Department of Physical Education

Course Outcomes

CO1. Foundation and History of Physical Education

The course aims to compare the relationship between general education and physical education. It helps to identify and relate with the foundation and history of Physical Education. It enables the students to know recent developments of the subject. It intends to analyze the concepts and issues pertaining to Physical Education and formulate the principles, philosophy and concepts about Physical Education.

CO2. Athletics (Long Jump & Distance Running), Game (Badminton/ Table Tennis)

This course introduces students with history and development of the athletics/game at International and National level. It teaches about the basic skills and techniques required dimensions and marking of playing area, and basic requirements of the playing area. The students learn about the rules and regulations, national and international organizations / federations and tournaments of the game.

CO3. Health Education

The student will be able to identify and synthesize the factors that influence health, related challenges in current time and able to apply the preventive measures. This would help the students to value the knowledge and skills required to preserve community health and wellbeing.

CO4. Anatomy and Exercise Physiology

The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units. This would able the students to relate and interpret the role of exercise on body systems and its relation to well-being through physical conditioning exercises. The student would be empowered with the applicable knowledge of physiology in physical activity and sports. The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance.

Co5. Sports Training

Students will understand the principles of lifetime fitness through sports training Students will identify and explain intermediate principles, concepts, and theories of strength & speed training and conditioning.

Program Outcomes

PO1. Physical education will help the students to apply the knowledge of basic sciences which will be relevant and appropriate to education and sports sciences resulting in solution of complex sports related issues and problems.

PO2. The curriculum provides with the ability to identify, define the requirements, formulate, and analyze complex physical education and sports sciences related problems to reaching verified conclusions.

PO3. Learn to design, implement, and evaluate process or program to meet desired needs in the field of Physical education and sport sciences.

PO4. Understanding of professional, ethical, legal, social issues and responsibilities in teaching, learning and evaluation. Avoiding unethical behaviour and promoting fair play.

PO6. Equip the students with the ability to communicate effectively among a range of audiences/ Stake holders.

PO7. Prepare the students to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.

PO8. Acknowledgement of the need for and an ability to engage in ongoing professional development.

PO9. Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

PO10. The physical and sports activities will develop a sense of discipline in the students.

PO11.Capability of asking relevant or appropriate questions relating to the issues and problems in the fields of physical education.

Program Specific Outcomes

Physical education is not only concerned with the physical outcome that increase from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in activities. The curriculum and syllabus have been structured in such a way that each of the courses meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they advance through the program. The overall objectives of Physical Education are

1. To understand the importance of physical education.

2. To help the students to know more about the human body which helps for higher level of sports achievements and adopt training method.

3. To know about health aspects and maintain good health and fitness for higher achievements in sports.

4. To equip the students with the knowledge domain of body response to different types of exercises.

5. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.

6. To understand the values and ethics of life and personality development.