



**Subject: - Physical Education (Pos, Cos, PSOs)**

**PROGRAMME OUTCOMES:** Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG.

Semester	Paper no.	Paper title	Course Outcomes:
I	1	<b>ELEMENTALS OF PHYSICAL EDUCATION</b>	The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.
I	2	<b>FITNESS AND YOGA</b>	Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.
II	1	<b>SPOTS ORGNISATION AND MANSGEMENT</b>	This course is designed to give real time exposure to students in the area of organizing an event/ sport. The students will also learn about store management, purchasing and budget making.
II	2	<b>SPORTS EVENT AND TRACK &amp; FIELD</b>	Students able to know about organisation of a sports events, Time Table of College, and able to undestand the various type of sports equipments
III	1	<b>ANATOMY &amp; EXERCISE PHYSIOLOGY</b>	Students can be able to understand human structure and function as well as effects of exercise on various human body systems.
III	2	<b>HEALTH AND PHYSIOLOGY</b>	Students able to measure BMI, Blood pressure, Variouse body parts measurements etc.
IV	1	<b>SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES</b>	Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.
IV	2	<b>SPORTS PSYCHOLOGY</b>	Students experiece the minor game, their importace and how to construct these game and also they able to know about a specific game .
V	1	<b>ATHLETIC INJURIES AND REHABILITATION</b>	Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.
V	2	<b>KINESIOLOGY AND BIOMECHANICS IN SPORTS</b>	Students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.
V	3	<b>REHABILITATI ON &amp; SPORTS</b>	Students can be Practical Knowledge of Athletic Injuries and Athletic Care First Aid, Practical orientation and Rehabilitation.
V	4	<b>RESEARCH PROJECT</b>	Learn to Prepare Questionnaire. Learn to write research report.
VI	1	<b>RESEARCH METHODS</b>	Students can be able to understand Research methods in Sports and Physical Education.
VI	2	<b>PHYSICAL EDUCATION FOR DIVYANG</b>	This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.
VI	3	<b>RESEARCH AND SPORTS</b>	Students can be able to Practical Knowlegde of Research methods in Sports and Physical Education.
VI	3	<b>Research Project</b>	It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analyzed data.