

BANKIM SARDAR COLLEGE

A College with Potential for Excellence

Department of Physical Education

Programme Specific Outcome (PSO) - Course Outcome (CO)

Programme Specific Outcome (PSO) – An Honours graduate of Political Science of the college should possess the capability to

- ❖ **Develop awareness thinking Own and Other persons for health condition.**
- ❖ **Helps students to develop the Skill, Knowledge and competencies to live health and physically active lives at college and for the rest of their life.**
- ❖ **Increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime.**
- ❖ **Helping Student socialize with others successfully and provides opportunities to learn positive people skills. Especially during participate in dances, games and sports are an important part of peer culture.**
- ❖ **Helps to manage tension, stress, & anxiety. Daily physical education has also been linked with improved emotional stability & greater resilience. quality program helps to develop sportsmanship, increased self-discipline & a healthy respect for others.**
- ❖ **Familiarity with major theories, methods, and concepts in the subject**
- ❖ **Remain meticulous in thinking systematically about the ethical dimensions of Politics.**
- ❖ **Synthesize, analyze, and critically evaluate major arguments in the discipline.**
- ❖ **Apply methods appropriate for accumulating and interpreting data applicable to the discipline of Physical Education..**
- ❖ **Service to people by opting for civil services**

Semester	Core Courses	Content of CU Syllabus	Course Outcome (CO)
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1ST	CCG- 01 Foundation and History of Physical Education	<p align="center">Unit- I: Introduction</p> <ol style="list-style-type: none"> 1. Meaning and Definition of Physical Education. 2. Aim and Objectives of Physical Education. 3. Misconceptions and Modern Concept of Physical Education. 4. Physical Education in Ancient and Modern Society. 	<p>This Unit introduces the learner to the</p> <p>CO 01. Concept of Physical Education CO02. Definition ,aim, objectives of Physical Education CO 03. Ancient and Modern Society’s Physical Activities</p>
		<p align="center">Unit- II: Foundations of Physical Education</p> <ol style="list-style-type: none"> 1. Growth and Development: Meaning, Definition, Factors, Principles and Difference. 2. Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age. 3. Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development. 4. Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony 	<p>This Unit introduces the learner to the</p> <p>CO 01. Concept of Growth and Development CO 02. Concept of Age Characteristics of Human CO 03. Concept of Play, Game, Sports. CO 04. Importance of Play, Game, Sports in Society.</p>
		<p align="center">Unit- III: History of Physical Education</p> <ol style="list-style-type: none"> 1 History of Physical Education and Sports in India: Pre-Independence and Post- Independence Period. 2 Olympic Movement: Ancient and Modern Olympic Games. 3 Asian Games, Commonwealth Games and SAF Games. 4 National Sports Awards: Arjuna, Dhyanchand, Dronacharya, Rajiv Gandhi Khel Ratna 	<p>This Unit introduces the learner to the</p> <p>CO 01. Learn about Physical Education and Sports in Pre-Independence and Post-Independence Period. CO 02. Learn about Olympic Movement. CO 03. Learn about Asian Games, Commonwealth Games and SAF Games CO 04. Learn about National Sports Awards</p>
		<p align="center">Unit- IV: Yoga Education</p> <ol style="list-style-type: none"> 1 .Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health. 2 History of Yoga: Ancient Period, Vedic Period, Pre-Classical Period, Classical Period, Post-Classical Period, Contemporary Period. 3 .Astanga Yoga: Meaning, Steps, Methods and Objectives. 4 .Yogic Concept of Personality and Diet, Yoga for Health and Wellness 	<p>This Unit introduces the learner to the</p> <p>CO 01. Learned about Yoga History. CO 02. Benefit of Yoga in Human Life. CO 03. Technique of Yoga. CO 04. Yoga for Health and Wellness.</p>

		<p style="text-align: center;">Unit- I: Introduction</p> <ol style="list-style-type: none"> 1. Health: Meaning, Definition, Dimensions and Factors. 2. Health Education: Meaning, Definition, Aim, Objectives and Principles. 3. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth. 4. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children’s Emergency Fund (UNICEF). 	<p>This Unit introduces the learner to the CO 01. Concept of Health, Health Education, School Health Program . CO 02. Function of WHO, NIHFW, UNESCO and UNICEF for Society.</p>
		<p style="text-align: center;">Unit- II: Health Problems in India - Prevention and Control</p> <ol style="list-style-type: none"> 1. Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea. 2. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. 3. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced Diet. Balanced Diet principles for Growing ups, Adults, Elderly and Athletes of both Genders and Mothers. Health disorders for deficiency of Protein, Vitamins and Minerals. 4. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture. 	<p>This Unit introduces the learner to the CO 01. Meaning, Definition and Types Communicable Disease. CO 02. Causes, Prevention and Control Communicable Disease. CO 03. Meaning, Definition, Causes and Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. CO 04. Concept of Nutrition. CO 05. Functions and Daily Requirements for Adults, Elderly and Athletes of both Genders and Mothers. CO 06. Meaning, Definition, Types of Posture. CO 07. Types of Postural Deformities; Causes and Corrective Exercise.</p>
		<p style="text-align: center;">Unit - III: Physical Fitness and Wellness</p> <ol style="list-style-type: none"> 1 Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness. 2 Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related 	<p>This Unit introduces the learner to the CO 01. Concept of Physical Fitness. CO 02. Meaning, Definition, Components, Need and Importance of Physical Fitness.</p>

2ND	CCG -02 Health Education, Physical Fitness and Wellness	Physical Fitness. 3 Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness. 4 Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.	CO 03. Meaning, Definition and Components of Wellness in Human Life. CO 04. Meaning, Definition and Role of Exercise in Aging.
		Unit- IV: Health and First-aid Management 1 First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid. 2 Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Fracture and Dislocation. 3 Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy. 4 Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.	This Unit introduces the learner to the CO 01. Concept of First-aid, Sports Injuries, Therapeutic Modalities and Sports Injury Management CO 02. Meaning, Definition, Need and Importance First-aid, Sports Injuries, Therapeutic Modalities and Sports Injury Management
		Unit-I: Introduction .1. Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance. 2. Cell: Definition, Structure and Function of Human Cell. 3. Tissue: Definition, Types and Functions. 4. System: Definition, Types and Functions in Human Body.	This Unit introduces the learner to the CO 01. This Unit introduces the learner to the Anatomy, Physiology and Exercise Physiology. CO 02. This Unit introduces the learner to the Cell, Tissue And Various System in Human Body
		Unit- II: Musculo-skeletal System 1 Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female. 2. Muscular System: Types, Location, Structure and Function of Skeletal Muscle. 3. Muscular Contraction: Meaning, Types, Definition and Characteristics. 4. Effect of Exercise and Training on Muscular System.	This Unit introduces the learner to the CO 01. Skeletal System, Muscular System and Muscular Contraction in Human Body.
		Unit – III: Circulatory System 1 Blood: Definition, Composition and Functions. 2 Heart: Definition, Structure and Functions. Blood Circulation	This Unit introduces the learner to the CO 01. Definition, Composition and

3RD	CCG -03 Anatomy, Physiology and Exercise Physiology	Mechanism within Heart. 3 Meaning and Definition of Term: Heart Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia. 4 Effect of Exercise and Training on Circulatory System	Functions of Blood. CO 02. Definition, Structure and Functions of Heart. CO 03. Effect of Exercise and Training on Circulatory System.
		Unit -- IV: Respiratory System 1 Structure and Functions of Human Respiratory Organs. 2 Respiration Mechanism. 3 Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O2 Debt and Second Wind. 4 Effect of Exercise and Training on Respiratory System.	This Unit introduces the learner to the CO 01. Definition, Structure and Functions of Respiratory System. CO 02. Effect of Exercise and Training on Circulatory System.
	SEC-A Track and Field	Track Events 1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. 2. Acceleration with proper running techniques. 3. Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug. 4. Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.	This Unit introduces the learner to the CO 01. How the prepared the Track on the Ground. CO 02. Various events in track Events. CO 03. Starting and Finishing Techniques in Running Event. CO 04. Techniques of Relay Race.
		Field Events (Any three; Students' choice) 1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. 2. High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing. 3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). 4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). 5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).	This Unit introduces the learner to the CO 01. How the prepared the Long Jump, High jump Pit on the Ground. CO 02. How the prepared the Shot put, Discus, Javelin Throw Sector on the Ground. CO 03. Techniques of Long Jump, High jump, Shot put Discus Throw and Javelin Throw.
		Unit- I: Introduction 1. Psychology: Meaning, Definition and Scope of Psychology. 2. Nature of Psychology; Branches, Need and Importance of	This Unit introduces the learner to the CO 01. Meaning, Definition, Scope, Nature and

4TH	CCG -04 Psychology and Sociology in Physical Education and Sports	Psychology. 3. Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology. 4. Need for Psychology in Physical Education and Sports.	Importance of Psychology and Sports Psychology. CO 02. Need for Sports Psychology in Physical Education and Sports.
		<p style="text-align: center;">Unit- II: Learning</p> 1. Learning: Meaning, Definition and Characteristics. 2. Learning Phenomenon: Basic Theories and Laws of Learning. Learning Phenomena and Physical Education and Sports. 3. Learning Process: Learning Curve - Meaning, Stages and Features; Learning Motor Skills. 4. Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training.	This Unit introduces the learner to the CO 01. Meaning, Definition and Characteristics of Learning. CO 02. About Theories and Laws of Learning. CO 03. About Learning Curve and Transfer of Learning.
		<p style="text-align: center;">Unit- III: Psychological Factors</p> 1 Motivation: Meaning, Definition, Types and Role of Motivation in Life. 2 Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development. 3 Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students' Stress Relaxation. 4 Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.	This Unit introduces the learner to the CO 01. Meaning, Definition, Types and Role of Motivation. CO 02. Meaning, Definition, Types and Causes of Instinct, Emotion, Stress and Personality. CO 03. How to control the Motivation, Emotion, Stress and personality through Sports.
		<p style="text-align: center;">Unit- IV: Sociological Aspects</p> 1 Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups. 2 Culture: Features, Importance, Cultural Values of Games and Sports. 3 Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports. 4 Sports Related Social Issues: Empowerment, Gender Discrimination, Women and Sport, Socio-economic Status and Sports Participation, Sports in Modern Society.	This Unit introduces the learner to the CO 01. Meaning, Definition, Features, Importance of Sociology and Sports Sociology. CO 02. Meaning, Definition and Types Leadership in Sports. CO 03. Learn about Sports Related Social Issues.
		<p style="text-align: center;">GYMNASTICS</p> 1. Forward Roll 2. T-Balance 3. Forward Roll with Split leg 4. Backward Roll 5. Cart-Wheel [Note: Student	This Unit introduces the learner to the CO 01. Technique of Ground Gymnastics.

	<p align="center">SEC-B Gymnastics and Yoga</p>	<p>perform any three of the above skills compulsorily in the same sequence] Optional (any three) 1. Dive and Forward Roll 2. Hand Spring 3. Head Spring .4. Neck Spring 5. Hand Stand and Forward Roll 6. Summersault</p>	
<p align="center">YOGA</p> <p>*Standing Posture - 1. Ardhashandrasana 2. Brikshasana 1.3. Padahasthasana *Sitting Posture 1. Ardhakurmasana 2. Paschimottanasana 3. Gomukhasana * Supine Posture 1. Setubandhasana 2. Halasana 3. Matsyasana * Prone Posture 1 Bhujangasana 2 Salvasana 3 Dhanurasana * Inverted Posture .1 Sarbangasana -2 Shirsasana 3 Bhagrasana</p> <p align="center">[Note: One Asana from each Posture; Student's Choice] Suryanamaskara and Pranayama .1. Suryanamaskara 2 Kapalbhathi 3 Pranayama - Bhrumari and Anulam Vilom</p>		<p>This Unit introduces the learner to the CO 01. Technique of various Asana CO 02. Technique of Suryanamaskara, Kapalbhathi and Pranayama</p>	
		<p align="center">Unit- I: Introduction</p> <p>1. Sports Management: Meaning, Definition Nature and Scope. 2. Emergence: History and Importance of Sports Management. 3. Basics: Principles and Practices of Sports Management. 4. Application: Qualities, Duties and Responsibilities of Sports Manager.</p>	<p>This Unit introduces the learner to the CO 01. Concept of Sports Management CO 02. Meaning, Definition Nature , Scope and Importance of Sports Management CO 03. Qualities, Duties and Responsibilities of Sports Manager.</p>
		<p align="center">Unit- II: Tournaments</p> <p>1. Tournaments: Meaning, Definition and Types; Tournaments - Knock-out, League, Combination, Challenge. 2. Organisation: Fixture Drawing Procedure of Knock-out,</p>	<p>This Unit introduces the learner to the CO 01. Concept of Tournament, Organisation, Annual Program and Year-round Programme.</p>

5TH	DSE-A Management in Physical Education and Sports	League, Combination Tournaments. 3. Annual Program: Athletic Meet and Play Day Organisation and Management. 4. Year-round Programme: Intramural and Extramural Competition Organisation and Management.	CO 02. Fixture Drawing Procedure of various Tournaments. CO 03. Learn about Intramural and Extramural Competition Organisation and Management.
		Unit- III: Facilities and Equipment 1 Lay-out: Characteristics, Principles and Lay-out of Standard Athletic Track and Football Field. 2 Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Playground and Gymnasium. 3 Documentation: Meaning, Methods, Need and Importance. 4 Time Table: Meaning, Definition, Importance and Factors.	This Unit introduces the learner to the CO 01. Lay-out of various Play field. CO 02. Care and Maintenance of Sports Equipment Playground and Gymnasium CO 03. Meaning, Definition, Importance and Factors of Time Table for Sports.
		Unit- IV: Financial Management 1. Financial Management: Meaning, Definition, Need and Importance. 2. Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a Good Budget. 3. Sponsorship: Meaning, Trends, Process, Aim and Objectives. 4. Sports Promotion: Meaning, Means and Methods; Funding Agencies –Types, Procedure of Communication with the Agencies.	This Unit introduces the learner to the CO 01. Learn about Financial Management, Budget of Sports CO 02. Meaning, Trends, Process, Aim and Objectives of Sponsorship and Sports Promotion.
	FOOTBALL 1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. 2. Trapping: Trapping- the Rolling ball and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping. 3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. 4. Heading: In standing, running and jumping condition. 5. Throw-in: Standing throw-in and Running throw-in. 6. Feinting: With the lower limb and upper part of the body. 7. Tackling: Simple Tackling, Slide Tackling.	This Unit introduces the learner to the CO 01. Basic Knowledge, Technique , Rules and Regulations of Football Game.	

	<p>SEC-A Ball Games</p>	<p>8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting. B. Rules and their interpretation and duties of officials.</p>	
		<p style="text-align: center;">VOLLEYBALL</p> <ol style="list-style-type: none"> 1. Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping. 2. Passing: Fore arm passing, Over-head passing. 3. Setting: Front set, Back set and Long set. 4. Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing). 5. Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing). 6. Service reception and Court coverage. 7. Rotation and front court and back court players. <p>* Rules and their interpretation and duties of officials.</p>	<p>This Unit introduces the learner to the CO 01. Basic Knowledge, Technique, Rules and Regulations of Volleyball Game.</p>
	<p>DSE-B Tests, Measurement and Evaluation in Physical Education</p>	<p style="text-align: center;">Unit- I: Introduction</p> <ol style="list-style-type: none"> 1. Meaning and Definition Test, Measurement and Evaluation. 2. Criteria of a Good Test. 3. Principles of Evaluation. 4. Importance of Test, Measurement and Evaluation in Physical Education and Sports. 	<p>This Unit introduces the learner to the CO 01. Concept of Test, Measurement and Evaluation CO 02. Procedure of Test, Measurement and Evaluation in Sports CO 03. Importance of Test, Measurement and Evaluation in Physical Education and Sports</p>
		<p style="text-align: center;">Unit – II: Body Composition and Somatotype</p> <ol style="list-style-type: none"> 1. Body Mass Index (BMI): Concept and Method of Measurement; Significance. 2. Body Fat: Meaning, Types Body Fat Percentage (BF %). 3. Lean Body Mass (LBM), Meaning, Importance and Prediction Process. 4. Somatotype: Meaning, History and Measuring Methods. 	<p>This Unit introduces the learner to the CO 01. Concept of Body Mass Index (BMI), Body Fat and Lean Body Mass (LBM) CO 02. Concept of Somatotype.</p>
		<p style="text-align: center;">Unit- III: Fitness Test</p> <ol style="list-style-type: none"> 1 Kraus-Weber Muscular Strength Test 2 AAHPER Health Related Fitness Test 3 Queens College Step Test 	<p>This Unit introduces the learner to the CO 01. Concept of Fitness Test CO 02. Measurement of Fitness Test</p>

6TH		4 J.C.R. Test	CO 03. Learn about various Fitness Test. CO 04. Method of Fitness Test.
		Unit- IV: Sports Skill Test	This Unit introduces the learner to the CO 01. Concept of Sports Skill Test CO 02. Measurement of Sports Skill Test CO 03. Learn about various Sports Skill Test CO 04. Method of Sports Skill Test
		1 Lockhart and McPherson Badminton Skill Test 2 Johnson Basketball Test Battery 3 McDonald Soccer Test 4 Brady Volleyball Test	
	SEC-B Indian Games (Any One) and Racket Sports (Any One)	KABADDI	1. Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line. 2. Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold. 3. Formation during holding: Various formations, catching from particular position. 4. Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence. 5. Game practice with application of Rules and Regulations. * Rules and their interpretations and duties of the officials.
BADMINTON		1. Basic Knowledge: Various parts of the Racket and Grip – hand-shake grip, figure pointing grip. 2. Basic foot work and court coverage. 3. Basic Stance: Defensive, attacking, net stance. 4. Service: Short service, Long service, Long-high service. 5. Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash. 6. Game practice with application of Rules and Regulations. (Rules and their interpretations and duties of the officials.)	This Unit introduces the learner to the CO 01. Basic Knowledge, Technique, Rules and Regulations of Badminton Game.

