

| DEPARTMENT OF PHYSICAL EDUCATION |                                                   |                    |                                                                                                                                                                                                                                                                                                                                                                            |
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| BA 1 <sup>ST</sup> YEAR          |                                                   |                    |                                                                                                                                                                                                                                                                                                                                                                            |
| Sr.No                            | Course Title                                      | Course Code        | Out Come                                                                                                                                                                                                                                                                                                                                                                   |
| 1                                | Introduction to Physical Education                | PED (101)TH        | <ul style="list-style-type: none"> <li>• Introduction of physical education, meaning need, Scope of physical education.</li> <li>• Aim and objective of Physical Education.</li> <li>• Importance of Physical Education in Present Era.</li> <li>• Know about the Physical Education Historical Development in India.</li> <li>• Career Opportunities In India.</li> </ul> |
| 2                                | Olympic Movement and Organization of Tournaments  | PED (102)TH        | <ul style="list-style-type: none"> <li>• Importance of Olympic game and Structure of the body.</li> <li>• Asian Games and Historical back Ground Of Asian Games.</li> <li>• Performance of India in Diff Games.</li> <li>• Role of IOA, SAI, NSNIS and new sports schemes in India.</li> <li>• Know about how to conduct Intra and extra mural Tournament.</li> </ul>      |
| BA 2 <sup>ND</sup> YEAR          |                                                   |                    |                                                                                                                                                                                                                                                                                                                                                                            |
| 3                                | Human Anatomy & Physiology                        | PED (201)TH        | <ul style="list-style-type: none"> <li>• Know about the basic structure and function of the body systems by which students can apply the knowledge in the sports.</li> <li>• Know about how the body function during exercise and Sports.</li> <li>• Know about the Bio energetic system of the body.</li> </ul>                                                           |
| 4                                | Sports Psychology                                 | <u>PED (202)TH</u> | <ul style="list-style-type: none"> <li>• The study of human behaviour during exercise and different game situation.</li> <li>• Know about how to cope with stress, anxiety, tension, during sports.</li> <li>• Psychological Deference in male and female in deferent stages of life.eg Birth to Adulthood.</li> </ul>                                                     |
| 5                                | Sports Medicine, Physiotherapy and rehabilitation | <u>PED(203) TH</u> | <ul style="list-style-type: none"> <li>• Know about the different kind of injuries and their prevention.</li> <li>• Re-habitation process for injuries and treatment.</li> <li>• Know about the Nutrition.</li> </ul>                                                                                                                                                      |
| 6                                | Sports Training                                   | <u>PED(204) TH</u> | <ul style="list-style-type: none"> <li>• The role of sports training in sports performance.</li> <li>• How to use Different training methods for enhance the sports performance.</li> <li>• How to make periodization.</li> <li>• Knowledge of motor abilities, energy system in the body.</li> </ul>                                                                      |

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| <b>BA 3<sup>RD</sup> YEAR</b> |                                           |                        |                                                                                                                                                                                                                                                                                                                                                        |
| 7                             | Recreation                                | <u><b>PED(305)</b></u> | <ul style="list-style-type: none"> <li>• Role of recreation for students.</li> <li>• Types of recreation.</li> <li>• How can we use leisure time in positive manner.</li> <li>• How to use Therapeutic recreation for special person.</li> <li>• Role of recreation in rehabilitation process.</li> <li>• Career opportunity in this field.</li> </ul> |
| 8                             | Methods of Teaching in Physical Education | <u><b>PED(307)</b></u> | <ul style="list-style-type: none"> <li>• Pedagogical process.</li> <li>• Know about the deferent methods of teaching.</li> <li>• How to use teaching aids according to class and students level.</li> <li>• How to prepare lesson plan.</li> </ul>                                                                                                     |
| 9                             | Specialization in Volleyball              | <u><b>PED(301)</b></u> | <ul style="list-style-type: none"> <li>• How to prepare sports person in specific game.</li> <li>• Specialization in game.</li> <li>• Officiating of the game.</li> <li>• Specific rule and regulation of game.</li> <li>• Specific Training methods.</li> <li>• Know about Nutrition according periodization.</li> </ul>                              |
| 10                            | Specialization in Athletics               | <u><b>PED(304)</b></u> | <ul style="list-style-type: none"> <li>• How to prepare sports person in specific game.</li> <li>• Specialization in game.</li> <li>• Officiating of the game.</li> <li>• Specific rule and regulation of game.</li> <li>• Specific Training methods.</li> <li>• Know about Nutrition according periodization .</li> </ul>                             |