

COURSE OUTCOME (CO)

Department of Physical Education
Garhbeta College, Paschim Medinipur

Garhbeta College is affiliated to Vidyasagar University. It follows the curriculum and syllabus framed by the CBCS Pattern of Vidyasagar University. Each of the departmental heads will frame appropriate course outcomes of their General Programme in consultation with members of the departmental staff. The course outcome statements are defined by considering the syllabus covered in each module of a course. By using the action verbs of learning levels, COs will be designed. Generally, six COs may be specified for each course based on its weight age. It is a very important parameter for NAAC.

The final version of COs will be communicated to students, guardians and calumnies for their awareness in four ways. It will be uploaded in departmental page of college website. COs are available online in each departmental page in college website (www.garhbetacollege.ac.in), which will help the students to compare different COs before admission. Side by side COs will be also available in departmental notice board. Departmental teachers will also demonstrate students during the progression of course just before every semester. The course outcome is presented as per semester wise as follows:

1ST SEMESTER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION [PAPER Core-1 (DSC-1A)]: After completion of this course, students will apply knowledge of physical education, growth and development, play, sports and games knowledge, socialization in physical education and sports, sports ethics, role of games and sports in national and international integration, knowledge of Olympics, sports awards, history of physical education and yoga, aim and objectives of physical education. From the field practical students will acquire the knowledge about marching, Suryanamasker and development of physical fitness through calisthenics and aerobic activities.

2ND SEMESTER: MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS [PAPER Core-3 (DSC-1B)]: On completion of this course students can apply their knowledge about sports management and the duties of sports manager. Students can apply their knowledge regarding how to organize a standard tournament and including athletic meet also. They can able to learn method of calculation of athletic track marking, care and maintenance of gymnasium and sports equipments. Students also learn how to identify the leader and enhance their leadership quality. From practical course they shall gather lay out knowledge and officiating ability of track and field also different team games as well as racket sports including gymnastics and Yoga scoring.

3RD SEMESTER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY [PAPER Core-5 (DSC-1C)]: Having successfully completed this course students will able to know the importance of human anatomy, physiology and exercise physiology in the field of physical education and sports. They may enrich their knowledge of human skeletal system, muscular system, muscle contraction and the effect of exercise or training on muscular system. From this course students may also able to know the circulatory system as well as effects of exercise and training on different systems of human body. Students can gather knowledge about human reparatory system and mechanism of reparation as well as roll of vital capacity, O₂ debt and second wind in physical education and sports. From practical course students can learn how to assess the BMI, WHR as well as physical, physiological and anthropometrical parameters in relation to PE and sports. On completion of this course students will have handful of practical experiences to perform different skills, interpretation of rule, practices and

will also participate competitions of Indian games like Kho-kho and Kabaddi as well as Badminton and Table tennis of Racket sports.

4TH SEMESTER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS [PAPER Core-7 (DSC-1D)]: After completion of this course students will gather knowledge about the basic and modern concept and dimension of health, health education, agencies providing health services and their aim, objectives and functions of different international health agencies like WHO, UNESCO, UNICEF along with different aspects of school health programme. Students can also gather enough knowledge about communicable and non-communicable diseases as well as prevention and control of these diseases. Students may also learn the nutritional aspects of balance diet, nutritional aspects on sports and postural deformities with their corrective exercises. Students can learn about physical fitness, its components, types, wellness, ageing in relation with physical activities. Students may also have a clear concept about first aid, management of sports injuries and sports physiotherapy. From the practical end, students can learn from practical knowledge of first aid management and physiotherapy in their daily living and sports field. On completion of this course students will have handful of practical experiences to perform different skills, interpretation of rules, practices and will also participate various level competitions of team and ball games like football, handball, basketball, volleyball, netball and throwball. Students may also acquire knowledge of officiating ability that also be motivated to the students towards officiating profession.

5TH SEMESTER [TESTS, MEASUREMENTS AND EVALUATION IN PHYSICAL EDUCATION PAPER (DSE-1A)]: At the end of the course students will be acquire a comprehensive knowledge, criteria and importance of test, measurement and evaluation. They also gather knowledge about measurement procedures of body compositions and Somatotype assessment, different physical fitness tests, sports skill tests. From practical part students can learn the assessment of Somatotype and body fat percent, AAHPER Youth Fitness Test and Harvard step test. On the completion of the course students will have handful of experiences to perform methodically of different Asanas of sitting, supine, prone, inverted positions and Pranayama. Along with this, they will accomplish practical knowledge of fundamental gymnastics.

5TH SEMESTER [FOUNDATION AND HISTORY OF PHYSICAL EDUCATION [PAPER GE-1]: After completion of this course, students will apply knowledge of physical education, growth and development, play, sports and games knowledge, socialization in physical education and sports, sports ethics, role of games and sports in national and international integration, knowledge of Olympics, sports awards, history of physical education and yoga to explain aim and objectives of physical education. From field practical student will be acquire the knowledge about marching, Suryanamasker and development of physical fitness through calisthenics and aerobic activities.

6TH SEMESATER: [SPORTS TRAINING PAPER (DSE-1B)]: At the end of the course students will be aware about the importance, principal, characteristics of sports training in games and sports. Students will be also aware from this part of this syllabus about the role of different sports training and conditioning as well as periodization in different games and sports. Students will be also acquired knowledge of training load, its components, factors, symptoms and tackling of load and adaptation in sports field. Students can know how to learn means and different methods of development of health related and performance related physical fitness components. From the practical part students may enrich their experience of weight training and Circuit training as well as measurement of skill related physical fitness components. On completion of this course students will enrich their practical

knowledge about starting and finishing techniques of running events, relay race, long jump, high jump, shot put, discus and javelin throw events.

6TH SEMESTER: [ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY PAPER (GE-2)]: Having successfully completed this course student will be able to know the importance of human anatomy, physiology and exercise physiology in the field of physical education and sports. They may enrich their knowledge of human skeletal system, muscular system, muscle contraction and the effects of exercise and training on muscular system. From this course students may also be able to know the circulatory system as well as effect of exercise and training on different systems of human body. Students will also gather knowledge about human reparatory system and mechanism of reparation and roll of vital capacity, O₂ debt and second wind in physical education and sports. From practical course students can learn to assess the BMI, WHR as well as physical, physiological and anthropometrical parameters in relation of PE and sports. On completion of this course students will have handful of practical experiences to perform different skills, interpretation of rules, practices and will also participate competitions of Indian games like Kho-kho and Kabaddi as well as Badminton and Table tennis of Racket sports.

PROGRAMME OUTCOMES (POS) OF B.A. PHYSICAL EDUCATION (GENERAL)

Graduates will select and create learning experiences that are appropriate for curriculum goals, relevant to learners, show evidence of sequential learning, incorporate modifications for variations in learning styles and performance, and are based on the principles of effective instructions. The programme outcomes of B.A. Physical Education General graduate students are as follows:

1. Critical Thinker and Problem Solver: Ability to employ critical thinking and efficient problem solving skills through development of new strategies are expected attributing factors.
2. Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.
3. Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.
4. Effective Citizenship: Demonstrate empathetic social concern and equity-centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
5. Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
6. Environment and Sustainability: Understand the issues of environmental contexts and suitable sustainable development.
7. Pursuit of Excellence: To have a positive attitude towards developing one's own potentiality (both biological & cultural) and talents also.
8. Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.
9. 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.
10. Sense of Justice and Equity: To be able to recognize social justice and act justly; to have a sense of fairness in life especially in sporting situations.
11. Lifelong Learners: Capable of self-paced and self-directed learning aimed at personal development.

PROGRAMME SPECIFIC OUTCOMES (POS) OF B.A. PHYSICAL EDUCATION (GENERAL)

After completion of UG degree with combination of physical education subject, every student learns the importance of health wellness, health related physical fitness in modern society including relationship with ageing process and physical activity. Not only the students but also all the members of student's family will come to learn about the causes and preventive measures of postural deformities, different types of hyper-kinetic and hypo-kinetic diseases in present society in connection with their food habit and lifestyle. Students may also enrich their knowledge about important of physical exercises in modern society. This curriculum also directly controls the stress, tension and emotional stability in our daily life. Best performers may select the physical education subject as profession in their life. Some extraordinary students can select this subject for higher education as well as research work in the field of physical education and sports science.

At the end of the course students can focus to their total fitness ability. This experience will also helps to the students to perform higher level performance which may lead to be a university, national and international level player. This knowledge also helps them to motivate for higher education like different sports coaching courses. Students will develop practical, theoretical knowledge and master skill based on sports performance in the field of physical education and sports which might motivate the students towards job oriented courses and services like B.P.Ed, M.P.Ed, PSC, SSC, CSC, NET, SET, many defensive examinations like military, police, civic volunteer etc.

A physical education degree entitles an aspirant to land a job in the government sector or with the private sector to represent themselves in sporting events of various tournaments and leagues. All the meritorious sports persons are directly recruited into Group 'C' and 'D' posts if they have required education for that posts. An outstanding sports person can also be recruited by private firms for the promotion of sports goods and equipments. The top firms recruiting BA Physical Education graduates include schools, colleges, universities, sports academy, fitness centers etc.