

DEPARTMENT OF PHYSICAL EDUCATION
RAGHUNATH GIRLS' POST GRADUATE COLLEGE

U.G. Course Outcome

Semester Ist

Elements of Physical Education (Theory)

Code-E020101T

Course outcomes: The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.

Credits : 4. Max. Marks : 25+75 Min. Passing Marks : 10 + 25

FITNESS & YOGA (practical)

Code-E020102P

Course outcomes: Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry

Credits : 2. Max. Marks : 25+75 Min. Passing Marks : 10 + 25

Semester IInd

Sports organization and Management(Theory)

Code-E020201T

Course outcomes: This course is designed to give real time exposure to students in the area of organizing an event/ sports. The students will also learn about store management, purchasing and budget making.

Credits : 4 Max. Marks : 25+75 Min. Passing Marks : 10+25

Sports Event and Track & Field (practical)

Code-E020202P

Course outcomes: to make a plan for organizing an event. To organize an Interclass (Intramurals) of any games with in the wall. To prepare a budget plane, Make a Sample Time Table for college. Prepare the list of Consumable and Non-Consumable items. Prepare a Bio data/ Vita/ curriculum vitae Learn about the Track and Field events with practical work .

Credits : 2. Max. Marks : 25+75 Min. Passing Marks : 10 + 25

Semester IIIrd

Anatomy and Exercise Physiology(Theory)

Code-E020301T

Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.

Credits : 04 max marks :25+75 Min passing marks:10+25.

Health and Physiology(practical)

Code-E020302P

Course outcomes: Learn about Draw and label -body system. Prepare Model on body System.

Measuring height, weight, waist circumference and hip circumference, calculation of waist-Hip ratio. Learn to Measure Blood Pressure by Sphygmomanometer and learn about games and sports.

Credits : 2. Max. Marks : 25+75 Min. Passing Marks : 10 + 25

Semester IVth

Sports Psychology and Recreational Activities(Theory)

Code-E020401T

Course outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.

Credits : 04 max marks :25+75 Min passing marks:10+25.

Recreational Games & their Psychological Benefit(Practical)

Code-E020402P

Course outcomes: Learn about Make a Model/ Chart of Traditional games ,Organize a recreational activity at college level and write a report on it. Design a Traditional/ Recreational games with new ideas and learn about games and sports.

Credits : 2. Max. Marks : 25+75 Min. Passing Marks : 10 + 25

Semester Vth

Athletic Injuries and Physiotherapy(Theory)

Code-E020501T

Course outcomes: Students can be able to understand Athletic Injuries and Athletic Care and

Rehabilitation.

Credits : 04 Max. Marks : 25+75 Min. Passing Marks : 10 +25

Kinesiology and Biomechanics in Sports(Theory)

Code-E020502T

Course Outcomes -students can able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.

Credits :04 Elective

Max. Marks : 25+75 Min. Passing Marks : 10+25

Physiotherapy and sports(Practical)

Code-E020503P

Course outcomes- learn about Bandaging. Practice for massage techniques. Demonstration of Therapeutic Exercise. A visit to Physiotherapy lab. Write a Brief Report on the visit of the lab.

Credits: 02 Elective

Max. Marks : 25 + 75 Min. Passing Marks: 10 + 25

Research Project(minor project)

Code-E020504R

Course Outcomes: Learn to Prepare Questionnaire. Learn to write research report.

Credits: 03 Compulsory

Max marks: 25+75 Min Passing Marks: 10+25

Semester VIth

Research Methods(Theory)

Code-E020601T

Course Outcomes: Students can be able to understand Research methods in Sports and Physical Education.

Credits: 04 Elective

Max. Marks : 25 + 75 Min. Passing Marks: 10 + 25

Physical education for DIVYANG(Theory)

Code-E020602T

Course Outcomes: This subject will help the students to understand the needs of the disabled

(DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.

Credits : 04 Elective

Max. Marks : 25+75 Min. Passing Marks : 10 + 25

Research and Sports(Practical)

Code-E020603P

Course Outcomes: Students can be able to understand Research methods in Sports and Physical Education.

Credits : 04 Elective

Max. Marks : 25+75 Min. Passing Marks : 10 + 25

Research Project(minor project)

Code-E020604R

Course outcomes: It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analysed data.

Credits: 03 Compulsory

Max. Marks : 25 + 75 Min. Passing Marks: 10+25