

Department of Physical Education
(2020-2021)
GDC Paonta Sahib

Course learning outcomes

S.No.	Course Title	Course Code	Class	Co's	Course Outcome
1	Introduction to Physical Education	PED 101TH	B.A 1st Year	CO1	Understand the origin and development of physical education.
				CO2	Formulate the forinciples and concepts about physical education.
				CO3	Understand the anatomical and physiological difference between male and female.
				CO4	Understand the state/ national awards.
				CO5	Explain different emerging trends in physical education.
2	Olympic movements and organization of tournament	PED 102TH	B.A 1st Year	CO1	Understand the importance and objective of Olympic games.
				CO2	Design tournament fixtures and structures to organize competition.
				CO3	Formulate the importance and planning about intramurals and extramural competitions.
				CO4	Understand the national sports policy and policy of Himachal Pradesh.
				CO5	Appraise and manage the protocols to organize college Annual Athletic- meet.
3	Human Anatomy and physiology	PED 201TH	B.A 2nd Year	CO1	Understand the basic concept of anatomy and physiology.
				CO2	Appraise the effects of exercises and training on various body systems.
				CO3	Remember and recall the definition of anatomy and physiology.
				CO4	Understand the need and importance of exercise physiology.
				CO5	Explain the different energy sources.
4	Sports Psychology	PED 202TH	B.A 2nd Year	CO1	Understand the scope and importance of sports psychology.
				CO2	Appraise the psychological factors affecting sports performance.
				CO3	Remembers and recall the different definitions of sports psychology and psychology.
				CO4	Understand the learning and laws of learning.
				CO5	Explain rate of sports in the development of personality.
5	Sports medicine physiotherapy and Rehabilitation	PED 203TH	B.A 2nd Year	CO1	Understand the modern concept and importance of sports medicine.
				CO2	Understand the primary responsibilities the sports forouiding initial care for injured athlete.
				CO3	Demonstrate the basics of sports first aid during and after game situation.
				CO4	Recognize and appropriately heat common sports injuries and conditions from onset through rehabilitation.
				CO5	Remember and recall the definition of physiotherapy and Rehabilitation.
6	Sports Training	PED 204TH	B.A 2nd Year	CO1	Understand the principal and objectives of sports training.
				CO2	Understand training as performance based science.
				CO3	Explain different means and methods of various training.
				CO4	Appraise types of periodization for performance development.
				CO5	Explain physical fitness and developing methods.
7	Specialization in Volley Ball	PED 301PR	B.A 3rd Year	CO1	Understand basic volley ball rules,terminology and scoring procedures.
				CO2	Demonstarte basic skills associated with volley ball, including passing, setting, serving, attacking and blocking.
				CO3	Demonstrate the ability to perfor individual affensive and defensive skill and strategies.
				CO4	Demonstrate and understanding of the typical game eequemcing:- serve, pass, attack, defense, transition and defense.
				CO5	Demonstrate proper etiquette and good sports manship.
8	Specialization in Football	PED 302PR	B.A 3rd Year	CO1	Understand basic Footballrules, ferminology and safety concerns.
				CO2	Demonstrate the basic football skills of passing. Three point stance, blocking, hand-offs, putting the carry and kicking.
				CO3	Demonstarte the cebility to perform individual affensive and defensive skills and strategies.
				CO4	Demonstarte the cebility to perform team affensive and defenive skills and strategies.
				CO5	Understand and apply the knowledge of basic rules of football.
				CO6	Demonstarte proper etiqutte and good sports manship.
9	Specialization in Kabaddi	PED 303PR	B.A 3rd Year	CO1	Understand basic kabaddi rules and terminology and safety concerns.
				CO2	To develop understanding about the rules and regulations, demensions of the kabaddi court.
				CO3	Demonstrate and assess various basic skills/ techniques and game strategies.
				CO4	Demonstrate basic skills associated with kabaddi including raiding, touching with hand, various kicks, crossing the baulk line, crossing of bonusline and pursing.
				CO5	Demonstrate proper etiqutte and goodmanship.
10	Specialization in Athletics	PED 304PR	B.A 3rd Year	CO1	Understand basic Athletics rules, terminology and safety concerns.
				CO2	Understand and apply the knowledge of basic rules of track and Field events.
				CO3	To develop understanding about rules and regulations, demensions of the 400mtr track and jumpind/throwing field.
				CO4	Demonstrate traits of good sports manship and teamwork in both competition and foractice.
11	Recreation	PED 305TH	B.A 3rd Year	CO1	Understand the need and importance of recreation.
				CO2	Able to organize recreational comp and activates.
				CO3	Appraise types and nature of recreation.
				CO4	Explain the responsibilities of recreational manager.
				CO5	Understand the importance and utilities of picnic.
12	Kinesiology and biomechanics	PED 306TH	B.A 3rd Year	CO1	Understand the importance of kinesiology and biomechanics.

				CO2	Appraise the fundamental anatomical position.
				CO3	Explain the different biomechanical terms.
				CO4	Know effectiveness of human movement using mechanical principles.
				CO5	Understand kinesiological classification of muscles.
13	Methods of teaching in physical education	PED 307TH	B.A 3rd Year	CO1	Understand the principles of teaching methods and different method of teaching.
				CO2	Appraise the presentation technique.
				CO3	Explain types and objective of lesson plan.
				CO4	Understand the need and importance of emancipation.
14	Officiating and coaching	PED 308TH	B.A 3rd Year	CO1	Understand the principles of officiating and coaching.
				CO2	Able to understand the rules of the games and sports.
				CO3	Explain qualities and qualification of an efficient coach and official.
				CO4	Understand the current status of coaching and officiating in India.
15	Health education and Nutrition	PED 309TH	B.A 3rd Year	CO1	Able to understand the concept and scope of health education.
				CO2	Remember and recall the definition of health education.
				CO3	Explain the different communicable diseases.
				CO4	Appraise the daily energy/ calorie requirement of healthy person.
				CO5	Appraise the effects of health condition during the training and practical session.
16	YOGA	PED 310TH	B.A 3rd Year	CO1	Understand the basic concepts of YOGA.
				CO2	Apply the principles of Yoga to lead healthy and active life style.
				CO3	Promote the awareness of health through Yoga.
				CO4	Explain the general technique and benefits of Asanas.
				CO5	Explain difference between Yoga and general exercise.

