

## **BA With Physical Education Pass Course**

### **Programme Specific Outcomes**

- The study of physical education help the students know about the importance of physical education in personality development and participation in sports. It helps them for higher level of achievements
- The specific outcome is preparing them to go for higher studies in physical education.
- This subject helps the students to understand the values and ethics of life and personality development.
- This subject helps them to know about health aspects and maintain good health and fitness for higher achievements in sports.
- The students can better understand the importance of physical education by studying the history.
- The subject helps the students to understand the psychological aspects include in sports for good performance
- Study of this subject helps the students to know more about the human body which helps him for higher level of sports achievements and adopt training method.
- The students are able to better understand the body movement in sports and the body mechanism for higher achievements.

  
Principal  
Govt Post Graduate College  
Chota Bagwan (Kangra)

Sr. no.	Subject Code	Subject Name	Subject Category	Course Outcome
1.	PED101TH	Introduction to Physical Education	DSC	This course Promotes the physical fitness, develops motor skills and the understanding of rules, concepts and strategies of playing games and sports. Students learn to either work as a part of a team or as individuals in a wide variety of competitive activities.
2.	PED102TH	Olympic Movement and Organisation of tournament	DSC	This course gives in Depth knowledge about ancient Olympic games, modern Olympic games, Asians and commonwealth game.
3.	PED201TH	Human Anatomy and Physiology	DSC-2C	This chapter Provides the basic knowledge of Anatomy and physiology of human body. It helps in clearing the fundamental concepts as to how over bodies function. With the help of the classes of anatomy and physiology, one gets to learn only the theoretical concepts but practical functionalities of the human body too.
4.	PED202TH	Sports Psychology	DSC-2D	The main purpose of sports psychology is to enhance student athletic performance. Mental Skills and strategies help athletes concentrate with competitive stress, and practice and train more efficiently.
5.	PED203TH	Sports Medicine and Physiotherapy rehabilitation	SEC	The objectives of the is to maintain, sustain and at times to regain peak physical fitness i.e adaptability to stress physical and mental. Main function of sports medicine are promotive, educative, formative ,recrevative ,competitive,

				therapeutic and rehabilitative in nature.
6.	PED204TH	Sports Training	SEC	This course deals with sports training especially focused on optimal performance in a particular sport. Its main aim is to develop the performance capacity of sports persons/students, so that they achieve the highest possible performance.
7.	PED305TH	Recreation	DSE-1B	This course gives knowledge about the self-expression, self- fulfillment ability, interpersonal skills, techniques and methods of using leisure, physical strength, creative expression, and aesthetic sense.
8.	PED307TH	Methods of teaching in physical education	DSE-2B	This course gives the knowledge about the different teaching methods i.e command methods, discussion methods and demonstration methods etc.
9.	PED303PR	Specialization in Kabaddi	SEC	This course gives in depth knowledge about kabaddi and objective of Kabaddi is the development and maintenance of physical fitness.
10.	PED304PR	Specialization in Athletics	SEC	This course gives in depth knowledge about athletic and the most obvious objective of athletics is the development and maintenance of physical fitness.

  
 Principal  
 Govt Post Graduate College  
 Nagrota Bagwan (Kangra)