

DEPARTMENT OF PHYSICAL EDUCATION

Bajkul Milani Mahavidyalaya

Name of the Academic Programme: B.A General with Physical Education

Course Code: CC-1(DSC-1A)

Course Title: Foundation and History of Physical Education

Course outcome (COs)

After completion of this course successfully, the students will be able to

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| CO-1: (DSC1AT) | Acquire the basic knowledge of education and physical education and also main principles of physical education. |
| CO-2: (DSC1AT) | Understand biological and sociological foundation of physical education and history of physical education. |
| CO-3: (DSC1AT) | Understand the historical development of physical education and motivational approaches of Indian government to promote the physical education. |
| CO-4: (DSC1AT) | Understand Yoga education and its implication of daily life. |
| CO-5: (DSC1AP) | Develop the practical ability of marching, students learn the techniques of Suryanamaskar and develops the physical Fitness through calisthenics and aerobic activities. |

Course Code: CC-2(DSC-1B)

Course Title: Management of Physical Education and Sports

Course outcome (COs)

After completion of this course successfully, the students will be able to

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| CO-1: (DSC1BT) | This course aims to enlighten the students on the sports managements and its purposes, importance, principles and the duties as a sports manager. |
| CO-2: (DSC1BT) | Understand the various types of tournaments, fixture drawing, method of organizing competition and athletic meet, track marking. |
| CO-3: (DSC1BT) | Take care and maintenance of play ground, gymnasium and equipments |
| CO-4: (DSC1BT) | Focus on the development of leadership. |
| CO-5: (DSC1BP) | This part of the course gives lay out knowledge and officiating ability of track and field events, various games, yoga and gymnastics |

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Name of the Academic Programme: B.A General with Physical Education

Course Code: CC-3(DSC-1C)

Course Title: Anatomy, Physiology and Exercise Physiology

Course outcome (Cos)

After completion of this course successfully, the students will be able to

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| CO-1: (DSC1CT) | This part of the course informs in detail the human anatomy, physiology and exercise physiology. |
| CO-2: (DSC1CT) | Understand the muscular and skeletal system of human body and effect of exercise and training on muscular system. |
| CO-3: (DSC1CT) | Understand circulatory system and effect of exercise and training on it. |
| CO-4: (DSC1CT) | Understand respiratory system and effect of exercise and training on it. |
| CO-5: (DSC1CP) | Provides hand on experience on the assessment of BMI and WHR, measurement of blood pressure, vital capacity, respiratory rate, heart rate, limb length, PEI, and pick flow rate. |
| Course Code: SEC-1(Practical) Course Title: Indian games and Racket Sports(Practical) Course outcome (Cos) After completion of this course successfully, the students will be able to | |
| CO: (SEC-1P) | Practical experiences and learning of fundamental skills and their application in game situation and the application of rules ,regulations and duties of officials of Indian games like kabaddi, kho kho and racket sports like badminton and table tennis. |

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Name of the Academic Programme: B.A General with Physical Education

Course Code: CC-4(DSC-1D)

Course Title: Health Education , Physical Fitness and Wellness

Course outcome (Cos)

After completion of this course successfully, the students will be able to

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| CO-1: (DSC1DT) | Provides the knowledge regarding health, its organizations, health programmes in educational institutions. |
| CO-2: (DSC1DT) | Identify the health problem and its prevention methods prevention and control of health problems in India. |
| CO-3: (DSC1DT) | Understand physical fitness and wellness. |
| CO-4: (DSC1DT) | Acquire the theoretical knowledge of first aid and management of sports injuries. |
| CO-5: (DSC1DP) | To motivate students to perform hand on experiences of first aid management of various types of bandages and practical knowledge of hydrotherapy, thermotherapy and cryo-therapy |
| Course Code: SEC-2(Practical) Course Title: Ball Games (Practical) Course outcome (Cos) After completion of this course successfully, the students will be able to | |
| CO-1: (SEC-2P) | Practical experiences and learning of fundamental skills and their application in game situation and the application of rules, regulations and duties of officials of ball games like football, hand ball basketball volleyball, netball and throw ball. |

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Name of the Academic Programme: B.A General with Physical Education

Course Code: DSE-1A

Course Title: Test , Measurement and Evaluation in Physical Education

Course outcome (Cos)

After completion of this course successfully, the students will be able to

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| CO-1: (DSE1AT) | learn the concept of test , measurement and evaluation and its application in physical education and sports. |
| CO-2: (DSE1AT) | understand the measurements of body compositions and somatotype assessment, |
| CO-3: (DSE1AT) | Understand various types of physical fitness test |
| CO-4: (DSE1AT) | Understand various types of sports skill test. |
| CO-5: (DSE1AP) | Impart knowledge about the assessment of somato type and body fat percentage, assessment of AAHPER youth fitness test and Harvard step test. |

Course Code: SEC-3(Practical)

Course Title: Gymnastics and Yoga (Practical)

Course outcome (Cos)

After completion of this course successfully, the students will be able to

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| CO (SEC-3P) | Get Practical experiences and learning of fundamental skills and their application in game situation and the application of rules, regulations and duties of officials of gymnastics and yoga. |
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Course Code: GE-1

Course Title: Management of Physical Education and Sports

Course outcome (Cos)

After completion of this course successfully, the students will be able to

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| CO-1: (GE-1T) | This course aims to enlighten the students on the sports managements and its purposes, importance, principles and the duties as a sports manager. |
| CO-2: (GE-1T) | Understand the various types of tournaments, fixture drawing, method of organizing competition and athletic meet, track marking. |
| CO-3: (GE-1T) | Take care and maintenance of play ground, gymnasium and equipments |
| CO-4: (GE-1T) | Focus on the development of leadership. |
| CO-5: (GE-1P) | This part of the course gives lay out knowledge and officiating ability of track and field events, various games, yoga and gymnastics |

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Name of the Academic Programme: B.A General with Physical Education

Course Code: DSE-1B

Course Title: Sports Training

Course outcome (COs)

After completion of this course successfully, the students will be able to

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| CO-1: (DSE1BT) | Create understanding about the sports training and its aim characteristics, principles and importance in physical education and sports |
| CO-2: (DSE1BT) | Understand warm up, conditioning, training methods, periodization, |
| CO-3: (DSE1BT) | Understand training load and adaptation |
| CO-4: (DSE1BT) | Learn training techniques of strength, speed, endurance and flexibility. |
| CO-5: (DSE1BP) | acquires practical experiences of weight training and circuit training, learn measuring method of speed, strength, explosive strength and flexibility. |
| Course Code: SEC-4: (Practical) | |
| Course Title: Track and Fields (Practical) | |
| Course outcome (Cos) | |
| After completion of this course successfully, the students will be able to | |
| CO (SEC-4P) | Get Practical experiences and learning of fundamental skills and their application in game situation and the application of rules ,regulations and duties of officials of track and field events like running events, jumping events and throwing events |
| Course Code: GE-2 | |
| Course Title: Anatomy , Physiology and Exercise Physiology | |
| Course outcome (Cos) | |
| After completion of this course successfully, the students will be able to | |
| CO-1: (GE-2T) | This part of the course informs in detail the human anatomy, physiology and exercise physiology. |
| CO-2: (GE-2T) | Understand the muscular and skeletal system of human body and effect of exercise and training on muscular system. |
| CO-3: (GE-2T) | Understand circulatory system and effect of exercise and training on it. |
| CO-4: (GE-2T) | Understand respiratory system and effect of exercise and training on it. |
| CO-5: (GE-2P) | Provides hand on experience on the assessment of BMI and WHR, measurement of blood pressure, vital capacity, respiratory rate, heart rate, limb length, PEI, and pick flow rate. |

