

GOVERNMENT DEGREE COLLEGE SURANKOTE
DEPARTMENT OF PHYSICAL EDUCATION

Program Description

Physical education aims to develop all aspects of the human personality through physical and sports activities. Being a subject of science, it has its own value in society and human life. Physical Education is a form of one of the most effective means of education imparted through exercises, fun activities and sports. It is an integral part of the education system. The scope of Physical Education as a subject is very broad, it is a multidisciplinary subject. It caters to the need for development of the students on physical, mental and social aspects. The graduate level course in Physical Education contains subjects like foundation and history of Physical Education, Anatomy and Exercise Physiology, Health Education and Nutrition, Sports Training, etc. which are aimed to give detailed knowledge and skills to the students. The complete and constant personal as well as team efforts led to the introduction of the subject in the college in session 2019-20 by the University of Jammu.

Different Courses under CBCS Syllabus prescribed by the University of Jammu

Semester	Core Course Code	Title of the Paper
Sem- 1	Theory- (UPETC- 101)	Foundation and History of Physical Education
	Practical- (UPEPC- 102)	Athletics (Long Jump & Distance Running) Game (Badminton/ Table Tennis)
Sem- 2	Theory- (UPETC- 201)	Anatomy and Exercise Physiology
	Practical- (UPEPC- 202)	Athletics (Shot Put & Cross country) Game (Hockey/ Kabaddi)
Sem- 3	Theory- (UPETC- 301)	Health Education
	Practical- (UPEPC- 302)	Athletics (Discuss throw & Sprints) Game (Football/ Wrestling)
	Skill enhancement Course (Theory)- (UPETS- 303)	Guidance of Track and Field Events
	Skill enhancement Course (Practical)- (UPEPS- 304)	Jumping Events (Long Jump, High Jump, Triple Jump)
Sem- 4	Theory (UPETC- 401)	Sports Training
	Practical (UPEPC- 402)	Athletics (High Jump & Hurdles) Game (Cricket/ Boxing)
	Skill enhancement Course (Theory)- (UPETS- 403)	Fundamental of Volleyball Game

	Skill enhancement Course (Practical) – (UPEPS- 404)	Game – Volleyball
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Program outcomes

PO1. Physical education will help the students to apply the knowledge of basic sciences which will be relevant and appropriate to education and sports sciences resulting in solution of complex sports related issues and problems.

PO2. The curriculum provides with the ability to identify, define the requirements, formulate, and analyse complex physical education and sports sciences related problems to reaching verified conclusions.

PO3. Learn to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.

PO4. Ability to work efficiently and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common goal and work capably as a player.

PO5. Understanding of professional, ethical, legal, social issues and responsibilities in teaching, learning and evaluation. Avoiding unethical behaviour and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the overall development of personality of the participants.

PO6. Equip the students with the ability to communicate effectively among a range of audiences/ stakeholders.

PO7. Prepare the students to analyse the local and global impact of physical activities and sports and games on individuals, organizations and society.

PO8. Acknowledgement of the need for and an ability to engage in ongoing professional development.

PO9. Ability to identify and analyse user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

PO10. The physical and sports activities will develop a sense of discipline in the students.

PO11. Capability of asking relevant or appropriate questions relating to the issues and problems in the field of physical education.

Program Specific outcomes

Physical education is not only concerned with the physical outcome that increase from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in activities. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviours that students acquire as they advance through the program. The overall objectives of Physical Education are-

1. To understand the importance of physical education by studying the history.
2. To help the students to know more about the human body which helps for higher level of sports achievements and adopt training method.
3. To know about health aspects and maintain good health and fitness for higher achievements in sports.
4. Maintenance of fitness for optimal health and well-being.
5. The acquisition and refinement of motor skills.
6. To equip the students with the knowledge domain of body response to different types of exercises.
7. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.
8. To understand the values and ethics of life and personality development.

Course outcomes

CO1. Foundation and History of Physical Education

The course aims to compare the relationship between general education and physical education. It helps to identify and relate with the foundation and history of Physical Education. It enables the students to know recent developments of the subject. The course is designed to apply the knowledge of Olympics in organizing various sport activities and distinguish the functional operations on National and International Olympic Federations. It intends to analyse the concepts and issues pertaining to Physical Education and formulate the principles, philosophy and concepts about Physical Education.

CO2. Athletics (Long Jump & Distance Running), Game (Badminton/ Table Tennis)

This course introduces students with history and development of the athletics/game at International and National level. It teaches about the basic skills and techniques required, dimensions and marking of playing area, and basic requirements of the playing area. The students learn about the rules and regulations, national and international organisations / federations and tournaments of the game.

CO3. Anatomy and Exercise Physiology

The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units. This would able the students to relate and interpret the role of exercise on body systems and its relation to well-being through physical conditioning exercises. The student would be empowered with the applicable knowledge of physiology in physical activity and sports. The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance.

CO4. Athletics (Shot Put & Cross country), Game (Hockey/ Kabaddi)

This course introduces students with history and development of the athletics/game at International and National level. It teaches about the basic skills and techniques required, dimensions and marking of playing area, and basic requirements of the playing area. The students learn about the rules and regulations, national and international organisations / federations and tournaments of the game.

CO5. Health Education

The student will be able to identify and synthesize the factors that influence health, related challenges in current time and able to apply the preventive measures. This would help the students to value the knowledge and skills required to preserve community health and well-being.

CO6. Athletics (Discuss throw & Sprints), Game (Football/ Wrestling)

This course introduces students with history and development of the athletics/game at International and National level. It teaches about the basic skills and techniques required, dimensions and marking of playing area, and basic requirements of the playing area. The students learn about the rules and regulations, national and international organisations / federations and tournaments of the game.

CO7. Guidance of Track and Field Events

This course enables the students to gather theoretical knowledge of the history of the various track and field events and learn the practical skills to mark the track and field events. The course elaborates about the officiating of the events and to understand the rules of the events. Being able to file score sheets of track and field events.

CO8. Sports Training

The course aims to identify the fundamental concepts, importance, and principles of human body training related to sports performance. The students will be able to demonstrate the skills to train different fitness components and related planning. It teaches the students to understand the importance of organization to achieve high performance in sports. The course intends to make the students understand training as performance based science and explain different means and methods of various training.

CO9. Athletics (High Jump & Hurdles), Game (Cricket/ Boxing)

This course introduces students with the brief history and development of the athletics/game at International and National level. It teaches about the basic skills and techniques required, dimensions and marking of playing area, and basic requirements of the playing area. The students learn about the rules and regulations, national and international organisations / federations and tournaments of the game.

CO10. Fundamental of Volleyball Game

This course enables the students to learn the theoretical and practical skills to mark the volleyball courts and officiate and to understand the rules of the events. Being able to file score sheets of volleyball game and learn about its history and world records.

Head,

Department of Physical Education,

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