



Dharmabad shikshan sanstha's

**Lal Bahadur Shastri Mahavidyalaya, Dharmabad**

**Subject : Physical Education**

**Academic Year : 2018 - 2019**

**Proforma for program and course outcome ( 2.6.1 )**

**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A First Year Semester - I**

**Course Code. : Paper - I**

**Paper Title : History of Physical Education**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Physical Education in Ancient Greece	Rome	It shows the history of Physical education dated back in Ancient Greece
	Ancient Physical Education in India	Vedic Period, Ramanayam and Mahabharat Period, Boudha Period, Maratha Period, British Period, Akhadas and Vyamshala, Decan Gymkhana, Hanuman Vyayam Prasarak Mandal, Amravati	It shows the history of Physical education dated back in Vedic period till date
2	Olympic Movement Histoircal Development	Ancient Olyampic Games, Modern Olyampic Games, Historical Development of Asian Games, South Asian Federation games, Common-Wealth games, Afro-Asian Games.	Detailed inforamtion of history and development of sports such as in ancient Olyampics games to common welath games.
3	State Awards in Games and Sports	Maharashtra Jeevan Gaurav Award, Shiv Chatrapati Krida Puraskar Best State Level Coach Award, District Award (Best Player, Best Worker, Best Coach)	The basic knowledge of sports awards in India

**Specific Course Outcome:** In this Course the student studies the History of Physical Education from Ancient to Modern Period. The Course inspire the student to collect and read historical books related to Physical Education.

**Signature of Teacher - sd/-**



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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A First Year Semester - I**

**Course Code. : Paper - II**

**Paper Title : Practical**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Practical Project	Grip Dynamometer – Measurement of Static Energy, Weight and Height Measurement – Body Type and Structures	Information about Person's Weight Measurement
2	Track and Field Events (Only Techniques)	Running Events - 100m / 800 m (For Men) 100 m run / 3000 m walk (For Women)	Skills and Technique in Running
3	Optional Games	Indian Game – Kabaddi, Atya-Patya (Fundamental Skills, Knowledge of Rules and Regulations)	Knowledge of Kabaddi and Atya Patya and their rules.
4	Record Book	All Practical events related – Brief History, Various Diagrams, Name of Different fundamental skill in the team events and Athletics events, Officials	Student will get to know about the brief history, various diagrams and fundamental skills of the given games.

**Specific Course Outcome:**

The student practically learn how to measure the height, weight. He also acquires the skill of sprint running. The student participates in sports and games and acquires skill and knowledge of it.

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*Proforma for program and course outcome ( 2.6.1 )*

Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed  
Department : Physical Education  
Program : B A First Year Semester - II  
Course Code. : Paper - III  
Paper Title : Principal of Physical Education

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Definition, Aims, Objectives Need, Importance, Scope of Physical Education	Definition, Aims, Objectives Need, Importance, Scope of Physical Education	Aim, Objectives, Philosophy and Classification of Physical Education.
2	Philosophies of Education are applied to physical education	Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism.	Factors affecting the Biological basis of physical education.
3	A) Biological basis of Physical Education	Principles Governing growth and exercise, Exercise and well being, Differences in male and female, Chronological, Anatomical, Mental and Physiological age of Individual, Benefits of exercise under load, normal load, overload training principles.	Psychological factors, mental health in sports, meaning and importance of play in life and theories of play.
	B) Psychological basis of Physical Education	Meaning and important of play, Theories of play, General Principles of growth and development, Principles of minor skill acquisition and transfer of training effect.	Cultural heritage of mankind due to sports, roles of sports in society.

**Specific Course Outcome:** The student studies biological psychological and sociological basis of Physical Education. He also come across games and sports as cultural heritage of mankind and acquires knowledge about it.

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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A First Year Semester - II**

**Course Code. : Paper - IV**

**Paper Title : Practical**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Books of rules of games and sports	Books of rules of games and sports	Information about person's height measurement.
2	Track Marking	Track Marking	Basic Skills and Technique in throwing events such as short put
3	Play Ground Measuremetns Manual	Play Ground Measuremetns Manual	Basic Techniques and Skills in jumping
4	International Encyclopedia of Sports and Games	International Encyclopedia of Sports and Games	Fundamental Skills and knowledge of rules in table tennis and gymnastics

**Specific Course Outcome:** The student practically learn the skills of Jumping and Throwing events and acquires skill and knowledge of it.

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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A Second Year Semester - III**

**Course Code. : CCPHY-EDU-1 : Paper - V**

**Paper Title : Basic Anatomy, Physiology and First Aid**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Anatomy	Cell- Structure of cell, Types and its functions, Tissue – Types and functions of various Tissues	To know the basic concept of Anatomy, Physiology and First Aid
2	Structure and Functions of following system	Skeletal system, Muscular System, Digestive systems, Nervous system, Respiratory System, Circulatory System, Endocrine Systems and Reproductive System.	To know about the benefits of first aid in sports
3	Effects of Exercise on	Muscular System, Endocrine Systems, Circulatory System, Respiratory Systems	To know structure, function and effects of exercise
4	First Aid	Definition and importance of First Aid, Basic Principles of First Aid. Injury – Its Types of Their Prevention Common Injuries and their First Aid.	To know the knowledge of First Aid and Basic Principles of First Aid.

**Specific Course Outcome:** Here the student learn the identification and functioning of Human organs. He practically acquires the skill and knowledge of First Aid which is helpful for himself and for society.

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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A Second Year Semester - III**

**Course Code. : CCPHY-EDU-II : Paper - VI**

**Paper Title : Practical**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Practical Project	Pulse Rate Measurement (Before and After Playing)	Information about student's pulse measurement
2	Track and Field Event	Relay (4*100/4*400) Men and Women	Skills and technique in Track and field events such as relay
3	Optional Games	Any one Indian Games in Kho-Kho, Yoga/Weight lifting	Knowledge of optional games such as Kho-Kho, Yoga or Weightlifting
4	Indian Exercise	Dand Baithak (Men), Bent Knee Sit-ups (Women)	Detailed information about Dand Baithak
5	Record Book	Attendance of practical periods, Oral (General Sports Knowledge, Discipline/Behaviour)	Students will get to know about the brief history, diagrams, and skills of the above games.

**Specific Course Outcome:** The student practically learn how to measure pulse rate. He also acquires knowledge skills of sports such as Kho-Kho.

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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A Second Year Semester – IV**

**Course Code. : CCPHY-EDU-I :Paper – VII**

**Paper Title : Fitness and Diet**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Fitness	Definition and concept of fitness, Need and Important of Fitness, Physical, Mental, Social Fitness	To Know the importance of Health, Fitness and Nutrition for Healthy Lifestyle of Students and Teachers
2	Body Posture	Posture – Definition, Meaning, Concept, need and Important, It's Significant and Benefits, Types of Posture Postural deformities (Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow Leg, Flat Foot) Causes and remedies of Postural Deformities	To Know about the benefits of Health, Fitness and Nutrition.
3	Diet	Definition, Need and Important of diet for Health Components of Balance diet	To know Need and Important of diet for Health Components of Balance diet
4	Nutrition	Concept of Nutrition, Dietary aids, Calorie intake and Expenditure, Energy balance, Eating disorder	To know Nutrition, Dietary aids, Calorie intake and Expenditure, Energy balance, Eating disorder

**Specific Course Outcome:** This course teach significance and need of fitness in human life. The student also learns importance of diet and efforts to apply it in his own social life.

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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A Second Year Semester – IV**

**Course Code. : CCPHY-EDU-II : Paper – VIII**

**Paper Title : Practical**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Practical Project	Blood Pressure (Measure Low and High B.P.)	Information about Student's Blood Pressure
2	Track and Field's Event	Throwing Event – Discus Throw (Holding, Styles, Delivery and Recovery) Jumping Event – Triple Jump (Hop-Step-Jump) (Approach Run Take-off, Air Position, Landing)	Skills and Technique in Track and Field events such as throwing events (Holding, Styles, Delivery) and Jumping events (Hop-Step-Jump)
3	Option Game	Cricket, Judo (Fundamental Skills, Knowledge of Rules and Regulation)	Knowledge of optional games such as Cricket and Judo
4	Record Book	All Practical events related – Introduction, Historical development, grounds measurement, rules and regulation and records.	Students will get to know about the brief history, diagrams and skills of the above games.

**Specific Course Outcome:** The student practically learn how to measure Blood pressure. He also acquires knowledge skills of Sports – Cricket, Yoga and Athletics event – Discus Throw, Triple Jump

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Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed  
Department : Physical Education  
Program : B A Third Year Semester – V  
Course Code. : DSE IX : Paper – IX  
Paper Title : Organization and Management in Physical Education

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Scope and Need and Importance of Organization	Scope and Need and Importance of Organization, Principle of organization, Skills organization	To know the basic skills and principle of organization.
2	Needs and importance of Tournament	Needs and importance of Tournament, Types of Tournament (Knock-out System, League System, Combination System, Challenge System), Care and Maintenance of Play field and equipments	To know about importance, types of tournaments and equipment's.
3	Definition, Scope, Needs and importance of Management in Physical Education	Definition, Scope, Needs and importance of Management in Physical Education, Principles of Management, Qualification and Qualities of the goods manager, Gym Management, Management of different level tournament	To know the definition, scope needs and importance of management in physical education, principles and qualification of the management.
4	Function and Importance of Financial Management	Function and Importance of Financial Management, Budget, Criteria of budget, Types of budget, Public Relation, Principles, Needs and importance, methods of public relation., Sponsorship	To know the function and importance of financial management and types of budgets.

**Specific Course Outcome:** The student studies basic principles of organization and management and acquires skill and knowledge of it. He also learns how to plan the budget for tournaments or event.

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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A Third Year Semester – V**

**Course Code. : SEC III :SKILL ENHANCEMENT COURSE**

**Paper Title : Yogic Therapies and Sports Physiotherapy**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Yoga for Diabetic Patients	Yoga for Diabetic Patients, Yoga for Hyper and Hypotension, Yoga for Obesity	To know about Yoga in Diabetic Patients, Hyper and Hypotension and Obesity.
2	Yoga for Pain Management	Yoga for Pain Management, Yoga for Postural Deformities, Yoga for Cardiac Patients, Yoga for Kids and Children's	To Know about Yoga for Paid Management Postural Deformities, Cardiac Patients and for kids and children.
3	Basics of Sports Physiotherapy	Basics of Sports Physiotherapy, Needs of Sports Physiotherapy, Types of Physiotherapy, Physiotherapy for disable person	Basics knowledge and needs of sports in physiotherapy and physiotherapy in disabled person.
4	Rehabilitation and Physiotherapy	Rehabilitation and Physiotherapy, Physiotherapy for Injured Athletes, Physiotherapy for Muscle Release	To know about rehabilitation and Physiotherapy for inured athletes and for muscle release.

**Specific Course Outcome: To know about Yoga helpful for hyper and hypotension, rehabilitation of individual and players.**

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**Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed**

**Department : Physical Education**

**Program : B A Third Year Semester – V**

**Course Code. : GE II : Paper – X**

**Paper Title : Practical**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Practical Project	Fat Percentage, BMI, WHR	Information about student's fat percentage.
2	Track & Field event	Javeline throw	Skills and technique in Track and Field event in Javeline throw.
3	Cardio Vascular Endurance	12/9M, Run & Walk – Men/Women	Knowledge of Cardiovascular Endurance and their rules.
4	Optional Games	Wrestling, Badminton (Knowledge about Historical Development, Grounds Measurements, Rules and Regulations, Awards, Records)	Knowledge about wrestling
5	Oral	Related to all practical events (Knowledge about Historical development, ground measurements, rules and regulation, Awards, Records)	Student will get to know about the brief history, various diagrams and fundamental skills of the given games.

**Specific Course Outcome:** The student practically acquire the skills and knowledge of different test fat percentage, cardiovascular endurance skills and knowledge to Javalin Throw, Wrestling & Badminton.

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Name of Teacher : Prof. Ahmed Abdul Majid Abdul Rasheed  
Department : Physical Education  
Program : B A Third Year Semester – VI  
Course Code. : DSE XI : Paper – XI  
Paper Title : Test Measurement and Psychology in Physical Education and Sports

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Definition of Test and Measurement	Definition of Test and Measurement, Needs and Importance of Test and Measurement, Principles of Test and Measurement.	To know the definition, needs and importance of test measurement.
2	Construction and Classification of Test	Construction and Classification of Test, Criteria of Good Test, Test of Physical Fitness (JCR, Hardward Stop Test, Sargent Test, AAHPERD Youth Physical Fitness Test)	Classificaition and Test of Physical Fitness.
3	Definition, Nature and Scope of Sports Psychology	Definition, Nature and Scope of Sports Psychology, Learning Process – Theories Laws of Learning, personality – Meaning, Dimensions & Personality of sports-man	To know the nature and scope of sports psychology and learning process.
4	Affecting Factors in Growth and Development- Heredity and Environment	Affecting Factors in Growth and Development- Heredity and Environment, Relationship between Sports Psychology and Performance of players	Factors affecting in growth and development and relationship between Sports psychology and performance of players.

**Specific Course Outcome:** To know the test and measurement physical fitness nature and scope of sports psychology and learning process. Development and relationship between sports psychology and performance of players.

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**Department : Physical Education**

**Program : B A Third Year Semester – VI**

**Course Code. : SEC-IV : SKILL ENHANCEMENT COURSE**

**Paper Title : Officiating and Coaching**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Officiating	Officiating in Kabbadi, Officiating in Kho-Kho, Officiating in Volley Ball, Officiating in Cricket, Officiating in Track and Field	To know about the knowledge in track and field various games.
2	Ground Management	Ground Management in Kabbadi, Ground Management in Kho-kho, Ground Management in Volley Ball, Ground Management in Cricket	Duties of Official Personal before, during and after sports
3	Coaching of Basic Skills	Coaching of Basic Skills in Kabaddi, Coaching of Basic Skills in Kho-kho, Coaching of Basic Skills in Volley Ball, Coaching of Basic Skills in Cricket.	Knowledge of Measurements of grounds.
4	Coaching for	Coaching for Conditioning Exercise, Coaching for General Physical Fitness, Coaching for Motor Fitness, Coaching for Kids and Children's	Basic Coaching skills of sports

**Specific Course Outcome:** To learn the knowledge in Track and Field, Athletics various games. Duties of official measurement of grounds, Basic coaching skills of games and sports.

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**Department : Physical Education**

**Program : B A Third Year Semester – VI**

**Course Code. : GE XII : Paper – XII**

**Paper Title : Physical Education Practical**

Unit Number	Unit Name	Topics	Unit – Wise Outcome
1	Practical Project	Flexibility measures (Sit & Reach or Bend and Reach), Arm Strength (Grip Dynamometer)	Information about student's flexibility measurement.
2	Track & Field event :	High Jump	Skills and technique in high jump
3	Aerobics Activities	Aerobics Activities (Men / Women)	Knowledge of Aerobics activities and their rules
4	Optional Games : One Foreign Game	Volley Ball, Hand Ball	Fundamental Skills and Techniques about volleyball and hand ball
5	Oral	Related to all practical events (Historical development, ground measurements, Rules and Regulation, Records and Awards)	Student will get to know about the brief history, various diagrams and fundamental skills of the given games

**Specific Course Outcome:** The students practically acquire the skills and knowledge of Sit ups, High Jump, Arms Strength, Flexibility. He also acquire skills and knowledge of sports such as Volley Ball, fundamental and advanced skills.

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## Lal Bahadur Shastri Mahavidyalaya, Dharmabad

### Programme Outcomes of Physical Education

1. **Positive thinking:** The student after graduation will be positive towards himself society and nation. He will act positively through this life. His positivity will inspire the youths around.
2. **Moral:** The student will identify various social value. Systems in the society, morality will be the base of this actions and decisions.
3. **Responsible Citizen:** The student will behave as responsible citizen. Recognize assigned role and response confidently.
4. **Effective communication:** The student will develop the skills of reading, writing, speaking and listening and will be capable to communicate in English. This interaction with rest of the society will be affectively.
5. **Leadership:** The student will lead the society through his active participation for social political cause. Determine code of conduct in socio political aspect of life.
6. **Administration:** Learns basic concept of administration performs as good administrator in individual and social life.
7. **Health awareness:** The students studies it and becomes aware of maintenance of body. He also fitness of health in the society.
8. **National integration:** A student of physical education learns the principle of equality. During his study as well as during his performance on play field the learn importance of unity and contributes for national integration.
9. **Life Long Skills:** During three years study of various sports and games included in the curriculum of physical education. The student learn skills such as throwing jumping running. Team events catching practically these are lifelong skills he acquires and usage it in his day today life and behave as a confident youth.