



PANSKURA BANAMALI COLLEGE (AUTONOMOUS)
DEPT. OF PHYSICAL EDUCATION & SPORTS SCIENCE

PROGRAMME-SPECIFIC OUTCOMES (PSOs)
Bachelor of Arts (BA) in Physical Education General

PSO1	Problem-solving and	After successfully completing the Undergraduate Programme leading to Bachelor of Arts with Physical Education as a general subject, the learners would acquire both theoretical and practical knowledge, ask questions, develop skills and form conclusions through reflective thinking.
PSO2	Power of Analysis	The learners come to have an ability to think rationally, analyze situations and solve problems adequately.
PSO3	Multidisciplinarity	The learners attain some ability to function in multidisciplinary domains.
PSO4	Individuality and Teamwork	The learners become able to work collaboratively and effectively with diverse groups towards personal and common goals.
PSO5	Effective Citizenship	The learners have the ability to demonstrate equity-centered national development and empathetic social concern, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
PSO6	Environment and Sustainability	The learners also obtain the ability to understand the issues of environmental contexts and sustainable development.
PSO7	Social Interaction	The learners finally become able to elicit views of others, mediate disagreements and help reach conclusions in group settings.



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COURSE OUTCOMES (COs)

Bachelor of Arts (BA) in Physical Education General

SEMESTER - I

DSC1: FOUNDATION OF PHYSICAL EDUCATION

Course Outcomes

Through this course the students will be able to know about the development of the subject in Ancient and Modern India. The students will be aware about the various scopes of the subject. Students are taught about the biological foundation of human being and also the growth and development pattern. Further, the other objective of the paper is to inform the students about the development of Olympics and other aspects related to this mega competition.

SEMESTER - II

DSC2: HEALTH EDUCATION, FITNESS & WELLNESS

Course Outcomes

The main object of this course is to inform to the students about the importance of health fitness and wellness and further to inform the various methods to attain them. The students will also come to know about the various agencies promoting health.

SEMESTER - III

DSC3: HUMAN ANATOMY AND PHYSIOLOGY

Course Outcomes

Through this paper the students will be able to know about the structure, position and functions of the different parts of the human body. The students will be able to understand how the various system functions in the body and also the effect of exercise and training on various systems. The other objective of the paper is to train the students to measure the blood pressure, heart and respiratory rate, VO₂ max etc.

SEC1: TRACK AND FIELD

Course Outcomes



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The main objective of this paper is to teach the students about the fundamentals of various techniques of the track and field events. Students will also be able to know about the various rules related to various track and field events.

SEMESTER - IV

DSC4: SPORTS MANAGEMENT

Course Outcomes

The objective of the paper is to inform the students about the various aspects of management. The students will be able to know about various types of tournaments and moreover they will learn the methods of drawing fixture of various types of tournaments. The students will also be able to learn the process of keeping and caring the sports equipment.

SEC2: GYMNASTICS AND YOGA

Course Outcomes

Students will learn various skills related to gymnastics floor exercise. Moreover, emphasis is given to teach the students about various yoga asanas and their benefits.

SEMESTER - V

DSE1: POSTURE, FIRST AID & ATHLETIC CARE

Course Outcomes

Students will learn about good and bad posture. Various postural deformities and their corrective measures are learnt in this paper. First aid of various sports injuries are also learnt in this paper. Students will also learn about various therapeutic modalities.

SEC3: INDIAN GAMES AND RACKET GAMES

Course Outcomes

The main objective of this paper is to teach the students about the fundamentals of various techniques of Indian games and Racket games. Students will also be able to know about the various rules related to various these games.



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GE1: POSTURE, FIRST AID & ATHLETIC CARE

Course Outcomes

Students will learn about good and bad posture. Various postural deformities and their corrective measures are learnt in this paper. First aid of various sports injuries are also learnt in this paper. Students will also learn about various therapeutic modalities.

SEMESTER - VI

DSE2: SPORTS TRAINING

Course Outcomes

Here in this course the students will learn the science of sports training and further will be able to understand the periodization chart of any training cycle. Moreover the students will also learn various scientific methods to develop various physical fitness components.

SEC4: MAJOR BALL GAMES (Any Two)

Course Outcomes

The main objective of this paper is to teach the students about the fundamentals of various techniques of various ball games. Students will also be able to know about the various rules related to various these games.

GE2: YOGA EDUCATION

Course Outcomes:

The main objective of this paper is to educate the students about Astang Yoga and their benefits. Students will also be able to learn the importance of yoga in daily living.