



Mankar College

DEPARTMENT OF PHYSICAL EDUCATION

Programme Specific and Course Outcomes

PHYSICAL EDUCATION GENERAL

Programme Specific Outcome (PSO):

Physical Education (PE) is a course that keeps concentrate on the physical fitness of the students. The benefits of introducing physical education as a subject in college levels are that it makes students physically fit with the interest in various sports activities.

PSO1: Understanding the meaning of physical education for an individual development and improving general health for professional activity.

PSO2: Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising.

PSO3: Learning special knowledge, practical skills, which provide health protection, form compensatory process, correct present health abnormalities, provide mental prosperity, development and improvement of psychophysical skills, form professional qualities of an individual.

PSO4: Body's adaptation for physical and mental workload and also at the increasing of the capability of physiological systems as well as raising of the resistance of immune defenses.

PSO5: Learning the methodology of formation and taking health exercises independently, the methods of self-control while exercising, hygiene rules and sound schedule for work and rest.

PSO6: Learning how to resist unfavorable factors and working conditions, decreasing fatigue during professional activities and raising the quality of results.

Course Outcomes (CO):

After completion of this course students will have following opportunities and skills.

CC 1

- CO1.** Get Preliminary idea and History of Physical Education and Yoga.
- CO2.** Get knowledge of Biological and Sociological foundation of Physical education.
- CO3.** Study the behaviors of India and World Physical Education.

CC 2

- CO1.** Learn how to organize the standard tournaments or competitions.
- CO2.** Learn about Leadership.

CC 3

- CO1.** Get knowledge of Anatomy and Physiology of human body. Learn different body parts, its mechanism and its developing exercises.

SEC 1

- CO1.** Achieve the proper Rules, Judgment and Skills of Track and Field events.

CC 4

- CO1.** Learn how to maintain proper Health and active life style. Know about Health problems in India.
- CO2.** Learn the different therapy process and use.
- CO3.** Get knowledge of First Aid management.

SEC 2

- CO1.** Achieve the techniques and benefits of Gymnastics and Yoga.

DSE 1

- CO1.** Learn the uses the Test, Measurement and Evaluation in Physical Education and sports.
- CO2.** Learn various techniques to make a good athlete. Understand the process, principles, importance of Sports Training.

GE-1

CO1. Get Preliminary idea and History of Physical Education.

CO2. Get knowledge of Biological and Sociological foundation of Physical education.

CO3. Know about Olympics and Asian games.

CO4. Get knowledge to developing exercise of human's Organic system.

SEC 3

CO1. Achieve the proper Rules and Skills of Indian games and Racket games.

DSE 2

CO1. Learn how to understand the player's Psychology.

GE-2

CO1. Learn how to maintain proper Health and active life style. Know about Hypo-kinetic Diseases, Postural deformities and Physical activities.

CO2. Get knowledge of First Aid management.

CO3. Get knowledge of Measurement of Body composition and Somatotype assessment.

CO4. Learn about the Fitness testes.

SEC 4

CO1. Achieve the proper Rules and Skills of various Ball Games.
