Programme outcome/Course outcome (Department of Physical Education)
Amalesh Adhikari

<table>
<tr><td colspan="3">Programme Outcome (PO) – Physical Education the most important and essential subject which helps for the development of physical, mental and motor aspects of the students as well as cognitive development. The frame of the syllabus is divided by some main paper course and each paper also subdivided by many curriculum aspects under CBCS pattern. The programme outcome of this subject supports long strong and healthy life for the students in accordance with the theoretical and practical knowledge.
It is expected that on completion of the Physical Education Programme the learner would
1. Know about Scope and importance of Physical Education
2. Be acquainted with the National and International Games and Sports.
3. Be acquainted with Health Education and Personal Hygiene
4. Be familiar with organizing and administrating the Sports Meet
5. Develop their knowledge about General fitness and Motor fitness
6. Develop their knowledge about Human Anatomy and Physiology
7. Know about sports injuries and their management</td></tr>
<tr><td colspan="3">Programme Specific Outcome (PSO) – A Graduate of Physical Education of the college should possess the capability to
1. Know about needs and importance of Physical Education in modern society
2. Be aware about misconception and modern concept of Physical Education
3. Be aware about History of Physical Education
4. Know about different National and International Games and their Rules and Regulations
5. Know about Yoga and their application for Healthy Life
6. Know about Organization, Administration and Management of Physical Education and Sports
7. Know about First-aid Management
8. Know about care and maintenance of playground, sports equipment and gymnasium etc.</td></tr>
<tr><td rowspan="2">DSC-1A (CC-1): Foundation and History of Physical Education</td><td>DSC1AT: Foundation and History of Physical Education
1. Introduction to Physical Education
2. Biological and Sociological Foundations of Physical Education
3. History of Physical Education
4. Yoga Education</td><td>After completion of this course students will be able to:
i. Trace the developmental history of Physical Education before and after Independence in India.
ii. Show familiarity with Yoga.
iii. Be acquainted with different Games and Sports as well as National awards also.
iv. Learn about Biological and Sociological aspects of Physical Education</td></tr>
<tr><td>DSC1AP: Field Practical
1. Marching
2. Suryanamaskar</td><td>After completion of this course students will be able to:
i. Learn Marching
ii. Learn Suryanamaskar</td></tr>
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Amalesh Adhikari

DSC-1B (CC- 2): Management of Physical Education and Sports	**DSC1BT: Management of Physical Education and Sports** 1. Introduction to Management of Physical Education 2. Tournaments 3. Facilities and Equipments 4. Leadership	After completion of this course students will be able to: i. Learn about duties of Sports Manager ii. Learn about procedure of drawing fixture iii. Familiarity with organizing Sports Meet iv. Be acquainted with Intramural and Extramural Competitions v. Learn for care and maintenance of Sports Equipments
	DSC1BP: Practical 1. Lay out knowledge and Officiating ability of Track and field events 2. Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho- Kho,Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis. 3. Gymnastic and Yoga Scoring	After completion of this course students will be able to: i. Develop knowledge for track marking ii. Officiating ability of track and field events iii. Officiating ability of different Games and Sports iv. Officiating ability in Gymnastic and Yoga v. Ability for interpretation different Rules and Regulations
DSC-1C (CC- 3): Anatomy, Physiology and Exercise Physiology	**DSC1CT: Anatomy, Physiology and Exercise Physiology** 1. Introduction to Anatomy, Physiology and Exercise Physiology 2. Musculo-skeletal System 3. Circulatory System 4. Respiratory System	After completion of this course students will be able to: i. Know about the Muscular System . ii. Know about the Skeletal System . iii. Know about Circulatory System. iv. Know about the Respiratory System v. Understand about the effect of exercise on Muscular System, Skeletal System and Circulatory System.
	DSC1CP : Practical 1. Assessment of BMI, and WHR. 2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.	After completion of this course students will be able to: 1. Get Knowledge about Assessment of BMI, and WHR. 2. Get Knowledge about the Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate etc.
DSC-1D (CC- 4): Health Education, Physical Fitness and Wellness	**DSC1DT: Health Education, Physical Fitness and Wellness** 1. Introduction to Health Education, Physical Fitness and Wellness 2. Health Problems in India- Prevention and Control	After completion of this course students will be able to: 1. Develop knowledge about Health and Health Education 2. Understand the health problems in India 3. Develop knowledge about Physical Fitness

	3. Physical Fitness and Wellness 4. Health and First-aid Management	4. Learn about First-aid
	DSC1DP: Practical 1. First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. 2. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.	After completion of this course students will be able to: a. Develop knowledge about Bandage and its applicability b. Develop knowledge about Hydro-therapy, Thermo-therapy and Cryo-therapy.
DSE- 1: Tests, Measurements and Evaluation in Physical Education	**DSE1T: Tests, Measurements and Evaluation in Physical Education** 1. Introduction to Tests, Measurements and Evaluation 2. Measurements of Body Compositions and Somatotype Assessment 3. Fitness Test 4. Sports Skill Test	After completion of this course students will be able to: 1. Learn about Tests, Measurements and Evaluation 2. Learn about procedure of Fitness Test 3. Learn about procedure of Sports Skill Test
	DSE1P: Practical 1. Assessment of somatotype and Body fat percentage (%) 2. Assessment of AAHPER Youth Fitness Test and Harvard Step Test.	After completion of this course students will be able to: a. Develop knowledge about Assessment of somatotype and Body fat percentage (%) and their applicability b. Develop knowledge about AAHPER Youth Fitness Test c. Learn about Harvard Step Test.
DSE – 2: Sports Training	**DSE2T: Sports Training** 1. Introduction to **Sports Training** 2. Principle of Training and Conditioning 3. Training Load and Adaptation 4. Training Techniques	After completion of this course students will be able to: 1. Learn about Sports Training and its principle, importance etc 2. Trace the developmental Training Load and Adaptation 3. Show familiarity with Training Techniques 4. Be acquainted with Periodization process
	DSE2P: PRACTICAL 1. Practical Experience of Weight Training and Circuit Training. 2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.	After completion of this course students will be able to: i. Develop practical experience of Weight Training ii. Develop practical experience of Circuit Training iii. Learn about Measurement process of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.

Programme outcome/Course outcome (Department of Physical Education)
Amalesh Adhikari

SEC- 1: Indian Games and Racket Sports (Practical)	1. Kabaddi 2. Kho-Kho 3. Badminton 4. Table Tennis	After completion of this course students will be able to: 1. Actively participate in Kabaddi, Kho-Kho, Badminton and Table Tennis 2. Develop skills in Kabaddi, Kho-Kho, Badminton and Table Tennis
SEC- 2: Ball Games (Practical)	1. Football 2. Handball 3. Basketball 4. Volleyball 5. Netball 6. Throw ball	After completion of this course students will be able to: 1. Actively participate in Football, Handball, Basketball, Volleyball, Netball, Throw ball etc. 2. Develop skills in Football, Handball, Basketball, Volleyball, Netball, Throw ball etc.
SEC- 3: Gymnastics and Yoga (Practical)	1. Gymnastics 2. Yoga- Asanas, Pranayama	After completion of this course students will be able to: 1. Actively participate in Gymnastics 2. Actively participate in Yogasanas, Pranayama etc.
SEC- 4: Track and Field (Practical)	1. Track Events 2. Field events	After completion of this course students will be able to: 1. Actively participate in Running Events 2. Actively participate in Field events like Long Jump, High Jump Shot put, Discuss and Javelin throw etc.
GE- 1: Modern Trends and Practices in Physical Education & Exercise Sciences	**GE1T: Modern Trends and Practices in Physical Education& Exercise Sciences** 1. Introduction to Modern Trends and Practices in Physical Education & Exercise Sciences 2. Biological, Psychological and Sociological Foundations of Physical Education 3. History of Physical Education 4. Exercise Sciences	After completion of this course students will be able to: 1. Be acquainted with Modern Trends and Practices in Physical Education 2. Learn about Biological, Psychological and Sociological aspects of Physical Education 3. Trace the developmental history of Physical Education 4. Show familiarity with Exercise Sciences
GE-2: Health Education and Tests & Measurements in Physical	**GE2T: Health Education and Tests & Measurements in Physical Education** 1. Introduction to Health Education and Tests & Measurements in Physical Education 2. Health and First-aid Management 3. Measurement of Body Compositions and Somatotype	After completion of this course students will be able to: 1. Develop knowledge about Health and Health Education 2. Learn about Tests, Measurements and Evaluation 3. Learn about First-aid Management 4. Learn about procedure of Fitness Test 5. Learn about procedure of Sports Skill Test

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Education	Assessment Fitness Test Sports Skill Test	
	GE2P: Practical 1. First aid- Triangular Bandage: Slings (Arm Sling, Collar & Cuff sling), Roller Bandages: Simple spiral, Reverse Spiral, figure of Eight, Spica. 2. Practical Knowledge of Hydro -therapy, Thermo - therapy and Cryo-therapy. 3. Assessment of somatotype and % body fat. 4. Assessment of AAHPER Youth Fitness Test and Harvard Step Test .	After completion of this course students will be able to: 1. Develop knowledge about Bandage and its applicability 2. Develop knowledge about Hydro-therapy, Thermo-therapy and Cryo-therapy. 3. Develop knowledge about Assessment of somatotype and body fat percentage (%) and their applicability 4. Develop knowledge about AAHPER Youth Fitness Test 5. Learn about Harvard Step Test.