



## **GOUR MAHAVIDYALAYA**

### **DEPARTMENT OF PHYSICAL EDUCATION**

#### **Semester-I**

#### **Course Outcome (CO)**

### **B.A. Three Years Degree Course in Physical Education and Under Choice Based Credit System (CBCS)**

**Unit- I :** This unit comprises of knowledge of this meaning and definition of physical education. Students learn the aim and objectives of physical education and the importance of physical education in society.

**Unit- II :** This unit comprises meaning and definition of growth and development and also explains the factors which are affecting the growth and development. Students learn principles of growth and development and differentiation between growth and development.

**Unit- III :** Students will be taught the historical development of physical education in pre and post independence day, Mega event, Olympic, Asian games, commonwealth games and different national sports awards.

**Unit- IV :** Students will learn about winning definition aim or objectives of Yoga. Astanga Yoga and Hatha Yoga.

**FIELD PRACTICAL :** In this course students learn how to perform Surya Namaskar and its benefit. They also develop their physical fitness through different calisthenics and aerobic activities.

#### **Semester-II**

#### **Course Outcome (CO)**

**Unit- I :** The main objectives of the study are to develop concept of sports management and its importance, purpose and principles.

**Unit- II :** To understand about tournaments, its meaning, definition and types. Students develop knowledge of how to draw a fixture and to organizing methods of Athletic Meet, Play Day the Intramural and Extramural competitions.

**Unit- III :** This is another method of calculation of standard athletic track marking. Management and maintenance procedure of playground gymnasium sports equipment and the importance meaning and factors affecting the time table.

**Unit- IV :** To understand meaning definition of leadership and qualities of good leader in physical education. Student also learns about principles of leadership activities and hierarchy of leadership in school college University etc.

**FIELD PRACTICAL :** With this help of theoretical knowledge students learn to layout the field and its officiating ability to conduct a game such as football, Kabaddi, Kho-Kho and volleyball (anyone).

### **Semester-III**

#### **Course Outcome (CO)**

**Unit- I :** Students will learn about the meaning definition and importance of anatomy, physiology and exercise physiology in physical education. Students will also learn about structure and function of cell and tissue.

**Unit- II:** This unit comprises that knowledge of the structure skeletal system, classification and location of bone and joint. Students learn about anatomical differentiation between male and female. From this unit students develop their knowledge regarding Muscular System, contraction and effect of exercise on Muscular System.

**Unit- III:** Students studied about structure and function of heart and mechanism of circulation including blood pressure athletic heart bradycardia etc. and effect of exercise on circulatory system.

**Unit- IV:** Students gain a wider knowledge about structure function and mechanism of respiration including Vital Capacity, Oxygen Debt, Second Wind and effect of exercise on respiratory system.

**LAB PRACTICAL :** Student will learn to measure height circumference with the help of tools and techniques, they will also learn to assess about BMI, WHR and to take data recording from the individual regarding Heart Rate, Blood Pressure, Respiratory Rate, and Respiratory Flow Rate (any one). Therefore, this can also be taking up as a career option in future as well as to maintain their quality of life.

### **Semester-III (SEC-1)**

#### **Course Outcome (CO)**

**Track Event** Students are taught about the different start technique, finishing techniques and body of the race. Also learn out relay race such as holding, carrying, exchanging, starting and finishing of the relay race.

**FIELD EVENT (any one)** Through their theoretical knowledge in their practical situation they can perfectly demonstrate various field events step by step such as :

1. Approach run, Take off, Flight in air and landing.
2. Holding, Placement, Initial stance, Gliding, Delivery and Recovery. Both this practical as well as theoretical knowledge they also perform correct way.

**Semester-IV**  
**Course Outcome (CO)**

**Unit- I:** Students will learn about the meaning, definition and importance of health, health education. They will learn about WHO UNESCO and also School health programme.

**Unit- II:** Students will learn health problems in India prevention and control.

**Unit- III :** Students study the Physical Fitness and wellness.

**Unit- IV :** This unit comprises of knowledge on Health on First-aid. Management, Concept of sports injuries, Exercise and Massage Therapy.

**LAB PRACTICAL :** In This Field Students will learn about Triangular Bandage, Roller Bandages, Hydro-Therapy and Thermo-Therapy.

**Semester-IV (SEC-2)**  
**Gymnastics and Yoga**  
**Course Outcome (CO)**

In this Field Students will learn Various Gymnastics Practices and Yoga Asanas, Pranayama etc.

## **Semester-V**

### **Course Outcome (CO)**

#### **The main objectives of the study of Semester-V**

**Unit- I :** This unit comprises meaning and definition of test and measurement, evaluation also measurement and evaluation in physical education and sports.

**Unit- II :** In this unit students will study Body Mass Index (BMI), Body Fat, Learn Body Mass (LBM). They also learn Somatotype- concept and method of measurement.

**Unit- III :** The main objectives of the unit is-

- i. Kraus- Weber Muscular Strength Test
- ii. AAHPER Youth Fitness Test
- iii. Queens College Step Test
- iv. Harvard Step Test

**Unit- IV** The main objectives of the unit is-

- i. Lockhart and McPherson Badminton Skill Test
- ii. Johnson Basketball Test Battery
- iii. McDonald Soccer Test
- iv. Brady Volleyball Test

#### **LAB & FIELD PRACTICAL :**

- i. Assessment of somatotype and % body fat (any one).
- ii. Assessment of AAHPER Youth Fitness Test and Harvard Step Test (any one).

## **Semester-VI**

### **Course Outcome (CO)**

**Unit- I :** Students will learn about the meaning and definition of psychology, importance and scope of psychology, meaning and definition sports psychology, need for knowledge of sports psychology in the field of Physical Education.

**Unit- II :** To understand about meaning and definition of learning, theories of learning and laws of learning, learning curve: Meaning and Types & transfer of learning- Meaning and Definition type and factors affecting transfer of learning.

**Unit- III :** The main objectives of the Unit- III: Motivation, Emotion, Personality, and Role of Physical Activities in the Development of Personality.

**Unit- IV:** Students will learn from this unit about Stress and Anxiety.

**LAB PRACTICAL:** In the Practical Field students will learn- i. Assessment of Personality, Stress and Anxiety (any one). ii. Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one).

## **Programme Outcome (PO)**

### **B.A. Three Years Course in Physical Education and Under Choice Based Credit System (CBCS)**

- 1.** Students develop an understanding of Concept regarding Physical Education in modern society to develop their growth and development to maintain quality of life number.
- 2.** To know about Yoga this will help to sustainable life through harmony of body mind and Soul.
- 3.** To learn about management and leadership and through this knowledge organized big event in a meaningful and successful way.
- 4.** To develop a sense of awareness and concern for the anatomy, physiology and exercise physiology in their respect as well as to know in detail about a force person and the anatomical differences between male and female athletes
- 5.** Through this theoretical and practical knowledge students understand to evaluate themselves. Develop health, fitness, performance and Wellness as par of sport person.
- 6.** Students acquire deeper knowledge regarding their Health, Disease, Immunity, Prevention Control and Management to develop Wellness of sports persons and non sports persons in different stages.
- 7.** Learn to analyse the data, apply statistical technique and layout in a graphical structure to assess and evaluate fitness status, sports skills status to get knowledge regarding development as well as to find out the correction and necessary modifications.
- 8.** Learners can relate to how culture and religious influence people's perception of a place or region and its importance and use in various sector in the current country.