

Department of **Physical Education**
Egra S.S.B. College

Programme outcome of Physical Education (Gen-old and CBCS).

Physical Education is one of the most important and essential subjects, that helps to develop the learners' physical as well as mental strength. This subject is mostly practical and practice dependent expertise for the learners. The frame of the syllabus is primarily divided by some main paper courses and then each paper is also subdivided by many curriculum aspects. The programme outcome of this subject supports long healthy and strong life for the learners. Only the General courses have been introduced at our college department.

Programme Specific Outcomes of Physical Education as a General Subject in B.A.

We know that physical activity can benefit participants in many ways. These benefits are not however, natural by-products of random participation. Physical education programs must be designed specifically to reach selected objectives. Some of the beneficial outcomes which can be achieved through participation in the appropriate kinds and amounts of physical activity are:

Reduced risk of heart disease:

Physical education can reduce major risks like heart disease, obesity, inactivity and high blood pressure.

Improved physical fitness:

A good program improves participant's muscular strength, flexibility, muscular endurance, body composition (fat-to-muscle ratio) etc.

Stronger bones:

Regular physical activity increases bone density to create a sturdy skeleton.

Weight regulation:

A good program on Physical Education can help children regulate their weight by burning calories, resizing bodies and improving their overall body composition.

Health promotion:

Appropriate physical activity promotes good health and hygiene.

Improved judgment:

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others and accept responsibility for their own behavior.

Self discipline:

A good programme teaches children to follow rules and regulations and to become a responsible citizen in future life.

Skill development:

Physical education develops skills that provide enjoyment in physical activities. New skills become easier to learn.

Experience setting goals:

Physical education gives children scope and opportunity to set goals in life.

Improved self-confidence and self-esteem:

Physical education instills a strong sense of self-worth in children. It makes them confident, assertive, emotionally stable, independent and self-controlled.

Stress reduction:

Physical activity arranges a happy outlet for stress.

Strengthened peer relationships:

Physical education can be a major force in helping children socialize with others more successfully. Being able to participate in games and sports is an important part of fitting with the environment one lives in.

Reduced risk of depression:

Physical education is effective in the promotion of mental health.

More active lifestyles:

Physical education promotes a more positive attitude towards physical activity.

Earning Money from the various Work-sphere after completing the Physical Education course:

After completing this programme Students can work as a physical trainer, teacher, coach, physiotherapist, health checker etc.

B.A. General in Physical Education.

Semester-I			
SL No.	Subject	Nature	Out Come
C1	Foundation and History of Physical Education,	Unit-I, II, III	The conception of the physical education is introduced in this paper. Actually, most of the students get knowledge about the physical education and its fundamental necessity to their life. Misconception and modern concept of this subject have been discussed in this paper. Moreover, some way of the societal connection has to be introduced in this paper.
C1	Yoga Education	Unit-IV	Yoga is one of the ancient physical fitness practices, which have been long introduced from ancient period. These practices mainly control the mind setup and physical, anatomical pleasure and strangeness of every people. The entire syllabus provides the main topic like meaning, definition, term of Yoga, Types of Yoga, and objectives of Yoga etc. This syllabus also made some section of Yoga education through these sub topics like History of Yoga, Astanga Yoga and Hatha Yoga.
DEC-1	Field Practice.		All the people say that, the health is wealth. So, if we make our body more fit for live, than the long life will be our gift. This paper entirely composed by different practical and practice methods, that helps the learners to become physically fit. This practical and practice portion contain the connection of mind and physical structure of our body. Mainly, attention, mind set up, time bound sensation and thought are to be closely connected through this practice. Demonstration of Surjanamaskar, Callisthenics and Aerobic activities help the learners to set their mind and posture.
Semester-III			
SL No.	Subject	Nature	Out Come
CC 3	Theory: Physiology Exercise, Muscular Skeletal System, Circulatory System and Respiratory System.	Core-Course-3	Meaning and structure of the human anatomical structure have to be introduced in this paper. Cell and Tissue function also introduced in this paper. The learners get the knowledge about specifically male and female strength and efficiency of their own body. Blood composition and its function, heart structure and its function, blood pressure and Bradycardia etc. are the main topics of this paper. It is necessary for all the learners of physical education. The student of Physical education department also knows about the respiratory system of human body. Mainly when they practice the physical exercise during practice session.
DCS CP	DCS CP: Practical	Core-Course-3	The practical paper of this syllabus contains assessment of BMI and WHR. This section is important for every learner to understand the present condition of their own body. They also get some knowledge about the measurement of Blood pressure, vital capacity, respiratory rate at present, heart rate, limb length and PEI.
SEC	SEC-04	SEC-04	
SEC1	Practical: Indian Games and racket sports.	Skill Enhancement Course-1	During this optional section the students learn about the basic fundamentals of Indian games and sports. Some bonus activities like through, receive, stop, kick, hold, raiding, drive, tapping, hammering etc techniques have to be opted by the students. This is the exclusively practice oriented culture through the daily practiced by the learners.