

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

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

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

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

	<p><b>Course Title: <u>Yoga Science (GE)</u></b></p> <ul style="list-style-type: none"> <li>✓ To develop modern concept of yoga</li> <li>✓ To gain the knowledge about aims &amp; objectives of yoga</li> <li>✓ To gain the knowledge about yogic exercises through cure disease.</li> <li>✓ To improves physiological values of pranayama &amp;shudhikiryas.</li> </ul>	<ul style="list-style-type: none"> <li>✓ To understand the concept, history of yoga</li> <li>✓ To know the aims and objectives of yoga</li> <li>✓ To know the importance of yogasanas.</li> <li>✓ To know the meaning objectives of pranayama</li> <li>✓ To know the objectives of shudhikiryas</li> </ul>
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Semester-VI	<p><b>Course Title: <u>Indigenous games marching , mass demonstration , Gymnastics and Yoga</u></b></p> <ul style="list-style-type: none"> <li>✓ To gain the knowledge about theindigenous games .</li> <li>✓ To gain the knowledge aboutdrill &amp; marching</li> <li>✓ To gain the knowledge about mass demonstrations</li> <li>✓ To gain the knowledge practices about yoga skills</li> <li>✓ To gain the knowledge about bratachariya&amp; NCC &amp; NSS</li> </ul>	<ul style="list-style-type: none"> <li>✓ To understand the indigenous games</li> <li>✓ To understand the drill &amp; marching</li> <li>✓ To understand the mass demonstrations</li> <li>✓ To understand the floor gymnastics</li> <li>✓ To understand the yoga skills</li> <li>✓ To understand bratachariya&amp; NCC &amp; NSS</li> </ul>
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	<p><b>Course Title: <u>Track and Field</u></b></p> <ul style="list-style-type: none"> <li>✓ To develop the fundamental skills gain the knowledge about track &amp; field</li> <li>✓ To gain the practical knowledge about officiating.</li> </ul>	<ul style="list-style-type: none"> <li>✓ To understand the track events.</li> <li>✓ To know the field events</li> <li>✓ To know the officiating</li> </ul>
	<p><b>Course Title: <u>Postural deformities and remedial measures</u></b> <b>( SEC-4 )</b></p> <ul style="list-style-type: none"> <li>✓ To gain the knowledge about meaning ,definition postural deformities</li> <li>✓ To gain the knowledge about the postural deformities</li> <li>✓ To gain the knowledge about preventing &amp; correcting postural defects in yoga</li> <li>✓ To gain the knowledge about nutrients preventing postural defects</li> </ul>	<ul style="list-style-type: none"> <li>✓ To understand the meaning ,definition postural deformities</li> <li>✓ To know the postural deformities &amp; causes</li> <li>✓ To understand the nutrition in daily living</li> </ul>
	<p><b>Course Title: <u>Health Education</u></b> <b>(GE)</b></p> <ul style="list-style-type: none"> <li>✓ To develop modern concept of health education</li> <li>✓ To gain the knowledge about importance of health education in daily life</li> <li>✓ To gain the knowledge about personal hygiene</li> </ul>	<ul style="list-style-type: none"> <li>✓ To understand the introduction ,definition &amp; meaning of health education</li> <li>✓ To know the importance of health education</li> <li>✓ To know the health service To know the environmental hygiene</li> </ul>