

Department Of Physical Education

Different Courses under CCF Syllabus prescribed by the University of Calcutta.

Semester	paper	course	Name of the Paper	Code (Th)	Code (P)
Sem-1	CC1/CC2	MDC 1	Foundations of Physical Education	PE-MD-CC1-1-Th	PE-MD-CC1-1-P
Sem -2	CC1/CC2	MDC2	Health Education	PE-MD-CC2-2-Th	PE-MD-CC2-2-P
Sem -3	CC1/CC2	MDC3	Physiology of Exercise	PE-MD-CC3-3-Th	PE-MD-CC3-3-P
Sem -4	CC1/CC2	MDC4	Yoga Education	PE-MD-CC4-4-Th	PE-MD-CC4-4-P
	CC1/CC2	MDC5	Sports Management	PE-MD-CC5-4-Th	PE-MD-CC5-4-P
Sem -5	CC1/CC2	MDC6	Psychology in Physical Education and Sports	PE-MD-CC6-5-Th	PE-MD-CC6-5-P
Sem -5 Or Sem -6	CC1 Or CC2	MDC7	Kinesiology	PE-MD-CC7-5-Th	PE-MD-CC7-5-P
				PE-MD-CC7-6-Th	PE-MD-CC7-6-P
Sem -6	CC1/CC2	MDC8	Sports Training .	PE-MD-CC8-6-Th	PE-MD-CC8-6-P

Structure of Skill Enhancement Courses in Physical Education for MDC

Semester	Name of the Paper	Code (Th)	Code (P)
1/2/3	Officiating and Coaching	PE-MD-SEC1-1-Th	PE-MD-SEC1-1-P
		PE-MD-SEC2-2-Th	PE-MD-SEC2-2-P
		PE-MD-SEC3-3-Th	PE-MD-SEC3-3-P

Structure of Interdisciplinary Courses in Physical Education

Semester	Name of the Paper	Code (Th)	Code (P)
1/2/3	Yoga and Weight Management	PE-MD-IDC1-1-Th	PE-MD-IDC1-1-P
		PE-MD-IDC2-2-Th	PE-MD-IDC2-2-P
		PE-MD-IDC3-3-Th	PE-MD-IDC3-3-P

Program outcomes

PO1. Physical education will help the students to apply the knowledge of basic sciences which will be relevant and appropriate to education and sports sciences resulting in solution of complex sports related issues and problems.

Program Specific outcomes

Physical education is not only concerned with the physical outcome that increase from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in activities. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they advance through the program. The overall objectives of Physical Education are

1. To understand the importance of physical education by studying the history.
2. To help the students to know more about the human body which helps for higher level of sports achievements and adopt training method.
3. To know about health aspects and maintain good health and fitness for higher achievements in sports.
4. Maintenance of fitness for optimal health and well-being.
5. The acquisition and refinement of motor skills.
6. To equip the students with the knowledge domain of body response to different types of exercises.
7. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.
8. To understand the values and ethics of life and personality development

Course outcomes

CO1. Foundation and History of Physical Education :

The course aims to compare the relationship between general education and physical education. It helps to identify and relate with the foundation and history of Physical Education. It enables the students to know recent developments of the subject. The course is designed to apply the knowledge of Olympics in organizing various sport activities and distinguish the functional operations on National and International Olympic Federations. It intends to analyse the concepts and issues pertaining to Physical Education and formulate the principles, philosophy and concepts about Physical Education.

CO2. Athletics: (Running Events)

This course introduces students with history and development of the athletics/game at International and National level. It teaches about the basic skills and techniques required, dimensions and marking of playing area, and basic requirements of the playing area. The students learn about the rules and regulations.

- a) Sprint: Starting Techniques: Crouch start (with variations); Use of Starting block, Acceleration with proper running techniques. Maintenance of speed in different phase, Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.
- b) Distance Run: Standing start technique, Maintenance of speed in different phase
- c) Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in changing zone, and Finishing.
- d) Hurdles: Clearing techniques of Hurdles.

CO3. Health Education

The student will be able to identify the factors that influence health, related challenges in current time and able to apply the preventive measures. This would help the students to value the knowledge and skills required to preserve community health. They learn about the First Aid management so that they can treat an injured people easily.

CO4. Athletics: Throwing Events (Shot put, Discus, Javelin)

They will learn about the technique

- a) Shot Put -Parry-O'Brain Style; Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery.
- b) Discus Throw - (Rotation method): Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery
- c) Javelin Throw - Grip, Carry, Release and Recovery (3/5 Impulse stride).