



ONDA THANA MAHAVIDYALAYA
Onda, Bankura, West Bengal 722144

PHYSICAL EDUCATION

The theoretical knowledge of **track and field** events helps the students to learn the various techniques along with the international rules of the events. Since they learn the rules, they can become qualified state, national and international officials. This definitely will elevate their professional career. They will be of great demand in their professional circle.

PROGRAMME OUTCOME (PO)

1. Significance of Physical Education

Present day technological developments have paved a clear way to the sports performance enhancement. Hence the **Foundation of Physical education** is introduced to the students. The history of both physical education and Olympics helps the students to know the background of the events. Towards the further improvement, it is apt to say that Young Men Christian Association (YMCA), Sports Authority of India (SAI), Sports Development Authority of Tamil Nadu (SDAT), National and International competitions and sports festivals contribute to the present-day sports performance improvement.

Health and safety education

Health and safety education is another branch of science that gives knowledge about the personal health and safety education. The students show a lot of interest to know the meaning, principles, components of personal and community hygiene. By understanding the communicable diseases, the students are able to lead a diseases free life. As they are involved in regular physical training, safety education plays a dominant role. They also learn to be safe at home, on the play field, inside a gym and in the public. They act as health ambassadors and carry the adage namely "Prevention is better than cure."

Gymnastics All students understood that **Gymnastics** is the mother of all sports. Hence, they learn all gymnastic movements and will teach the same to the children

at an early age. The process of transferring the knowledge will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility. They also learn to use different gymnastic apparatus along with the rules to use them efficiently.

Foundation of yoga

The study of foundation of yoga helps the students to understand the historical background, need and importance. This branch of knowledge helps to know the various limbs of yoga, asanas, pranayama, kriyas and banda.

Methods of physical education deals with appropriate methods to present the scientific inputs effectively. Serious planning is required for teaching various sports techniques effectively. The scientific inputs will reach the students fully when the teacher uses appropriate teaching methods. All the students learn from this branch of science the system of conducting intramural and extramural competitions. This knowledge will widen the scope of the future teacher's professional career. The learning of major games (practical) namely Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball helps to stabilize the fundamental skills by doing drills for development. They can also learn the rules of the games for efficient teaching and officiating.

PROGRAMME SPECIFIC OUTCOME (PSO)	
1	The knowledge of track and field elevates the professional competency.
2	Theories of specialization games: To understand the Rules, their interpretations, basic skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball.

3	Health education and safety education: To be aware of diseases and to lead a healthy life.
4	Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility.
5	Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.
6	To improve the ability to use appropriate teaching methods for effective teaching and to organize sports and games competitions flawlessly.
7	The Students are aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement.
8	To inculcate values – moral, ethical, literary and humane – and the ability for self-questioning, as also to decode/interpret values represented in literary texts and criticism vis-à-vis the environment, religion and spirituality, and structures of power

Bankura University

COURSE OUTCOME (CO)

SEMESTER I

COURSE ID	COURSE CODE	COURSE TITLE	COURSE OUTCOME
	UG/PEDG/ 101/C-1A	Foundation & History of Physical Education	<ol style="list-style-type: none">1. Meaning, definition and scope of Physical Education.2. Aim and objectives of Physical Education.3. Misconception and Modern concept of Physical Education.4. Need and Importance of Physical Education in modern society.

SEMESTER II

COURSE ID	COURSE CODE	COURSE TITLE	COURSE OUTCOME
20311	UG/PEDG / 201/ C-1B	Anatomy, Physiology & Physiology of Exercise and Sports	<ol style="list-style-type: none">1. Understand the basic principles of Anatomy, Physiology and Health Education2 . Apply the knowledge in the field of physical education and movement activity.3. Analyze the practical knowledge during the practical situation.4. Remember and recall the definition of anatomy and physiology and correlate the principles of physiology.5. Appraise the effects of health condition during the training and practical sessions

SEMESTER III			
COURSE ID	COURSE CODE	COURSE TITLE	COURSE OUTCOME
20311	UG/PEDG/ 301/C-1C	Track & Field and Its Rules Regulations	<p>1. Able to mark Track and Field and Officiate</p> <p>2. Able to understand the rules of the games and sports</p> <p>3. Able to give seeding and Heats in Track and Field. Combined Events.</p> <p>4. Design and practice the new methods of technique of officiating.</p>
	UG/PEDG/ 304/SEC-1	Yogasana and Gymnastics	<p>1. Gain knowledge about the Indian philosophy.</p> <p>2. Learn about the history of yoga, classical yoga texts, yogic gurus, and contributions of yoga to religions</p> <p>3. Understand the various paths of yoga, schools of yoga, and astanga yoga</p>

SEMESTER IV

COURSE CODE	COURSE TITLE	COURSE OUTCOME
UG/PEDG /401/C-1D	Health Education & Complete Wellness	<ol style="list-style-type: none">1. Describe health Communication Skill and health promotion theories2. Define the roles of mass media Communication Skill, health education and health literacy, technology and e Medicine, patient-physician Communication Skill in improving health of the people.3. Describe research methods in developing effective health messages4. Critically examine health messages in clinical encounters and in the media5. Develop written/oral Communication Skill Psychomotor Skills in editorials, health education material, public service announcements6. Integrate theory, research methods, and key strategies in developing a health Communication Skill intervention to improve the health of populations and society
UG/PEDG / 404/ SEC-2	Ball Game and Racket Game	To acquaint students with theoretical, technical and practical knowledge & skills of ball games of their choice and gain proficiency.

SEMESTER V

COURSE CODE	COURSE TITLE	COURSE OUTCOME
UG/PED G/ 501/ DSE-1A Sports Training	UG/PED G/ 501/ DSE-1A Measurement & Evaluation DSE-Sports Training	<ol style="list-style-type: none">1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.2. Demonstrate the basics of sport first aid during and after game situation.3. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.4. Identify and apply knowledge of anatomy to the design and execution of research studies.
UG/PED G/ 503/ GE-1	First Aid & Personal Hygiene Recreation	<ol style="list-style-type: none">1. Learn how to prevent medical emergencies from occurring.2) Learn all of the steps that need to be taken prior to delivering care during a medical emergency.3) Learn the normal functions of the human body to know when the body is not functioning properly.4) Learn how to assess a victim during a medical emergency to determine what care is needed.5) Learn to perform CPR on adult, child, and infant victims.

		<p>6) Learn to use an AED on adult, child and infant victims.</p> <p>7) Learn how to manage breathing emergencies in adult, child, and infant victims.</p> <p>8) Learn how to manage soft tissue injuries and bleeding.</p> <p>9) Learn how to manage musculoskeletal injuries.</p> <p>10) Learn how to care for a variety of forms of sudden illness.</p>
UG/PEDG / 404/ SEC-2	Ball Game and Racket Game	To acquaint students with theoretical, technical and practical knowledge & skills of ball games of their choice and gain proficiency.

SEMESTER VI

COURSE CODE	COURSE TITLE	COURSE OUTCOME
UG/PED G/ 601/ DSE-1B	Sports Psychology	<ol style="list-style-type: none">1. To develop an understanding of the nature and scope of psychology of education, physical education & sports.2. To understand the nature, steps and factors facilitating and obstructing learning.3. To develop an understanding of the intelligence, creativity & the role of the teacher in fostering them.4. To make an understanding on the effect of social and cultural entities on the concept of individual difference and its importance in education, physical education and sports.5. To develop an understanding of the concept of personality, factors affecting personality development and the role of teacher in promoting mental health of students.
	Management of Sports and Physical Education	<ol style="list-style-type: none">1. Know sports management and employ principles of strategic planning, and financial and human resource management.2. Assess marketing needs and formulate short term and long term solutions.3. Conceive, plan, execute, and evaluate a sports event.4. Introduce the teaching and curriculum objectives and course module design

		<p>5. Analyze the planning strategies, teaching, learning and assessment</p> <p>6. Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation</p> <p>7. Evaluating learning intentions and the process that is guided through explicit and manageable criteria.</p>
UG/PED G/ 603/ GE-2	Health Education & Safety Edu.	<p>Describe health Communication Skill and health promotion theories</p> <p>2. Define the roles of mass media Communication Skill, health education and health literacy, technology and e Medicine, patient-physician Communication Skill in improving health of the people.</p> <p>3. Describe research methods in developing effective health messages</p>
UG/PED G/ 604/ SEC-4	Adapted Physical Education and Computer Application in Physical Edu	To acquaint students with theoretical, technical and practical knowledge & skills of ball games of their choice and gain proficiency.