



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>



Programme Specific Outcomes (PSOs)

Physical Education (General)

The students pursuing the course of DSC in Physical Education will be able to gather a random knowledge on the multifaced theoretical aspects of of the said discipline. Besides this through the practical course they will also be able to acquire and thereby transmit a practical knowledge among the mass to live a healthy and fit life. This course also helps them to take the related courses as their vocation.

After the successful completion of the DSC programme, the pass out ones will /may have the following potentialities: –

PSO1: As the discipline is mainly associated with sports, the students will be capable of gaining a knowledge on different kinds of indoor and outdoor games.

PSO2: With this knowledge they (the pass out ones) can easily be able to conduct and manage any kind of sports.

PSO3: This course, in due course, also helps the students to pursue the management course in Physical Education.

PSO4: A deep knowledge on anatomy and physiology will escalate the capacity of a student to take physiotherapy as his/ her profession.

PSO5: Students pursuing this course can be a sports coach/guide.

PSO6: This course enables the students to get a knowledge on the different kinds of human behaviour and psyche. So, they can easily can pursue higher studies in psychology.

PSO7: As in its modern sense physical Education involves each and everything associated with human body and mind under its purview, one can be an expert in trauma and stress care centre.

PSO8: A student of this course can help people to lead a healthy life through *yoga* and *pranayama*.





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Course Outcome

Physical Education (DSC)

Semester	I
Title of Course	Foundation and History of Physical Education
Paper Code	DSC1AT (Theory)
Credits	04
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: This unit deals about the meaning of physical Education, its needs, aims and importance in modern society.

CO2: This unit also helps the students to erase out the misconception about physical Education.

CO3: Basically in unit -II we come to know about biological growth and development and mental/ psychological development and their various nuances.

CO4: Difference between growth and development.

CO5: Principles of growth and development.

CO6: The student will be able to get an idea about different kinds of ages – Chronological, anatomical and psychological/ mental.

CO7: Meaning and definition of sociology, society.

CO8: Importance of socialisation of physical Education.

CO9: Different kinds of sports and their ethics.

CO10: Role of games and sports as a medium of national and international integration.

CO11: History and development of Physical Education – in Pre-independence and post-independence scenario.

CO12: Olympic movements – ancient and modern.

CO13: Historical background of Asian and Commonwealth games.

CO14: Different kinds of awards related to sports.

CO15: Yoga: Meaning and definition.

CO16: Different types of Yoga.

CO17: The aims of Yoga.

CO18: Objectives and importance of Yoga in day to day life.



Semester	I
Title of Course	Foundation and History of Physical Education
Paper Code	DSC1AP (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Marching.

CO2: Technique of Surya namaskar.

CO3: Callisthenics and Aerobic activities.



Semester	II
Title of Course	Management of Physical Education and Sports
Paper Code	DSC1BT (Theory)
Credits	04
Hours	04 hours/week

Students pursuing this course will develop an idea about-

- CO1: Concept and definition of sports management.
- CO2: Different purpose of sports management.
- CO3: Importance of sport management.
- CO4: Principles of sports management.
- CO5: Sport manager and his duties.
- CO6: Meaning and definition of tournament.
- CO7: Various types of tournaments.
- CO8: Procedure of drawing and fixture.
- CO9: Methods of organizing annual athletics meet and play day.
- CO10: Methods of organizing intramural and extramural competition.
- CO11: Methods of calculation of standard athletic track marking.
- CO12: Care and maintenance of playground and gymnasium.
- CO13: Importance of sports equipment.
- CO14: Care of sports equipments.
- CO15: Meaning of time table.
- CO16: Importance of time table.
- CO17: Different factors affecting school physical Education time table.
- CO18: Meaning and definition of leadership.
- CO19: Qualities of good leader in Physical Education.
- CO20: Different types of leadership.
- CO21: Principles of leadership activities.

Semester	II
Title of Course	Management of Physical Education and Sports
Paper Code	DSC1BP (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

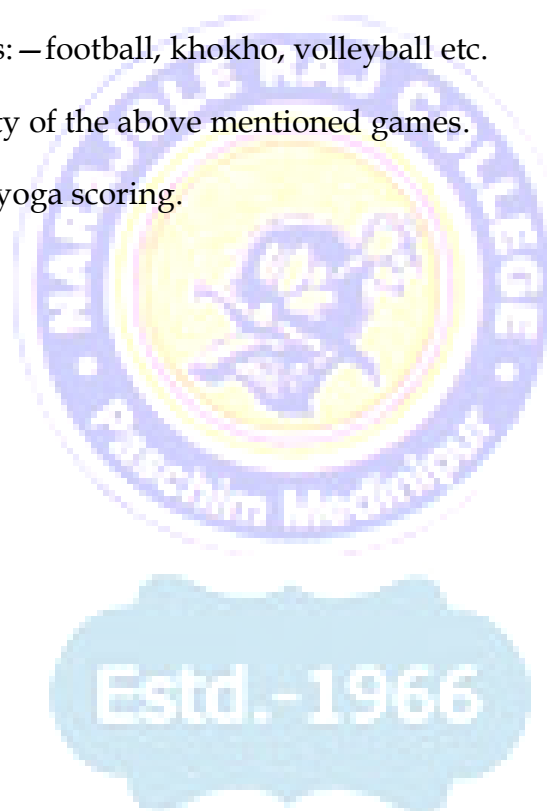
CO1: Layout knowledge of track and field events.

CO2: Officiating ability of track and field.

CO3: Ability of games: – football, khokho, volleyball etc.

CO4: Officiating ability of the above mentioned games.

CO5: Gymnastic and yoga scoring.



Semester	III
Title of Course	Anatomy, Physiology and Exercise Physiology
Paper Code	DSC1CT (Theory)
Credits	04
Hours	04 hours/week

Students pursuing this course will develop an idea about-

- CO1: Meaning of anatomy, physiology and exercise physiology.
- CO2: Definition of and anatomy, physiology and exercise physiology.
- CO3: Importance of Human anatomy, physiology and exercise physiology.
- CO4: Cell structure and function.
- CO5: Types of tissues.
- CO6: Functions of tissues.
- CO7: Skeletal system.
- CO8: Structure of skeletal system.
- CO9: Classification and location of bones and joints.
- CO10: Anatomical differences between male and female.
- CO11: Types of muscular system.
- CO12: Functions of muscular system.
- CO13: Location of muscular system.
- CO14: Types of muscular contraction.
- CO15: Effect and affect of exercise and training on muscular system.
- CO16: Circulatory system.
- CO17: Compositions and functions of blood.
- CO18: Structure and function of heart.
- CO19: Mechanism of blood circulation through heart and different blood vessels.
- CO20: Blood pressure, athletic heart and bradycardia.

CO21: Effect of exercise and training on circulatory system.

CO22: Structure of Respiratory organs.

CO23: Functions of Respiratory organs.

CO24: Mechanism of Respiration.

CO25: Vital Capacity.

CO26: Oxygen Debt.

CO27: Second Wind.

CO28: Effect of Exercise on Respiratory system.

CO29: Effect of Training on Respiratory System.



Semester	III
Title of Course	Anatomy, Physiology and Exercise Physiology
Paper Code	DSC1CP (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: BMI.

CO2: Assessment of BMI and WHI.

CO3: How to measure blood pressure.

CO4: Affects of fluctuating blood pressure.

CO5: Vital capacity.

CO6: Respiratory rate.

CO7: Heart rate.

CO8: Limb length.

CO9: PEI and Pick flow Rate.



Semester	III
Title of Course	Indian Games and Racket Sports
Paper Code	SEC1P (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Fundamental skills in kabadi.

CO2: Detailed techniques of playing Kabadi.

CO3: layout activities.

CO4: Game practice.

CO5: Strategies of playing Kabadi.

CO6: Various formations of kabadi.

CO7: Rules and their interpretation.

CO8: Duties of Officials.



Semester	IV
Title of Course	Health Education, Physical Fitness and Wellness
Paper Code	DSC1DT (Theory)
Credits	04
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Definition of Health.

CO2: Concept of Health.

CO3: Dimension of Health.

CO4: Definition of Health education.

CO5: Aims of Health education.

CO6: Objectives of Health Education.

CO7: Principles of Health Education.

CO8: Different Health Agencies.

CO9: Activities of health Agencies.

CO10: WHO.

CO11: UNICEF.

CO12: UNESCO.

CO13: School Health programme.

CO14: Health Service.

CO15: Different Health Institutions.

CO16: Health supervision.

CO17: Health Appraisal.

CO18: Health Record.

CO19: Personal Hygiene.

CO20: overview on Communicable diseases.

CO21: overview on Non communicable diseases.

CO22: Nutrition.

CO23: Nutrients required for daily living.

CO24: Preparation and principles of balance diet.

CO25: Protein.

CO26: importance of protein.

CO27: Vitamins and Minerals.

CO28: Postural deformities.

CO29: Meaning of Physical fitness.

CO30: Definition of physical fitness.

CO31: Importance of physical fitness.

CO32: Components of physical fitness.

CO33: health and performance related physical fitness.

CO34: Concept of Wellness.

CO35: Relation between physical activities and wellness.

CO36: Ageing- Physical activities and its importance.

CO37: Meaning of First-Aid.

CO38: Definition of First-Aid.

CO39: Golden Rules of First Aid.

CO40: Concept of Sports Injuries.

CO41: Management of Sports Injuries.

CO42: physiotherapy .

CO43: Basic concept of Physiotherapy.

CO44: Types of physiotherapy.

CO45: Principles of Physiotherapy.

CO46: Massage Therapy.

Semester	IV
Title of Course	Health Education, Physical Fitness and Wellness
Paper Code	DSC1DP (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: First Aid related to different kinds of bandages.

CO2: Hydro-therapy.

CO3: Thermo-therapy.

CO4: Cryo-therapy.



Semester	IV
Title of Course	Ball Games
Paper Code	SEC2P (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Fundamental skills in kabadi.

CO2: Detailed techniques of playing Kabadi.

CO3: layout Marking.

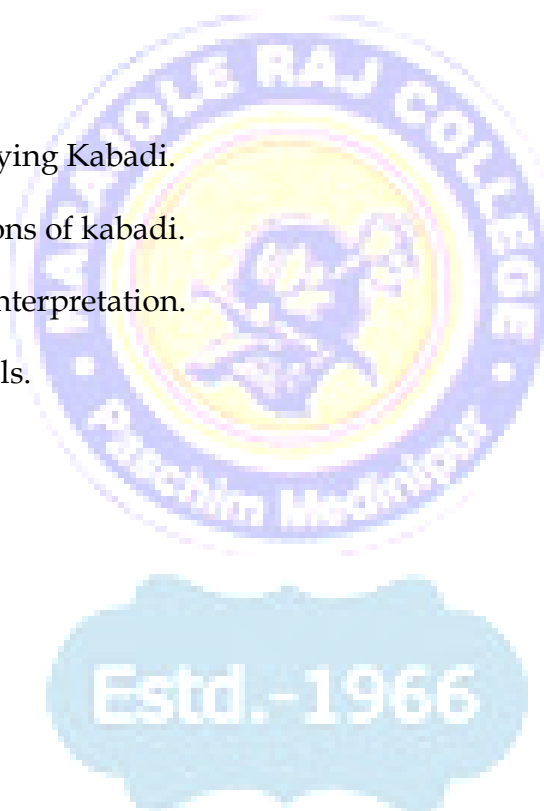
CO4: Game practice.

CO5: Strategies of playing Kabadi.

CO6: various formations of kabadi.

CO7: rules and their interpretation.

CO8: Duties of Officials.



Semester	V
Title of Course	Tests, Measurements and Evaluation in Physical Education
Paper Code	DSE1AT (Theory)
Credits	04
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Concept of test.

CO2: Measure of test.

CO3: Evaluation of test.

CO4: Criteria of good test.

CO5: Principles of evaluation.

CO6: importance of test measurement and evaluation in physical education and sports.

CO7: BMI.

CO8: Concept and Methods of Measurements.

CO9: Body fat.

CO10: Concept and Method of measurement.

CO11: LBM.

CO12: Concept and Method of Measurement of LBM.

CO13: Somatotype.

CO14: Concept of Somatotype.

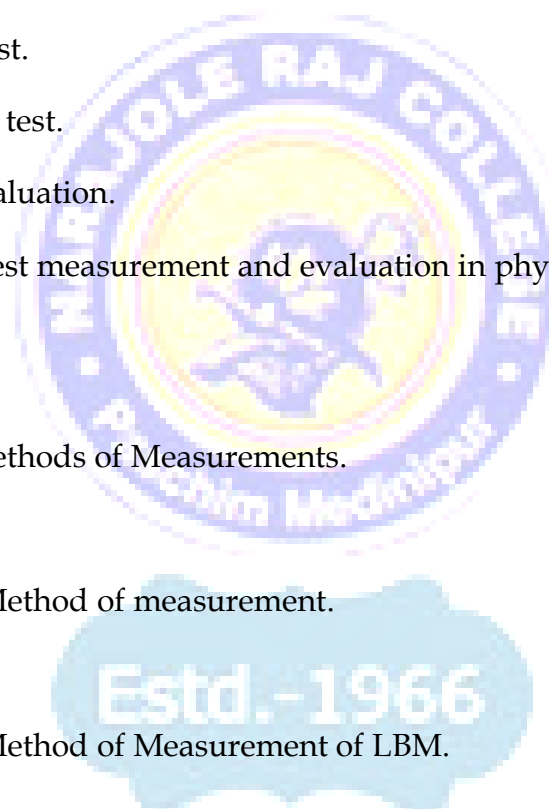
CO15: Measurement Somatotype.

CO16: krausweber.

CO17: Muscular strength test.

CO18: AAHPER youth fitness test.

CO19: Queens College Step test.



CO20: Lockhart and Mcpherson Badminton skill test.

CO21: Johnson basketball test Battery.

CO22: McDonald Soccer test.

CO23: Brady volleyball test.



Semester	V
Title of Course	Tests, Measurements and Evaluation in Physical Education
Paper Code	DSE1AP (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: The Assessment of somatotype.

CO2: Assessment of body fat percentage.

CO3: Assessment of AAHPER youth fitness test and Harvard Step Test.



Semester	V
Title of Course	Gymnastics and Yoga
Paper Code	SEC3P (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Various Type of Gymnastic skill.

CO2: Body movements.

CO3: rules and regulations of gymnastic.

CO4: Importance of gymnastics in our day to day life.

CO5: Proper attire of gymnastics.

CO6: Equipment of gymnastics.

CO7: Gymnastic as a part of Concetration.

CO8: Importance of Yoga.

CO9: Yoga as a part of day to day life.

CO10: Yoga and its origin.

CO11: Importance of Pranayamas.

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Semester	VI
Title of Course	Sports Training
Paper Code	DSE1BT (Theory)
Credits	04
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Meaning and definition of sports training.

CO2: Aim of Sports training.

CO3: Characteristics of sports Training.

CO4: Principal of Sports training.

CO5: Warming up.

CO6: meaning of warming up.

CO7: Types of Warming up.

CO8: Methods.

CO9: Cooling down.

CO10: Meaning of Cooling down.

CO11: methods of cooling Down.

CO12: Conditioning.

CO13: Concept og Conditioning.

CO14: Principles of Conditioning.

CO15: Training Methods.

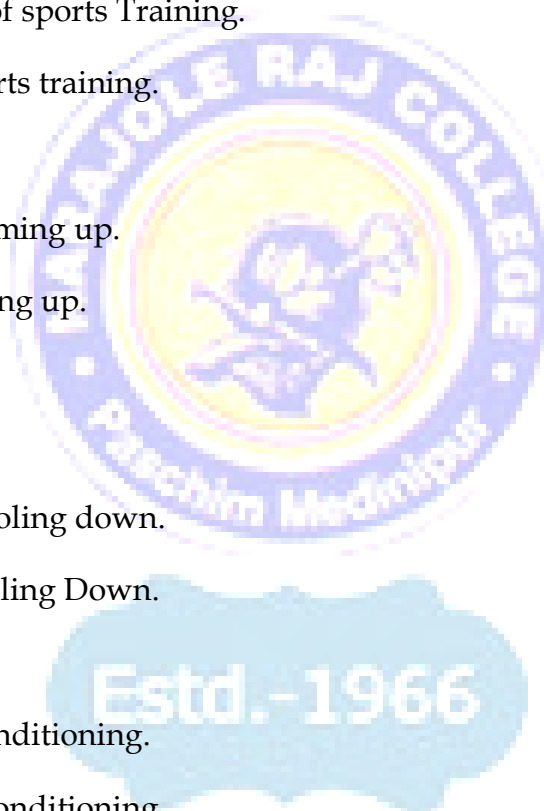
CO16: Circuit Training.

CO17: Interval Training.

CO18: Weight Training.

CO19: Periodisation.

CO20: Meaning of periodisation.



- CO21: Types of periodisation.
- CO22: Aims of periodisation.
- CO23: Training Load.
- CO24: Meaning of Training Load.
- CO25: definition of Training Load.
- CO26: Type of Training Load.
- CO27: Factors of Training Load.
- CO28: Components of Training Load.
- CO29: Overload.
- CO30: meaning of Overload.
- CO31: causes of Overload.
- CO32: symptoms of overload.
- CO33: Tackling of overload.
- CO34: Adaptation.
- CO35: Meaning of Adaptation.
- CO36: Conditions of Adaptation.
- CO37: Strength.
- CO38: Means of strength.
- CO39: Types of Strength.
- CO40: Methods of Strength development.
- CO41: Speed.
- CO42: Meaning of Speed.
- CO43: Types of speed.
- CO44: Methods of Speed development.
- CO45: Flexibility.



CO46: Meaning of Flexibility.

CO47: Types of Flexibility.

CO48: Methods of Flexibility.



Semester	VI
Title of Course	Track and Field
Paper Code	SEC4P (Lab)
Credits	02
Hours	04 hours/week

Students pursuing this course will develop an idea about-

CO1: Track event.

CO2: Various starting technique of the track event.

CO3: Acceleration with proper running technique.

CO4: various finishing techniques.

CO5: Relay race starting, baton carrying.

CO6: baton Exchange in between zones and finishing.

CO7: Jumping Approach run.

CO8: Take-off.

CO9: Flight in the air and landing.

CO10: Various techniques of Jumping.

CO11: Throwing.

CO12: Holding.

CO13: Placement.

CO14: Initial Stance.

CO15: Glide.

CO16: Delivery Stance and Recovery.

CO17: various Technique of Throwing.