

PHYSICAL EDUCATION

PROGRAMME OUTCOMES:

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. PHYSICAL EDUCATION/ SEMESTER I/ PAPER I

Program /Class: Certificate	Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION- THEORY		
Course code:E020101T	Course Title: Elementals of Physical Education	
Course Outcomes: The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.		

B. A. PHYSICAL EDUCATION/ SEMESTER I/ PAPER II

Program/Class: Certificate	Year: First	Semester: First
Subject: Physical Education- Practical		
Course Code:E020102P	Course Title: Fitness and Yoga	
Course Outcomes: Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		

SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER II/PAPER I

Program/Class: Certificate	Year: First	Semester: Second
Subject: Physical Education- Theory		
Course code:E020201T	Course Title: Sports organization and Management	
Course Outcomes: This course is designed to give real time exposure to students in the area of organising an event/ sports. The students will also learn about store management, purchasing and budget making.		