

**Shri Agrasen Kanya Post Graduate College
Bulanala/Parmanandpur Varanasi**

Department of Physical Education (UG)

Course Outcomes: -

Course Title: Elementals of Physical Education

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. Its introduce 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.

SYLLABUS FOR B. A. PHYSICAL EDUCATION/SEMESTER

Program/Class: Certificate

Year: First

Semester: First

Subject: Physical Education- Practical

Course Code: E020102P

Course Title: Fitness and Yoga

Course Outcomes: Yogais very helpful in prevention of many diseas will learn about it. This subject deals with basic knowledge about and Gymnasium classes which will help students to excel in the fitness ine

SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER II/PAPER I

Program/Class: Certificate

Year: First

Semester: Second

Subject: Physical Education- Theory

Course code: E020201T

Course Title: Sports organization and Management
Course Outcomes: This course is designed to give real time experience to students in the area of organising an event/ sports. The students will learn about store management, purchasing and budget making

SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER II/PAPER II

Programme/Class:

Year: First

Semester: second

Certificate

Subject: Physical Education- practical

Course Code: E020202P

Course Title: Sports Event and Track & field

COURSE OUTCOME - SPORTS EVENT AND TRACK and field deals with basic knowledge about how to organise

different competition.

SYLLABUS FOR B. A. PHYSICAL EDUCATION/SEMESTER III/ PAPER I

Programme/Class:

Year: Second

Semester: Third

Diploma

Subject

: Physical Education -Theory

Course

Course Title: Anatomy and Exercise

Code: E020301T

Physiology

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

SYLLABUS FOR B. A. PHYSICAL EDUCATION/SEMESTER III/ PAPER II

Year Second

Program Class- Diploma

Semester: Third

Subject: Physical Education-

practical

Course Code: E020302P

Course Title: Health and Physiology

COURSE OUTCOME- This part of course deals with Measuring height, weight, waist circumference and hip circumference, calculation of B.M.I.

SYLLABUS FOR B. A. PHYSICAL EDUCATION/SEMESTER IV/ PAPER I

Year: Second

Program/Class: Certificate

Semester: Fourth

Subject: Physical Education- Theory

Course Code: E020401T

Course Title: Sports Psychology And Recreational Activities

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

SYLLABUS FOR B. A. PHYSICAL EDUCATION/SEMESTER IV/ PAPER II

Program/Class: Diploma

Year: Second

Semester: Fourth

Course Title:

Subject: Physical Education-

Practical

Course Code: E020402P

SportsPsychology

COURSE OUTCOME-

This COURSE deals

games and Recreational games, Rules

different games

and sport and their lay out

SYLLABUS FOR B. A. PHYSICAL EDUCATION/SEMESTER V/ PAPER 1

Year: Third

Semester: Fifth

Program/Class: Certificate

Subject: Physical Education-Theory

Course Code: E020501T

Course Title: Athletic Injuries and

Rehabilitation

Course outcomes: students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.

Suggested equivalent online courses:

IGNOU

Other centrally/state operated Universities / MOOC platforms such as SWAYAM in India and Abroad.
RajarshiTandon open University,

SYLLABUS FOR B. A. PHYSICAL EDUCATION/SEMESTER V/ PAPER II

Program/Class: Certificate

Year:

Third

Semester. Fifth

Subject: Physical Education - Theory

Course Code: E020502T

Course Title Kinesiology and Biomechanics in Sports

Course outcomes: students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.

SYLLABUS FOR BA PHYSICAL EDUCATION SEMESTER VI PAPER III

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Sensoster: Finh

Subject: Physical Education Practical

Couse Cosde

Course Title: Rehabilitation and sports

Ektive

Max Marks 25-25

Foal No. of Lecture Talaccal (noses per weeks L-T

Mha Passing Marks 10-25

Unit

Na af

Sounders Ca

course outcome

This part of course make the students.

to understand different massage techniques, therapeutic Exercise, Practice of Bandaging

B. A. Physical Education/ Semester V/Research Project Paper IV

Program/Class-Degree

Year: Third

Semester: Fifth

Subject Physical Education

Project

Cours

Code:

Course Title Research

E0205

04P

Project

COURSE OUTCOMES:

Learn to Prepare Questionnaire. Learn to write research report.

Syllabus for B. A. Physical Education/ Semester VI/ PAPER I

Program/Class: Certificate

Course Code: E020601T

Year: Third

Semester Sixth

Subject: Physical Education - Theory

Course Title: Research methods

Course outcomes: students can be able to understand Research methods in Sports and physical education

[Syllabus for B. A. Physical Education/ Semester VI/ PAPER II

Program/Class: Degree

Year: Third

Semester: Sixth

Subject: Physical Education -Paper 2

Course Code: E020602T

Course Title: Physical education for DIVYANG

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

Subject: Physical Education- Practical

Course Code E020603P

Course Title: Research and Sports

Course outcomes

STUDENTS

can be able to

understand about Research methodology.