

**DEPARTMENT OF PHYSICAL EDUCATION**

**COURSE OUTCOME**

**DEPARTMENT OF PHYSICAL EDUCATION, SERAMPORE GIRLS COLLEGE**

How to publish	Where Published	HOW Disseminated
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: PEDG**

Sl no.	course	semester	Course code	credit	marks	Course outcome	Skill Development related to employability and Entrepreneurship development
1.	PEDG (TH)	I	PEDN-G-CC-1-1TH	6	100	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. Use an understanding of history of yoga, astanga yoga to effectively know about yoga in everyday life, further study in physical	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.
2.	PEDG (TH)	II	PEDN-G-CC-2-2-TH	6	100	Having successfully completed this course student will learn health, health education,	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

						personal hygiene, health problems-prevention and control, physical fitness and wellness, health and first-aid-management.	oriented examinations for Physics students
3.	PEDG (TH)	III	PEDN-G-CC-3-3-TH-P	6	100	Completion of this course will enable the students to: Know the basics of anatomy, physiology, exercise physiology, musculo- skeletal system, circulatory system, respiratory system	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.
4.	PEDG (PR.)	III	PEDN-G-SEC-A-3-1-P	6	100	On completion of this course students will enhance their experience to perform starting , finishing, relay race, long jump, high jump, shot-put, discuss throw, javelin throw. They may 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 educationresearch.
5.	PEDG (TH)	IV	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.	PEDG	IV	PEDN-G-	6	100	On completion of	Basic knowledge of

	(PR.)		SEC-B-4-1-P			this course students will gather Experience to perform gymnastics, yogasana. They have the concepts of asana, pranayam, surya namaskar etc	body flexibility is developed. Practicing of yoga and gymnastics is useful in realizing in daily life. They can teach other .
7.	PEDG (TH)	V	PEDN-G-DSE A-5-1-TH-P	6	100	Student will gather knowledge about management, duties and responsibilities of a manager etc. Student will learn about tournament in details, they also learn about types of sports meet. Student learn about the field measurement various games and sports. They also learn how to manage time, how to prepare document and how to maintain sports . Student can prepare budget. They may clear their concept of sponsorship and sports promotions etc.	Student will gather knowledge about management, duties and responsibilities of a manager etc. Student will learn about tournament in details, they also learn about types of sports meet. Student learn about the field measurement various games and sports. They also learn how to manage time, how to prepare document and how to maintain sports . Student can prepare budget. They may clear their concept of sponsorship and sports promotions etc.
8.	PEDG (PR.)	V	PEDN-G-SEC-A-5-2-P (Ball Game)	6	100	To learn the fundamental skill of ball game. To learn the rules and regulations of the games for efficacious officiating. To know the various drill for optimum skill development.	Through learn this activity students can gather knowledge and they will be able to teach other . they can monitor and they may officiate the game in national and international level.

						This course enable the student to learn the theoretical and practical skill to mark the volley ball court.	
9.	PEDG (TH)	VI	PEDN-G-DSE B-5- 1-TH-P	6	100	Students will know in details about aim, objectives and principles of sports training. Students will learn about warming up, cooling down and conditioning, they also learn about various training method and periodisation in detail. Students also learn about different type of training load and also learn how to overcome over load. Student will know how to develop and improve strength, speed, flexibility etc.	Student will be benefitted and apply their knowledge on sports. Student will implement different methods of training when they teach children. Student will prepare proper training schedule of various games and sports. Student will create different type of training facilities and plan for advance learner. Using this knowledge they can choose sports medicine, physiotherapist, rehabilitation, sports psychologist as a profession
10.	PEDG (PR.)	VI	PEDN-G-SEC-B-6-2-P (Indian Games & Racket Sports)	6	100	This course introduce the student with the history & development of the kabaddi and kho kho game at national and international level. It teaches about the basic skill and technique required	Through learn this activity students can gather knowledge and they will be able to teach other . they can monitor and they may officiate the game in national and international level.

						dimension and marking of playing area & basic requirement at the playing area. The students learn about the rules and regulations.	
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## 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 can pursue in higher education like B.P.Ed, M.P.Ed, NET, SET, M.PHIL, Ph.D, SPORTS JOURNALISM, SPORTS PSYCHOLOGY etc.

5. Student may get job in different sectors. Such as teaching, yoga instructor, fitness expert, dieticians expert, coach, sports psychologist, sports journalist etc.