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Grade "A" Accredited By NAAC
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(BA/BSc), Subject: Physical Education

Program Outcomes

The course outcomes of a Physical Education subject in a B.A./B.Sc. program are designed to equip students with both theoretical knowledge and practical skills. Graduates will gain an understanding of human anatomy, physiology, sports psychology, and various fitness techniques. They will develop practical skills in physical activities such as sports, fitness training, and outdoor recreation. Additionally, students will learn about health promotion, injury prevention, and leadership skills. The course also aims to foster an appreciation of physical fitness as a key component of overall well-being, encouraging students to lead healthy and active lifestyles throughout their lives.

Program Specific Outcomes

After completing BA/BSc in Physical Education, students can pursue admission into the B.P.Ed. (a two-year professional course). Upon successful completion of the B.P.Ed., students become eligible to apply for positions as Trained Graduate Teachers (TGTs) in both the private and public sectors. As TGTs, they will be qualified to teach students up to class Xth



Program: B. A./B.Sc.	Year: First	Semester: First
Subject: PHYSICAL EDUCATION- THEORY		
Course Code: E020101T	Course Title: Elementals of Physical Education	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none"> • Understand the broad scope of physical education and its importance. • Explain the introduction and sociological concepts of physical education. • Analyse the historical development of physical education in India and other countries. • Comprehend the general concepts of good health and wellness. • Promote a healthy lifestyle through knowledge gained in the program. • Design and implement effective fitness and health plans for themselves and others. 		

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Program: B. A./B.Sc.	Year: First	Semester: First
Subject: PHYSICAL EDUCATION- Practical		
Course Code: E020102P	Course Title: Fitness and Yoga	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Understand the Preventive Role of Yoga: Learn how yoga can aid in preventing various physical and mental health issues.• Gain Fundamental Knowledge of Fitness Techniques: Acquire basic knowledge of aerobics, gymnasium workouts, and their applications.• Develop Skills for the Fitness Industry: Build practical skills to excel as a professional in the fitness and wellness industry.• Promote Holistic Wellness: Understand and teach the principles of balancing physical fitness and mental well-being.• Design Customized Fitness Programs: Learn to create personalized fitness regimens based on individual needs and goals.• Enhance Leadership and Coaching Abilities: Develop the confidence and expertise to guide individuals and groups in fitness and yoga practices.		

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Program: B. A./B.Sc.	Year: First	Semester: Second
Subject: PHYSICAL EDUCATION- THEORY		
Course Code: E020201T	Course Title: Sports organization and Management	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Gain real-time exposure to organizing events and sports activities, including planning and execution.• Develop skills in store management, including inventory tracking and maintenance.• Learn the fundamentals of purchasing and procurement for effective resource management.• Acquire the ability to create and manage budgets tailored to event or sports requirements.• Enhance teamwork and leadership skills by collaborating in group settings for successful event organization.		

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Program: B. A./B.Sc.	Year: First	Semester: Second
Subject: PHYSICAL EDUCATION- PRACTICAL		
Course Code: E020202P	Course Title: Sports Event and Track & Field	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• theoretical knowledge and practical skills in organizing sports events and understanding track and field disciplines• Gain in-depth knowledge of the rules, techniques, and strategies involved in various track and field events such as sprints, middle and long-distance races, relays, jumps, and throws.• Understand the role of physical conditioning, nutrition, and recovery in improving performance in track and field.		

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Program: B. A./B.Sc.	Year: Second	Semester: Third
Subject: PHYSICAL EDUCATION- Theory		
Course Code: E020301T	Course Title: Anatomy and Exercise Physiology	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• foundational knowledge about the human body, its structure, and the physiological mechanisms involved during exercise.• Identify and describe the structure and functions of major systems of the human body (skeletal, muscular, cardiovascular, respiratory, etc.).• Analyse the role of anatomical and physiological knowledge in designing safe and effective fitness programs.• Learn the anatomical basis of common sports injuries and their prevention strategies.		

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Program: B. A./B.Sc.	Year: Second	Semester: Third
Subject: PHYSICAL EDUCATION- Practical		
Course Code: E020302P	Course Title: Health and Physiology	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Gain in-depth knowledge of the structure and functions of various systems of the human body (e.g., cardiovascular, respiratory, muscular, nervous systems).• Understand how these systems adapt to physical activity and exercise.• Learn the principles of maintaining and improving physical health through exercise and lifestyle choices.• Understand common health issues, their prevention, and management strategies.• Explore the connection between physical activity, stress management, and mental well-being.		

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Program: B. A./B.Sc.	Year: Second	Semester: Fourth
Subject: PHYSICAL EDUCATION- Theory		
Course Code: E020401T	Course Title: Sports Psychology and Recreational Activities	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Learn foundational concepts of sports psychology and their applications in enhancing athletic performance.• Enhance practical skills in organizing and participating in recreational and sporting activities.• Learn strategies to manage competition-related stress and anxiety.• Understand ethical considerations and psychological well-being in sports and recreational activities.		

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Program: B. A./B.Sc.	Year: Second	Semester: Fourth
Subject: PHYSICAL EDUCATION- Practical		
Course Code: E020402P	Course Title: Sports Psychology	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Gain knowledge of fundamental psychological concepts and their application in sports and physical activities.• Learn techniques like goal-setting, visualization, and relaxation to enhance athletic performance• Learn about group cohesion, leadership, and communication in team sports.• Embrace a holistic approach to nurture physical, mental, and emotional health in sports participants		

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Program: B. A./B.Sc.	Year: Third	Semester: Fifth
Subject: PHYSICAL EDUCATION- Theory		
Course Code: E020501T	Course Title: Athletic Injuries and Physiotherapy	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Gain knowledge about common sports injuries, their causes, and preventive measures.• Learn first aid techniques and on-field injury management strategies.• Integrate physiotherapy insights to boost athletic performance.• Develop a sense of ethics in treatment and athlete care.		

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Program: B. A./B.Sc.	Year: Third	Semester: Fifth
Subject: PHYSICAL EDUCATION- Theory		
Course Code: E020502T	Course Title: Kinesiology and Biomechanics in Sports	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Gain foundational knowledge of human anatomy and movement mechanics relevant to sports and physical activities.• Develop skills to evaluate and enhance sports techniques using biomechanical insights.• Understand the role of kinesiology in designing injury prevention strategies and rehabilitation programs.• Gain proficiency in using tools and technologies like motion analysis systems for movement evaluation.		

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Program: B. A./B.Sc.	Year: Third	Semester: Fifth
Subject: PHYSICAL EDUCATION- Practical		
Course Code: E020503P	Course Title: Rehabilitation and sports	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Develop knowledge of rehabilitation techniques and their applications in sports injury management.• Gain practical skills in using therapeutic exercises and modalities like physiotherapy and hydrotherapy.• Learn to design personalized rehabilitation programs for athletes and general individuals.• Adhere to ethical standards and best practices in rehabilitation and sports settings.		

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Program: B. A./B.Sc.	Year: Third	Semester: Fifth
Subject: PHYSICAL EDUCATION- Project		
Course Code: E020504P	Course Title: Research Project	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Ability to design, conduct, and analyse research in the field of physical education.• Ability to identify issues in physical education and propose research-based solutions.• Understanding and adherence to ethical standards in conducting and reporting research.		

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Program: B. A./B.Sc.	Year: Third	Semester: Sixth
Subject: PHYSICAL EDUCATION- Theory		
Course Code: E020601T	Course Title: Research methods	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• students can be able to understand Research methods in Sports and Physical Education.		

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Program: B. A./B.Sc.	Year: Third	Semester: Sixth
Subject: PHYSICAL EDUCATION- Paper 2		
Course Code: E020602T	Course Title: Physical education for DIVYANG	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.		

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Program: B. A./B.Sc.	Year: Third	Semester: Sixth
Subject: PHYSICAL EDUCATION- Practical		
Course Code: E020603P	Course Title: Research and Sports	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• Understanding of research designs, methods, and data analysis techniques specific to sports and physical education.		

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Program: B. A./B.Sc.	Year: Third	Semester: Sixth
Subject: PHYSICAL EDUCATION- Project		
Course Code: E020604P	Course Title: Research Project	
<p>Course outcomes:</p> <p>After completing this course, a student will have:</p> <ul style="list-style-type: none">• It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analysed data.		