

Pansare Mahavidyalaya, Arjapur

Department of Physical Education



Programme Outcome

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 physical 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, Principle of Physical Education, Basic Anatomy, Physiology and First Aid, Fitness, wellness and Diet, Organization and Management in Physical Education, Test Measurement and Psychology in Physical Education, etc. which are aimed to give detailed knowledge and skills to the students.

BA FY--I Semester-- History of Physical Education

1. The course aims to compare the relationship between general education and physical education.
2. It helps to identify and relate with the foundation and history of Physical Education.
3. It enables the students to know recent developments of the subject.
4. It intends to analyze the concepts and issues pertaining to Physical Education and formulate the principles, philosophy and concepts about Physical Education.

BA FY--II Semester--Principal of Physical Education

1. Understand & differentiate the concept of Principles of physical education.
2. Choose the physical education as a remedial tool to inculcate values and ethics.
3. Get acquainted with historical development and its impact on nature of physical education in India and abroad
4. Acquaint with historical perspective as an influence on physical education, Abroad and in India.
5. Identify the students with different Issues, challenges and opportunities in Physical education & sports aided knowledge and skills to the students.

BA SY--III Semester-- Basic Anatomy, Physiology and First Aid



1. Describe the Anatomy, Physiology and structure of Cells.
2. Explain the structure of Joints and Muscular System
3. Illustrate the basic knowledge about Anatomy, Physiology of Circulatory and Digestive Systems of human body.
4. Explain the Anatomy, Physiology of Respiratory and Excretory Systems of human body and Identify name and locations of bones, muscles and organs of various systems of human body.
5. The understanding of "First aid" along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.

BA SY--IV Semester—Fitness and Diet

1. Define the concept of physical activity, exercise, fitness, and wellness.
2. Understand the dimensions of wellness and strategies to improve them.
3. Differentiate the concept of overweight, obesity and their management.
4. Understand the importance of diet and implement a balanced diet in own life to stay healthy.

BA TY--V Semester-- Organization and Management in Physical Education

1. Understand the concept of organization and Management.
2. Know the office management, record and register maintenance along with budget preparation and know the facilities and time management.
3. Prepare and execute the intramural program for their school and college.
4. Know the methods in organizing competition, know various tournaments and schemes.

BA TY--VI Semester-- Test, Measurement and Psychology in Physical Education

1. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyze the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

Principal
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