PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN, JALANDHAR CITY

Re-accredited 'A+' grade (2nd Cycle) by NAAC Bangalore

A unique prestigious Post Graduate Institution of Northern India

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COURSE PLAN: 2023-24

DEPARTMENT OF PHYSICAL EDUCATION

Department of Physical Education was established in the year 1974 and since then it's well qualified and dedicated faculty has been imparting in-depth and relevant knowledge of the subject through energetic class-room interactions and to endeavor women by inculcating scientific and skill in the different fields of physical education and sports. Physical education prepares students to participate in activities such as games and sports and also develop qualities such as leadership, team-sprit, co-operation and co-ordination, honesty, discipline, time management etc. There are large number of carrier opportunities such as coaching, teaching, professional player and other jobs through sports quota.

Courses Offered: B.A

Bachelor of Arts

Program Outcomes

- Develop a comprehensive understanding of the principles, theories, and practices of physical education and sports science.
- Acquire skills in a variety of physical activities, games, and sports to promote health, fitness, and performance.
- Demonstrate the ability to design and implement health and wellness programs for individuals and communities.
- Exhibit leadership qualities and teamwork skills essential for organizing sports events, managing teams, and guiding individuals.
- Learn techniques for preventing, managing, and rehabilitating sports injuries effectively.

- Prepare for careers in teaching, coaching, sports management, fitness training, or further studies in related fields.
- Promote active lifestyles through community outreach programs and encourage participation in physical activities.

ODD SEMESTER

Bachelor of Arts

Session- 2023-2024

Semester- 1st

Faculty Name- Ms. Manpreet Kaur

Subject- PHYSICAL EDUCATION

Course outcome

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

Bachelor of Arts

Semester-3rd

Faculty Name- Mrs.Harvinder Kaur

Subject- Physical Education

Course outcome

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

Bachelor of Arts

Semester-5th

Faculty Name- Ms. Manpreet Kaur

Subject- Physical Education

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

BBF

Semester-3rd

Faculty Name- Ms. Manpreet Kaur

Subject- Health, Fitness and Wellness

CO.1	Students able to gain knowledge regarding the term Health ,Fitness and Wellness.
CO.2	Provide knowledge Healthy Lifestyle and its impact.

CO.3	It helps to students to understand the concept of weight management and obesity.
CO.4	Student able to understand the concept of Nutrition.
CO.5	Provide theoretical as well as Practical knowledge regarding different Fitness activities.

EVEN SEMESTER

Bachelor of Arts

Session- 2023-2024

Semester- 2nd

Faculty Name- Ms. Manpreet Kaur

Subject- PHYSICAL EDUCATION

Course outcome

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

Bachelor of Arts

Semester-4th

Faculty Name- Ms. Manpreet Kaur

Subject- Physical Education

Course outcome

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

Bachelor of Arts

Semester-6th

Faculty Name- Mrs. Harvinder Kaur

Subject- Physical Education

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