



## **PREM CHAND MARKANDA COLLEGE FOR WOMEN, JALANDHAR CITY**

Re-accredited 'A+' grade (2<sup>nd</sup> Cycle) by NAAC Bangalore

A unique prestigious Post Graduate Institution of Northern India

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### **COURSE OUTCOME**

**DEPARTMENT- Physical Education**

**Name of the class- B.A**

**Semester- 1<sup>st</sup>**

**Course/Paper name- Physical Education (Theory & Practical)**

<b>CO.1</b>	<b>Student able to gain knowledge regarding concept of Physical education.</b>
<b>CO.2</b>	<b>Student able to gain knowledge about Biological Principles and Body types.</b>
<b>CO.3</b>	<b>It helps to understand the development of physical education and sports in India.</b>
<b>CO.4</b>	<b>Provide knowledge about Olympics, Commonwealth and Asian games.</b>
<b>CO.5</b>	<b>Provide theoretical as well as Practical knowledge regarding games and sports.</b>

**Name of the class- B.A**

**Semester- 2<sup>nd</sup>**

**Course/Paper name- Physical Education (Theory & Practical)**

<b>CO.1</b>	<b>Give knowledge regarding various organs and system of human body. Like- Cell, Skeletal system, Muscular system</b>
<b>CO.2</b>	<b>Students able to learn about the Nutrition and Balance diet.</b>
<b>CO.3</b>	<b>It helps to aware students regarding Health education.</b>
<b>CO.4</b>	<b>Provide knowledge regarding Diseases, sports injuries and their preventions or treatments.</b>
<b>CO.5</b>	<b>Provide theoretical as well as Practical knowledge regarding games and sports.</b>

**Name of the class- B.A**

**Semester- 3<sup>rd</sup>**

**Course/Paper name- Physical Education (Theory & Practical)**

<b>CO.1</b>	<b>Students able to gain knowledge regarding Learning and Motivation.</b>
<b>CO.2</b>	<b>It provides the knowledge about Psychology and Psychological factors.</b>
<b>CO.3</b>	<b>Student able to know about the Growth and development different stages.</b>
<b>CO.4</b>	<b>It gives the knowledge about Sports and economy and socialization.</b>
<b>CO.5</b>	<b>Provides theoretical as well as Practical knowledge regarding games and sports.</b>

**Name of the class- B.A**

**Semester- 4<sup>th</sup>**

**Course/Paper name- Physical Education (Theory & Practical)**

<b>CO.1</b>	<b>Student able to learn Yoga and practice Asans.</b>
<b>CO.2</b>	<b>Provide knowledge regarding effects of yoga on various systems of body.</b>
<b>CO.3</b>	<b>Give knowledge regarding various organs and system of human body.</b>
<b>CO.4</b>	<b>Provide knowledge regarding effects of Exercises on systems of body.</b>
<b>CO.5</b>	<b>Provide theoretical as well as Practical knowledge regarding games and sports.</b>

**Name of the class- B.A**

**Semester- 5<sup>th</sup>**

**Course/Paper name- Physical Education (Theory & Practical)**

<b>CO.1</b>	<b>Students able to gain knowledge regarding the term Recreation.</b>
<b>CO.2</b>	<b>Provide knowledge regarding Sports awards.</b>
<b>CO.3</b>	<b>It helps to students to understand the concept of weight management and obesity.</b>
<b>CO.4</b>	<b>Student able to understand the concept of Sports training.</b>
<b>CO.5</b>	<b>Provide theoretical as well as Practical knowledge regarding games and sports.</b>

**Name of the class- B.A**

**Semester- 6<sup>th</sup>**

**Course/Paper name- Physical Education (Theory & Practical)**

<b>CO.1</b>	<b>Student able to gain knowledge about common sports injuries their cause and management.</b>
<b>CO.2</b>	<b>Provide knowledge about tournaments.</b>
<b>CO.3</b>	<b>It gives information regarding sports competitions and organizing sports meets.</b>
<b>CO.4</b>	<b>Provide knowledge regarding sports biomechanics and kinesiology.</b>
<b>CO.5</b>	<b>Provide theoretical as well as Practical knowledge regarding games and sports.</b>