

Department of Physical Education

Programme Specific and Course Outcomes

Physical Education

Core Course

Programme specific outcomes

- PSO1.** Understanding the Foundation of the subject and its historical background
- PSO2.** Concept of Physical fitness and Wellness along with knowledge of Health Education and Health organizations
- PSO3.** To gain a brief knowledge of Human anatomy, Physiology and Exercise Physiology
- PSO4.** To gain the fundamental knowledge of Psychology and sociology in Physical Education and Sports

Course Outcomes

- CO1.** Introduction of Physical Education, Foundation of Physical Education, History of Physical Education and Yoga Education
- CO2.** Introduction of Health Education and Health Organization, Health problems of India- prevention and control, Physical fitness and Wellness, Health and First Aid management
- CO3.** Introduction of Anatomy, Physiology and Exercise Physiology; understanding the structure and function of Musculo-skeletal system, Circulatory system, Respiratory system and the effects of exercise on these systems
- CO4.** Introduction of Psychology and Sports psychology; concept about Learning, theories of learning, transfer of learning and learning process; knowledge of Psychological factors- Motivation, Instinct, Stress and Personality Traits; Sociological aspect of Physical Education

Discipline Specific Elective (DSE)

Programme specific outcomes

- PSO1.** Concept of Management in Physical Education and Sports

PSO2. Modern Trends in Physical Education and Exercise Science

PSO3. Knowledge of Sports Training

PSO4. Test, Measurement and Evaluation in Physical Education

Course Outcomes

CO1. Introduction of Sports Management; Tournaments- types and drawing fixtures; Annual program and year round program- Athletic Meet, Play Day, Intramural and Extramural competition; Facilities , equipments and lay-out of field and play ground; Financial management- budget, sponsorship and sports promotion

CO2. Introduction of modern trends in Physical Education, Foundation- Biological, Sociological and Psychological foundation of Physical Education; History and introduction of Exercise Sciences

CO3. Introduction of Sports Training, methods of training and conditioning in Sports, Training Load and Adaptation, Training techniques

CO4. Introduction of Test, Measurement and Evaluation in Physical Education, Body composition and Somatotype, Fitness test, Sports skill test

Skill Enhancement Course (SEC)

Programme specific outcomes

PSO1. Practical knowledge by participating and learning skills and techniques of Track and Field events

PSO2. Practical knowledge by participating and learning skills and techniques of Ball Games

PSO3. Practical knowledge by participating and learning skills and techniques of Gymnastics and Yoga

PSO4. Practical knowledge by participating and learning skills and techniques of Indian Games

Course Outcomes

CO1.

Track Events -Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block., Acceleration with proper running techniques., Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug., Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone and Finishing.

Field Events - Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing; High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing., Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery(Perry O'Brien Technique)., Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle)., Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

CO2. - Introduction of the Sport, History of Development, Performance status of India and renowned personalities – Indian & International, Fundamental Skills, Rules & regulations with Field/Court diagram, Tournaments & Sports Federations (National & International).

FOOTBALL- Fundamental Skills - Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick; Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping; Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot; Heading: In standing, running and jumping condition; Throw-in: Standing throw-in and Running throw-in; Feinting: With the lower limb and upper part of the body; Tackling: Simple Tackling, Slide Tackling; Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting; **Rules and their interpretation and duties of officials**

CRICKET - Fundamental Skills- Batting - Forward Defense Stroke, Backward Defense Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut; Bowling -Out-swing, In-swing, Off Break, Leg Break and Googly; Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn; Wicket Keeping
Rules and their interpretation and duties of officials

BASKETBALL- Fundamental Skills - Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Sidearm Pass, Overhead Pass, Hook Pass; Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running; Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble; Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw; Rebounding: Defensive rebound and Offensive rebound;

Individual Defense: Guarding the player with the ball and without the ball, Pivoting; Game practice with application of Rules and Regulations.

Rules and their interpretation and duties of officials

VOLLEYBALL-Fundamental skills- Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping; Passing: Fore arm passing, Over-head passing; Setting: Front set, Back set and Long set; Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing); Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing); Service reception and Court coverage; Rotation and front court and back court players.

Rules and their interpretation and duties of officials

CO3.

GYMNASTICS – Compulsory- Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel; **Optional -** Dive and Forward Roll, Hand Spring, Head Spring, Neck Spring, Hand Stand and Forward Roll, Summersault

YOGA- Asana- Standing Posture - Ardha Chandrasana, Brikshasana, Padma Hastasana ; **Sitting Posture-** Ardha Kurmasana, Paschimottasana, Gomukhasana ; **Supine Posture-** Setu Bandhasana, Halasana, Matsyasana; **Prone Posture-** Bhujangasana, Salvasana, Dhanurasana; **Inverted Posture-** Sarvangasana, Shirsasana, Bhagasana

CO4. Introduction of the Sport, History of Development, Performance status of India and renowned personalities – Indian & International, Fundamental Skills, Rules & regulations with Field/Court diagram, Tournaments & Sports Federations (National & International).

Indian Games

KABADDI-Fundamental skills- Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line; Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold; Formation during holding: Various formations, catching from particular position; Additional Raiding skills: Escaping from various holds, techniques of escaping from Chain formation, offense and defense; Game practice with application of Rules and Regulations

Rules and their interpretations and duties of the officials

KHO-KHO-Fundamental skills- Chasing Skills: Sitting on the box - Parallel and Bullet toe method; Getting up from the box -Proximal and Distal foot method; Giving Kho - Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul; Running Skills: Chain Play, Ring play and Chain, Ring mixed play, running zigzag, avoiding and dodging; Game practice with application of Rules and Regulations

Rules and their interpretations and duties of the officials

