



**Shikshan Prasarak Sanstha`s**  
**Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**Vision:**

To give all students opportunities and experiences that lead to the achievement of total wellness and result in a longer and healthier life.

**Mission:**

To create awareness of the importance and benefits of physical activities in day-to-day life and encourage regular physical activities for a positive health life -style.

**Programme Outcomes (Pos)**

**After completing B. A. degree programme, students will be able to:**

<b>PO 1:</b>	Understand the disciplinary content knowledge, application of pedagogical content knowledge to teaching of physical education (Content Knowledge)
<b>PO 2:</b>	Use effective communication skills and strategies to enhance student engagement & learning.
<b>PO 3:</b>	Use appropriate technology to enhance teaching and learning and enhance personal and professional productivity (Proficiency in technology)
<b>PO 4:</b>	Identify diverse needs, plan inclusive classroom experiences and facilitate guidance and counselling programs for differently abled students (Inclusion)
<b>PO5:</b>	Foster relationships and collaboration with colleague's parent's community to support student's growth and wellbeing (Collaboration)

**Programme Specific Outcomes (PSOs)**

**After Completion of B.A. in Physical Education students will be able to:**

<b>PSO 1:</b>	Awareness – Create awareness about physical fitness and sports.
<b>PSO 2:</b>	Understand different training methods of Physical Education.
<b>PSO 3:</b>	Knowledge- Apply knowledge of physical education and sports for personality development.
<b>PSO 4:</b>	Ethics – Learn different values including hard work, respect, cooperation, teamwork etc.
<b>PSO5:</b>	Practical Knowledge – Apply the practical knowledge for different play grounds and rules of different games.

## Course Outcomes (Cos)

### B.A.I (Sem. I)

#### Course 1: Course 1: Introduction of Physical Education (I) DSE

CO 1.1	The meaning, definition, concepts of physical education.
CO 1.2	The changing concepts of physical education.
CO 1.3	Aim and Objectives of Physical Education
CO 1.4	Practical knowledge of Indian game and athletics

### B.A.I (Sem. II)

#### Course 2: Foundation of Physical Education (II) DSE

CO 2.1	Understand the body posture and its characteristics.
CO 2.2	Learn physical fitness factors and theories of Play.
CO 2.3	Practical knowledge of Ball game and Yoga.

### B.A.II (Sem. III)

#### Course 3: History of the Physical Education (III) DSC

CO 3.1	Understand the physical education in ancient period of India.
CO 3.2	Knowledge of Olympic Games.
CO 3.3	Practical Knowledge of Indian game and athletics.

### B.A.II (Sem. III)

#### Course 4: Organization and Administration in Physical Education(IV) DSC

CO 4.1	Understand organization and administration.
CO 4.2	Learn different tournaments of Shivaji University.
CO 4.2	Practical knowledge of Ball game and Yogasanas.

### B.A.II (Sem. IV)

#### Course 5: History of the Physical Education (V) DSC

CO 5.1	Understand the development of physical education in India.
CO 5.2	Learn different institutions of sports and awards.
CO 5.3	Practical knowledge of Suryanamaskara.

### B.A.II (Sem. IV)

#### Course 6: Organization and Administration in Physical Education (VI) DSC

CO 6.1	Understand methods of tournaments.
CO 6.2	Learn playground facilities and sports equipment.
CO 6.3	Practical knowledge of ground marking.

**B.A.III (Sem. V)****Course 7: Health Education (VII) DSC**

<b>CO 7.1</b>	The Meaning, definitions, Nature and scope of Health Education.
<b>CO 7.2</b>	Personal Health, and Factors influencing on Health.
<b>CO 7.3</b>	Social Health, Communicable diseases Causes & Prevention (HIV / AIDS, Malaria, Dengue, Chikungunya, Swine Flu, Corona etc.)
<b>CO 7.4</b>	Health of the Community, Health problems in family, Community, School and Colleges.

**B.A.III (Sem. V)****Course 8: Recreation in Physical Education (VIII) DSE**

<b>CO 8.1</b>	Concept, Definitions, Nature and function of Rhythm.
<b>CO 8.2</b>	Need & Importance of Rhythmic exercise.
<b>CO 8.3</b>	Meaning, Definitions, Concept of Recreation, Aim & Objectives of recreation
<b>CO 8.4</b>	Recent trends in recreation Hiking, Trekking, Sports camps and Competitions, Aerobics and Zumba

**B.A.III (Sem. V)****Course 9: Yoga (IX) DSC**

<b>CO 9.1</b>	Aim, Objectives and Scope of Yoga in Human Life
<b>CO 9.2</b>	Yoga and Physical Health: Promotive, Preventive and Curative aspects Of Physical Health
<b>CO 9.3</b>	Yoga and Mental Health: Nature of problems, Promotive, Preventive and Curative aspects of mental health through Yogic practices.

**B.A.III (Sem. V)****Course 10: Anatomy And Physiology (X) DES-E-230**

<b>CO 10.1</b>	Introduction OF Anatomy, Physiology and Physiology of exercises
<b>CO 10.2</b>	The cell and its parts
<b>CO 10.3</b>	Structure, classification and Functions OF Skeletal System, Muscular System, Respiratory System.

**B.A.III (Sem. V)****Course 11: Dietetics And Nutrition (XI) DSE**

CO 11.1	Need & importance Diet components Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water.
CO 11.2	Meaning, Definition and sources Of Balance Diet.
CO 11.3	Malnutrition
CO 11.4	Causes, sign and symptoms OF Underweight and Obesity.

**B.A.III (Sem.VI)****Course 12: Health Education Program (XII) DSC**

CO 12.1	Health Program and Importance of exercises in health and fitness. Drugs, Alcohol and Tobacco-Adverse effect on performance.
CO 12.2	Need Importance and Scope of Population Education, Role of Health education in population education.
CO 12.3	Aims & Objectives program and projects World Health Organization, WHO in india and HIV / AIDS - causes, symptoms and prevention.

**B.A.III (Sem.VI)****Course 13: Research In Physical Education (XIII) DSE**

CO 13.1	Concept, Meaning and Definition of Research.
CO 13.2	Types of research
CO 13.3	Research Process, Stages in research process.

**B.A.III (Sem.VI)****Course 14: Yoga And Health (XIV)**

CO 14.1	Relationship of Yoga with Emotional Health and Structure of Human body and yogasanas.
CO 14.2	Effect of yogic exercises on respiratory and nervous system.
CO 14.3	Psychophysical basis of promoting sports career and Contribution of yogic practices for the development of Sports performances.


**B.A.III (Sem.VI)****Course 15: Anatomy and Physiology of Exercise (XV) DSE**

CO 15.1	Circulatory System: Blood, Heart structure and function, Blood pressure, Pulse, Blood groups, Oxygen debt.
CO 15.2	Organ of digestive system (Mouth, teeth, salivary glands, pharynx, oesphages, stomach, smalland large intestine, pancreas, liver, structure and function - in brief.
CO 15.3	Excretory System: Structure and function of Kidney and skin, Nervous System: Structure of brain and spinal cord, Reflex action.

**B.A.III (Sem.VI)**

**Course 16: Dietetics and Hygiene (XVI) DSE**

<b>CO 16.1</b>	Food sources and their effect (Natural food, Impure food, Processed food, Stimulants)
<b>CO 16.2</b>	Meaning, Need and importance Athlete Diet.
<b>CO 16.3</b>	Immunity (Personal hygiene - desirable hygiene habits) and School Health program.

  
-PRINCIPAL  
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