



NABADWIP VIDYASAGAR COLLEGE



DEPARTMENT OF PHYSICAL EDUCATION

UNDERGRADUATE PROGRAMME

PROGRAMME OUTCOME (PO) AND COURSE OUTCOME

PROGRAMME OUTCOME(PO)

1. Students develop an understanding of Concept regarding Physical Education in modern society to develop their growth and development to maintain quality of life number.
2. To know about Yoga this will help to sustainable life through harmony of body mindand Soul.
3. To learn about management and leadership and through this knowledge organized big event in a meaningful and successful way.
4. To develop a sense of awareness and concern for the anatomy, physiology and exercise physiology in their respect as well as to know in detail about a force person and the anatomical differences between male and female athletes
5. Through this theoretical and practical knowledge students understand to evaluate themselves. Develop health, fitness, performance and Wellness as par of sport person.
6. Students acquire deeper knowledge regarding their Health, Disease, Immunity, Prevention Control and Management to develop Wellness of sports persons and non sports persons in different stages.
7. Learn to analyse the data, apply statistical technique and layout in a graphical structure to assess and evaluate fitness status, sports skills status to get knowledge regarding development as well as to find out the correction and necessary modifications.
8. Learners can relate to how culture and religious influence people's perception of a placeor region and its importance and use in various sector in the current country.

Semester	Course code	Course content	Course outcome(CO)
	CC-T-1A	Unit – I <ol style="list-style-type: none">1. Meaning and definition of Physical Education2. Aim and objectives of Physical Education3. Misconcept and Modern concept of Physical Education4. Importance of Physical Education in modern society	This unit comprises of knowledge of this meaning and definition of physical education. Students learn the aim and objectives of physical education and the importance of physical education in society.

I		<p>Unit – II</p> <ol style="list-style-type: none"> 1. Biological Foundation- meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and Development 2. Age- Chronological age, anatomical age, physiological age and mental age 3. Sociological Foundation- meaning and definition of Sociology, Society, Socialization and Physical Education 4. Role of games and sports in National and International harmony 	<p>This unit comprises meaning and definition of growth and development and also explains the factors which are affecting the growth and development.</p> <p>Students learn principles of growth and development and differentiation between growth and development.</p>
		<p>UNIT III</p> <ol style="list-style-type: none"> 1. Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period 2. Olympic Movement: Ancient and Modern Olympic Games 3. Brief historical background of Asian Games, Commonwealth Games, and SAF Games <p>National Sports Awards: Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award, and Dhyanchand Award</p>	<p>Students will be taught the historical development of physical education in pre and post independence day, Mega event, Olympic, Asian games, commonwealth games and different national sports awards</p>

		<p><u>Unit – IV</u></p> <ol style="list-style-type: none"> 1. Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga 2. History of Yoga 3. Astanga Yoga 4. Hatha Yoga 	<p>Students will learn about winning definition aim or objectives of Yoga. Astanga Yoga and Hatha Yoga</p>
		<p><u>Field Practical</u></p> <p>Learn and demonstrate the technique of Suryanamaskar Development of physical fitness through Callisthenics, Marching, Aerobic activities (any one)</p>	<p>In this course students learn how to perform Surya Namaskar and its benefit. They also develop their physical fitness through different calisthenics and aerobic activities.</p>
II	CC-T-1B	<p><u>Unit – I</u></p> <ol style="list-style-type: none"> 1. Concept and definition of Sports Management 2. Importance of Sports Management 3. Principles of Sports Management 4. Sports Manager and his duties 	<p>The main objectives of the study are to develop concept of sports management and its importance, purpose and principles.</p>
		<p><u>Unit – II</u></p> <ol style="list-style-type: none"> 1. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge) 2. Procedure of drawing fixture 3. Methods of organising Annual Athletic Meet and 	<p>To understand about tournaments, its meaning, definition and types. Students develop knowledge of how to draw a fixture and to organizing methods of Athletic Meet, Play Day the Intramural and Extramural competitions.</p>

		<p>Play Day</p> <p>4. Methods of organising Intramural and Extramural competition</p>	
		<p><u>Unit – III</u></p> <p>1. Methods of standard Athletic Track marking</p> <p>2. Care and maintenance of play ground and gymnasium</p> <p>3. Importance, care and maintenance of sports equipments</p> <p>4. Time Table: meaning, importance and factors affecting School's Physical Education Time Table</p>	<p>This is another method of calculation of standard athletic track marking. Management and maintenance procedure of playground gymnasium sports equipment and the importance meaning and factors affecting the time table.</p>
		<p><u>Unit – IV</u></p> <p>1. Meaning and definition of leadership</p> <p>2. Qualities of good leader in Physical Education</p> <p>3. Types of leadership</p> <p>4. Principles of leadership activities</p>	<p>To understand meaning definition of leadership and qualities of good leader in physical education. Student also learns about principles of leadership activities and hierarchy of leadership in school college University etc.</p>
		<p><u>Field Practical</u></p> <p>Lay out, knowledge and officiating ability of</p> <p>1. Track and Field events (any one)</p> <p>2. Games: Football, Kabaddi, Kho-Kho, Volleyball (any one)</p>	<p>With this help of theoretical knowledge students learn to layout the field and its officiating ability to conduct a game such as football, Kabaddi, Kho-Kho and volleyball (anyone).</p>
		<p><u>Unit – I</u></p> <p>1. Meaning and definition of Anatomy, Physiology and Exercise Physiology</p> <p>2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education</p> <p>3. Elementary concept of cellular organelles: Mitochondrion, Endoplasmic reticulum,</p>	<p>Students will learn about the meaning definition and importance of anatomy, physiology and exercise physiology in physical education. Students will also learn about structure and function of cell and tissue.</p>

		<p>Lysosome, Glycogen</p> <p>1.4. Tissue: types and function</p>	
<p>III</p>	<p>CC-T-1C</p>	<p><u>Unit – II</u></p> <ol style="list-style-type: none"> 1. Skeletal System- structure of Skeletal System. Classification and location of bones and joints, Anatomical differences between male and female 2. Muscular System- types of muscles. Location, structure and function of skeletal muscle 3. Types of muscular contraction 4. Effect of exercise and training on muscular system 	<p>This unit comprises that knowledge of the structure skeletal system, classification and location of bone and joint. Students learn about anatomical differentiation between male and female. From this unit students develop their knowledge regarding Muscular System, contraction and effect of exercise on Muscular System.</p>
		<p><u>Unit – III</u></p> <ol style="list-style-type: none"> 1. Blood- composition and function 2. Heart- structure and functions. Mechanism of blood circulation through heart 3. Blood Pressure, Athletic Heart and Bradycardia 4. Effect of exercise and training on circulatory system 	<p>Students studied about structure and function of heart and mechanism of circulation including blood pressure athletic heart bradycardia etc. and effect of exercise on circulatory system.</p>
		<p><u>Unit – IV</u></p> <ol style="list-style-type: none"> 1. Structure and function of Respiratory organs 2. Mechanism of Respiration 3. Vital Capacity, O₂ Debt and Second Wind 4. Effect of exercise and training on respiratory system 	<p>Students gain a wider knowledge about structure function and mechanism of respiration including Vital Capacity, Oxygen Debt, Second Wind and effect of exercise on respiratory system.</p>

		<p style="text-align: center;"><u>Field Practical</u></p> <ol style="list-style-type: none"> 1. Measurement of BMI and WHR (Waist-to-hip ratio) 2. Measurement of Heart rate, Blood Pressure, Respiratory Rate, and Peak Flow ExpiratoryRate in resting and post exercise (any two) 	<p>Student will learn to measure height circumference with the help of tools and techniques, they will also learn to assess about BMI, WHR and to take data recording from the individual regarding Heart Rate, Blood Pressure, Respiratory Rate, and Respiratory Flow Rate (any one). Therefore, this can also be taking up as a career option in future as well as to maintain their quality of life.</p>
IV	CC-T-1D	<p><u>Unit – I</u></p> <ol style="list-style-type: none"> 1. Concept, definition and dimension of Health 2. Definition, aim, objectives and principles of Health Education 3. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children’s Emergency Fund (UNICEF) 4. School Health Program- Health Service, Health Instruction, Health Supervision, Personal Hygiene and Health Record 	<p>Students will learn about the meaning, definition and importance of health, health education. They will learn about WHO UNESCO and also School health programme.</p>
		<p><u>Unit – II</u></p> <ol style="list-style-type: none"> 1. Communicable Diseases- Malaria, Dengue, Chicken Pox, Diarrhoea, Tuberculosis, Covid 19 2. Non-communicable Diseases- Obesity, Diabetes and Asthma 3. Nutrition- nutritional requirements for daily living. Preparation of Balance Diet chart. Health disorders due to deficiency of Protein, Carbohydrate, fat, Vitamins and Minerals 4. Concept of personal and environmental hygiene 	<p>Students will learn health problems in India prevention and control.</p>

		<p><u>Unit – III</u></p> <ol style="list-style-type: none"> 1. Physical Fitness- meaning, definition and Importance of Physical Fitness 2. Components of Physical Fitness- Health and Performance related Physical Fitness 3. Concept of Wellness. Relationship between Physical activities and Wellness 4. Ageing- physical activities and its importance 	<p>Students study the Physical Fitness and wellness.</p>
		<p><u>Unit – IV</u></p> <ol style="list-style-type: none"> 1. First aid- meaning, definition, importance and golden rules of First-aid 2. Concept of sports injuries- Sprain, Strain, Wound, Fracture and Dislocation 3. Management of sports injuries through the application of Hydro-therapy 4. Management of sports injuries through the application of Thermo-therapy 	<p>This units comprises pf knowledge on Health on First-aid. Management, Concept of sportsinjuries, Exercise and Massage Therapy.</p>
		<p><u>Field Practical</u></p> <ol style="list-style-type: none"> 1. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint 2. Practical knowledge on application of Hydro-therapy and Thermo-therapy 	<p>In This Field Students will learn about Triangular Bandage, Roller Bandages, Hydro-Therapyand Thermo-Therapy.</p>
V	DSE-T-1	<p><u>Unit – I</u></p> <ol style="list-style-type: none"> 1. Concept of test, measurement & Evaluation 2. Criteria of good test 3. Principles of Evaluation 4. Importance of Test, Measurement and Evaluation in Physical Education and Sports 	<p>This unit comprises meaning and definition of test and measurement, evaluation alsomeasurement and evaluation in physical education and sports.</p>

		<p><u>Unit – II</u></p> <ol style="list-style-type: none"> 1. Body Mass Index (BMI)- Concept and method of measurement 2. Body Fat- Concept and method of measurement 3. Lean Body Mass (LBM)- Concept and method of measurement 4. Somatotype- Concept and method of measurement 	<p>In this unit students will study Body Mass Index (BMI), Body Fat, Lean Body Mass (LBM). They also learn Somatotype- concept and method of measurement.</p>
		<p><u>Unit – III</u></p> <ol style="list-style-type: none"> 1. Measurement of strength using Dynamometer 2. AAHPER Health Related Fitness Test 3. Queens College Step Test 4. J.C.R. Test 	<p>The main objectives of the unit is-</p> <ol style="list-style-type: none"> i. Kraus- Weber Muscular Strength Test ii. AAHPER Youth Fitness Test iii. Queens College Step Test iv. Harvard Step Test
		<p><u>Unit – IV</u></p> <ol style="list-style-type: none"> 1. Lockhart and McPherson Badminton Skill Test 2. Johnson Basketball Test Battery 3. McDonald Soccer Test 4. Brady Volleyball Test 	<p>The main objectives of the unit is-</p> <ol style="list-style-type: none"> i. Lockhart and McPherson Badminton Skill Test ii. Johnson Basketball Test Battery iii. McDonald Soccer Test iv. Brady Volleyball Test
		<p><u>Field Practical</u></p> <ol style="list-style-type: none"> 1. Assessment of somatotype and % body fat (any one) 2. Assessment of AAHPER Youth Fitness Test and Queens College Step Test (any one) 	<ol style="list-style-type: none"> i. Assessment of somatotype and % body fat (any one). ii. Assessment of AAHPER Youth Fitness Test and Harvard Step Test .

VI	DSE-T-4	<p><u>Unit – I</u></p> <ol style="list-style-type: none"> 1. Meaning and definition Psychology 2. Importance and scope of Psychology 3. Meaning and definition of Sports Psychology 4. Need for knowledge of Sports Psychology in the field of Physical Education 	<p>Students will learn about the meaning and definition of psychology, importance and scope of psychology, meaning and definition sports psychology, need for knowledge of sports psychology in the field of Physical Education.</p>
		<p><u>Unit – II</u></p> <ol style="list-style-type: none"> 1. Meaning and definition of learning 2. Theories and Laws of learning 3. Learning curve: meaning and types 4. Transfer of learning- meaning, definition and types. Factors affecting transfer of learning 	<p>To understand about meaning and definition of learning, theories of learning and laws of learning, learning curve: Meaning and Types & transfer of learning- Meaning and Definition type and factors affecting transfer of learning.</p>
		<p><u>Unit – III</u></p> <ol style="list-style-type: none"> 1. Motivation- meaning, definition, types and importance of Motivation in Physical Education and Sports 2. Emotion- meaning, definition, types and importance of Emotion in Physical Education and Sports 3. Personality- meaning, definition and types. Personality traits 3.4. Role of physical activities in the development of personality 	<p>The main objectives of the Unit- III: Motivation, Emotion, Personality, and Role of Physical Activities in the Development of Personality.</p>

		<p><u>Unit – IV</u></p> <ol style="list-style-type: none"> 1. Stress- meaning, definition and types of Stress 2. Causes of Stress 3. Anxiety- meaning, definition and types of Anxiety 4. Management of Stress and Anxiety through physical activity and sports 	<p>Students will learn from this unit about Stress and Anxiety.</p>
		<p><u>Field Practical</u></p> <ol style="list-style-type: none"> 1. Assessment of Personality, Stress and Anxiety (any one) 2. Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one) 	<p>In the Practical Field students will learn-</p> <ol style="list-style-type: none"> i. Assessment of Personality, Stress and Anxiety (any one). Measurement of Reaction Time, Depth Perception and Mirror Drawing.