

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: Foundation History of Physical Education. Course Code : BPEDCCRT101</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> Course Code : BPEDCCRT201</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 layout of games & sports. ✓ How to know the care & maintenance of sports equipment's.

<p>Semester-III</p>	<p>Course Title: <u>Game Specialization</u> Course Code : BPEDCCRS301</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> Course Code : BPEDSERT304</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 improves 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 Generic (Hons)</u> Course Code : BPEDGEHT25</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 Pranayam & shudhi kiryas. 	<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 Pranayam ✓ To know the objectives of shudhi kiryas

<p>Semester-IV</p>	<p>Course Title: <u>Anatomy and Physiology</u> Course Code : BPEDCCRT401</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 (SEC-2)</u> Course Code : BPEDSERT404</p> <ul style="list-style-type: none"> ✓ To gain the knowledge about yogic exercises through cure disease ✓ To improves physiological values of Pranayam & shudhi kiryas 	<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 Generic (Hons)</u> Course Code : BPEDGEHT25A</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

Semester-V	<p>Course Title: <u>Health Education & Safety Education</u> Course Code : BPEDDSRT501</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> Course Code : BPEDDSRT502</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) Course Code : BPEDSERT504</p> <ul style="list-style-type: none"> ✓ To gain the knowledge about of 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</u> Program (GE) Course Code : BPEDGERT25</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 Pranayam & shudhi kiryas. 	<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 shudhi kiryas
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<p>Semester-VI</p>	<p>Course Title: <u>Indigenous games marching , mass demonstration ,</u> <u>Gymnastics and Yoga</u> Course Code : BPEDDSRS3</p> <ul style="list-style-type: none"> ✓ To gain the knowledge about the indigenous games. ✓ To gain the knowledge about drill & 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
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	<p>Course Title: <u>Track and Field</u> Course Code : BPEDDRS4</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) Course Code : BPEDSERT604</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) Course Code : BPEDGERT25A</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 <ul style="list-style-type: none"> To know the environmental hygiene