

Course Outcomes of Physical Education

Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education. Students will develop practical, theoretical skills in Physical Education. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.

Title	Course Code	Outcomes	Credit
Introduction to Physical Education	PED101TH	After completion of this course students are able to know the meaning, need, aim, objectives and scope of Physical Education with emerging trends and historical development of physical education in India and abroad.	4
Olympic Movement and Organization of Tournaments	PED102TH	Completion of this course will enable the students to know about the Olympic games (ancient and modern) and organization of games and sports with different methods of fixture during tournaments.	4
Athletics and Game-I	PED101PR	To trained and provide knowledge to the students regarding history, fundamental skills, equipment, ground preparation, rules of games and lesson plan of short put long jump badminton / weightlifting events.	2
Athletics and Game-II	PED102PR	To trained and provide knowledge to the students regarding history, fundamental skills, equipment, ground preparation, rules of games and lesson plan of sprint races, basketball / table tennis events.	2
Human Anatomy and Physiology	PED201TH	It gives the knowledge of structure of different systems of human body and their function.	4
Sports Psychology	PED202TH	All the psychological principals and their application in the field of physical education and sports discussed in sports psychology	4
Sports Medicine, Physiotherapy and Rehabilitation	PED203TH	To give knowledge to students about Sports Injuries, First Aid, Treatments of common accidents, Ergogenic aids, drugs and doping physiotherapy treatments, massage, hydro therapy, thermo therapy and rehabilitation.	4
Sports Training	PED204TH	To teach the students about principals of sports training, different methods of sports training, training load, warming up and cooling down, planning and periodization.	4
Athletics and Game-3	PED201PR	To trained and provide knowledge to the students	2

		regarding history, fundamental skills, equipment, ground preparation, rules of games, lesson plan of High jump, javelin, handball/boxing events.	
Athletics and Game-4	PED202PR	To trained and provide knowledge to the students regarding history, fundamental skills, equipment, ground preparation, rules of games, lesson plan of discus throw, triple jump, hockey/ judo events.	2
Specialization in Volleyball	PED301PR	To trained and provide knowledge to the students regarding history, fundamental skills, equipment, ground preparation, rules of games, officiating and coaching and lesson plans of different sills of volleyball	4
Specialization in Athletics	PED304PR	To trained and provide knowledge to the students regarding history, fundamental skills, equipment, track and field preparation, rules of events, officiating and coaching and lesson plans of different sills of Athletics	4
Recreation	PED305TH	To educate the students about recreational activities like sports, camping, picnic mountaineering and tracking, water sports, paragliding etc.	6
Methods of Teaching in Physical Education	PED307TH	Different types of methods used in teaching, lesson plan, different teaching aids, presentation technique, class formation, supervision, inspection and evaluation of teaching methods discussed in class.	6
Health Education and Nutrition (GE-1)	PED309TH	To teach the students, importance of health education, personal hygiene, nutrition and balance diet.	6
Yoga (GE-2)	PED310TH	Concept of yoga, type of yoga, type of asanas, surya namaskar, Pranayama, shudikriyas, mudras and bandhas etc. discussed in yoga. Apply the principles of Yoga to live healthy and active life style.	6

Beside academic activities Department of Physical Education also organize intramural activities of different games, inter college, and intervarsity tournaments in sports for the all-round development of the students.

