GKSM Govt College Tanda Urmar

B.A. Physical Education

(Department of Physical Education)

POs and COs

PROGRAM OUTCOMES (POs)

Programme results for Physical education focuses on developing knowledge and attitudes that support lifelong learning and an active lifestyle in addition to the physical benefits that come from engaging in physical activities. The syllabus and curriculum have been designed such that every semester fulfils one or more of the program's objectives about the health, abilities, information, behaviours, games, and sports that students learn as they go. Below are the primary objectives of physical education. To understand the importance of physical education by studying the ancient and modern history of Physical education.

PO1	To assist students in learning more about Human Biomechanics and Exercise Physiology, which may help them adopt sports training techniques and perform at a better level in sports.
PO2	To be aware of health issues and to keep up a healthy lifestyle in order to compete at a better level in sports.
PO3	To maintain a level of fitness for the best possible health and wellbeing.
PO4	To improve motor abilities.
PO5	To give the pupils information in the area of how the body reacts to various kinds of activities.
PO6	To provide a favorable atmosphere for exercise and sports.
PO7	To comprehend life's morals and values as well as personality development.

Opportunities for carriers

Numerous employment options are available in marketing, sports products manufacturing enterprises, health clubs, and sports academies. Opportunities exist for careers as a commentator, sports writer, sports trainer, college or high school teacher (physical education required), and several more roles similar to these.

1. PE Teacher Assistant Professor
2. Sports Manager Physical Therapist
3. Physical Education Trainer
4. Health Educator
5. Yoga Teacher
6. Fitness Instructor
7. Sports Journalist
8. Professional sportsperson
9. Sports coach/consultant
10. Sports policy at local and national level
11. Diet and fitness instructor

Course Outcomes (Cos)

SEMESTER 1

Theory

Physical Education & History of Physical Education :

CO1	Meaning and definition of Physical Education, its aim and objectives.
CO2	Need and importance of Physical Education in the Modern Society and its relationship with other subjects.
CO3	Pre and Post Independence Development of Physical Education in India.

Olympic Games, Asian Games & Common Wealth Games :

CO1	Ancient Olympic Games.
CO2	Modern Olympic Games.
CO3	Asian Games; and
CO4	Common Wealth Games

Sports Schemes, National Institutions of Sports and National and International Governing Bodies of Olympic Games :

CO1	Raj Kumari Amrit Kaur Coaching Scheme.
CO2	Netaji Subash National Institute of Sports, Patiala (NSNIS, Patiala).
CO3	Sports Authority of India (SAI).
CO4	Indian Olympic Association (IOA).
CO5	International Olympic Committee (IOC).

Basics of Handball :

CO1	History of the game.
CO2	Basic fundamentals.
CO3	Equipment and specifications.
CO4	Marking/layout of court.
CO5	Rules and regulations (number of players, duration of game, number of officials required and general rules of play).
CO6	Major tournaments and Arjuna Awardees of the game.

Course Outcomes (Cos)

SEMESTER 1

Practical

ATHLETICS
Sprints (Types of Start and Finish) :

CO1	Crouch start-fixing of starting blocks, getting in and off the block, emphasizing on body position, need of starting blocks in a sprint race.
CO2	Practice of starts with starting blocks using proper commands.
CO3	Training the students for correct running style.
CO4	Practice of Finishing the sprint with different techniques.
CO5	Rules and Regulations of Sprint races.

Middle Distance, Long Distance and Walking Events :

CO1	Marking of standard tracks, width of lanes and starting points for various races.
CO2	Practical of Standing Start.
CO3	Correct running and walking style, emphasis on proper body position and foot placement.
CO4	Running tactics.
CO5	Rules of competition.

Physical Fitness Tests :

CO1	**Test 1 SPEED : 50 mts dash test.**
CO2	**Test 2 AGILITY : Shuttle run test**

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Course Outcomes (Cos)

SEMESTER 2

Theory

Cell, Skeletal System & Muscular System :

CO1	Meaning and definition of Anatomy & Physiology, Structure and Functions of a cell.
CO2	Meaning and functions of skeletal system.
CO3	Types of Bones and names of various bones of the body.
CO4	Introduction of Muscular system, structure and function of muscular system.
CO5	Effect of short and long duration physical Exercise on the muscular system.

Warming up, Cooling down and Physical Fitness & Kho-kho :

CO1	Warming up and cooling down in sports and its significance
CO2	Meaning, definition and components of Physical Fitness.
CO3	Influence of age, sex, body composition, diet, climate, exercise and training on Physical Fitness.
CO4	History of the game, Basic fundamentals, Equipment and specifications 7 Marking/layout of court.
CO5	Rules and regulations (number of players, duration of game, number of officials required and general rules of play); and Major tournaments and Arjuna Awardees of the game

Health & Health Education & First Aid :

CO1	Meaning and definition of health.
CO2	Meaning, definition, objectives, scope, principles and importance of Health Education.
CO3	Personal hygiene, its meaning and importance.
CO4	Meaning and importance of First Aid in Physical Education and Sports with special reference to Drowning, Dislocation of a joint, Fracture of bone, Sprain and Strain.

Biological Basis of Physical Education :

CO1	Growth and Development, Differences between growth and development.
CO2	Factors affecting growth and development.
CO3	Heredity and Environment and its effects on Growth and Development.
CO4	Various stages of growth and development.

Course Outcomes (Cos)

SEMESTER 2

Practical

Volleyball :

CO1	Measurements (volleyball court, net, poles, antenna and ball).
CO2	Number and position of players and officials.
CO3	Types of service (under arm service, side arm service and tennis service).
CO4	Types of passes (under hand and over head pass).
CO5	Rules of the game.

Kabaddi (NS)

CO1	Measurements (Kabaddi court for men and women).
CO2	Number of players and officials.
CO3	Fundamental offensive skills, touching with hand, leg thrust, front kick, side kick, Mule kick, jump and dive counter.
CO4	Defensive Skill (wrist catch, normal grip, ankle catch, knee catch and chain formation).
CO5	Tactics : (a) getting bonus point (b) counter to bonus line crossing (c) Delaying tactics for getting lona.

Physical Fitness Tests :

CO1	**Test 1 SPEED : 50 mts dash test.**
CO2	**Test 2 AGILITY : Shuttle run test**

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Course Outcomes (Cos)

SEMESTER 3

Theory

Psychological Basis of Physical Education :

CO1	Meaning of Psychology and Sports Psychology.
CO2	Psychological factors effecting physical performance.
CO3	Meaning of Learning.
CO4	Laws of Learning.
CO5	Learning curve, its types, characteristics and implications in Physical Education and Sports.
CO6	Psychological characteristics and problems of an adolescent.
CO7	The role of Physical Education and Sports in solving the problems of an adolescent.

Motivation & Transfer of Training:

CO1	Meaning, definitions, types and methods of motivation.
CO2	Importance of motivation in Physical Education and Sports.
CO3	Meaning, definitions, types and factors affecting transfer of training.

Health & Health Education & First Aid :

CO1	Meaning and definition of health.
CO2	Meaning, definition, objectives, scope, principles and importance of Health Education.
CO3	Personal hygiene, its meaning and importance.
CO4	Meaning and importance of First Aid in Physical Education and Sports with special reference to Drowning, Dislocation of a joint, Fracture of bone, Sprain and Strain.

Personality & Sports and Socialization:

CO1	Meaning, definitions, characteristics, dimensions and traits of personality.
CO2	Factors affecting development of personality (Heredity and Environment).
CO3	Role of physical activities in Personality Development.
CO4	Meaning and definitions of socialization, socialization through sports..

Politics, Economy, Media and Sports Performance :

CO1	Role of politics and economy in the promotion of games and sports.
CO2	Role of media in promotion of sports.
CO3	Causes of deterioration and suggestions for the improvement of Sports Performance.

Softball:

CO1	History of the game, Basic fundamentals, Equipment and specifications, Marking/layout of field.
CO2	Rules and regulations (number of players, number of officials required and general rules of play).
CO3	Major tournaments of the game.

Course Outcomes (Cos)

SEMESTER 3

Practical

ATHLETICS & LONG JUMP:

CO1	History of athletics, List of track and field events, Marking of standard track, width of lanes and starting points for various races.
CO2	(a) Approach run (b) Take off (c) Flight (d) Landing (e) Brief information of various styles and practice of any one style depending upon the facilities available (f) Rules and regulations of the long jump.
CO3	Types of service (under arm service, side arm service and tennis service).
CO4	Types of passes (under hand and over head pass).
CO5	Rules of the game.

Physical Fitness Tests :

CO1	**Test 1 : ENDURANCE : 9/12 min. run and walk test.**
CO2	**Test 2 : STRENGTH : Standing broad jump test.**

Course Outcomes (Cos)

SEMESTER 4

Theory

Respiratory System :

CO1	Meaning of Respiration, types of Respiration, Organs of the Respiratory System.
CO2	Functions of the Respiratory System. Vital capacity and its measurement.
CO3	Mechanism and Neural Control of Respiration

Digestive System :

CO1	Meaning, Importance and Organs of Digestive System..
CO2	Functions, processes, mechanism and nerve regulators of Digestive System.
CO3	Meaning, definitions, types and factors affecting transfer of training.

Circulatory System & Blood :

CO1	Meaning of the circulatory system.
CO2	Heart, its structure, functions and control of the heart rate.
CO3	Various types of blood vessels and their functions.
CO4	Cardiac Cycle.
CO5	Meaning, functions and composition of blood.
CO6	Maintenance of blood supply.
CO7	Blood groups and their importance.

Communicable Diseases :

CO1	Meaning of a communicable disease. Communicable diseases such as HIV/AIDS, Viral Hepatitis—A, B & C and Tetanus, their modes of transmission and methods of prevention.

Yoga:

CO1	Meaning and aim of Yoga.
CO2	Meaning, Principles and Importance of Asanas.

CO3	Meditative poses (Padamasna, Vajrasana, and Sukhasana), their technique, precautions and effects/advantages.
CO4	Cultural poses (Savasna, Halasana, Bhujangasana Sarvangasana, and Dhanurasana), their technique, precautions and effects/advantages.

Basics of Tennis :

CO1	History of the game, Basic fundamentals, Equipment and specifications
CO2	Marking / layout of court. Rules and regulations (number of players, duration of game, and number of officials required and general rules of play).
CO3	Major tournaments and Arjuna awardees of the game.

Sports Injuries & Disability and Rehabilitation :

CO1	Basis of Sports Injuries. Common Sports Injuries, such as sprains, strains, fracture, dislocation, abrasions, contusion, bruise, tennis elbow. Their causes, preventive and remedial measures.
CO2	Treatment and care (RICE) of sports injuries.
CO3	Meaning, types, causes and preventive measures of disability.
CO4	Problems of the disabled. Physical Activity and health for disabled.
CO5	Meaning and scope of Rehabilitation.

Course Outcomes (Cos)

SEMESTER 4

Practical

Basketball

CO1	Measurements (Basket ball ground).
CO2	Number of players and officials.
CO3	Rules and Regulations of the game.
CO4	Fundamental and basic skills.
CO5	Rules of the game.

Football

CO1	Measurements (Field & ball).
CO2	Number of players and officials.
CO3	Rules and Regulations of the game.
CO4	Fundamental Skills.
CO5	Rules of the game.

Course Outcomes (Cos)

SEMESTER 5

Theory

Play & Recreation:

CO1	Meaning and Definition of Play.
CO2	Various theories of play and their significance in Physical Education and Sports.
CO3	Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities.
CO4	Significance of recreation in the modern society.
CO5	Recreation providing agencies.

Competitions, Camps & Athletic Meet:

CO1	Meaning, aim and objectives of the camp.
CO2	Advantages of camping/outdoor education.
CO3	Types and agencies promoting camping.
CO4	Organization of camps and factors affecting its organization.
CO5	Educative values of a camp.
CO6	Organization of an athletic meet.
CO7	Importance/significance of an athletic meet.

Posture, Postural Deformities & Physical Activities and their effects on various physical parameters and vice versa:

CO1	Meaning, types and importance of a good posture.
CO2	Causes, preventive and remedial measures of a poor posture.
CO3	Postural deformities (Kyphosis, lordosis, scoliosis and flat foot), their causes, preventive and remedial measures.
CO4	Physical activities/training and their effects on aging, body composition, and obesity.
CO5	General problems of obesity.
CO6	Health related risk factors of obesity.
CO7	Obesity and physical activity.
CO8	Causes, preventive and remedial measures of obesity.

Massage:

CO1	Brief history of massage. Meaning and definition of massage.
CO2	Principles/guidelines for massage.Types of massage and their benefits.
CO3	Effects of massage on skin, blood circulation, nervous system and muscles.

Basics of Cricket:

CO1	History of the game, Basic fundamentals, Equipment and specifications.
CO2	Marking / layout of field.
CO3	Rules and regulations (number of players, duration of game, number of officials required and general rulesof play).
CO4	Major tournaments and Arjuna awardees of the game.

Course Outcomes (Cos)

SEMESTER 5

Practical

ATHLETICS

CO1	History of athletics, List of track and field events, Marking of standard track, width of lanes and starting points for various races
CO2	Number of players and officials.
CO3	Rules and Regulations of the game.
CO4	Fundamental and basic skills.
CO5	Rules of the game.

THROWS:

CO1	(a) **Shot-put** (The holding the stance, the glide, the delivery and the reverse or the recovery).
CO2	**Discuss Throw** (The handhold, the initial stance, the preliminary swings, turn the delivery and the reverse or the recovery).
CO3	**Javelin Throw** (The grip, the carry, the run way approach, the last five strides, the delivery, the reverse or the recovery).
CO4	Measurements of equipment and the throwing circles or the approach run, the arc and the throwing area/the sectors.

PHYSICAL FITNESS TESTS:

CO1	**Test 1- Flexibility: Sit and reach test**
CO2	**Test 2- Strength: Medicine Ball Throw.**

Course Outcomes (Cos)

SEMESTER 6

Theory

Nervous System:

CO1	Meaning of Nervous System.
CO2	Main organs of Nervous System and their functions.
CO3	Reflex action and Reciprocal Innervations.
CO4	Functional classification of Nervous System.

Excretory System:

CO1	Meaning of Excretory System.
CO2	Main organs of Excretory System and their structure and functions.

Endocrine System:

CO1	Meaning of **Endocrine System**.
CO2	Meaning of Glands, their location and functions/Harmones produced by them.**Circulatory System & Blood :**

Sports Training, General Physiological concept & Effects of Physical Exercise / Training on body systems:

CO1	Meaning, definition, aim, objective, characteristics and principles of sports training.
CO2	Physiological concepts such as vital capacity, second wind, stitch in the side and its causes.
CO3	Definition of oxygen debt/excess post exercise oxygen consumption (EPOC) and its implication.
Co4	Meaning definition and types of fatigue.
CO5	Muscular contractions such as isotonic, isometric, eccentric and isokinetic.
CO6	Meaning of Blood pressure, Hypertension: Its causes, effects and treatment, exercise and Hypertension.
CO7	Effects of Physical exercise/Training on muscular, respiratory and circulatory systems of the body.

Carrier aspects in Physical Education:

CO1	Carrier options in Physical Education.

CO2	Different avenues in Physical Education.
CO3	Self assessment for carrier choices.
CO4	Courses and institutions available for Physical Education profession.

Coach &b Basics of Table Tennis:

CO1	Coaching, coaching philosophy, definition of a coach.
CO2	Qualification and characteristics of a coach.
CO3	Responsibilities of a coach.
CO4	History of the game
CO5	Basic fundamentals
CO6	Equipment and specifications
CO7	Marking / layout of T.T Table
CO8	Rules and regulations (number of players, duration of game, number of officials required and general rules of play)
CO9	Major tournaments and Arjuna awardees of the game

Course Outcomes (Cos)

SEMESTER 6

Practical

Badminton:

CO1	Measurement (Badminton Court, Net, Racket and Shuttle cock) for singles and doubles.
CO2	Number of players and officials.
CO3	Holding the racket and shuttle cock.
CO4	Types of Service: High and Low.
CO5	Types of Strokes: fore hand, back hand, over head.
CO6	Shots: Smash, Lob shot, net shot, dive shot.
CO7	Rules and regulations of the game.

Hockey :

CO1	Measurements (Hockey ground, goalpost, hockey stick, ball and flags) for men and women.
CO2	(b) Number and position of players and officials.
CO3	(c) Fundamental skills (grip, hitting, stopping dribbling, push, scoop and flick).
CO4	(d) Rules and regulations of the game