

EGRA S.S.B.COLLEGE
Programme Name: B.A. General (Physical Education)
Programme Outcome:

PO1:

Meaning, definition and scope of Physical Education. Aims and objectives of Physical Education. Misconception and modern concept of Physical Education Needs and importance of Physical Education in modern society. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. Age- Chronological age, anatomical age, physiological age and mental age. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethics.

Role of games and sports in National and International integration. Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period. Olympic Movement- Ancient Olympic Games and Modern Olympic Games. Brief historical background of Asian Games and Commonwealth Games. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award. Meaning and definition of the term Yoga, types, aims, objectives and importance of Yoga. History of Yoga. Astanga Yoga Hatha Yoga. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.

PO2:

Concept and definition of Sports Management. Purpose of Sports Management, Importance of Sports Management, Principles of Sports Management. Sports Manager and his duties. Tournaments: Meaning and definition, and types of tournaments (Knock-out, League, Combination, Challenge). Procedure of drawing fixture. Method of organizing Annual Athletic Meet and Play Day. Method of organizing of Intramural and Extramural competition. Method of calculation of Standard Athletic Track marking. Care and maintenance of play ground and gymnasium. Importance, care and maintenance of sports equipment. Time Table: Meaning, importance and factors affecting school Physical Education Time Table. Meaning and definition of leadership. Qualities of good leader in Physical Education. Types of Leadership. Principles of leadership activities.

PO3:

Meaning and definition of Human Anatomy, Physiology and Exercise Physiology. Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education. Cell- Structure and function. Tissue- Types and functions. Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female. Muscular System- Type, location, function and structure of muscle. Types of muscular contraction. Effect of exercise and training on muscular system. Blood- Composition and function. Heart- Structure and functions. Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycard

Effect of exercise and training on circulatory system. Structure and function of Respiratory organs. Mechanism of Respiration. Vital Capacity, O₂ Debt and Second Wind. Effect of exercise and training on respiratory system. Assessment of BMI, and WHR.

Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate. Lay out knowledge and Officiating ability of Track and field events Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho-Kho, Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis.

PO4:

Concept, definition and dimension of Health. Definition, aims, objectives and principles of Health Education. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF). School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Personal hygiene. Communicable Diseases- Malaria, Dengue and Chicken Pox and Diarrhea.

Non-Communicable Diseases- Obesity, Diabetes and Asthma. Nutrition- Nutritional requirements for daily living. Preparation and Principles of Balance Diet. Health disorders due to deficiencies of Protein, Vitamins and Minerals. Postural deformities- Causes and corrective exercises of Kyphosis, Lordosis, Scoliosis, Knock Knee, Flat Foot and Bow Legs.

Physical Fitness- Meaning, definition and importance of Physical Fitness.

Components of Physical Fitness- Health and performance related Physical Fitness.

Concept of Wellness. Relationship between physical activities and wellness. Ageing- Physical activities and its importance. First aid- Meaning, definition, importance and golden rules of First-aid. Concept of sports injuries- Sprain, Strain, Fracture, Dislocation and Wound.

Management of sports injuries through the application of Hydro-therapy and Thermo-therapy. Physiotherapy: Basic concept, types & principles. Management of sports injuries through the application of exercise and massage therapy. First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.

PO5:

Concept of test, measurement & evaluation. Criteria of good test. Principles of evaluation.

Importance of Test, Measurement and Evaluation in Physical Education and Sports.

Body Mass Index (BMI) - Concept and method of measurement. Body Fat -Concept and method of measurement. Lean Body Mass (LBM) - Concept and method of measurement. Somatotype- Concept and method of measurement. Kraus-Weber Muscular Strength Test. AAHPER Youth Fitness Test. Queens College Step Test. Harvard Step Test

Lockhart and McPherson Badminton Skill Test. Johnson Basketball Test Battery. McDonald Soccer Test. Brady Volleyball Test. Assessment of somatotype and Body fat percentage (%)

Assessment of AAHPER Youth Fitness Test and Harvard Step Test.

PO6:

Meaning and definition of Sports Training. Aim and characteristics of Sports Training. Principles of Sports Training. Importance of Sports Training. Warming up and cooling down- Meaning, types and methods. Conditioning - Concept of Conditioning and its principles. Training Methods- Circuit Training, Interval Training, Weight Training. Periodisation- Meaning, types, aim and contents of different periods. Training Load - Meaning, definition, types and factors of training load. Components of training load. Over Load - Meaning, causes, symptoms and tackling of over load. Adaptation - Meaning and conditions of adaptation. Strength - Means, types and methods of strength development. Speed - Means, types and methods of speed development. Endurance - Means, types and methods of endurance development. Flexibility - Means, types and methods of flexibility development. Practical Experience of Weight Training and Circuit Training. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.

PO7:

Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence. Game practice with application of Rules and Regulations. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul. Skills in running: Chain Play, Ring play and Chain & Ring mixed play. Game practice with application of Rules and Regulations. Basic Knowledge: Various parts of the Racket and Grip. Service: Short service, Long service, Long-high service. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Netshot, Smash. Game practice with application of Rules and Regulations. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip). Stance: Alternate & Parallel. Push and Service: Backhand & Forehand. Chop: Backhand & Forehand. Receive: Push and Chop with both Backhand & Forehand. Game practice with application of Rules and Regulations.

PO8:

Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. Trapping: Trapping- the Rolling ball, and the Bouncing ball with sole of the foot. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. Heading: In standing, running and jumping condition. Throw-in: Standing throw-in and Running throw-in. Feinting: With the lower limb and upper part of the body. Tackling: Simple Tackling, Slide Tackling. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting. Game practice with application of Rules and Regulations. Catching, Throwing and Ball control,

Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot. Dribbling: High and low.

Attack and counter attack, simple counter attack, counter attack from two wings and center. Blocking, Goal Keeping and Defensive skills. Game practice with application of Rules and Regulations. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.

Rebounding: Defensive rebound and Offensive rebound. Individual

Defence: Guarding the player with the ball and without the ball, Pivoting.

Game practice with application of Rules and Regulations. Service: Under arm service, Side arm service, Tennis service, Floating service.

Pass: Under arm pass, Over head pass. Spiking and Blocking. Game practice with application of Rules and Regulations. Catching: one handed, two handed, with feet grounded and in flight.

Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce). Footwork: Landing on one foot, landing on two feet, Pivot, Running pass. Shooting: One hand, forward step shot, and backward step shot. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing. Intercepting: Pass and shot. Game practice with application of Rules and Regulations. Overhand service, Side arm service, two hand catching, one hand overhead return, sidearm return.