

Domkal Girls' College

Department of Physical Education

1. Programme Outcomes (POs)

Graduates of the **B.A./B.Sc. in Physical Education and Sport (Major & Minor)** will:

1. **Develop a Holistic Understanding of Physical Education** – Gain knowledge of the history, principles, and concepts of physical education and sports sciences.
2. **Enhance Physical Fitness and Well-being** – Improve health and wellness through structured exercise, fitness training, and wellness programs.
3. **Apply Scientific Principles** – Utilize anatomy, physiology, kinesiology, and biomechanics in sports and exercise practices.
4. **Demonstrate Technical and Tactical Skills** – Exhibit proficiency in various sports, games, and officiating.
5. **Promote Health and Wellness** – Educate individuals and communities on the importance of health, fitness, and preventive healthcare.
6. **Develop Leadership and Management Skills** – Organize, manage, and lead sports and physical education programs effectively.
7. **Engage in Research and Innovation** – Conduct research and use data-driven approaches for the development of physical education and sports sciences.
8. **Demonstrate Ethical and Social Responsibility** – Uphold sportsmanship, ethics, and fair play in physical education and sports.

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2. Programme Specific Outcomes (PSOs)

1. **Mastery of Physical Activities and Games** – Develop competency in track & field events, gymnastics, team sports, and individual games.
2. **Expertise in Sports Science** – Apply physiological, psychological, and biomechanical principles to enhance sports performance.
3. **Skill in Officiating and Coaching** – Understand rules, techniques, and officiating protocols for various games and sports.
4. **Adaptation to Emerging Trends** – Incorporate technology (ICT), modern fitness training, and wellness strategies in sports education.
5. **Professional Readiness** – Prepare for careers in coaching, sports management, fitness training, and health education.

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3. Course Outcomes (COs)

The Course Outcomes (COs) define the knowledge and skills students are expected to achieve upon completion of each course. These outcomes focus on theoretical understanding, practical implementation, and skill development in various domains of physical education and sports sciences. Each course emphasizes competency in fitness, wellness, and research, preparing students for professional careers in sports, coaching, and health education.

Students will develop a strong foundation in the scientific, managerial, and practical aspects of physical education. By engaging in structured coursework and field activities, they will enhance their proficiency in sports techniques, event management, and applied physiology. Furthermore, the integration of research methodology and modern technology will enable them to contribute to the evolving field of sports sciences and education.

Course Code	Course Title	Credits	Course Outcomes
Semester I			
PED-M-T-1	Introduction and History of Physical Education & Sport	6	<ul style="list-style-type: none"> Physical education encompasses a broad range of activities that promote physical fitness, mental well-being, and social skills. Understanding its historical evolution provides insight into its significance across different cultures. Students will analyze the contributions of ancient civilizations, including Greece, Rome, and India, and explore modern advancements in the field. Additionally, they will engage in calisthenics, marching, and dumbbell exercises to develop foundational motor skills and discipline.
PED-MI-T-1	Foundation and History of Physical Education and Sport	4	<ul style="list-style-type: none"> This course provides an overview of the biological and sociological foundations of physical education. Students will examine human movement patterns, body mechanics, and the impact of sports on social structures. Furthermore, the curriculum explores the history and significance of major sporting events, including the Olympic movement. Through the study of yoga, students will

			develop an understanding of its role in enhancing physical and mental health.
Semester II			
PED-M-T-2	Biological Basis of Physical Education and Sport	6	<ul style="list-style-type: none"> Growth and development are fundamental aspects of physical education. Students will learn about human anatomy, aging, and the effects of exercise on the body. The course covers various forms of exercise, including strength training, aerobic conditioning, and flexibility exercises. Additionally, students will engage in practical sessions focusing on yoga postures and breathing techniques to enhance overall well-being.
PED-SEC-P-2	Track & Field and Ball Games (Football & Handball)	3	<ul style="list-style-type: none"> Athletics plays a crucial role in developing endurance, speed, and agility. This course covers essential running techniques, including acceleration and finishing strategies in track events. Furthermore, students will acquire fundamental skills in football and handball, such as dribbling, passing, and shooting. The curriculum emphasizes teamwork, strategy, and sportsmanship, preparing students for competitive environments.
Semester III			
PED-M-T-3	Sociological & Psychological Basis of Physical Education & Sport	6	<ul style="list-style-type: none"> Sports and physical education are deeply embedded in social structures and cultural traditions. This course examines the influence of media, socialization, and gender on sports participation. Students will also explore psychological factors such as motivation, anxiety, and personality in athletic performance. Additionally, practical sessions will focus on physical fitness development through wand drills and leziium activities.
PED-SEC-P-3	Athletics (Jump & Throw) & Aerobics & Kho-Kho	3	<ul style="list-style-type: none"> Track and field events require precise technique and coordination. This course provides hands-on training in the long jump, high jump, and throwing disciplines. Students will also learn about aerobics, which enhances cardiovascular endurance, and Kho-Kho strategies that improve agility

			and tactical awareness. Through structured practice, students will refine their skills and enhance their athletic performance.
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Semester IV			
PED-M-T-4	Yoga Education	6	<ul style="list-style-type: none"> Yoga plays a crucial role in holistic health and well-being. This course introduces students to the philosophy and history of yoga, exploring its impact on physical and mental health. Practical sessions will focus on mastering advanced postures, breathing techniques, and relaxation methods to enhance flexibility, strength, and mindfulness. Through the study of yogic principles, students will understand its therapeutic benefits and applications in daily life.
PED-M-T-5	Anatomy, Physiology, and Exercise Physiology	6	<ul style="list-style-type: none"> Understanding human anatomy and physiology is essential for optimizing physical performance. This course covers the structure and function of major body systems, including the muscular, skeletal, and cardiovascular systems. Students will examine the physiological effects of exercise, learn methods to measure heart rate, blood pressure, and respiratory efficiency, and apply this knowledge to enhance athletic performance.
Semester V			
PED-M-T-6	Management in Sport	6	<ul style="list-style-type: none"> Effective management is key to the success of sports organizations and events. This course introduces students to fundamental management principles, financial planning, and marketing strategies in the sports industry. Practical sessions will involve event organization, athletic track marking, and the implementation of best practices in sports facility management.
PED-M-T-7	Health Education, Fitness, and Wellness	6	<ul style="list-style-type: none"> This course emphasizes the importance of preventive healthcare, nutrition, and physical activity in maintaining overall well-being. Students will explore topics such as communicable and non-communicable

			<p>diseases, dietary guidelines, and the role of physical fitness in daily life.</p> <ul style="list-style-type: none"> Practical sessions will include first-aid training, CPR techniques, and health assessments.
Semester VI			
PED-M-T-8	Kinesiology & Biomechanics in Physical Education & Sport	6	<ul style="list-style-type: none"> Analyzing human movement through kinesiology and biomechanics is crucial for performance enhancement and injury prevention. This course explores joint mechanics, muscle function, and principles of motion. Students will apply biomechanical analysis techniques to improve efficiency in sports movements.
PED-M-T-9	Officiating in Physical Education and Sport	6	<ul style="list-style-type: none"> This course provides in-depth knowledge of sports officiating, including the rules, techniques, and responsibilities of referees and umpires. Students will engage in practical officiating exercises, learning how to enforce regulations, handle game situations, and ensure fair play across various sports.
Semester VII			
PED-M-T-11	Theory of Games and Sport	6	<ul style="list-style-type: none"> This course provides an understanding of the theoretical principles behind various games and sports. Students will explore game rules, strategies, and coaching techniques. Through practical sessions, they will develop the skills necessary to analyze and apply advanced gameplay strategies.
PED-M-T-12	Sports Medicine	6	<ul style="list-style-type: none"> Injury prevention and rehabilitation are vital aspects of sports performance. This course introduces students to common sports injuries, physiotherapy techniques, and rehabilitation exercises. Practical sessions will include hands-on training in sports massage, injury assessment, and treatment methodologies.
Semester VIII			
PED-M-T-14	ICT in Physical Education and Sport	4	<ul style="list-style-type: none"> Technology plays an increasing role in sports science and education. This course covers the use of digital tools for performance analysis, coaching, and fitness tracking.

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স্থাপিত-২০১১

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Affiliated to University of Kalyani

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ESTD-2011

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			<ul style="list-style-type: none">Students will explore software applications for training, injury prevention, and athlete monitoring.
PED-M-T-17	Research Methodology	6	<ul style="list-style-type: none">Research is essential for the advancement of sports science. This course equips students with the skills to conduct scientific investigations, analyze data, and write research reports.Practical components include designing research proposals and utilizing statistical tools for data analysis.

PRINCIPAL
Domkal Girls' College
Domkal, Murshidabad