

**Program Outcome / Course Outcome- (Bachelor of Arts )**

**OBJECTIVES**

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG.

## **B.A. – I YEAR ( PHYSICAL EDUCATION OVER ALL OUTCOME )**

- **Ancient Wisdom in Physical Education, Sports and yoga: Introduction:**  
**Physical Education :** To Teach students about the various development of physical education in different periods
- **Sociological Foundation:** In this topic we covers the sports and culture. And the various modes by which we can exchange culture by sports.
- **History:** History of Physical education is a wide topic in which we discuss about the development and renowned sports personalities .
- **Olympic Games , Asian Games and Commonwealth Games:** This Topic covers the ancient Olympic games and the modern Olympic games.
- **Health Education:** In this Topic we come to know about how to keep our body clean & Hygienic. The topic covers schools health program and problems related to our society regarding health
- **Wellness and Life Style:** This topic is totally related to our mind and body. How to live a healthy life style and how to stay away from stress.
- **Fitness :** In this topic we are come to knowing about the various components of physical fitness
- **Posture:** In this topic we come to know about the postural deformities and what are the causes behind the postural deformities. This topic also covers sports injuries and their management.
- **Yoga:** This topic helps us in maintaining our body and mind. How we can manage our body by doing yogic exercises and how can we cure different types of diseases by doing yoga.
- **Management:-** This topic covers the management skills in physical education. How to manage an academy or sports institutions how to purchase Sports equipment? and It's maintance.

## **B.A. – II YEAR ( PHYSICAL EDUCATION OVER ALL OUTCOME )**

- **Anatomy Physiology:** In this topic we come to know about the structure of our body and How its works? And what are the accurate functions of our body.  
Anatomy and physiology are two of the most basic terms and areas of study in the life sciences. Anatomy refers to the internal and external structures of the body and their physical relationships, whereas physiology refers to the study of the functions of those structures.
- **Personality :** Personality is the characteristic sets of behaviors, cognitions, and emotional patterns that evolve from biological and environmental factors. While there is no generally agreed upon definition of personality, most theories focus on motivation and psychological interactions with the environment one is surrounded.
- **Learning :** Learning is the process of acquiring new understanding, knowledge, behaviors, skills, values, attitudes, and preferences. The ability to learn is possessed by humans, animals, and some machines; there is also evidence for some kind of learning in certain plants.
- **Recreation :** Recreation is an activity of leisure, leisure being discretionary time.[1] The "need to do something for recreation" is an essential element of human biology and psychology.[2] Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun".
- **Motivation:** Motivation is the word derived from the word 'motive' which means needs, desires, wants or drives within the individuals. It is the process of stimulating people to actions to accomplish the goals. In the work goal context the psychological factors stimulating the people's behaviour can be - desire for money.

### **B.A. – III YEAR ( PHYSICAL EDUCATION OVER ALL OUTCOME )**

- **Athletic injuries :-** Sports injuries are commonly caused by overuse, direct impact, or the application of force that is greater than the body part can structurally withstand. Common injuries include bruises, sprains, strains, joint injuries and nose bleeds.
- **Rehabilitation:** Rehabilitation is the restoration of optimal form (anatomy) and function (physiology). Musculoskeletal injuries can have immediate and significant detrimental effects on function. When an individual experiences or is likely to experience limitations in everyday functioning due to ageing or a health condition, including chronic diseases or disorders, injuries or traumas, a set of interventions is needed. "Rehabilitation enables individuals of all ages to maintain or return to their daily life activities, fulfill meaningful life roles and maximize their well-being"
  - **Physiotherapy:** - Physical therapy, also known as physiotherapy, is one of the allied health professions. It is provided by physical therapists who promote, maintain, or restore health through physical examination, diagnosis, prognosis, patient education, physical intervention, rehabilitation, disease prevention, and health promotion.
  - **Kinesiology:** \_ Kinesiology is the scientific study of human body movement. Kinesiology addresses Physiological, Anatomical, Biomechanical, and Neuropsychological Principles and Mechanisms of Movement.
  - **Force & Levers:-** A lever is a simple machine made of a rigid beam and a fulcrum. The effort (input force) and load (output force) are applied to either end of the beam. The fulcrum is the point on which the beam pivots.
  - **Research :-** A research is a fact finding inquiry which is done to know about the facts and evidences related to some phenomena which occurs either naturally or through a mechanical process. Explanation: The physical education is necessary for development of new strategies in achieving accomplishments in games and sports.
- **Types of Research :-** In this topic we learn about the different types of researches in the context of physical education-Theoretical Research. ,Applied Research, Exploratory Research., Descriptive Research, Explanatory Research, Qualitative Research. Quantitative Research. Experimental Research.