Swarnamoyee Jogendranath Mahavidyalaya

At+P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

DEPARTMENT OF PHYSICAL EDUCATION

COURSE OUTCOMES OF GENERAL COURSES UNDER CBCS w.e.f. 2018-19

DSC 1A Foundation and History of Physical Education — 6 credits

CO1: To understand the meaning of physical education

CO2: To understand the foundation of physical education

CO3: To know about allied sciences, camping and recreation.

CO4: To learn about the history of Olympics and physical education.

CO5: To know about the contribution of various agencies, awards and scholarships.

DSC1B Management of Physical Education and Sports — 6 credits

CO1: To learn about the concept, definition, purpose, importance and principles of sports management, and learn about the Sports Manager and his duties.

CO2: To learn about tournaments: meaning and definition, and types of tournaments (knock-out, league, combination, challenge); procedure of drawing fixture. method of organizing Annual Athletic Meet and Play Day; method of organizing of intramural and extramural competition.

CO3: To learn about the method of calculation of Standard Athletic Track marking; the care and maintenance of playground and gymnasium; the importance, care and maintenance of sports equipment; time table: meaning, importance and factors affecting school Physical Education time table.

CO4: To learn about the meaning and definition of leadership; qualities of a good leader in Physical Education; types of leadership, principles of leadership activities.

CO5: To gain layout knowledge and officiating ability of track and field events, and layout knowledge and officiating ability of games: football, kabaddi, kho-kho, volleyball, hand ball, net ball, throw ball, badminton and table tennis gymnastic and yoga scoring.

DSC1C Anatomy, Physiology and Exercise Physiology **6 credits**

CO1: To gain knowledge of the meaning and definition of human anatomy, physiology and exercise physiology, importance of human anatomy, physiology and exercise physiology in physical education, cell- structure and function, tissue- types and functions.

CO2: To gain knowledge of the skeletal system- structure of skeletal system; classification and locations of bones and joints; anatomical differences between male and female; muscular system- type, location, function and structure of muscle; types of muscular contraction; effect of exercise and training on muscular system.

CO3: To learn extensively about blood- composition and function. heart- structure and functions. mechanism of blood circulation through heart. blood pressure, athletic heart and bradycardia. effect of exercise and training on circulatory system.

CO4: To learn about the structure and function of respiratory organs; mechanism of respiration; vital capacity, O_2 debt and second wind; effect of exercise and training on respiratory system.

CO5: To learn about assessment of BMI, and WHR; measurement of blood pressure, vital capacity, respiratory rate, heart rate, limb length, PEI, and pick flow rate.

DSC1D Health Education, Physical Fitness and Wellness **6 credits**

CO1: To learn about the concept, definition and dimension of health. definition, aims, objectives and principles of health education; activities of health agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF); School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Personal hygiene.

CO2: To learn about communicable diseases (malaria, dengue and chicken pox and diarrhea), and non-communicable diseases (obesity, diabetes and asthma); nutrition, nutritional requirements for daily living; preparation and principles of balanced diet; health disorders due to deficiencies of protein, vitamins and minerals; postural deformities; causes and corrective exercises of kyphosis, lordosis, scoliosis, knock knee, flat foot and bow legs.

CO3: To learn about **p**hysical fitness, meaning, definition and importance of physical fitness; components of physical fitness; health and performance related physical fitness; concept of wellness; relationship between physical activities and wellness; ageing- physical activities and its importance.

CO4: To learn about First aid, meaning, definition, importance and golden rules of first-aid; concept of sports injuries- sprain, strain, facture, dislocation and wound; management of sports injuries through the application of hydro-therapy and thermo- therapy; the basic concept, types and principles of physiotherapy; management of sports injuries through the application of exercise and massage therapy.

CO5: To learn about First aid, triangular bandage: slings (arm sling, collar & cuff sling), roller bandages: simple spiral, reverse spiral, figure of eight, spica; practical knowledge of hydro-therapy, thermo-therapy and cryo-therapy.

DSE1 Tests, Measurements and Evaluation in Physical Education 6 credits

CO1: To learn about the concept of test, measurement and evaluation, criteria of good test, principles of evaluation, importance of test, measurement and evaluation in physical education and sports.

CO2: To learn about Body Mass Index (BMI) - Concept and method of measurement; Body Fat - Concept and method of measurement; Lean Body Mass (LBM) - Concept and method of measurement; Somatotype- Concept and method of measurement.

CO3: To learn about Kraus-Weber Muscular Strength Test, AAHPER Youth Fitness Test, Queens College Step Test, Harvard Step Test

CO4: To learn about Lockhart and McPherson Badminton Skill Test, Johnson Basketball Test Battery, McDonald Soccer Test, Brady Volleyball Test

CO5: To learn about assessment of somatotype and body fat percentage (%), assessment of AAHPER Youth Fitness Test and Harvard Step Test.

DSE2 Sports Training **6 credits**

CO1: To learn about the meaning and definition of sports training. aim and characteristics of sports training. principles of sports training. importance of sports training.

CO2: To learn about warming up and cooling down- Meaning, types and methods; Conditioning - Concept of conditioning and its principles; training methods- circuit training, interval training, weight training; periodisation- meaning, types, aim and contents of different periods.

CO3: To learn about training load - meaning, definition, types and factors of training load; components of training load; over load - meaning, causes, symptoms and tackling of over load; adaptation - meaning and conditions of adaptation.

CO4: To learn about strength - means, types and methods of strength development; speed - means, types and methods of speed development; endurance - means, types and methods of endurance development; flexibility - means, types and methods of flexibility development.

CO5: to learn about practical experience of weight training and circuit training. measurement of speed, strength (grip/leg), explosive strength (leg) and flexibility.

SEC1 Indian Games and Racket Sports (Practical) **2 credits**

CO1: To learn the fundamentals of major games.

CO2: To learn the rules of the games for efficient officiating

CO3: To know the various drills for optimum skill development.

SEC2 Ball Games (Practical) **2 credits**

CO1: To learn the fundamentals of major games.

CO2: To learn the rules of the games for efficient officiating

CO3: To know the various drills for optimum skill development.

SEC3 Gymnastics and Yoga (Practical) **2 credits**

CO1: To learn the fundamentals of major games.

CO2: To learn the rules of the games for efficient officiating

CO3: To know the various drills for optimum skill development.

SEC4 Track and Field (Practical) **2 credits**

CO1: To learn the techniques of running, throwing and jumping