

**INDAS MAHAVIDYALAYA**  
***COURSE&PROGRAMMEOUTCOME***  
***S OF***  
***PHYSICAL EDUCATION DEPERTMENT***  
***(B.A.& CBCS Six Semester Degree***  
***Programme Under Bankura University***

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle.

**ChoiceBasedCreditSystem(CBCS):Syllabusin physical education**

**INTRODUCTION:** In compliance with recent directives from the University GrantsCommission,the under graduate syllabus for physical education into Choice Based Credit System largely following the model syllabus prepared by the West Bengal State Council of Higher Education.

**DEPARTMENT OF PHYSICAL EDUCATION  
BANKURA UNIVERSITY (WEST BENGAL)**

**B.A(PROGRAMME) CBCS SYLLABUS**

<b>Semester</b>	<b>Course Code</b>	<b>Course Title</b>
<b>I</b>	UG/PEDG/101/C-1A	<b>FOUNDATAION AND HISTORY OF PHYSICAL EDUCATION</b>

II	UG/PEDG/201/C-1B	ANATOMY,PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS
III	UG/PEDG/301/C-1C	TRACL AND FIELD AND ITS RULES REGULATIONS
	UG/PEDG/304/SEC-1	YOGASANA AND GYMNASTICS
IV	UG/PEDG/401/C-1D	HEALTH EDUCATION AND COMPLETE WELLNESS
	UG/PEDG/404/SEC-2	BALL GAME AND RACKET GAME
V	UG/PEDG/501/DSE-1A	MEASUREMENT AND EVALUTION
	UG/PEDG/504/SEC-3	INDIGENOUS AND MINOR GAME AND EXCURSION- CAMPING PROGRAM
	UG/PEDG/503/GE-1	FIRST AID AND PERSONAL HYGIENE
VI	UG/PEDG/601/DSE-1B	MANAGEMENT OF SPORTS AND PHYSICAL EDUCATION
	UG/PEDG/604/SEC-4	ADAPTED PHYSICAL EDUCATION AND COMPUTER APPLICATION IN PHYSICAL EDUCATION
	UG/PEDG/603/GE-2	HEALTH EDUCATION AND SAFETY EDUCATION

## **COURSEOUTCOMES** **[PROGRAMME]**

### **SEMESTER-I**

UG/PEDG/101/C-1A( FOUNDATAION AND HISTORY OF PHYSICAL EDUCATION)

#### **CourseOutcomes**

leads to make students understand about the concept of physical education and its historical, social and biological aspect.

The core motive is to convey the awareness about overall development of oneself.

## **SEMESTER-II**

**UG/PEDG/201/C-1B(ANATOMY,PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS)**

### **CourseOutcomes**

leads to aware students about body cells, organ, system and how they react or stimulate with body movements while exercising.

## **SEMESTER-III**

**UG/PEDG/301/C-1C(TRACK AND FIELD AND ITS RULES REGULATIONS)**

### **CourseOut come**

- 1.it provide knowledge about track and field its rules regulation and how to chalk out a track field for competition.
- 2.it also know as of officiating.

**UG/PEDG/304/SEC-1(YOGASANA AND GYMNASTICS)**

### **CourseOutcomes**

1. Yoga is also included to provide a prime knowledge about health and spirituality.
2. it provide diseases and postural deformities

## **SEMESTER-IV**

**UG/PEDG/401/C-1D(HEALTH EDUCATION AND COMPLETE WELLNESS)**

### **CourseOutcomes**

- 1.This semester deals with the awareness of health and wellness among students.
2. it also included the personal hygiene and communicable diseases.

**UG/PEDG/404/SEC-2(BALL GAME AND RACKET GAME)**

### **CourseOutcomes**

1. There are some 'Ball games', 'Racket games' and 'Indigenous games' also introduced with the students to create interest among them.

## **SEMESTER-V**

**UG/PEDG/501/DSE-1A(MEASUREMENT AND EVALUTION)**

### CourseOutcomes

1. The purpose of this semester to impart knowledge about test and measurement and evolution

### UG/PEDG/504/SEC-3( INDIGENOUS AND MINOR GAME AND EXCURSION- CAMPING PROGRAM)

### CourseOutcomes

1. Its provided indigenous game like as kabaddi and kho-kho helps the skill and rules regulation
2. its also helps experience the leadership camp

### UG/PEDG/503/GE-1( FIRST AID AND PERSONAL HYGIENE)

### CourseOutcomes

## SEMESTER-VI

### UG/PEDG/601/DSE-1B(MANAGEMENT OF SPORTS AND PHYSICAL EDUCATION)

### CourseOutcomes

Disseminating theoretical and practical knowledge on proper management of events & crisis which helps the students for catering better service towards the society and the nation.

### UG/PEDG/604/SEC-4 (ADAPTED PHYSICAL EDUCATION AND COMPUTER APPLICATION IN PHYSICAL EDUCATION)

### CourseOutcomes

1. Providing in-depth knowledge for mainstreaming of especially challenged persons through adapted physical education & sports
2. Enabling students to go with modern teaching learning system & aids such as theoretical and practical knowledge & uses of Computer

### UG/PEDG/603/GE-2( HEALTH EDUCATION AND SAFETY EDUCATION)

### CourseOutcomes

Health and safety education is being given the top most priority in the Worldwide. Good Health practices, taking proper safety measures and imparting guidelines about it to the society is the foremost responsibilities of the students.

## PROGRAMME OUTCOMES (PROGRAMME)

## DEPARTMENT OF PHYSICAL EDUCATION

## **BANKURA UNIVERSITY (WEST BENGAL)**

**PO 1** PHYSICAL EDUCATION PROGRAMME IS PUTTING A GREAT PROSPECT IN FRONT OF THE STUDENTS TO EXPLORE ONESELF. IT EMPHASISES ON WHOLESOME DEVELOPMENT, WHICH DEALS WITH SOCIAL PHYSICAL MORAL MENTAL AND MOTOR DEVELOPMENT OF AN INDIVIDUAL. THIS PROGRAMME IS MORE RESEARCH ORIENTED AND PROVIDING A PLATFORM FOR THE TEACHERS.

**PO 2** TO STUDY OF THIS PART IS MORE SCIENTIFIC. IT DEVELOPS THE KNOWLEDGE OF HUMAN ANATOMY PHYSIOLOGY AND EXERCISE PHYSIOLOGY. IT LEADS TO AWARE STUDENTS ABOUT BODY MOVEMENT WHILE EXERCISE.

**PO 3** IT PROVIDES KNOWLEDGE ABOUT TRACK AND FIELD THAT HELPS TRACK AND FIELD OFFICIAL AND YOGA TRAINER.

**PO 4** THIS PROGRAMME ENHANCES THE HEALTH STATUS FROM WHICH WE CAN BECOME BETTER NUTRITIONISTS AND MAKE A GOOD SPORTS TRAINER.

**PO 5** THIS SEMESTER INCLUDES THE KNOWLEDGE ABOUT TEST MEASUREMENT AND EVALUATION WHICH HELPS THAT HELPS TO BECOME A SKILLED OBSERVER.

**PO 6** THIS SEMESTER DEALS WITH THE KNOWLEDGE ABOUT PROPER MANAGEMENT EVENTS AND PROVIDING IN-DEPTH KNOWLEDGE FOR MAINSTREAMING OF ESPECIALLY CHALLENGED FROM WHICH ONE CAN BECOME A SPORTS MANAGER AND THE SPECIALLY ABLED CAN BECOME TRAINERS AND ENABLING STUDENTS TO GO WITH MODERN TEACHING LEARNING SYSTEM AND AIDS SUCH AS THEORETICAL AND PRACTICAL KNOWLEDGE AND USES OF COMPUTER.