

NISTARINI COLLEGE, PURULIA

Department of Physical Education

Attainment of Program outcomes(PO) ,Course outcomes(CO) , Program specific outcomes (PSO)

1.Program : B.A program course with Physical Education

Program outcomes(PO):

The students acquire an overall knowledge about Physical Education . They learn the basic rules and regulation of different games and sports like Kabaddi ,Kho-Kho , Football , Volleyball ,Basketball ,Handball Badminton , Cricket , Athletics etc. They develop the fundamental skills and ability to play various types of games and sports practically. They get to practice Yoga skills and Pranayam . In this program , an all round development of student is done.

Semester	Course Name & Course outcomes	Program specific outcomes
Semester-I	<p>Course Title: <u>Foundation History of Physical Education</u></p> <ul style="list-style-type: none"> ✓ To develop modern concept of physical education ✓ To gain the knowledge about pre- independence & post-independence of physical education in India. ✓ To develops the psychological factors of influence motor learning . 	<ul style="list-style-type: none"> ✓ To understand the concept ,definition & scope of physical education ✓ To know the historical development of Phy. Edu. of sports . ✓ To know the Philosophical & psychological foundation of Phy.edu. ✓ To know the Biological & sociological foundation
Semester-II	<p>Course Title: <u>Management of Physical Education</u></p> <ul style="list-style-type: none"> ✓ To develop modern concept of sports management ✓ To gain the knowledge of Tournaments ✓ develops the leadership qualities & organizational performance ✓ To develops the lay out abilities of games & sports 	<ul style="list-style-type: none"> ✓ To understand the concept, scope & purpose sports management ✓ To know the role of leadership in physical education & sports ✓ To know the meaning , definition of tournament . ✓ To know the lay out of games & sports. ✓ How to know the care & maintenance of sports equipment's.

Semester-III	<p>Course Title: <u>Game Specialization</u></p> <ul style="list-style-type: none"> ✓ To develop the fundamental skills gain the knowledge about specific games ✓ To gain the practical knowledge about games & sports ✓ To gain the practical knowledge about rules regulation of games & sports 	<ul style="list-style-type: none"> ✓ To understand the specific games ✓ To know the Indian games ✓ To know the ball games & racket sports ✓ To know the track & field events
	<p>Course Title: <u>Fitness and Wellness (SEC-1)</u></p> <ul style="list-style-type: none"> ✓ To develop modern concept of fitness ✓ To gain the knowledge about wellness ✓ To gain the knowledge about the relationship between physical activities & wellness. ✓ To improve healthy life style & living status 	<ul style="list-style-type: none"> ✓ To understand the component, definition & meaning of fitness ✓ To understand the component, meaning & definition of wellness ✓ To know the fitness & wellness ✓ To know the life style & nutrition
	<p>Course Title: <u>Yoga Science (GE)</u></p> <ul style="list-style-type: none"> ✓ To develop modern concept of yoga ✓ To gain the knowledge about aims & objectives of yoga ✓ To gain the knowledge about yogic exercises through cure disease. ✓ To improve physiological values of pranayama & shudhikiryas. 	<ul style="list-style-type: none"> ✓ To understand the concept, history of yoga ✓ To know the aims and objectives of yoga ✓ To know the importance of yogasanas. ✓ To know the meaning objectives of pranayama ✓ To know the objectives of shudhikiryas

Semester-IV	<p>Course Title: <u>Anatomy and Physiology</u></p> <ul style="list-style-type: none"> ✓ To gain the knowledge about structure & function of skeletal system ✓ To gain the knowledge about effect of exercise of muscular system ✓ To gain the knowledge about mechanism of blood circulatory system of human body ✓ To gain the knowledge about respiratory systems ✓ To gain the knowledge about the nervous systems 	<ul style="list-style-type: none"> ✓ To understand the anatomy ✓ To know the muscular system ✓ To know circulatory system . ✓ To know respiratory systems ✓ To know the nervous system ✓ To know the endocrine system
	<p>Course Title: <u>Yoga Skills</u> (SEC-2)</p> <ul style="list-style-type: none"> ✓ To gain the knowledge about yogic exercises through cure disease ✓ To improves physiological values of pranayama & shudhikiryas 	<ul style="list-style-type: none"> ✓ To understand the yoga skills – Standing position Sitting position Supine position Prone position Inverted position ✓ To know the skills of kiryas
	<p>Course Title: <u>Health Education</u> (GE)</p> <ul style="list-style-type: none"> ✓ To develop modern concept of health education ✓ To gain the knowledge about importance of health education in daily life ✓ To gain the knowledge about personal hygiene 	<ul style="list-style-type: none"> ✓ To understand the introduction ,definition & meaning of health education ✓ To know the importance of health education ✓ To know the health service ✓ To know the environmental hygiene

<p>Semester-V</p>	<p>Course Title: <u>Health Education & Safety Education</u></p> <ul style="list-style-type: none"> ✓ To develop modern concept of health education ✓ To gain the knowledge about importance of health education in daily life ✓ To gain the knowledge about personal hygiene ✓ To gain the knowledge about safety education ✓ To gain the knowledge about pollution & nutrients 	<ul style="list-style-type: none"> ✓ To understand the introduction ,definition & meaning of health education ✓ To know the importance of health education ✓ To know the health service To know the environmental ✓ To know first aid & safety education ✓ To know the pollution ✓ To know the need of nutrients
	<p>Course Title: <u>Sports Training</u></p> <ul style="list-style-type: none"> ✓ To gain the knowledge about meaning ,definition & aim – objectives of sports training ✓ To gain the knowledge about the methods of training & conditioning of sports. ✓ To gain the knowledge about the training load & adaptation ✓ To gain the knowledge about the training techniques 	<ul style="list-style-type: none"> ✓ To understand the meaning,definition & aim –objectives of sports training ✓ To know the methods of training & conditioning of sports. ✓ To know the training load & adaptation ✓ To know the training techniques
	<p>Course Title: <u>Test measurement and evaluation in Physical Education</u> (SEC-3)</p> <ul style="list-style-type: none"> ✓ To gain the knowledge about test , measurement & evaluation ✓ To gain the knowledge about the measurement of body composition , somatotypes ✓ To gain the knowledge about of the fitness test ✓ To gain the knowledge about of the sports skill test 	<ul style="list-style-type: none"> ✓ To understand the knowledge of test , measurement & evaluation ✓ To understand the measurement of body composition , somatotypes ✓ To know the fitness test ✓ To know the sports skill test

	<p>Course Title: <u>Yoga Science (GE)</u></p> <ul style="list-style-type: none"> ✓ To develop modern concept of yoga ✓ To gain the knowledge about aims & objectives of yoga ✓ To gain the knowledge about yogic exercises through cure disease. ✓ To improves physiological values of pranayama &shudhikiryas. 	<ul style="list-style-type: none"> ✓ To understand the concept, history of yoga ✓ To know the aims and objectives of yoga ✓ To know the importance of yogasanas. ✓ To know the meaning objectives of pranayama ✓ To know the objectives of shudhikiryas
--	--	--

Semester-VI	<p>Course Title: <u>Indigenous games marching , mass demonstration , Gymnastics and Yoga</u></p> <ul style="list-style-type: none"> ✓ To gain the knowledge about theindigenous games . ✓ To gain the knowledge aboutdrill & marching ✓ To gain the knowledge about mass demonstrations ✓ To gain the knowledge practices about yoga skills ✓ To gain the knowledge about bratachariya& NCC & NSS 	<ul style="list-style-type: none"> ✓ To understand the indigenous games ✓ To understand the drill & marching ✓ To understand the mass demonstrations ✓ To understand the floor gymnastics ✓ To understand the yoga skills ✓ To understand bratachariya& NCC & NSS
-------------	---	---

	<p>Course Title: <u>Track and Field</u></p> <ul style="list-style-type: none"> ✓ To develop the fundamental skills gain the knowledge about track & field ✓ To gain the practical knowledge about officiating. 	<ul style="list-style-type: none"> ✓ To understand the track events. ✓ To know the field events ✓ To know the officiating
	<p>Course Title: <u>Postural deformities and remedial measures</u> (SEC-4)</p> <ul style="list-style-type: none"> ✓ To gain the knowledge about meaning ,definition postural deformities ✓ To gain the knowledge about the postural deformities ✓ To gain the knowledge about preventing & correcting postural defects in yoga ✓ To gain the knowledge about nutrients preventing postural defects 	<ul style="list-style-type: none"> ✓ To understand the meaning ,definition postural deformities ✓ To know the postural deformities & causes ✓ To understand the nutrition in daily living
	<p>Course Title: <u>Health Education</u> (GE)</p> <ul style="list-style-type: none"> ✓ To develop modern concept of health education ✓ To gain the knowledge about importance of health education in daily life ✓ To gain the knowledge about personal hygiene 	<ul style="list-style-type: none"> ✓ To understand the introduction ,definition & meaning of health education ✓ To know the importance of health education ✓ To know the health service To know the environmental hygiene