

A.V Education Society's
DEGLOOR COLLEGE, DEGLOOR
DEPARTMENT OF PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM
SEMESTER PATTERN
B.A. First Year semester I
Paper I- History of physical education

Specific paper outcome:

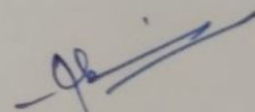
1. It shows the history of physical education dated back in Vedic period till date.
2. Detail information of important physical education institutes in India.
3. Detailed information of history and development of sports such as in ancient Olympics games to commonwealth games.
4. The basic knowledge of sports awards in India.


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SEMESTER PATTERN
B.A. First Year semester I
Paper II- Practical

Paper outcome:

1. Information about person's weight measurement
2. Skills and technique in running
3. Knowledge of kabaddi and atya patya and their rules
4. Detailed information about Surya namaskar
5. Student will get to know about the brief history, various diagrams and fundamental skills of the given games

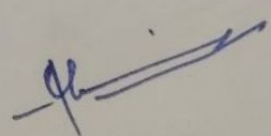


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B.A. First Year semester II
Paper III – Principle of physical education

Paper outcome:

1. Aim, Objectives, philosophy and classification of physical education.
2. Factors affecting the biological basis of physical education.
3. Psychological factors, mental health in sports, meaning and importance of play in life and theories of play.
4. Cultural heritage of mankind due to sports, roles of sports in society.


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B.A. First Year semester II
Paper IV – Practical

Paper outcome:

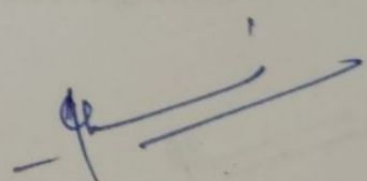
1. Information about person's height measurement.
2. Basic Skills and technique in throwing events such as shot-put.
3. Basic techniques and skills in jumping.
4. Fundamental skills and knowledge of rules in table tennis and gymnastics.
5. Student will get to know about the brief history, various diagrams, awards in sports and fundamental skills of the given games.


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B.A. Second Year semester III
Paper V- Basic Anatomy, Physiology and First Aid

Paper outcomes:

1. To know the basic concept of Anatomy, physiology and first aid.
2. To know about the benefits of first aid in sports.
3. To know structure, function, and efforts of exercise.
4. To know the knowledge of first aid and basic principle of first aid.


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B.A. Second Year semester III
Paper VI- Practical

Paper outcomes:

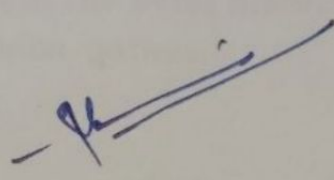
1. Information about student's pulse measurement.
2. Skills and technique in track and field events such as relay.
3. Knowledge of optional games such as kho-kho, yoga or weightlifting.
4. Detailed information about Dand baithak.
5. Students will get to know about the brief history, diagrams, and skills of the above games.


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B.A. Second Year semester IV
Paper VII- Health, Fitness and Nutrition

Paper outcomes:

1. To know the importance of Health, Fitness and Nutrition for healthy lifestyle of students and teachers.
2. To know about the benefits of Health, Fitness and Nutrition.


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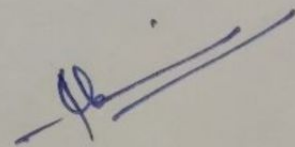
SEMESTER PATTERN

B.A. Second Year semester IV

Paper VIII- Practical

Paper outcomes:

1. Information about student's blood pressure.
2. Skills and technique in track and field events such as throwing events(holding, styles,delivery) and jumping events(hop-step-jump).
3. Knowledge of optional games such as cricket and Jude.
4. Students will get to know about the brief history, diagrams, and skills of the above games.



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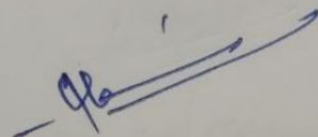
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B.A. Third Year semester V
Paper IX- ORGANIZATION AND
MANAGEMENT IN PHYSICAL EDUCATION

Paper outcomes:

1. To know the basic skills and principle of organization.
2. To know about importance, types of tournaments and equipment's.
3. To know the definition, scope needs and importance of management in physical education, principles, and qualification of the management.
4. To know the function and importance of financial management and types of budgets.

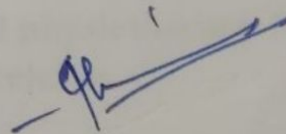

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Paper X- Practical

Paper outcome:

1. Information about student's fat percentage.
2. Skills and technique in track and field event in Javeline throw.
3. Knowledge of Cardiovascular Endurance and their rules
4. Knowledge about wrestling
5. Student will get to know about the brief history, various diagrams, and fundamental skills of the given games



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SKILL ENHANCEMENT COURSE-III
YOGIC THERAPIES AND SPORTS
PHYSIOTHERAPY

Paper outcomes:

1. To know about yoga in diabetic patients, hyper and hypotension and obesity.
2. To know about yoga for pain management, postural deformities, cardiac patients and for kids and children.
3. Basics knowledge and needs of sports in physiotherapy and physiotherapy in disabled person.
4. To know about rehabilitation and physiotherapy for injured athletes' and for muscle release.



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B.A. Third Year semester VI

**Paper XI- Test measurement and psychology in
physical education and sports.**

Paper outcomes:

1. To know the definition, needs and importance of test measurement.
2. Classification and test of physical fitness.
3. To know the nature and scope of sports psychology and learning process.
4. Factors affecting in growth and development and relationship between sports psychology and performance of players.


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B.A. Third Year semester VI
Paper XII- Practical

Paper outcome:

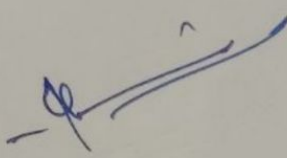
1. Information about student's flexibility measurement.
2. Skills and technique in high jump.
3. Knowledge of Aerobics activities and their rules
4. Fundamental skills and techniques about volleyball and hand ball.
5. Student will get to know about the brief history, various diagrams, and fundamental skills of the given games


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B.A. Third Year semester VI
SKILL ENHANCEMENT COURSE-IV
OFFICIATING AND COACHING

Paper outcomes:

1. To know about the knowledge in track and field various games.
2. Duties of official personal before, during and after sports.
3. Knowledge of measurements of grounds.
4. Basic Coaching skills of sports.


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