

# CHATRA RAMAI PANDIT MAHAVIDYALAYA

## PHYSICAL EDUCATION DEPARTMENT

### Program Outcomes (Attribute wise)

1. **Disciplinary Knowledge and Skills:** The organization of physical and sports activities will develop sense of discipline in the students.
2. **Skilled Communicator:** Neuromuscular learning and activation requires good communicable skills on the part of the leader organizing them, which shall be developed in the students in course of their graduation program. Ability will be developed to express thoughts and ideas effectively, demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups. Skills will be developed in verbal and non-verbal communication, preparation and presentation of documents/reports/PPTs. Skills of interpersonal communication and ability to work with diverse population groups, able to use ICT in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources and develop digital literacy as applicable to the professional needs will also be developed.
3. **Critical Thinker and Problem Solver:** Ability to employ critical thinking and efficient problem solving skills through development of new strategies are expected attributing factors.
4. **Sense of Inquiry:** Capability for asking relevant/appropriate questions relating to the issues and problems in the field of physical education, fitness and rehabilitation.
5. **Leadership:** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.
6. **Skilled Manager:** Capable of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
7. **Digitally Literate:** Capable of using computer for keeping the health related data base of the trainees. Formulating appropriate training programme for individuals as per their need. Capable of employing modern library search tools to locate, retrieve, and evaluate Physical Education & Sports related information.
8. **Ethical Awareness and Reasoning:** Avoiding unethical behavior and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.
9. **Lifelong Learners:** Capable of self-paced and self-directed learning aimed at personal development.
10. **Pursuit of Excellence:** To have a positive attitude towards developing one's own potentials (both biological & cultural) and talents.
11. **Respect for Diversity:** An empathy with other's views and needs as well as respect for their elder's opinion, race or religion and also able to value different cultures and traditions.
12. **Sense of Justice and Equity:** To able to recognize social justice and act justly; to have a sense of fairness in life especially in sporting situation.
13. **Cooperation and Team Work:** Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

# **CHATRA RAMAI PANDIT MAHAVIDYALAYA**

## **PHYSICAL EDUCATION DEPARTMENT**

### **Physical Education**

#### **SEMESTER - I**

**Course Title: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION**

##### **COURSE OUTCOMES-**

- 1) *Understand the meaning, definitions, scope, Aim, and objective of Physical Education.*
- 2) *Understand the Misconception and modern concept of Physical Education and need and importance of Physical Education.*
- 3) *To understand Biological, Philosophical, Psychological and Sociological factors that make foundation of Physical Education.*
- 4) *To build up concept regarding Historical background and events of Physical Education*

### **B.A Program in Physical Education**

#### **SEMESTER - II**

**ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS**

##### **COURSE OUTCOMES-**

- 1) *Understand the basic principles of physiology and Exercise Physiology.*
- 2) *Apply the knowledge in the field of physical education and movement activity.*
- 3) *Analyze the practical knowledge during the practical situation.*
- 4) *Remember and recall the definition of physiology and co-relate the principles of physiology.*
- 5) *Appraise the effects during the training and practical sessions.*

### **B.A Program in Physical Education**

#### **SEMESTER - III**

**Course Title: Track & Field and its Rules Regulations**

##### **COURSE OUTCOMES:-**

- 1) *To gather theoretical knowledge about track and field, its measurement, Principle and lay out.*
- 2) *To grow knowledge regarding throwing and jumping events, its technique to perform, rules and regulation and laying out throwing and jumping sectors.*
- 3) *To learn about rules and regulation, to prepare for officiating different games and sports and how to organize Institutional Athletic meet properly.*

## **B.A Program in Physical Education**

### **SEMESTER - IV**

#### **Course Title: Health, Fitness and Wellness**

##### **COURSE OUTCOMES-**

- 1) *Understand the meaning, definitions, dimensions, and scope of health, fitness and wellness*
- 2) *Insight into the causes of illness and the management of those ill-health through proper knowledge*
- 3) *Gain knowledge about the nutrition, components of nutrition and their impact on health.*

## **B.A Program in Physical Education**

### **SEMESTER – V**

#### **Course Title: Sports Training**

##### **COURSE OUTCOMES-**

- 1) *Understand training as performance based science*
- 2) *Explain different means and methods of various training*
- 3) *Prepare training schedule for various sports and games*
- 4) *Appraise types of periodization for performance development*
- 5) *Create various training facilities and plans for novice to advance performers*

## **B.A Program in Physical Education**

### **SEMESTER - VI**

#### **Course Title: Management of Sports and Physical Education**

##### **COURSE OUTCOMES-**

- 1) *Know sports management and employ principles of strategic planning, and financial and human resource management.*
- 2) *Assess marketing needs and formulate short term and long term solutions.*
- 3) *Develop critical thinking in analysing sport management issues and in managerial planning and decision making.*
- 4) *Able to organize recreational camp and activities.*