

# **Physical Education (P)**

## **Course Outcome**

### **Semester – 1**

#### **Course code- DSC-PE-1**

#### **Core Paper – 1 Foundation and History of Physical Education**

**CO1-** To know the Nature and scope of Physical education

**CO 2 –** To Understand the Role of Physical Education in General Education.

**CO3 –**To know the historical background of Asian games and national awards of India

To know about the concept of Growth and development.

To know about chronological age, anatomical age and mental age.

**CO4 –**To know about aim and objectives yoga and Pranayama

To understand about history of yoga and paten jail yoga sutras

### **Semester – 2**

#### **Course code- DSC-PE-2**

#### **Course paper management of physical education and sports**

**CO1 –** To gather the concept and Definition of sports management and it's importance of sports management and Principles of sports management .

**CO2 –** To assume meaning and Definition of tournaments.

To gather Planning and preparation of athletics meet.

**CO3 –** To learn the method of calculation of athletic track and field.

To learn the care and maintained of playground and gymnasium.

**CO4** – To understand the meaning and definition of Leadership and principles Leadership in Physical Education.

To Understand Hierarchy of Leadership in school , College, University Label.

### **Semester – 3**

#### **Course code- DSC-PE-3**

#### **Anatomy, Physiology and Exercise Physiology**

**CO1** – To Understand meaning, definition, importance of anatomy, Physiology and exercise physiology.

To Understand human cell – structure and function.

**CO2** – To assume the skeletal system. To learn classification and location of bones and joints.

To know about the muscular system type location, function and structure of muscle.

To know about the effect of exercise on muscular system.

**CO3** – To know about the blood composition and function.

To assume heart structure and function and mechanism of blood circulation through heart.

**CO4** – To Understand meaning, definition, importance of anatomy, Physiology and exercise physiology.

To understand human cell – structure and function respiratory organs. To assume vital capacity o<sub>2</sub> debt and second wind.

## **Semester – 4**

**Course code- DSC-PE-4**

### **Core Paper - Health education, Physical Fitness and Wellness.**

**CO1** – To Understand aim and objectives of health education and school health education program

**CO2** – To assume the nutrition, balanced diet, athletic diet.

To know about postural deformities.

**CO3** - To know about the basic components of physical nutrition .

To know about ageing and importance .

**CO4**- To assume management of sports injuries .through of exercise and message therapy.

## **Semester -5**

**Course code –DSC-PE-1**

### **Tests measurements and evaluation in physical education**

**CO1**-To know about concept of test.criteria good test

**CO2**- To know about body mass index, body fat.

**CO3**- To know about AAHPER YOUTH FITNESS CHEST and various fitness Test

**CO4**- To know about sports skill Test (McDonald Soccer Test)

**Semester 6**

**Course code –DSC-**

**PE—2**

**To know about the aim and objectives of kinesiology and biomechanics in physical Education.**

**CO1** – To know about the concept of centre of gravity and planes of motion.

**CO2-** To know about analysis of fundamental movement –walking ,Jumping

**CO3-** To assume the types of motion and angular motion.

**CO4-** To know about the principles of initial force and principles of counter action.