



BELDA COLLEGE
Belda, Pachim Medinipur, 721424

DEPARTMENT OF PHYSICAL EDUCATION
PROGRAM OUTCOME (PO): BACHELOR OF ARTS: PHYSICAL EDUCATION
FOR THE YEAR 2018-2019

| PO | SUMMARY | DESCRIPTION |
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| PO1 | Knowledge of Specialized Discipline | This knowledge will accelerate their thinking and analyze abilities of the students. |
| PO2 | Sound Comprehension & Communication Skills | Languages play a vital role in modern educational system. Enhancement of communication skill will definitely improve the quality of interaction between the individuals. This skill will add to the total personality of the individual. Hence all the students try their level best to improve the communication skill at the earliest. |
| PO3 | Develop Interdisciplinary Knowledge | The interdisciplinary approach has risen in the modern curricula as it is considered an important and challenging technique. Physical education is a prime content area for interdisciplinary learning. In order to integrate different subject areas into Physical Education lessons, the specialist needs to learn more about the academic curriculum. Integrating core subjects with physical activity can easily be done and can be very beneficial to student learners in all levels of Education. |
| PO4 | Socio- Cultural Applicability | Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society. |
| PO5 | Ethical Values | Codes of ethics, if properly crafted, can reflect the moral foundation of professional life. These codes provide an opportunity to instruct the beginning practitioner about professional responsibility |
| PO6 | Familiarity With Recent Developments | Physical education has emerged from the era of the ex-service drill sergeant and the public schools gentlemanly games to the approach to education through the ability to use the body and mind for activity as well as for intellectual process. |
| PO7 | Ability In Creative Skills | Encourage creativity by students during activities that provide opportunities for them to be creative, while they are learning useful Principles and Strategies of physical education and games and sports. |
| PO8 | Environmental Awareness & Sustainability | Environmental awareness has found its way into society recently students become aware of their own environment and decide to keep up the same in future. They are also aware of various kinds of polluting agents and help the society to minimize using polluting agents. There by it is believed to have a pollution free environment and a healthy society. |



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| PO9 | Practical skills & instrumentation | To provide a clear and conceptual understanding as well as practical experience of working with various physical education and sports analysis and instruments. |
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PROGRAMME SPECIFIC OUTCOME (PSO):: BA PHYSICAL EDUCATION

Student of Physical education will get advanced learning in understanding, argumentation, critical assessment, methodology and engagement.

PSO 1: To understand the progressive development of physical education and Olympic movement and know the psychological and sociological principals followed in physical education.

PSO 2: Understanding anatomy and physiology help to learn sports movement correctly and execute them in perfect way in relation to the functional aspect of various systems.

PSO 3: To improve the ability to use appropriate teaching methods for effective teaching and to organize sports and games competitions flawlessly. They also learn the latest teaching and evaluation technology.

PSO 4: The students learn various sports training methodology which could be used to develop different fitness components and ultimately the sports performance, as well as sports medicine, physiotherapy and rehabilitation.

PSO 5: Sports nutrition and weight management: students learn the basic nutritional guidelines and plans related to macro, micro nutrients and the healthy diet to control obesity to lead healthy life.

PSO 6: Measurement and evaluation in physical education: the students use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation for both sports persons and non-sports persons.

PSO 7: Adapted physical education to learn the importance of adapted physical, classification of disability, facilities and equipments for adapted sports activities and to organize adapted games and sports for persons with disabilities.



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COURSE OUTCOME (CO): DEPARTMENT OF PHYSICAL EDUCATION
FOR THE YEAR 2019-2020

| PAPER NAME | COURSE | OUTCOMES |
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| DSC-1A (CC-1): DSC1AT: Foundation and history of physical education DSC1AP: Field Practical | CO 1 | 1: To Gain The Knowledge of Physical Education 2: To Equip with the ideas of fitness promotion 3: To understand the historical prospective of physical education in India 4: To understand and to be equipped with the concept of yogic practices and asanas 5: To learn the technique of marching ,suriya namaskar, calisthenics and aerobic activity |
| DSC-1B (CC-2): DSC1BT: Management of physical education and sports DSC1BP: PRACTICAL | CO 2 | 1: To understand the concept and to equip with the essential skills of sports managements 2: To be equip with the skill of organization ,designing and evaluating the sport event 3: To let be familiar with preparation of the financial proposals for physical education and sports in school, college, university. 4: To develop the leadership qualities of the individual 5: To learn the rules of the track and field events and officiating of different games |
| DSC-1C (CC-3): DSC1CT: Anatomy, Physiology And Exercise Physiology DSC1CP: Practical | CO 3 | 1: To Gain The Knowledge of Human Body And Its Regulation 2: To understand the support and movement of the systems of the body 3: To Understand The Human Body and Its Functions 4: To Understand and analyze the structural aspects of the systems of the body 5: to learn the technique of how to measure blood pressure ,vital capacity, heart rate ,limb length etc. |



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| DSC-1D (CC-4): DSC1DT:Health Education And Physical Education And Wellness DSC1DP: PRACTICAL | CO 4 | 1: To understand the nature and importance of health education in physical education and sports 2: :To gain the knowledge regarding the medical problems of athletes and it's rehabilitation 3 :To accrue the knowledge regarding sports injury and there management 4:To gain the knowledge regarding first aid 5: To learn the basic method and practical knowledge of first aid |
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| PAPER NAME | COURSE | OUTCOMES |
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| Paper IVA GROUP –A; Therapeutic aspect of physical activity | CO5 | 1.To understand about the various hypo kinetic diseases, exercise therapy and basic principles of rehabilitation. |
| GROUP-B : Physical activities and life styles | CO 6 | 1:To understand the model concept of fitness and wellness 2: Orient students toward the appr4oachof positive life style |
| PAPER -IVB Practical | CO 7 | 1:Lboretory Measurements 2:Officiating of games and sports 3:Administration of fitness testing procedures |