



NARAJOLE RAJ COLLEGE

(NAAC Accredited 'B' Grade Govt. Aided College)

NARAJOLE: PASCHIM MEDINIPUR : WEST BENGAL: Pin-721211

E-mail: narajolerajcollege@rediffmail.com

Website: <https://www.narajolerajcollege.ac.in>



COURSE OUTCOME

DEPARTMENT OF PHYSICAL EDUCATION

Semester	I
Title of Course	Foundation and history of physical education
Paper Code	PEDPMJ101
Credits	04
Hours	04 hours/week

Foundation and history of physical education

- CO-01.** Discuss the definitions of Physical Education
- CO-02.** : Explain the Aim and objectives of Physical Education
- CO-03.** Discuss the scope of Physical Education
- CO-04.** Describe the Traditional concept and Modern concept,
- CO-05.** Explain the Education and Physical Education
- CO-06.** History of Physical Education in Sparta and Athen
- CO-07.** Development of Physical Education and Sports in India: a) Pre-Independence (1856 -1947), b) Post-Independence.
- Co-08.** explain the Olympic movement
- CO-09.** Movement of Sports Schemes in India
- CO-10.** Describe the Modern Olympic Games
- CO-11.** Personality and its development through Physical Education and Sports.



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CO-12. Describe the Social values of Sports.

CO-13. Explain the Instinct, Emotion, Attention, Interest and Motivation - Role in

Physical Education and Sports

CO-14. Discuss the Skeletal System and Skeletal Deformities

CO-15. Types of Bones, Names of various bones of the body

CO-16. Describe the Types of Joints

CO-17. Explain the Posture and Postural

Defects.

CO-18. Explain the Circulatory System

CO-19. Explain the Respiratory System

CO-20. Explain the Digestive System

CO-21. Endocrine System-Endocrine glands

Semester	I
Title of Course	ATHLETICS
Paper Code	PEDSSE01
Credits	03
Hours	03 hours/week

CO-01. Meaning of Track and Field and Explain about 100 M run, 400 M run, 1500 M run

CO-02. Putting the Shot, Discus throw, Javelin throw- Explain it

CO-03. Meaning of Gymnastics: Elaborate the Forward Roll & Backward Roll



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CO-04. Briefly Discuss about Indian Games and Explain about Kabaddi & Kho-Kho.

CO-05. Explain the volleyball game in Physical Education

CO-06. Explain the Football game in Physical Education

CO-07 Explain the Badminton game in Physical Education

CO-08 Explain the Basketball game in Physical Education

CO-09. Meaning and Explain about Yoga

CO-10 Practice and explain in the various types of Yoga posture: sabasan, Padmasana, Dhanurasana, Halasana, Ardhamatseyendrasana, Chakrasana, Sabbangasana, Shirsana, Mayurasana, Bakasana, Paschimatyasana, Kapakbhati, Anulomvilom.

CO-11 Elaborate the First Aid Practical class and Discuss about management of sports injury in Physical Education

CO-12. Meaning and Describe about Sprain, Dislocation, Fracture, Wounds, Muscle cramps, Bandage,

CO-13. Maintain about the Practical Exercise Book and Viva Voce and describe the Skills of practical activities to be recorded according to regular practical classes

CO-14. Describe of the Dive roll, T. Balance and Hand Stan in Physical Education

CO-15. Describe about High jump, Long jump and Triple jump.

CO-14. Discuss about Muscular System in Physical Education

CO-15. Meaning of Blood pressure in our body. Effect of exercises on Circulatory system -Explain it.



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CO-16.Elaborate the Oxygen debt .Effect of exercises on Respiratory system- Explain it.

CO-17. Discuss about measurement of cardiovascular endurance and muscular endurance in Physical Education

CO-18. Meaning and Discuss the Types Fatigue

CO-19.Explain the various types of muscles in our body

CO-20.Effects of exercises on muscle in our body, Meaning of Muscular contraction Muscular Contraction- Explain it

CO-21.Brifely discuss about Healthful Environment in education institutions, offices, playground, auditorium in Physical Education.

Semester	I
Title of Course	Management of Physical Education and Sports
Paper Code	PEDMI02
Credits	04
Hours	04 hours/week

Management of Physical Education and Sports

CO-01.Discuss the Management of Sports and Games in School

CO-02.Explain the various types Tournaments in physical Education

CO-03Brifely Explain the Care and maintenance of Sports equipments

CO-04. Explain the various types Sports Training in Physical Education

CO-05.Elaborate the Physical Fitness

CO-06.Discuss the meaning of Load in Physical Education



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CO-07 Explain the various types of Training methods in Physical Education

CO-08. Mechanical Principles Applied to Sports: Motion

CO-09. Meaning of health-Explain it

CO-10. Discuss about major areas of Health Education

CO-11. Discuss the various types of Environment Hygiene

CO-11. Elaborate the Mental Health in Physical Education

CO-12. Meaning and Explain the Safety Education in Physical Education

CO-13. Meaning of First Aid in Physical Education- Explain it

CO-14. Discuss about Muscular System in Physical Education

CO-15. Meaning of Blood pressure in our body. Effect of exercises on Circulatory system -Explain it.

CO-16. Elaborate the Oxygen debt .Effect of exercises on Respiratory system- Explain it.

CO-17. Discuss about measurement of cardiovascular endurance and muscular endurance in Physical Education

CO-18. Meaning and Discuss the Types Fatigue

CO-19. Explain the various types of muscles in our body

CO-20. Effects of exercises on muscle in our body, Meaning of Muscular contraction Muscular Contraction- Explain it

CO-21. Briefly discuss about Healthful Environment in education institutions, offices, playground, auditorium in Physical Education.