

## Course Outcome:

To get a complete and clear idea of Physical Education Theory, which helps to know the behaviors of India and World Physical Education and more specially pre and post independence movement in india. Students can learn net surfing in order to get acquainted with different new writing materials and also learn how to access books in e-library. They can Learn different function of body parts, anatomy, physiology and exercise physiology of players, different therapy process and use. They also know how to maintain and develop physical fitness, how to organize the standard tournament or competition by using proper rules of different game and sports and officiating of game and sports. They can deal how to maintain proper health and active life style, and also understand the player psychology.

### **Semester wise(CCFUP) Course Outcomes(CO) MULTIDISCIPLINARY STUDIES-PHYSICAL EDUCATION**

<b><u>Semester-I</u></b>		
Course Code: PEDPMJ101 Course Title: Foundation and History of Physical Education and Sports Course outcome (COs) After completion of this course successfully, the students will be able to		
<b>Sl. No.</b>	<b>Name of the Paper</b>	<b>Paper Outcomes</b>
<b>1</b>	Major A1/B1 Foundation and History of Physical Education and Sports	Students will learn the basic concept of Physical Education and its importance and scope in modern India. Students will gain knowledge about the psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports. Students will learn about history of physical education in India and perform all the major Olympic lifts. Students will be able to identify the terminology used in Olympic lifting.
<b>2</b>	Major A1/B1 Field Practical	Practically the students will demonstrate the technique of Aerobics and learn how fitness develops through Calisthenics and Marching Drills
Course Code: PEDSSEC01 Course Title: Athletics Course outcome (COs) After completion of this course successfully, the students will be able to		
<b>Sl. No.</b>	<b>Name of the Paper</b>	<b>Paper Outcomes</b>
<b>1</b>	<b>SEC1P: Athletics</b>	Students will demonstrate the techniques of Track and Field events; learn the method of laying and marking the track and field, rules governing track and field events and the skill for officiating the track and field events

Course Code: PEDMI01

Course Title: Historical Background of Physical Education and Sports

Course outcome (Cos)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
1	MI-1/C1T: Historical Background of Physical Education and Sports	Students will learn the basic concept of Physical Education and its importance and scope in modern India. Students will gain knowledge about the psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports. Students will learn about history of physical education in India and perform all the major Olympic lifts. Students will be able to identify the terminology used in Olympic lifting.
2	MI-1/C1P: Field Practical	Practically the students will demonstrate the technique of Aerobics and learn how fitness develops through Calisthenics and Marching Drills

### **Semester-II**

Course Code: PEDPMJ102

Course Title: Foundation and History of Physical Education and Sports

Course outcome (COs)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
1	PEDPMJT102: Foundation and History of Physical Education and Sports	Students will learn the basic concept of Physical Education and its importance and scope in modern India. Students will gain knowledge about the psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports. Students will learn about history of physical education in India and perform all the major Olympic lifts. Students will be able to identify the terminology used in Olympic lifting.
2	PEDPMJP102: Field Practical	Practically the students will demonstrate the technique of Aerobics and learn how fitness develops through Calisthenics and Marching Drills

Course Code: PEDSSEC02

Course Title: Gymnastics and Yoga

Course outcome (COs)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
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<b>1</b>	<b>SEC2P: Gymnastics and Yoga</b>	The students will learn Yoga & Gymnastics in this course. They will demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. They will also demonstrate the ability to perform yoga movements in various combination and forms, understand and apply the knowledge of basic sequencing, and effective group management. Gymnastics will develop confidence in fundamental movements. The students will involve in activities like jumping, sliding, rolling. moving over, under and on apparatus. This will develop The student's coordination and gross motor skills
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Course Code: PEDMI02

Course Title: Management of Physical Education and Sports

Course outcome (Cos)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
<b>1</b>	MI-2/C-2T Management of Physical Education and Sports	<ul style="list-style-type: none"> <li>✚ This course aims to enlighten the students on the sports managements and its purposes, importance, principles and the duties as a sports manager. Know the various types of tournaments, fixture drawing, method of</li> <li>✚ Organizing competition and athletic meet, track marking.</li> <li>✚ Take care and maintenance of playground, gymnasium and equipment. Focus on the development of leadership.</li> </ul>
<b>2</b>	MI-2/C-2P Field Practical: Indian Games	Students will demonstrate the knowledge, skills and strategies. Practical experiences and learning of fundamental skills and their application in game situation and the application of rules ,regulations and duties of officials of Indian games like kabaddi, kho kho

### Semester wise(CBCS) Course Outcomes(CO) General

<b><u>Semester-I</u></b>		
Course Code: CC-1(DSC-1A)		
Course Title: Foundation and History of Physical Education		
Course outcome (COs)		
After completion of this course successfully, the students will be able to		
Sl.	Name of the Paper	Paper Outcomes

No.		
1	DSC-1AT Foundation and History of Physical Education	Students will learn the basic concept of Physical Education and its importance and scope in modern India. Students will gain knowledge about the psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports. Students will learn about history of physical education in India and perform all the major Olympic lifts. Students will be able to identify the terminology used in Olympic lifting..
2	DSC1AP	Practically the students will demonstrate the technique of Surya namaskara and learn how fitness develops through Calisthenics and Marching Drills

### **Semester-II**

Course Code: CC-2(DSC-1B)

Course Title: Management of Physical Education and Sports

Course outcome (COs)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
1	DSC-1B Management of Physical Education and Sports	<ul style="list-style-type: none"> <li>✚ This course aims to enlighten the students on the sports managements and its purposes, importance, principles and the duties as a sports manager. Know the various types of tournaments, fixture drawing, method of</li> <li>✚ Organizing competition and athletic meet, track marking.</li> <li>✚ Take care and maintenance of play ground, gymnasium and equipments. Focus on the development of leadership.</li> </ul>
2	DSC1BP	This part of the course gives lay out knowledge and officiating ability of track and field events, various games, yoga and gymnastics

### **Semester-III**

Course Code: CC-3(DSC-1C)

Course Title: Anatomy, Physiology and Exercise Physiology

Course outcome (Cos)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
1	DSC-1C Anatomy, Physiology and Exercise Physiology	In this paper students will learn the students will understand the basic principles of anatomy, physiology, exercise physiology and apply the knowledge to movements and activities and study the effects of activities or sports on our

		organs and different systems of the body
2	DSC1CP	<ul style="list-style-type: none"> <li>✚ Provides hand on experience on the assessment of BMI and WHR, measurement of blood</li> <li>✚ Pressure, vital capacity, respiratory rate, heart rate, limb length, PEI, and pick flow rate.</li> </ul>

Course Code: SEC-1(Practical)

Course Title: Indian games and Racket Sports(Practical)

Course outcome (Cos)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
1	SEC-1(Practical) Indian games and Racket Sports(Practical)	Students will demonstrate the knowledge, skills and strategies required to participate in Racket games. Demonstrate the ability to perform both singles and doubles offensive and defensive strategies. Utilize and apply the knowledge of racquet sport rules, terminology, and scoring procedures. Practical experiences and learning of fundamental skills and their application in game situation and the application of rules ,regulations and duties of officials of Indian games like kabaddi, kho kho

### Semester-IV

CC-4(DSC-1D)

Course Title: Health Education , Physical Fitness and Wellness

Course outcome (Cos)

After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
1	DSC-1D Health Education , Physical Fitness and Wellness	<ul style="list-style-type: none"> <li>✚ Provides the knowledge regarding health, its organizations, health programmes in educational institutions.</li> <li>✚ Identify the health problem and its prevention methods prevention and control of health problems in India.</li> <li>✚ Understand physical fitness and wellness.</li> <li>✚ Acquire the theoretical knowledge of first aid and management of sports injuries.</li> </ul>





<b>2</b>	DSC1D P	To motivate students to perform hand on experiences of first aid management of various types of bandages and practical knowledge of hydrotherapy, thermotherapy and cryotherapy
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Course Code: SEC-2(Practical)  
 Course Title: Ball Games (Practical)  
 Course outcome (Cos)  
 After completion of this course successfully, the students will be able to

Sl. No.	Name of the Paper	Paper Outcomes
<b>1</b>	SEC-2P  Ball Games (Practical)	Students will demonstrate the knowledge, skills and strategies required to participate in Ball Games. The students learn that playing with balls improves a person's motor skills, hand-eye coordination, and timing, which are important parts of the developmental progression of toddlers. The skills pupils learn by playing with balls will also be important once they graduate to collaborative and competitive play, and they also learn the application of rules, regulations and duties of officials of ball games like football, hand ball basketball volleyball.

### Semester-V

Course Code: DSE-1A  
 Course Title: Test , Measurement and Evaluation in Physical Education  
 Course outcome (Cos)  
 After completion of this course successfully, the students will be able to

Sl. No	Name of the Paper	Paper Outcomes
<b>1</b>	DSE-1A  Test , Measurement and Evaluation in Physical Education	<ul style="list-style-type: none"> <li> Learn the concept of test, measurement and evaluation and its application in physical education and sports.</li> <li> understand the measurements of body compositions and somatotype assessment</li> <li> Understand various types of physical fitness test</li> <li> Understand various types of sports skill test.</li> </ul>
<b>2</b>	DSE1AP	Impart knowledge about the assessment of somato type and body fat percentage, assessment of AAHPER youth fitness test and Harvard step test.

Course Code: GE-1  
 Course Title: Foundation and History of Physical Education  
 Course outcome (Cos)  
 After completion of this course successfully, the students will be able to

Sl.	Name of the Paper	Paper Outcomes
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<b>No</b>		
<b>1</b>	GE-1T <b>Foundation and History of Physical Education</b>	Students will learn the basic concept of Physical Education and its importance and scope in modern India. Students will gain knowledge about the psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports. Students will learn about history of physical education in India and perform all the major Olympic lifts. Students will be able to identify the terminology used in Olympic lifting.
<b>2</b>	GE-1P	Practically the students will demonstrate the technique of Surya namaskara and learn how fitness develops through Calisthenics and Marching Drills

**Course Code: SEC-3(Practical)**

**Course Title: Gymnastics and Yoga (Practical)**

**Course outcome (Cos)**

**After completion of this course successfully, the students will be able to**

<b>Sl. No</b>	<b>Name of the Paper</b>	<b>Paper Outcomes</b>
<b>1</b>	SEC-3(Practical) <b>Gymnastics and Yoga (Practical)</b>	The students will learn Yoga & Gymnastics in this course. They will demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. They will also demonstrate the ability to perform yoga movements in various combination and forms, understand and apply the knowledge of basic sequencing, and effective group management. Gymnastics will develop confidence in fundamental movements. The students will involve in activities like jumping, sliding, rolling. moving over, under and on apparatus. This will develop The student's coordination and gross motor skills

### **Semester-VI**

**Course Code: DSE-1B**

**Course Title: Sports Training**

**Course outcome (COs)**

**After completion of this course successfully, the students will be able to**

<b>Sl. No</b>	<b>Name of the Paper</b>	<b>Paper Outcomes</b>
<b>1</b>	DSE-1B T <b>Course Title: Sports Training</b>	Here students will know how to prepare themselves for particular sports with a scientific sports training. This sports training will enhance their fitness so their performance will gradually increase. 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.

2	DSE-1B P	acquires practical experiences of weight training and circuit training, learn measuring method of speed, strength, explosive strength and flexibility.
<b>Course Code: GE-2</b> <b>Course Title: Anatomy , Physiology and Exercise Physiology</b> <b>Course outcome (Cos)</b> <b>After completion of this course successfully, the students will be able to</b>		
<b>Sl. No</b>	<b>Name of the Paper</b>	<b>Paper Outcomes</b>
1	GE-2T Anatomy , Physiology and Exercise Physiology	<ul style="list-style-type: none"> <li>✚ This part of the course informs in detail the human anatomy, physiology and exercise physiology.</li> <li>✚ Understand the muscular and skeletal system of human body and effect of exercise and training on muscular system.</li> <li>✚ Understand circulatory system and effect of exercise and training on it.</li> <li>✚ Understand respiratory system and effect of exercise and training on it.</li> </ul>
2	GE-2P	Provides hand on experience on the assessment of BMI and WHR, measurement of blood pressure, vital capacity, respiratory rate, heart rate, limb length, PEI, and pick flow rate.
<b>Course Code: SEC-4: (Practical)</b> <b>Course Title: Track and Field (Practical)</b> <b>Course outcome (Cos)</b> <b>After completion of this course successfully, the students will be able to</b>		
<b>Sl. No</b>	<b>Name of the Paper</b>	<b>Paper Outcomes</b>
1	SEC-4: (Practical) Track and Field (Practical)	Students will demonstrate the techniques of Track and Field events; learn the method of laying and marking the track and field, rules governing track and field events and the skill for officiating the track and field events

## **Report of Evaluation of Attainment of Programme Outcomes and Course Outcomes**

Although there is a mechanism of internal and external examination (Conducted by Vidyasagar University) as a process of continuous assessment from which the attainment of programme outcomes and course outcomes can be evaluated, the college has also established a new method to do the same in a more scientific way.

### **Process of Evaluation**

To evaluate the attainment,

- ✚ We have randomly selected students from Physical Education departments.
- ✚ Teachers have then selected random programme and course outcome topics. Students of the Department are supposed to achieve those outcomes.



- ✚ Teachers have evaluated the level of understanding of the students on the basis of the randomly selected topics.
- ✚ Evaluation process has been conducted on the basis of four grades - Grade A: Excellent, Grade B: Good, Grade C: Satisfactory and D: Poor.

Grades	Number of Responses	Percentages
A. Excellent	39	55.71%
B: Good	22	31.43%
C: Satisfactory	9	12.86%
D: Poor	0	0%
Total	70	100%

### **Report of the Evaluation**

We evaluated total Fourteen students randomly selected from Physical Education department. Teachers gave them questionnaire with five questions in each set. According to the responses given by the students, it has been found that more than fifty five percent of the responses have scored excellent, another Thirty one percent responses have been evaluated as good and another Twelve percent students have been evaluated as satisfactory. No student was found in the “poor” category.

