

Bharati Vidyapeeth's
Dr. Patangrao Kadam Mahavidyalaya, Sangli

Department of Physical Education

Program Outcomes (POs)

After successfully completing B. A. (Physical Education) programme students will be able to,

PO1: Technical Knowledge- Use technical knowledge of preparation of play fields as well as care and maintenance of sports equipments.

PO2: Scientific Knowledge- Explain basics of anatomy, physiology, dietetics, scientific knowledge of exercises and effects of exercises on various systems of human body.

PO3: Technical Skills: Demonstrate techniques of individual games, team games and gymnastics; perform yogasana and pranayam participate in various individual and team games as well as in recreational games.

PO4: Health and Fitness: Inculcate healthy habits and adopt healthy, active lifestyle; make effective use leisure time; develop physical fitness by performing physical activity.

PO5: Communication: Communicate effectively on health and healthy lifestyle with the community and society by acquiring knowledge of health, fitness, health education and community health.

PO6: Research attitude: Understand the need & importance of research and innovation in physical education as well as in sports and develop research attitude.

Department of Physical Education
Program Specific Outcomes (PSOs)

After successfully completing B. A. (Physical Education) programme
Students will be able to,

PSO1: Understand the meaning of physical education for personal development.

PSO2: Experience to perform basic skills of team games, gymnastics, yogasanas and pranayamas.

PSO3: Inculcate healthy habit and adopt physically active lifestyle.

PSO4: Apply knowledge of physical education and health education for the wellbeing of society.

PSO5: On completion of this course students will have hands of experience to Athletics events and Weight Lifting, Badminton, Table Tennis with Their Different Styles. Modern Techniques & Performance. Asana and Pranayam. Detail about First Aid with Practical's.

PSO6: The basic knowledge in anatomy physiology to know at higher level. The content of course is also important to qualify the NET, SET, GATE and other job-oriented examinations for physical students.

Bharati Vidyapeeth's
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Department of Physical Education
COs

B. A. Part- III Semester- V Course: Health Education (Paper-VII)

Course Code: DSE-E41 After successfully completion of these course students will be able to,

CO1: Explain concept, nature and scope of health education.

CO2: Analyze factors influencing on health.

CO3: Identify communicable diseases and explain causes and prevention of communicable diseases.

CO4: Identify and describe health problems in family, community, school and colleges.

B. A. Part- III Semester- V Course: Recreation in Physical Education (Paper-VIII)

Course Code: DSE-E42 After successfully completion of these course students will be able to,

CO1: Explain concept of rhythm and rhythmic exercises.

CO2: Analyze need and importance of rhythmic exercises.

CO3: Explain concept of rhythm and recreation.

CO4: Describe recent trends in recreation.

B. A. Part- III Semester- V Course: Yoga (Paper-IX)

Course Code: DSE-E43 After successfully completion of these course students will be able to,

CO1: Explain aims and objectives of yoga in human life

CO2: Describe promotive, preventive and curative aspects of physical health tackled through yogic practices.

CO3: Explain nature of mental health problems.

CO4: Describe promotive, preventive and curative aspects of mental health tackled through yogic practices.

B. A. Part- III Semester- V Course: Anatomy and Physiology (Paper-X)

Course Code: DSE-E44 After successfully completion of these course students will be able to,

- CO1: Explain meaning and importance of anatomy and physiology.
- CO2: Identify types of bones and joints in the human body.
- CO3: Explain major movements around joints.
- CO4: Describe structure and functions of respiratory system and muscular system
- CO56: Analyze the effects of exercise on respiratory system.

B. A. Part- III Semester- V Course: Dietetics and Nutrition (Paper-XI)

Course Code: DSE-E45 After successfully completion of these course students will be able to,

- CO1: Describe the components of diet and their functions.
- CO2: Illustrate sources of balanced nutrients.
- CO3: Explain causes, signs and symptoms of underweight and obesity.
- CO4: It analyzes the effect of diet and nutrition on human body.

B. A. Part- III Semester- VI Course: Health Education Program (Paper-XII) Course

Code: DSE-E166 After successfully completion of these course students will be able to,

- CO1: Explain importance of exercise in health and fitness.
- CO2: Describe adverse effects of drugs, alcohol and tobacco on sports performance.
- CO3: Explain concept, scope, need, importance and role of population education.
- CO4: Illustrate aims and objectives, programs and projects of World Health Organization..

B. A. Part- III Semester- VI Course: Research in Physical Education Course (Paper-XIII)

Code: DSE-E167 After successfully completion of these course students will be able to,

- CO1: Explain concept and meaning of research.
- CO2: Explain types and methods of research.
- CO3: Describe various stages in research process.

CO4: It describes the research outcome physical education in society.

B. A. Part- III Semester- VI Course: Yoga and Health (Paper-XIV)

Course Code: DSE-E168 After successfully completion of these course students will be able to,

CO1: Explain concept of emotional health.

CO2: Describe effects of yogic exercises on respiratory and nervous system.

CO3: Analyze psychological basis of sports.

CO4: Analyze contribution of yogic practices for the development of sports performances.

B. A. Part- III Semester- VI (Paper-XV)

Course: Anatomy and Physiology of Exercise

Course Code: DSE-E169 After successfully completion of these course students will be able to,

CO1: Explain constituents of blood and its functions

CO2: Describe structure and function of heart.

CO3: Explain meaning of blood pressure, pulse, blood groups and oxygen debt.

CO4: Describe structure and function of digestive, nervous and excretory system.

B. A. Part- III Semester- VI Course: Dietetics and Hygiene (Paper-XVI)

Course Code: DSE-E170 After successfully completion of these course students will be able to,

CO1: Explain different types of foods and its effects on health.

CO2: Describe need, importance and composition of athletic diet.

CO3: Describe desirable hygienic habits.

CO4: Illustrate school health programs and its supervision.

B.A.III Practical Outcomes

1. Explain objectives and rules of first aid.
2. Demonstrate fundamental skills of Badminton, foot ball and cricket techniques and styles of weight lifting, Judo, wrestling, triple jump and Javelin throw, 110 m. Hurdles, baton exchange.
3. Demonstrate techniques of gymnastics-front role, back role, cartwheel, dive and role, and hand stand.
4. Demonstrate Asanas and pranayamas.
5. Identify materials in first aid box.
6. Identify types of fractures, its signs and symptoms Use sling and splint.
7. Identify types, signs and symptoms of bleeding.
8. Explain artificial respiration and its methods.
9. Apply bandage, slings and do simple dressing.
10. Present recreational game.
11. Mark the 400 m track.