs.

Serampore Girls' College is affiliated to University of Calcutta. It follows the curriculum and syllabus framed by the University of Calcutta. Each departmental head will frame appropriate course outcomes of their General Programme in consultation with members of the department in this lockdown time and submit it to

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The CO statements are defined by considering the syllabus covered in each module of a course. By using the action verbs of learning levels, COs will be designed. Generally, four to five course outcome may be specified for each course base on its weights. It is a very important parameter for NAAC.

The final version of Course Outcomes will be communicated to students, guardians and alumni for their awareness in four ways. It will be uploaded in departmental page of college website. COs are available online in each departmental page in college website([www.seramporegirlscollege.org](http://www.seramporegirlscollege.org)), which will help the students to compare different COs before admission.. Side by side COs will be also available in departmental notice board. Dept. teachers will also demonstrate students during the progression of course.

**Table 1: Methods of communication of Course outcome to students, parents and alumni**

<b>How Published?</b>	<b>Where Published?</b>	<b>How Disseminated</b>
Print in paper	Department Notice boards	Self-reading by students, parents and alumni
Online	Under Department tab of college Website	Available for Self-reading in public domain

**Table 2: Course Outcomes, Program: B. A. (General), Program code: PEDN**

S.No	Course	Semester	Course Code	Credit	Marks	Course outcome	Skill Development related to employability and Entrepreneurship development
1		1	PEDN-G-CC-1-1TH	6	100	<p>After completion of this course, students will Apply knowledge of physical education, growth and development, play, sports and games knowledge, history of physical education and yoga to explain aim and objectives of physical education.</p> <p>Use an understanding of history of yoga, astanga yoga to effectively know about yoga in everyday life, further study in physical</p>	<p>The course focuses to develop the basic knowledge in physical education. The basic knowledge and conception of physical education is essential to understand the higher level Games and Sports.. The content of course is also important to qualify the NET, SET, and other job oriented examinations for Physical education students.</p>
2	PHYSICALEDUCATION (theory)	2	PEDN-G-CC-2-2-TH	6	100	<p>Having successfully completed this course student will learn health, health education, personal hygiene, health problems-prevention and control, physical fitness and wellness, health and first-aid-management.</p>	<p>Basic knowledge of health education is essential to realize the higher physical education. The content of course is also important to qualify the NET, SET, other job oriented examinations for Physics students.</p>
3	PHYSICALEDUCATION (Theory)	3	PEDN-G-CC-3-3-TH-P	6	100	<p>Completion of this course will enable the students to: Know the basics of anatomy, physiology, exercise physiology, musculo-skeletal system, circulatory system, respiratory system</p>	<p>The basic knowledge in anatomy physiology to know at higher level. The content of course is also important to qualify the NET, SET, GATE and other job oriented examinations for Physics students.</p>

4	PHYSICALEDUCATION(Practical)	3	PEDN-G-SEC-A-3-1-P	6	100	. On completion of this course students will have hands of experience to perform starting ,finishing, relay race, long jump, high jump, shot-put, discuss throw, javelin throw They will be have the concepts of track and field events.	Developed physical fitness through track and field event. The knowledge is essential for the experiment of higher physical education research.
5	PHYSICALEDUCATION(Theory)	4	PEDN-G-CC-4-4-TH-P	6	100	On completion of this course students will be able to understand psychology, learning, learning curve, motivation, instinct, and emotion, stress, personality and sociological aspects etc.	Learning and psychological factors is building block to understand the psychology for physical education students of at higher level. The content of course is also important to qualify the NET, SET, and other job oriented examinations for Physical education students..
6	PHYSICALEDUCATION <b>(Practical)</b>	4	PEDN-G-SEC-B-4-1-P	6	100	On completion of this course students will have hands of Experience to perform gymnastics, yogasana.They will be have the concepts of asana,pranayam, surya namaskar etc	Very basic knowledge body flexibility are developed. Practicing of yoga and gymnastics is useful in realizing in daily life.

## **Programme Outcomes of B.A (GENERAL) PHYSICAL EDUCATION**

**1. Critical Thinking:** Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

**2. Effective Communication:** Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

**3. Social Interaction:** Elicit views of others, mediate disagreements and help reach conclusions in group settings.

**4. Effective Communication:** Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

**5.. Effective Citizenship:** Demonstrate empathetic social concern and equity-centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

**6. Ethics:** Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

**7. Environment and Sustainability:** Understand the issues of environmental contexts and sustainable development.

**8. Self-directed and Life-long Learning:** Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

## **Programme Specific Outcomes (PSO) B.A.( General) physical education**

1. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.

2. Students will develop practical, theoretical skills in Physical Education.

3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.

4. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed, SSC, NET, SET ETC.