

Goswami Tulsidas Govt. P.G. College, Karwi, Chitrakoot



SUBJECT: Physical Education

BA in Physical Education

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.

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER I/ PAPER I

Program /Class: Certificate	Year:First	Semester: First
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code: E020101T	Course Title: Elementals of Physical Education	
Course Outcomes: 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. Its introduce 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.		

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER I/ PAPER II

Program/Class: Certificate	Year: First	Semester: First
Subject: Physical Education- Practical		
Course Code: E020102P	Course Title: Fitness and Yoga	
<p>Course Outcomes: Yogais 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.</p>		

SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER II/PAPER I

Program/Class: Certificate	Year: First	Semester: Second
Subject: Physical Education- Theory		
Course code: E020201T	Course Title: Sports organization and Management	
<p>Course Outcomes: This course is designed to give real time exposure to students in the area of organising an event/ sports. The students will also learn about store management, purchasing and budget making.</p>		

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER III/ PAPER I

Programme/Class: Diploma	Year: Second	Semester: Third
Subject: Physical Education -Theory		
Course Code: E020301T	Course Title: Anatomy and ExercisePhysiology	
<p>Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.</p>		

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER IV/ PAPER I

Program/Class: Certificate	Year: Second	Semester: Fourth
Subject: Physical Education- Theory		
Course Code: E020401T	Course Title: Sports Psychology And Recreational Activities	
Course outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.		

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER V/ PAPER I

Program/Class: Certificate	Year: Third	Semester: Fifth
Subject: Physical Education-Theory		
Course Code: E020501T	Course Title: Athletic Injuries and Rehabilitation	
Course outcomes: students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.		

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER V/ PAPER II

Program/Class: Certificate	Year: Third	Semester: Fifth
Subject: Physical Education - Theory		
Course Code: E020502T	Course Title: Kinesiology and Biomechanics in Sports	
Course outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.		

B. A. Physical Education/ Semester V/Research Project/ Paper IV

Program/Class –Degree	Year: Third	Semester: Fifth
Subject Physical Education Project		
Course Code : E0205 04P	Course Title Research Project	
COURSE OUTCOMES: <ul style="list-style-type: none"> • Learn to Prepare Questionnaire. • Learn to write research report. 		

Syllabus for B. A. Physical Education/ Semester VI/ PAPER I

Program/Class: Certificate	Year: Third	Semester: Sixth
Subject: Physical Education - Theory		
Course Code: E020601T	Course Title: Research methods	
Course outcomes: students can be able to understand Research methods in Sports and Physical Education.		

Syllabus for B. A. Physical Education/ Semester VI/ PAPER II

Program/Class: Degree	Year: Third	Semester: Sixth
Subject: Physical Education -Paper 2		
Course Code: E020602T	Course Title: Physical education for DIVYANG	
Course outcomes: 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		

Subject: Physical Education- Project	
Course Code:E020604P	Course Title: Research Project
Course outcomes: 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.	