

GOVT COLLEGE AMARGARH

COURSE OUTCOMES

DEPARTMENT: - PHYSICAL EDUCATION

CLASS:-B.A. –I (SEMESTER-I & II)

SEMESTER –I

CO1: enable students to understand concept of importance of health and physical education.

CO2:- enable students to know about various national and international sports organizations and their working.

CO3:- enable students to understand human body and biological concept of growth and development.

CO4:- enable students to get knowledge about fundamental techniques of volleyball, football and track events.

SEMESTER-II

CO1: - enable students to understand relation of motor development of children and its role in sports.

CO2:- enable students to get knowledge about various human body systems and their functioning, including types of body explained by Sheldon and kretschmer.

CO3:- enable students to know about types of communicable diseases, prevention and treatment and awareness about drugs and doping in sports.

CO4:- enable students to get knowledge about various awards related to sports.

CLASS:-B.A. –II (SEMESTER-III & IV)

SEMESTER -III

CO 1: Enable students to understand Learning and Sports Psychology.

CO 2: Enables students to understand the effects of Asanas on various systems of the body.

CO 3: Enable students to learn about the Endocrine System.

CO 4: Enable students to understand about the Excretory System.

CO 5: Enable students to understand about Shot put and Kabaddi (National style).

CO 6: Students will learn the basic fundamentals and techniques of Shot put and Kabaddi (National style). Event / Game in practical.

SEMESTER IV

CO 1: Enable students to understand Aim, Importance and Types of Yoga.

CO 2: Enable students to learn about First Aid.

CO 3: Enable students to understand Structural and Function Classification of Muscles.

CO 4: Enable students to understand about the Circulatory System and Sports injuries.

CO 5: Enable students to understand about High jump, Discus Throw and Kho-Kho Events / Game.

CO 6: Students will learn the basic fundamentals and techniques of High jump, Discus Throw and Kho-Kho Events / Game in practical.

CLASS:-B.A. –III (SEMESTER-V & VI)

SEMESTER V

CO 1: Enable students to understand Recreation and Camping.

CO 2: Enable students to understand aboutAthletic meet.

CO 3: Enable students to learn about Posture and Postural Deformities.

CO 4: Enable students to understand aboutMotion and their application in Sports & Games.

CO 5: Enable students to understand aboutHandball, Badminton&Javelin throw.

CO 6: Practical practice of fundamentals of Handball, Badminton&Javelin throw.

SEMESTER VI

CO 1: Enable students to understand Intramural and Extramural Tournaments.

CO 2: Enable students to understand aboutRelay Races.

CO 3: Enable students to learn aboutBalanced Diet & Nutrition.

CO 4: Enable students to understand aboutObesity and Over Weight Management.

CO 5: Enable students to understand aboutCricket and Practical practice of fundamentals of this Game.

CO 6: Students will learn the Components of Physical Fitness.

CO 7: Enable students to understand aboutMethod, Procedure and Operational techniques to measure Blood pressure & Pulse rate with different medical equipments.