

A.K.P.C MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PROGRAM SPECIFIC OUTCOMES

After the successful completion of the Physical Education General programme, at the UG level under the University of Burdwan, a student will have the following potentialities:

PSO1. 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.

PSO2. Develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.

PSO3. As the discipline is mainly associated with sports, the students will be capable of gaining knowledge on different kinds of indoor and outdoor games.

PSO4. With this knowledge they (the pass out ones) can easily be able to conduct and manage any kind of sports.

PSO5. Physical education is a dynamic, changing, and challenging course of study that provides students with opportunities to develop their physical and motor skills, improve their health, understand the relationships between exercise, health, and well-being, and appreciate the values of physical activity.

PSO6. Physical education provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviors for physical activity and physical fitness.

PSO7. Physical education contributes directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students.

PSO8. Students develop the ability to demonstrate knowledge and understanding of physical activity, Physical education studies the science of psychomotor skills deployed while playing sports.

PSO9. Games nurture optimism and create positive emotions. Gaming teaches players how to deal with frustration and anxiety. Games are being used to treat certain medical and mental health conditions.

PSO10. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.

PSO11. Students will develop practical, theoretical skills in Physical Education. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.

PSO12. Develop teamwork, leadership and interpersonal skills. It enables the development of leadership and teamwork skills and encourages students to transfer knowledge to other learning areas.

PSO13. Basic cognitive functions related to attention and memory facilitates learning, and these functions are enhanced by physical activity and higher aerobic fitness. Single sessions of and long-term participation in physical activity improve cognitive performance and brain health.

PSO14. Learning to think critically encourages students to participate in social action for a fairer, more equitable, and just society by, for example, reducing barriers to participation.

PSO15. 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. Students will develop practical, theoretical skills in Physical Education.

PSO16. The aim of physical education is to make sure that students are physically fit and healthy and mentally and emotionally healthy.

PSO17. Improved knowledge of rules and strategies of particular games and sports.

PSO18. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.

PSO19. To get firsthand knowledge about planning and organizing sports meet.

PSO20. To learn the methods to maintain the play field and playing equipments.

PSO21. Students will demonstrate responsible personal behavior while participating in movement activities. Students will demonstrate responsible social behavior while participating in movement activities. Students will understand the importance of respect for others.

PSO22. A variety of motor skills and abilities related to lifetime leisure activities.

PSO23. Improved understanding of the importance of maintaining a healthy lifestyle.

PSO24. The students are able to better understand the body movement in sports and the body mechanism for higher achievements.

PSO25. Acquiring knowledge and develop the ability to work hard.

PSO26. The specific outcome is preparing them to go for higher studies (B.P.Ed, M.P.Ed, Sports Management, Yoga Teacher Training, Physiotherapy, Health Education, Coaching, Fitness Training , Sports Journalism etc.) in physical education.

PSO27. After graduation in any course in physical education one can choose to pursue a career in physical education after 12th in areas such as fitness trainer, physical education instructor, gym trainer, sports nutritionist, professor, sports trainer, sports journalist, sports psychologist. Also, there are opportunities as a commentator, school/college teacher (physical training), and many more.

PSO28. *Foundation and History of physical education:* Studying this subject the students can better understand the importance of physical education by studying the history. It also helps to understand the progressive development of physical education and Olympics. The history of both physical education and Olympics helps the students to know the background of the events. Towards the further improvement, it is apt to say that Young Men Christian Association (YMCA), Sports Authority of India (SAI), Sports Development Authority of Tamil Nadu (SDAT), National and International competitions and sports festivals contribute to the present day sports performance improvement.

PSO29. *Management of Physical Education and Sports:* This course, in due course, also helps the students to pursue the management course in Physical Education. Management in various sports organizations ensures the smooth flow of all the activities that are involved in the program and provides development in the field of physical education. Business functions, communication skills, and proper coordination are also improved through management in sports and physical education. The process in planning & designing sport facilities; venue and event management, operations, maintenance, programming and scheduling logistics.

PSO30. *Anatomy, physiology and exercise Physiology:* 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. Understanding anatomy and physiology helps to learn sports movements correctly and execute them in a perfect way.

PSO31. *Health Education Physical fitness and wellness:* Study of this subject helps them to

know about health aspects and maintain good health and fitness for higher achievements in sports. To be aware of diseases and to lead a healthy life. The understanding of “First aid” along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management. The knowledge of nutrition will definitely improve the health of the sports persons, family health and in turn the health of the whole society.

PSO32. *Test and measurements:* Studying this subject the students will develop the understanding and knowledge of Meaning of test, measurement & evaluation in Physical Education. The students use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation for both sports persons and non-sports persons.

PSO33. *Sports training:* Studying this subject, all the students can learn the various sports training methodology which could be used to develop all the fitness components and sports performance. Students also find this science to be very useful to prepare short, medium and long term training plans.

PSO34. *Tests, Measurements & Evaluation in physical education:* Studying this subject, students understand the meaning and importance of this science. They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports persons. Test, Measurement & evaluation in physical education are the devices that are needed to collect the details regarding the needs, abilities, and altitudes of a sports person.

PSO35. *Modern Trends and Practices in Physical Education:* Study of this subject Physical education trends have developed recently to incorporate a greater variety of activities besides typical sports. Introducing students to activities like bowling, walking or hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. To develop the leadership qualities by self-involvement and friendly with the nature.

PSO36. *Psychology and Sociology:* Studying this subject, the students become aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement. The subject helps the students to understand the psychological aspects include in sports for good performance. This course enables the students to get knowledge on the different kinds of human behavior and psyche.

PSO37. *Project:* By completing an appropriate project, the students learn making proper mapping concepts, flow charts, sequencing, reporting, creative writing and model making.

PSO38. *Yoga:* To become familiarized with asanas, pranayama Kriyas, mudras and bandas. Learning and practicing yoga bring the mind and body together and to lead a whole some disease free life. Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature. A student of this course can help people to

lead a healthy life through yoga and pranayama.

PSO39. *Gymnastics:* Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility, which help them to stabilize other competitive techniques of games and track and field events.

PSO40. *Track and Field:* Students learn all the techniques to perform all the competitive track and field events along with the international rules. This helps them to prepare for becoming officials of state, national and international levels. To get firsthand knowledge about planning and organizing sports meet. The knowledge of track and field elevates the professional competency.

PSO41. *Games:* To understand the Rules, their interpretations, basic skills and their drills of basketball, Football, Kabaddi, Kho-Kho Badminton and volleyball. All activities and games in physical education classes should be designed to meet three main goals: motor development, fitness development and social development.

PSO42. *Unified play day:* This event has proved its efficacy in improving social interaction, confidence and self-esteem of special children. A normal child is motivated to team up with a special child and carry out all activities as joint enterprise. This helps to attain individual whole some development and improve their own life style modifications.

PSO43. Provides regular, healthful physical activity. Teaches self discipline. Influence moral development, leadership, cooperate with others. To prepare oneself smart, social and maintain green environment. This subject helps the students to understand the values and ethics of life and personality development.
