

Department of Physical Education

Bajkul Milani Mahavidyalaya

Name of the Academic Program: B.A. General with one of the subject Physical Education

Programme Specific Outcomes (PSO)

After the completion of the Physical education programme, students are able to

PSO-1	Acquire general knowledge in the principles of performing exercise including a better understanding of the health benefits of participating in sports and fitness activities regularly, such as in the prevention of chronic diseases
PSO-2	Be aware of the safety requirements when participating in selected sports and fitness activities
PSO-3	Have a better understanding of the techniques in performing selected sports and fitness activities
PSO-4	Know the basic strategies, rules and regulations of selected sports
PSO-5	Acquire basic techniques of selected sports and fitness activities
PSO-6	Perform and participate within the rules of selected sports
PSO-7	Observe the safety requirements when participating in selected sports and fitness activities
PSO-8	Achieve improvement in physical fitness and motor skill levels
PO-9	Develop positive attitude towards participation in physical activities including sports and fitness activities
PO-10	Be proactive in participating in physical activities including sports and fitness activities
PO-11	Appreciate the importance of sportsmanship and fair play
PO-12	Develop an appreciation of sports as a spectator and a participant
PO-13	The programme teaches the students about ethical principles and how to apply the real world situations.
PO-14	The programme is designed to prepare students as such they can attain the higher studies on this specific area and become successful in his life.