

## **Department Of Physical Education**

### **Course outcome:**

#### **1. Foundation and History Of Physical Education**

1. Definition, Meaning and Scope of Physical Education.
2. Aim and Objectives of Physical Education.
3. Misconception about Physical Education and Modern concept of Physical Education.
4. Need and Importance of Physical Education in Present days.

#### **Biological, Psychological And Sociological Foundation**

1. Biological Foundation- Meaning and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.
2. Meaning of Body types, Classification of Sheldon's Body types, Age and Sex differences in relation to physical activities.
3. Psychological Foundation- Concept of learning, Learning Curve, Laws of learning.
4. Sociological Foundation- Concept of socialization, Socialization in Physical Education and Sports, Role of Games and Sports in National and International Integration.

#### **Historical Foundation**

1. Historical Development of Physical Education Sports in India after Independence.
2. Olympic Movement in India.
3. Ancient Olympic Games, Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village.

#### **PRACTICAL**

1. Learn and demonstrate the step of Suryanamaskar. Aerobics and Calisthenics exercises
2. Marching- Fall in attention, Stand at ease, Stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward March.

#### **2. Anatomy, Physiology And Physiology Of Exercise And Sports**

1. Meaning and Definition of Anatomy & Physiology.
2. Definition and Meaning of Cell, Tissue, Organ and System.
3. Need for knowledge of Anatomy and Physiology in the field of Physical Education.

#### **Skeletal System and Muscular System**

1. Meaning and definition of Skeletal System and Muscular System

2. Types of bones, name of the major bones the human body.
3. Types of joint, Fundamental movements and movement around Ankle, Knee, Hip, Shoulder, Elbow and Wrist.
4. Definition of muscle, its types, Structure and function of muscle.
5. Types of Muscular contraction and concept of All or none law.
6. Postural Deformities and their Remedies.

### **Respiratory System and Circulatory System**

1. Meaning of Respiration and Blood Circulation.
2. Different organs associated with Respiration and Mechanism of Respiration.
3. Concept of Oxygen debt, Second wind, Vital capacity and Pulmonary ventilation,  $VO_2$  Max
4. Heart, structure and function of heart, Mechanism of Blood Circulation.
5. Blood, function of Blood and its compositions.
6. Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation of Blood

### **Nervous System and Endocrine System**

1. Definition and Meaning of Nervous System and Endocrine System
2. Brain, Spinal cord and their function
3. Concept of Reflex action, Reciprocal Innervations and Inhibition
4. Type of Endocrine Glands and their functions -Pituitary, Thyroid, and Adrenal Gland

### **PRACTICAL**

1. Measurement of Blood Pressure
2. Measurement of Vital Capacity
3. Measurement of Heart Rate
4. Measurement of Physical Efficiency Index (PEI)
5. Measurement of Limb Length.

### **3. Track & Field and its Rules Regulations**

#### **Track Marking**

1. Lay out of Complete Track and Field arena.
2. Lay out and Marking of 400 mt Standard Track.
3. Lay out and Marking of 200 mt Track.

4. Calculation of Stagger Distance.

### **Field Marking**

1. Lay out and Marking of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.
2. Lay out and Marking of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump

### **Rules Regulation of Track and Field**

1. List of Track and Field Events with their Specifications.
2. Rules Regulation regarding Start, Finish, Hurdles Race and Relay Race
3. Rules Regulation regarding Jumping Event: Long Jump, High Jump, Triple Jump
4. Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

### **Organizational Part of Track and Field**

1. List of Officials and Their Responsibility
2. Step to be followed to organize Institutional Annual Athletic Meet.

## **PRACTICAL**

### **Track Events:**

- 1.1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Use of Block.
- 1.1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.
- 1.1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.

### **1.2 Field Events:**

- 1.2.1 Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
- 1.2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
- 1.2.3. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery.(O' Brien Technique)
- 1.2.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery.
  - 1.2.5 Javelin Throw: Grip, Carry, Release and Recovery.

## **4. Yogasana and Gymnastics**

Position:

- 1.1 Ardachandrasana
- 1.2 ArdhaChakrasana

1.3 Padahastasana

1.4 Brikshasana

1.5 Natarajasana

**2. Sitting Position:**

2.1 Paschimothanasana

2.2 Gomukhasana

2.3 Ustrasana

2.4 Supta Vajrasana

2.5 Vakrasana

**3. Supine Position:**

3.1 Halasana

3.2 Matsyasana

3.3 Setubandhasana

3.4 Naukasana

3.5 Karnapidasana

**4. Prone Position**

4.1 Bhujangasana

4.2 Salavasana

4.3 Dhanurasana

4.4 Bhekasana

4.5 Mayurasana

**5. Inverted Position**

5.1 Sarbngasana

5.2 Shirsasana

5.3. Bhagrasana

5.4 Bakasana

5.5 Kopotasana

**GYMNASTICS**

**1. Roll in Acro Skill**

1.1 Forward Roll

1.2 Backward Roll

1.3 Dive Roll

1.4 Hand Stand Followed by Roll

## **2. Static Pose in Gymnastics**

2.1 T- Balance

2.2 Frog Balance

2.3 Forward Split

2.4 Arching/ Bridge

## **3. Basic Acro Skill**

3.1 Round Off

3.2 Cart-wheel

3.3 Front Walkover

3.4 Hand Spring

3.5 Head Spring

3.6 Neck Spring

3.7 Somersault

## **5. Health education & complete wellness**

1.1 Meaning And Definition Health And Health Education

1.2 Aims ,Objective & Principle Of Health Education.

1.3 Need And Importance Of Health Education, Factors Influencing Health.

1.4 Health Agencies: World Health Organization (WHO)

United National Education Scientific & Culture Organization (UNESCO)

Integrated Child Development Service (ICDS)

Ministry Of Health & Family Welfare (MHFW)

## **Dietetics & Nutrition**

2.1 Meaning and Definition Of Nutrition

2.2 Basic Nutrition: Protein , Carbohydrate, Fat ,Mineral ,Water & Vitamin.

2.3 Balance Diet, Factors Affecting Diet, Athletic Diet.

2.4 Mid-Day Meal , Malnutrition

## **Wellness &Hygiene:**

3.1 Meaning, Definition &Modern Concept Of Wellness

3.2 Hygiene Living – Care Of Skin, Eyes, Hair, Nose, Teeth.

3.3 Causes , Symptoms ,Privation & Control Of Communicable Diseases.

3.4 Healthy Environment In The Educational Institutions, Playground & Auditorium.

### **Practical**

1. Measurement Of Body Mass Index

2. Measurement Of Body Fat.

### **6. Measurement & Evaluation**

1.1 Meaning, Definition of Test Measurement and Evaluation.

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

1.3 Criteria for selecting tests: Scientific authenticity and establishing validity, Reliability and Objectivity.

### **Physical Fitness Test And Measurement**

2.1 AAHPER Youth Physical Fitness Test.

2.2 Harvard Step Test.

2.3 Cooper 12 Minute Walking – Running Test.

### **Motor Fitness Test**

3.1 Indiana Motor Fitness Test.

3.2 Oregon Motor Fitness Test.

3.3 Kraus Weber Minimum Muscular Fitness Test.

### **Measurements Of Sports Skills**

4.1 McDonald Soccer Skill Test.

4.2 Russell-Lange Volleyball Test.

4.3 Lockhart and McPherson Badminton skill Test.

## **7. Sports Training**

1.1. Meaning and Definition of Sports Training

1.2. Aims , Objectives Sports Training

1.3. Principles of Sports Training

1.4. Importance of Sports Training

### **Load & Adaptation**

2.1 Meaning and Definition of Load & Adaptation

2.2 Type & Components of training load

2.3 Principles of Load

2.4 Causes, Symptoms & Control of Over Load

### **Training Components & Training Methods:**

3.1 Meaning and Definition of Training Components: Strength ,Speed , Endurance , Co-ordination ,Flexibility . Agility & Balance

3.2 Continuous Training Methods

3.2.1 Slow Continuous Methods

3.2.2 Fast Continuous Methods

3.2.3 Fartlek Training Method

3.3 Interval Training Method

3.3.1 Intensive Interval Training Method

3.3.2 Extensive Interval Training Method

3.4 Circuit Training Method

3.5 Ballistic Method

### **Training Programming**

Meaning and Definition & Types of Periodization

4.2 Aims & Content of Periods Preparatory, Competition & Transitional.

## **8. Indigenous & Minor Game and Excursion- Camping Program**

### **1.1 Kabaddi**

1.1.1 Skills and Raiding: Touching with hands, Use of Leg, toe touch,squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line, crossing the bonus line.

1.1.2 Skills of Holding the Raider: Various formation; catching from particular position, different catches, catching formation and techniques.

1.1.3 Additional Skills in Raiding: Escaping from various holds, techniques of escaping from chain formation offence.

1.1.4 Game practice with application of rules and regulations.

### **1.2 Kho- Kho**

1.2.1 Skills in Chasing: Sit on the box (parallel & Bullet toe methods), Get up from the box( proximal & Distal foot method), Give Kho (Simple, early, late and judgment), Pole turn, pole drive, Trapping , Hammering, Rectification of foul.

1.2.2 Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play.

1.2.3 Game Practice with Applications of Rules and regulations.

### **Minor Games**

2.1 Meaning of Different Terminology- Minor Game, Recreational Game, Traditional Game  
Lead up Activity, Folk games.

2.2 Need, Importance and benefit of Minor games in present society as well as Physical  
Education Curriculum.

2.3 Practice of Five Minor Games in accordance with the available facilities, local tradition and  
climatic condition.

### **Excursions Cum Camping Program**

Minimum 3 days (excluding traveling date) Lead up Camping Program to nearby feasible  
place.

## **9. Recreation and Physical Activity**

1.1. – Meaning, Types and Nature of Recreation

1.2. - Aims and objectives of Recreation

1.3. – Need, Importance of recreation for healthy life.

1.4. – Recreation as a social phenomenon

### **Physical Education, Recreation And Recreational Agencies**

2.1. - Physical Education, Physical Activity and Recreation

2.2. - Recent changes in the recreational activities

2.3. - Responsibilities of a recreational manager

2.4. - Arrangement of recreation centres and Recreation providing agencies

### **Camping Program**

3.1. - Concept and meaning of camp

3.2. - Aims and objectives & Types of camp

3.3. - Agencies promoting camp

3.4. - Educative value of camp.

### **Practical**

1. Practice of Rhythmic Exercise – Aerobics exercises / Callisthenic Exercises (With Music)

2. Practice of Bratachari – Satya Brata & Gyanobrata

3. Practice of five Recreational Game in a group as facilities available and interest of the student.

4. One day cycle expedition or Hiking programme.

## **10. First Aid and Personal Hygiene**

- 1.1. – Meaning and Definition of First Aid
- 1.2. - Aims and objectives of First Aid
- 1.3. – Need and Importance of First Aid in Present day.
- 1.4. – Golden Rules of First Aid

### **Concept of Sports Injuries and Other Occurrence and First Aid**

- 2.1. – Sports Injuries and their First Aid – Sprain, Strain, Fracture, Dislocation, wound and Bleeding
- 2.2. – Other Occurrence and First Aid – Electric Shock, Snake Bite, Drown, Heart Attack.
- 2.3. – Immediate care of injuries – P.R.I.C.E.
- 2.4. – Concept of Postural Deformities and their First Aid – Lordosis, Kyphosis, Scoliosis, Bow Leg, Knock Knee, Flat Foot

### **Hygiene, Personal Hygiene, Mental Hygiene**

- 3.1. – Meaning and Concept of Hygiene, Personal Hygiene and Mental Hygiene
- 3.2. – Importance of Hygiene for healthy life
- 3.3. – Personal Hygiene : - Care of Skin, Eye, Teeth, Ear and Hair
- 3.4. – Mental Hygiene and its procedure

### **Practical –**

- Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages
2. Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling
  3. Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica.
  4. Practice of knot – Square knot & Reef Knot
  5. Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head

## **11. Sports Psychology**

- 1.1 Manning, Definition, and Scope of General and Sports Psychology.
- 1.2 Need for knowledge of Sports Psychology in the field of Physical Education.
- 1.3 Role of Sports Psychology in the Growth and Development of body and mind.

1.4 Meaning and nature of Stress, type of Stress, Anxiety, arousal and their effects on Sports performance.

### **Learning And Personality Concepts**

2.1 Meaning, Definition and types of Learning.

2.2 Theories of Learning Transfer of Learning.

2.3 Meaning of Personality, factors affecting Personality.

2.4 Development of Personality, Relationship of Personality with Sports Performance.

### **Motivation And Emotions**

3.1 Meaning, Definition and types of Emotion.

3.2 Importance of emotions in the field of Physical Education and Sports.

3.3 Meaning, Definition and types of Motivation.

3.4 Role of Motivation in Sports performance

### **Psycho-Social Aspect Of Sports.**

4.1 Psycho-Social aspect of man.

4.2 Heredity and Environment – meaning, definition and role in the field of Sports.

4.3 Meaning and definition of Interest, role of Interest in Sports performance.

## **12. Management Of Sports And Physical Education**

1.1 Meaning, Definition, concept of Sports Management.

1.2 The purpose and scope of Sports Management.

1.3 Qualities and Competencies required for the Sports Management.

1.4 Events Management in Physical Education

### **Leadership In Sports And Physical Education**

2.1 Meaning and Definition of Leadership.

2.2 Elements of Leadership.

2.3 Form of Leadership Autocratic, Laisser-faire, Democratic, Benevolent Dictator.

2.4 Qualities of Administrative Leader.

2.5 Leadership and Organizational Performance.

### **Management Of Sports And Tournaments**

3.1 Sports Management in School, College, and University.

3.2 Factor affecting planning.

3.3 Meaning and Definition and types of Tournaments.

3.4 Procedure of Drawing Fixture, merit and demerit of Knock-out and League Tournaments.

### **Financial Management**

4.1 Financial Management in School, College and University.

4.2 Budget, criteria of good Budget.

4.3 Importance of good Budget.

## **13. Adapted Physical Education And Computer Application In Physical Education**

1. Meaning, Definition and Objectives of Adapted Physical Education.

2. Disability: Meaning, Definition and Type

3. Disability and Health Related Condition

4. Physical exercise programme for different type of disabled Person

5. Risk factors and preventive measures of Physical Exercise Program for Disabled.

6. Disability and Sports – Para Olympic

### **Computer Application In Physical Education**

1. Computer and its accessories, Function of various accessories.

2. Concept of Hardware, Software, Operating System and Anti Virus

3. Function of Key Board – Ctrl Key, Shift Key, Cap Lock, Enter, Delete, Backspace, Arrow Key, Esc Key

4. Function of Mouse – Right Click, Left Click, Single Click, Double Click, Scrolling.

5. Need of Computer Application and internet browsing in Physical Education at modern society.

6. MS Word – Concept and use

6.1 New File Create, File save, File Open, File Rename, File Delete

6.2 Copy, Paste, Cut, Clipart, word art, Insert table & Image

7. MS Excel – Concept and Use

7.1 Details concept of Spread Sheet – Raw, Column, Sheet

7.2 Input of Graph, Formula, Table

8. MS Power Point – Concept and use

8.1 New Slide Create, Slide Format, Slide delete, Slide rearrange

8.2 Slide Design, Slide Animation, Slide show

9. Concept of Network, Internet, Wi-Fi, E-mail, Web Page

## **Practical**

1. Turn on and Shut down of Computer and Monitor.
2. MS Word : (i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment.  
(ii) Insert of Page numbering, Word art, Clip Art, Print option.
3. MS Excel : (i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculate Average & Percentage.  
(ii) Input the same number, alternative number, continuous number in spread sheet, input and Editing Graph and Table, Concept of inserting various formulas.
4. MS Power Point : (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide. Design  
(ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show.
5. Internet & Email (Optional): (i) Web Browsing, Downloading image/ File, save file from web, create new email account.

## **14. Complete Fitness And Therapeutic Value Of Physical Education**

- 1.1 Meaning and Concept of Complete Fitness and wellness.
- 1.2 Need, Components and significance of Complete Fitness.
- 1.3 Factor affecting Complete Fitness.
- 1.4 Special emphasis on Physical Fitness: Meaning, definition and modern concept of Physical Fitness.
- 1.5 Physical Fitness Components and their developmental training method: Health-related and Sports Performance-related Physical Fitness.
- 1.6 Means of Fitness development – Aerobic and Anaerobic Exercise, Target Heart Rate, Warming Up, Conditioning, Cooling Down

### **Introduction Of Therapy**

- 2.1 Meaning, Definition, Aim And Scope Of Therapy
- 2.2 Types of Therapy
- 2.3 Explanation of the Term – Physiotherapy, Exercise-therapy, Massage-therapy, Yoga Therapy

### **Therapeutic Aspects Of Physical Exercise**

3.1 Therapeutic value of Exercise: Definition, Principles and Importance of Therapeutic Exercises .

3.2 Classification, Effects and uses of Therapeutic exercise – Passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

### **Method Of Physiotherapy**

4.1 Physiotherapy and its use in the treatment and rehabilitation in sports injuries.

4.2 Electrotherapy : Meaning, Technique and safety Precaution - Short wave diathermy, Electric Muscle Stimulation

4.3 Hydrotherapy: Meaning, Technique and safety Precaution – Whirlpool, Contrast bath

4.4 Thermotherapy: Meaning, Technique and safety Precaution – Hot Pack, Wax Bath

4.5 Cryotherapy: Meaning, Technique and safety Precaution – Ice Pack, Cold Compress

4.6 Massage Therapy : Types, Techniques, Indication and Contra indications.

### **Practical**

1. Calculation of Body Mass Index (BMI)

2. Skinfold Measurement

3. Measurement of Fitness Components –

Muscular Strength – (Minimal Strength ) – TEST - Leg-Raise

(Leg Strength) – TEST – Standing Broad Jump

Muscular Endurance- ( Abdominal Muscle) – TEST - Sit-ups

Cardiovascular Endurance – TEST- Harvard Step Test or Run and Walk Test

Flexibility – ( Lower Back Flexibility) – TEST - Sit and Reach Test

Standing Balance - TEST – Stork Stand Test

4. Measurement of Pulse Rate / Heart Rate at Radial Artery and Carotid Artery

5. Measurement of Vital capacity by spirometer.

## **14. Health Education And Safety Education**

1.1 Meaning and Definition of Health & Health Education

1.2 Dimension of Health

1.3 Aims , Objectives of Health Education

1.4 Need & Importance of Health Education.

### **Health Scheme And Health Services**

2.1 Health Agencies – (i) WHO (ii) UNESCO (iii) UNICEF

2.2 National Health Scheme - Rashtriya Bal Swasthya Karyakram (RBSK), Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Rashtriya Swasthya Bima Yojana, Integrated Child Development Service

2.3 School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record

2.4 Personal Hygiene : Care of Eyes, Ear, Nose, Skin, Mouth and Teeth

### **Health Problem In India**

3.1 Cause, Prevention and Control Communicable Disease : Malaria, Dengue.

3.2 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes

3.3 Nutritional Disorders:

3.3.1. Nutrients and their Functions and Daily Requirements

3.3.2. Health disorders for deficiency of Protein, Vitamins and Minerals

3.4 Postural Deformities : Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot

### **Safety Education**

4.1 Meaning and definition of Safety and Safety Education

4.2 Relation between Health and Safety

4.3 Need and importance of safety Education in daily life

4.4 Safety measures in Home, Street, Play Ground

### **Practical**

1. Measurement of Height

2. Measurement of Weight

3. Measurement of BMI (Body Mass Index)

4. Measurement of BMR (Basal Metabolic Rate)

5. Measurement of Blood Pressure

6. Measurement of Resting Heart Rate

7. Measurement of Peak Expiratory Flow

8. Determination of Caloric Value of Food.

## Department Of Physical Education

### PROGRAMME OUTCOMES:

**Knowledge of subject:-** students will get the knowledge about physical education and sports its historical background. Students will acquire knowledge from ancient to modern sports history in india.

**PO 2. Changing concept of physical education:** - Understanding the other subjects physical education try to achieve itself and its effects on society in various ways. Also through physical education one can related with the world games and sports. In the age of modern technology. It also improve world society.

**PO 3. Knowledge of human anatomy and disease:** - Through physical education students will be able to inform about human anatomy and also various treatment during physical disturbances.

**PO 4 Leadership:** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.

**PO 5 Skilled Manager:** Capable of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.

**PO 6. Impact of physical education:** - Through the various method of training, participate of various activity students develop their physical ability, mental ability, leadership quality, personality, disciplined well-wisher which makes them a good citizen.

**PO 7 Digitally Literate:** Capable of using computer for keeping the health related data base of the trainees. Formulating appropriate training programme for individuals as per their need. Capable of employing modern library search tools to locate, retrieve, and evaluate Physical Education& Sports related information.

**PO8 Ethical Awareness and Reasoning:** Avoiding unethical behavior and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.

**PO 9 Lifelong Learners:** Capable of self-paced and self-directed learning aimed at personal development.

**PO 10 Respect for Diversity:** An empathy with other's views and needs as well as respect for their elder's opinion, race or religion and also able to value different cultures and traditions.

**PO 11 Cooperation and Team Work:** Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

## **DEPARTMENT OF PHYSICAL EDUCATION**

### **PROGRAMME SPECIFIC OUTCOMES**

PSO 1. Students are come to know the physical education is education through physical activities for the Development of the total personality of the child to its fullness and perfection in physical, mental, social, Emotional, spiritual and educational.

PSO 2. Development of knowledge in sports medicine, sports training, sports psychology, sports Nutrition, sports , sports management, sports physio-therapy sports economics and sports Coaching etc.

PSO 3. Progression on motor components that is speed, strength, endurance, agility, flexibility, balance and coordination.

PSO 4. Structural development of human anatomical posture.

PSO 5. Effect of exercise on benefited of physiological system that is muscular system, circulatory system, respiratory system, digestive system, nervous system, and endocrine system.

PSO 6. The process of developing on psychological character that is motivation, attitude, personality, behavior, efficiency, duty and discipline, idealism, character, concentration and honesty etc.

PSO 7. Change the concept of misconception of physical education.

PSO 8. Health fitness wellness is benefited of regular physical activities.

PSO 9. The student will be oriented with the basic knowledge of computer applications.

PSO 10. The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.

PSO 11. The student will be able to value the knowledge and skills required to preserve community health and well-being.

PSO 12. The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.

PSO 13. He shall gain knowledge regarding management of Physical Education and Sports at different level.

PSO 14. He would understand various laws of learning and their relevance in teaching learning process.

PSO 15. Student will describe and perform various style of yoga and postures used in each

PSO 16. The student athletes skill , fundamental and techniques will be developed and demonstrated for intercollegiate competition.

PSO17. The student will improved knowledge of rules ,skill and strategies of particular games and sports.