

## Domkal Girls' College

### Department of Physical Education

#### PROGRAMME OUTCOMES

The need of physical education in every human being particularly for the total development of students in their daily life. So, the utility, need and manifestation of student for the future development in the society as well as state.

For this purpose, the implementation of physical Education from school life next in college life is earnestly needed. Considering this aim of physical Education, the Education dept introduce the subject in this college curriculum and syllabus.

Like others subjects physical Education has its various aspects. To realize themselves in cultivating the games and sports like Athletics, Indian games, Ball games, Yoga etc. The students obtain different theoretical and practical knowledge as well as leadership quality, social understanding etc, and get their remuneration and certificates and trophies for their future life.

Different competition like college Annual meet, DPI sports, Inter University Annual meet and State meet and the certificate obtain from these fields the participant can go ahead in their service and higher studies.

Regular cultivation of physical activity their fitness level increases and they can join in different services like police, paramilitary etc.

Completing the graduation they enter into the B.P.Ed course and then M.P.Ed, M.Phil, Ph.D etc. Besides these they can obtain certificate course in NSNIS, Diploma in Yoga etc, and inter the different services sectors like: -----

1. Physical Education Teacher
2. Professor
3. Sports Coach
4. Sports Officers
5. Sports Manager
6. Inspector of health club and fitness centre
7. Director of Physical Education and sports
8. Yoga Instructor etc.



## Department: Physical Education

### Program Specific Outcomes

After finishing the curriculum, the participants in the program will be able to develop a wide range of fundamental knowledge and skills. They also will get the chance to master the following goals.

1. The curriculum will teach students about physical education's historical roots, biological and sociological influences, and the foundation of yoga education.
2. It aims to enhance learners' sportsmanship skills such as sports management, tournament arrangement, equipment maintenance, and leadership.
3. It will help students understand various physical organs and systems, for instance, the musculoskeletal, blood-circulatory, and respiratory systems.
4. This curriculum will also educate learners about the principles of health education, human communicable and non-communicable diseases, the importance of physical fitness and wellness, and the benefits of First-Aid.
5. Students will learn about a variety of physical examinations and assessments throughout the program, such as evaluations of athletic ability, fitness, and body composition.
6. It produced the corpus of information required to integrate sports psychology into the examination of physical education. acquired knowledge of the many psychological components used in the sports sector. acquired the skills and tactics for numerous ball games

## Course Outcomes

Department	Physical Education		
Class	B.A Program		
Course Code	Course Title	Credits	Course Outcomes
PEDG-CC-T-1A	Foundation and History of Physical Education	6	1. Gives the basic knowledge to the students about physical education.
			2. Developed knowledge about the aims and objectives of physical education.
			3. Improved historical knowledge of physical education.
			4. Improved basic knowledge of yoga.
PEDG-CC-T-1A	Management of Physical Education and Sports	6	1. Developed the concept of sports management.
			2. Developed the skills for any kind of sports event organized.
			3. Improved the knowledge about care and maintenance of different types of sports equipment.
			4. Developed leadership qualities through sports.
PEDG-CC-T-1A	Anatomy, Physiology, and Exercise Physiology	6	1. Developed the basic knowledge of the human body's bones, muscles, cell, and tissue.
			2. Improved knowledge about Muscular, Circulatory, and Respiratory Systems.
			3. Improved practical knowledge of track & field marking and rules, regulations & techniques of different track & field events.
PEDG-SEC-P-1	Track and Field	2	1. Improved practical knowledge of track & field marking and rules, regulations & techniques of different track & field events.
			2. Developed the basic knowledge of the proper running techniques.
			3. developed the basic techniques of the long jump, high jump, shot-put, discus throw & javelin throw.
PEDG-CC-T-1D	Health Education, Physical Fitness, and Wellness	6	1. Improved basic knowledge of health and health education.
			2. Developed knowledge of prevention & control techniques for different health-related problems.
			3. improved physical fitness, wellness, and first-aid management techniques.

# ডোমকল গার্লস কলেজ

স্থাপিত-২০১১

ডোমকল, মুর্শিদাবাদ, ৭৪২৩০৩

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ফোন নং: ৭৪০৭০০০৭৮৮



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Affiliated to University of Kalyani  
Recognised by the UGC u/s 2(f)  
AISHE Code: C-53416  
Website: domkalgirlscollege.ac.in

# DOMKAL GIRLS' COLLEGE

ESTD-2011

Domkal, Murshidabad, 742303

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			4. Developed the concept & techniques of gymnastics and yoga.
PEDG-SEC-P-2	Gymnastics and Yoga	2	1. Improved practical knowledge of Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel. 2. Developed the basic knowledge of the proper techniques of Dive and Forward Roll, Hand Spring, Head Spring, and Neck Spring 3. Developed the concept & techniques of gymnastics and yoga.
PEDG-DSE-T-1	Sports Training	6	1. Improved knowledge of training, training methods, training load, adaptation, and training techniques in sports. 2. Developed the skills & techniques of different Indian games & racket sports.
PEDG-SEC-P-3	Indian Games and Racket Sports	2	1. Improved practical knowledge of Rules and their interpretations and duties of kabaddi and kho-kho officials. 2. Developed the basic knowledge of the proper techniques of Badminton and Table tennis. 3. Developed the skills & techniques of different Indian games & racket sports.
PEDG-DSE-T-4	Psychology in Physical Education and Sports	6	1. Developed the knowledge application of sports psychology in the field of physical education. 2. Developed knowledge of the implementation of different psychological factors in the field of sports. 3. Developed the skills & techniques of different ball games.
PEDG-SEC-P-4	Ball Games	2	1. Developed the skills & techniques of different ball games. 2. Improved practical knowledge of Rules and their interpretations and duties of Football and Volleyball officials. 3. Improved practical knowledge of practical skills of Football and Volleyball.
PEDG-GE-T-1	Modern Trends and Practices in Physical Education & Yoga	6	1. Gives the basic knowledge to the students about physical education. 2. Developed knowledge about the aims and objectives of physical education. 3. Improved historical knowledge of physical education. 4. Improved basic knowledge of yoga.
PEDG-GE-T-2		6	1. Developed the concept of sports management.

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	Management of Physical Education and Sports		<ol style="list-style-type: none"><li>2. Developed the skills for any kind of sports event organized.</li><li>3. Improved the knowledge about care and maintenance of different types of sports equipment.</li><li>4. Developed leadership qualities through sports.</li></ol>
PEDG-GE-T-3	Anatomy, Physiology, and Exercise Physiology	6	<ol style="list-style-type: none"><li>1. Developed the basic knowledge of the human body's bones, muscles, cell, and tissue.</li><li>2. Improved knowledge about Muscular, Circulatory, and Respiratory Systems.</li><li>3. Improved practical knowledge of measurement of Heart rate, Blood Pressure, Respiratory Rate, and Peak Flow rate.</li></ol>
PEDG-GE-T-4	Health Education, Physical Fitness and Measurement in Physical Education	6	<ol style="list-style-type: none"><li>1. Improved basic knowledge of health and health education.</li><li>2. Developed knowledge of prevention &amp; control techniques for different health-related problems.</li><li>3. improved physical fitness, wellness, and first-aid management techniques.</li><li>4. Developed the concept &amp; techniques of First-aid Practical-Bandages.</li></ol>
PEDG-GE-T-1	Modern Trends and Practices in Physical Education & Yoga	6	<ol style="list-style-type: none"><li>1. Gives the basic knowledge to the students about physical education.</li><li>2. Developed knowledge about the aims and objectives of physical education.</li><li>3. Improved historical knowledge of physical education.</li><li>4. Improved basic knowledge of yoga.</li></ol>
PEDG-GE-T-4	Health Education, Physical Fitness, and Wellness	6	<ol style="list-style-type: none"><li>1. Improved basic knowledge of health and health education.</li><li>2. Developed knowledge of prevention &amp; control techniques for different health-related problems.</li><li>3. improved physical fitness, wellness, and first-aid management techniques.</li><li>4. Developed the concept &amp; techniques of First-aid Practical-Bandages.</li></ol>

**PRINCIPAL**  
Domkal Girls' College  
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