



GOVERNMENT GENERAL DEGREE COLLEGE, NARAYANGARH

**PROGRAMME OUTCOME (PO)
&
COURSE OUTCOME (CO)**

(According to Choice Based Credit System)

ACADEMIC SESSION: 2018-2019

DEPARTMENT OF PHYSICAL EDUCATION

B. A. GENERAL IN PHYSICAL EDUCATION

PROGRAMME OUTCOME (PO)

PO	Summary	Description
PO1	Interdisciplinary Knowledge	This knowledge will accelerate their thinking and analysing abilities of the students
PO2	Critical Thinking	Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.
PO3	Effective Communication	Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology
PO4	Social Interaction	Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings..
PO5	Effective Citizenship	Effective Citizenship: Demonstrate empathetic social concern and equity-centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
PO6	Ethical Values	Students will be able to discuss the ethical implications of our understanding of nutrition and nutritional discoveries and to develop the culture of value-based thinking, understand the pros and cons while taking decisions, and lead a sound value based ethical life.
PO7	Research & Life-long Learning	Students will be able to demonstrate a depth of knowledge within their area of study and a breadth of knowledge across the field of Physical Education. Students will be able to design and complete a research study and/or scientific experiments.
PO8	Ethics	Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
PO9	Environment and Sustainability	Understand the issues of environmental contexts and sustainable development.
PO10	Self-directed and Life-long Learning	Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

B. A. GENERAL IN PHYSICAL EDUCATION

PROGRAMME SPECIFIC OUTCOME (PSO)

- ✓ **PSO 1:** Students will acquire a comprehensive knowledge and sound understanding of the fundamentals of Physical Education.
- ✓ **PSO 2:** Students will develop practical, theoretical skills in Physical Education.
- ✓ **PSO 3:** Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently
- ✓ **PSO 4:** Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed, SSC, NET, SET etc.

B. A. GENERAL IN PHYSICAL EDUCATION

Course Outcome (CO)

CO15: [(CC-1): Foundation and History of Physical Education (Theory)]

CO 15:1	Meaning, definition and scope of Physical Education.
CO 15:2	Aims and objectives of Physical Education.
CO 15:3	Misconception and modern concept of Physical Education
CO 15:4	Needs and importance of Physical Education in modern society.

CO15: [DSC1AP: Field Practical]

CO 15:1	Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark
CO 15:2	Learn and demonstrate the technique of <i>Suryanamaskar</i>
CO 15:3	Development of physical fitness through Calisthenics and Aerobic activities.

CO16: [(CC- 2): Management of Physical Education and Sports (Theory)]

CO16 : 1	Tournaments: Meaning and definition, and types of tournaments (Knock-out, League, Combination, Challenge)
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CO16 : 2	Procedure of drawing fixture.
CO16 : 3	Method of organizing Annual Athletic Meet and Play Day.
CO16 : 4	Method of organizing of Intramural and Extramural competition

CO16: [DSC1BP: Practical]

CO16 : 1	Lay out knowledge and Officiating ability of Track and field events
CO16 : 2	Lay out knowledge and Officiating ability of Games: Football, <i>Kabaddi</i> , <i>Kho-Kho</i>

CO17: [(CC- 3): Anatomy, Physiology and Exercise Physiology (Theory)]

CO17: 1	Meaning and definition of Human Anatomy, Physiology and Exercise Physiology
CO17: 2	Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education.
CO17: 3	Cell- Structure and function
CO17: 4	Tissue- Types and functions.

CO17: [DSC1CP: Practical)]

CO17: 1	Assessment of BMI, and WHR
CO17: 2	Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.

CO18: [(CC- 4): Health Education, Physical Fitness and Wellness (Theory)]

CO18: 1	Concept, definition and dimension of Health.
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CO18: 2	Definition, aims, objectives and principles of Health Education
CO18: 3	Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific

CO18: [DSC1DP: Practical)

CO18: 1	First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling),
CO18: 2	Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy

GGDC, Narayangarh

MAPPING OF CO, PO, PSO

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO1 0	PSO 1	PSO 2	PSO 3	PSO 4
CO 15:1				√	√		√				√	√		√
CO 15:2	√	√	√								√	√		√
CO 15:3	√	√	√								√	√		√
CO 15:4	√		√					√			√	√		√
CO 15:1P								√	√		√	√		√
CO 15:2P				√	√						√	√		√
CO 15:3P						√	√				√	√		√
CO16 : 1				√		√		√			√		√	√
CO16 : 2					√		√	√					√	√
CO16 : 3				√				√		√	√		√	√
CO16 : 4					√		√	√			√		√	√
CO16 : 5				√			√			√	√		√	√
CO16 : 6					√	√		√			√		√	√
CO16 : 1P						√		√			√		√	√
CO16 : 2P				√				√			√		√	√
CO17: 1				√		√				√	√		√	√
CO17: 2								√	√	√	√		√	√
CO17: 3	√		√					√			√		√	√
CO17: 4				√		√				√	√		√	√
CO17: 1P					√			√			√		√	√
CO17: 2P				√				√			√		√	√
CO18: 1					√		√		√		√		√	√
CO18: 2							√	√	√		√		√	√
CO18: 3							√	√	√		√		√	√
CO18: 1P								√	√		√		√	√
CO18: 2P								√	√		√		√	√