



PROF. S. NURUL HASAN COLLEGE, FARAKKA

P.O.- Farakka Barrage. Dist- Murshidabad. Pin-742212 (W.B)

email: prof.snhcollege@rediffmail.com.

Website: <https://psnhcollege.ac.in/>

Ref. No.....

Date.....

Programme Outcomes (POs) Department of Physical Education

Upon completing the B.A. General Degree in Physical Education, students will:

1. **Holistic Development:** Understand the necessity of physical education for the overall development of students in their daily life, contributing to their future role in society and the state.
2. **Importance from School to College:** Recognize the importance of implementing physical education from school to college to develop physical skills, fitness, and leadership qualities.
3. **Skill Acquisition:** Cultivate practical knowledge of various games, sports, and physical activities like athletics, Indian games, ball games, and yoga.
4. **Participation and Competitions:** Engage in various competitions such as college annual meets, inter-university sports, and state-level meets, earning recognition and certificates that contribute to higher studies or employment.
5. **Career Preparation:** Develop physical fitness to qualify for jobs in services like police, paramilitary, and other sectors.
6. **Higher Education in Physical Education:** After graduation, students can pursue B.P.Ed., M.P.Ed., M.Phil, Ph.D., and specialized certification courses such as NSNIS and Yoga, leading to various professional roles including:
 - o Physical Education Teacher
 - o Professor
 - o Sports Coach
 - o Sports Officer
 - o Sports Manager
 - o Health Club Inspector
 - o Fitness Center Inspector
 - o Yoga Instructor

Course Outcomes (COs)

Semester I

PEDG-CC-T-1A: Introduction to Physical Education

1. Understand the meaning, definition, and objectives of physical education.
2. Learn the importance of physical education in daily life.

Unit II: Biological and Sociological Foundations of Physical Education

1. Gain knowledge about the biological and sociological aspects that form the foundation of physical education.

Unit III: History of Physical Education

1. Learn about the history and evolution of physical education.

Sibasish Banerjee
Principal
Prof. S.N.H. College
Farakka, Murshidabad



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Unit IV: Yoga Education

1. Understand the history and principles of yoga and its importance in daily life.

Unit V: Field Practical

1. Learn practical skills in track and field events, such as running, long jump, high jump, and various throwing techniques.

Semester II

PEDG-CC-T-1B: Introduction to Sports Management

1. Understand the definition and importance of sports management in physical education.
2. Learn about the management of sports organizations and the development of sports programs.

Unit II: Tournaments

1. Understand the definition, types, and importance of sports tournaments.

Unit III: Facilities and Equipment

1. Learn about sports facilities and how to manage and use sports equipment.

Unit IV: Leadership

1. Develop leadership qualities through sports management activities.

Semester III

PEDG-CC-T1C: Introduction to Anatomy, Physiology, and Exercise Physiology

1. Gain basic knowledge of human anatomy and physiology and their application in physical exercise.

Unit II: Musculoskeletal System

1. Understand the basic functioning of the musculoskeletal system.

Unit III: Circulatory System

1. Learn about the basics of the circulatory system and its role in physical activities.

Unit IV: Respiratory System

1. Understand the basics of the respiratory system and how it relates to exercise physiology.

Unit V: Field Practical

1. Practice measuring physical health indicators like BMI, heart rate, blood pressure, and more.

PEDG-SEC-P-1: Track and Field Events

1. Learn the basics of track events, such as running techniques and relay races, along with field events like jumping and throwing.

Semester IV

PEDG-CC-T-1D: Introduction to Health Education, Physical Fitness, and Wellness

1. Understand the importance of health education and the benefits of physical fitness and wellness.

Unit II: Common Health Problems - Prevention and Control

1. Learn about common communicable diseases and how to prevent them.

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Unit III: Physical Fitness and Wellness

1. Understand the role of physical fitness in overall health and well-being.

Unit IV: Health and First Aid

1. Learn about first aid techniques and their application in emergency situations.

PEDG-SEC-P-2: Gymnastics and Yoga

1. Develop skills in gymnastics, including movements like rolls and handstands.
2. Learn various yoga postures (asanas) and breathing techniques (pranayama).

Semester V

PEDG-DSE-T-1/T-2/T-3: Introduction to Test, Measurement, and Evaluation

1. Understand the significance of test, measurement, and evaluation in physical education.

Unit II: Measurement of Body Composition and Somatotype Assessment

1. Learn about body mass index (BMI) and somatotype (body type) assessments.

Unit III: Fitness Tests

1. Study various fitness tests, including the APER Youth Physical Fitness Test and Queens College Step Test.

Unit IV: Sports Skill Tests

1. Learn about skill tests for sports like badminton, basketball, soccer, and volleyball.

PEDG-GE-T-1/T-2: Modern Trends in Physical Education

1. Understand modern trends in physical education and management, including advancements in yoga and sports management.

Semester VI

PEDG-DSC-T-4/T-5/T-6: Introduction to Sports Psychology

1. Learn the meaning, importance, and principles of sports psychology.

Unit II: Learning in Sports

1. Study methods of learning and how they are applied in sports.

Unit III: Psychological Factors in Sports

1. Understand the psychological factors that influence performance in sports.

Unit IV: Stress and Anxiety in Sports

1. Learn about stress and anxiety and how they affect athletes.

PEDG-GE-T-3/T-4: Anatomy, Physiology, and Exercise Physiology

1. Develop a comprehensive understanding of anatomy, physiology, and their application in exercise and physical fitness.

PEDG-SEC-P-4: Ball Games (Football, Handball, Basketball, etc.)

1. Acquire knowledge of the fundamental skills and rules of various ball games.

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