

KALINAGAR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION

COURSE OUTCOME

COURSE PHYSICAL EDUCATION GENERAL (CBCS)

SEMESTER: I

COURSE CODE: PEDGCOR01T

COURSE NAME: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

COURSE OUTCOME

- Students will learn the basic concept of Physical Education and its importance and scope in modern India.
- Students will gain knowledge about the growth and development, Chronological age, anatomical age, physiological age and mental age.
- Students will learn about history of physical education in India and Students will be able to identify the Ancient Olympic Games and Modern Olympic Games.
- Students will learn the basic concept of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga, Astana Yoga, Hatha Yoga.

SEMESTER: I

COURSE CODE: PEDGCOR01P

COURSE NAME: MARCHING, CALLISTHENICS, AEROBICS

COURSE OUTCOME

- Practically the students will demonstrate the technique of Aerobics
- Learn how fitness develops through Calisthenics and Marching Drills.

SEMESTER: II

COURSE CODE: PEDGCOR03T

COURSE NAME: MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

COURSE OUTCOME

- In this semester the students will understand the basic principles of management and sports managements.
- The students will also learn to manage sports meet such as Knock-out, League, Combination, and Challenge.

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- The students will learn method of calculation of Standard Athletic Track and Field marking.
- Here students will know the qualities of a good leader.

SEMESTER: II

COURSE CODE: PEDGCOR03P

COURSE NAME: LAY OUT KNOWLEDGE AND OFFICIATING ABILITY

COURSE OUTCOMES

- Students will demonstrate the techniques of Track and Field events
- They learn the method of laying and marking the track and field, rules governing track and field events
- To learn basic skill of Football, Kabaddi, Kho-Kho, Badminton and Volleyball

SEMESTER: III

COURSE CODE: PEDGCOR05T

COURSE NAME: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

COURSE OUTCOME

- In this paper the students will understand the basic principles of anatomy, physiology and exercise physiology.
- In this semester the students will understand the Skeletal System, Muscular System,
- They know the composition of blood and function of heart.
- The students will learn Nervous and Endocrine System

SEMESTER: III

COURSE CODE: PEDGCOR05P

COURSE NAME: LABORATORY PRACTICAL

COURSE OUTCOME

- Practically the students will acquire assessment of BMI, Heart rate, Blood Pressure, Respiratory Rate, Pick Flow Rate and Vital Capacity.
- Also will learn about Anthropometric measurement (Length, wide and circumference of bones) Body fat%.

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SEMESTER: III

COURSE CODE: PEDSSEC01M

COURSE NAME: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

COURSE OUTCOME

- Practically the students in the track even will know the technique of starting, use of block, finishing technique and relay race.
- Practically the students in the field even will know the long jump, high jump, shot put discus and javelin throw.

SEMESTER: IV

COURSE CODE: PEDGCOR07T

COURSE NAME: HEALTH EDUCATION, TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

COURSE OUTCOME

- This paper will teach the students how to lead a healthy and hygienic life and basic knowledge of communicable and non communicable disease.
- In this semester the students will understand the basic rules of first aid and various injuries.
- To understand the concept of test, measurement and evaluation.
- The students will measurements body composition (B.M.I, Body fat and L.B.M) and somatotype assessment.

SEMESTER: IV

COURSE CODE: PEDGCOR07P

COURSE NAME: FITNESS TEST

COURSE OUTCOME

- The various fitness test those are improve muscular strength and endurance of respiratory system
- The various skill test those are improve playing ability of badminton, basketball, football and volleyball test

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SEMESTER: IV

COURSE CODE: PEDSSEC02M

COURSE NAME: GYMNASTICS AND YOGA

COURSE OUTCOME

- To improve the capacity of Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll Cart-Wheel.
- To improve the capacity of Dive and Forward Roll, Hand Spring , Head Spring , Neck Spring , Hand Stand and Forward Roll and Summersault.
- To improve the various position of asana example of standing, sitting, supine, prone and inverted position.

SEMESTER: V

COURSE CODE: PEDGDSE01T

COURSE NAME: SPORTS TRAINING & MECHANICS

COURSE OUTCOME

- Here students will know about the sports training and basic concept of various training method.
- To understand the training technique (strength, speed, endurance and flexibility)
- To development of training load and adaptation.
- They Learn To Know Mechanical Principles Applied to Sports

SEMESTER: V

COURSE CODE: PEDGDSE02T

COURSE NAME: THERAPEUTIC ASPECT OF PHYSICAL ACTIVITIES AND LIFESTYLE

COURSE OUTCOME

- In this paper the students will understand the Basic concept of therapy.
- The student will learn how to reduce osteoporosis, obesity, hypertension, diabetes and cardiovascular disease.
- To acquire knowledge of the Electro Therapy, Hydrotherapy, Cry Therapy and Thermo Therapy.
- To development of Physical Activities and Lifestyle

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SEMESTER: V

COURSE CODE: PEDGGEC01T

**COURSE NAME: MODERN TRENDS AND PRACTICES IN PHYSICAL EDUCATION
EXERCISE SCIENCES**

COURSE OUTCOME

- Students will learn the basic concept of Physical Education and its importance and scope in modern India.
- Students will gain knowledge about the growth and development, Chronological age, anatomical age, physiological age and mental age.
- Students will learn about history of physical education in India and Students will be able to identify the Ancient Olympic Games and Modern Olympic Games.
- In this paper the students will understand the basic principles of exercise and exercise physiology.

SEMESTER: V

COURSE CODE: PEDSSEC03M

COURSE NAME: INDIAN GAMES AND RACKET SPORTS

COURSE OUTCOME

- In this paper the students will understand the fundamental skill of kabaddi
- In this paper the students will understand the fundamental skill of kho kho
- In this paper the students will understand the fundamental skill of badminton
- In this paper the students will understand the fundamental skill of table tennis

SEMESTER: VI

COURSE CODE: PEDGDSE03T

COURSE NAME: PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS

COURSE OUTCOME

- Understand the basic Concepts of Psychology
- To understand the various learning
- The students will know about Motivation, Emotion and Personality.
- To acquire general knowledge about Stress and Anxiety.

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SEMESTER: VI

COURSE CODE: PEDGDSE04T

COURSE NAME: PROJECT WORK

COURSE OUTCOME

- In this semester the students will understand how to conduct a Record Book.
- In this semester the students will understand how to conduct a Dissertation / Project Report

SEMESTER: VI

COURSE CODE: PEDGGEC02T

COURSE NAME: HEALTH EDUCATION AND TESTS & MEASUREMENTS IN PHYSICAL EDUCATION

COURSE OUTCOME

- To understand the dimension of health.
- To acquire the knowledge of First aid and golden rules of First aid.
- To learn the basic concept of BMI, Body Fat and LBM.
- To understand the various fitness test.

SEMESTER: VI

COURSE CODE: PEDSSEC04M

COURSE NAME: BALL GAMES

COURSE OUTCOME

- To know the understand the fundamental skill of Football
- To know the understand the fundamental skill of Handball
- To know the understand the fundamental skill of Cricket
- To know the understand the fundamental skill of Volleyball
- To know the understand the fundamental skill of Netball
- To know the understand the fundamental skill of Throw ball

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