

## Department of Physical Education and Sports

### Subject – Health And Physical Education

#### Course Outcomes

Session	Class	Course Outcomes
2022-23	BA I Sem	After Completing this course, the Learner will be able to: 1. Describe the Aims, objectives and scope of Physical Education. 2. Explain the concept of Health and Hygiene.. 3. Illustrate the basic knowledge of Yoga and Pranayama's. 4. Know about the role of Anatomy and Physiology in Physical Education.
	BA II Sem	After Completing this course, the Learner will be able to: 1. Describe the Aims, objectives and scope of Health Education. 2. Explain the Aims, objectives and general principles of First Aid. 3. Acquire basic knowledge about Physical Fitness. 4. Know the Anatomy of bones and Joints.
	Practical	Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho and Badminton. Identify the names and location of bones in human body.
	BA III Sem	After Completing this course, the Learner will be able to: 1. Describe the need and Importance of Safety Education. 2. Explain the Sports Injuries and principles of prevention. 3. Basic knowledge of general diseases. 4. Concept of balanced diet and factors affecting the balanced diet. 5. Know the functions of Heart and blood circulation.
	BA IV Sem	After Completing this course, the Learner will be able to: 1. Describe the types and significance of warming up and cooling down. 2. Explain the physiological aspects of Physical Education. 3. Basic knowledge of Major Sports Events. 4. Get the knowledge of Anatomy and physiology of respiratory system.
	Practical	Able to calculate and analyze BMI, Basic skills of Athletics and Basket Ball, basic knowledge of important sports awards.
	BA V Sem	After Completing this course, the Learner will be able to: 1. Describe the stages and factors affecting of Growth and Development. 2. Explain concept of Sports Organization and Administration. 3. Acquire knowledge of tournaments – Knock out and League. 4. Know the meaning and importance of good posture. 5. Get the Knowledge of Anatomy and physiology of muscular system.
	BA VI Sem	After Completing this course, the Learner will be able to: 1. Describe the types and importance of motivation and socialization. 2. Explain the concept of sports training and doping. 3. Basic knowledge of Sports Biomechanics and Laws of motion. 4. Anatomy and physiology of digestive system.
	Practical	Demonstrate the basic skills of Pranayamas, learn the methods of bandages and slings, C Knowledge of First aid for different Injuries.

## Subject – Yoga

### Course Outcomes

2022-23	BA I Sem	After Completing this course, the Learner will be able to: 1. Describe the Aims, objectives and scope of Yoga. 2.Explain the Different Yogic Texts, Different types of Yoga and Ashtang Yoga. 3.Illustrate the contribution of different yogis in the development of Yoga. 4.Know about the Famous Yoga Institutes in India.
	BA II Sem	After Completing this course, the Learner will be able to: 1.Describe the Principles and concept of Naturopathy. 2.Tell the relationship between Yoga, Ayurveda and Naturopathy. 3.Explain the Therapies in Naturopathy, Hydrotherapy, Mud Therapy, Massage therapy and Upvas therapy. 4.Know about the effects of different therapies on human body.
	Practical	Demonstrate Sukshma vyayama, Surya Namaskar, Asanas, Pranayama's and Om recitation.
	BA III Sem	After Completing this course, the Learner will be able to: 1.Describe the Aims, Objectives and Concept of Hatha Yoga. 2. Know about the types of Asanas, cultural and Corrective, relaxative and meditative asanas. 3.Explain the chakras and their location in Human body. 4.Knowledge of Pranayama and Shatkarma
	BA IV Sem	After Completing this course, the Learner will be able to: 1.Describe the methods of Sun therapy, Air Therapy, color Therapy, diet therapy and Panchakarma. 2.Know about the effects of these therapy on human body. 3.Tell about the benefits of these therapies. 4.Explain the types of diet in diet therapy
	Practical	Demonstrate Sukshma vyayama, Surya Namaskar, Asanas, Pranayama's, Shatkarmas and Om recitation.
	BA V Sem	After Completing this course, the Learner will be able to: 1.Describe the types, structure and functions of muscles. 2.Explain the effects of Asanas, Pranayama's and Shatkarmas on Human body Systems. 3.Basic knowledge of Nervous system, Circulatory system and respiratory system. 4.knowledge of functions of various body systems
	BA VI Sem	After Completing this course, the Learner will be able to: 1. Describe the meaning and need of Yoga therapy in modern time. 2. Explain the term health, types of health and characteristics of a healthy person. 3. Know the types of disease and role of Yoga in cure of different diseases.

		4. Basic knowledge of common disease, symptoms and treatment through Yoga.
	Practical	Demonstrate Sukshma vyayama, Surya Namaskar, Asanas, Pranayama's, Shatkarmas, Naturopathy and Om recitation.