

Govt.College Sngarah

Department of Physical Education:-Physical Education Department in College focuses on promoting Physical well-being and fitness through various activities, Courses, and programs. It aims to develop student's physical abilities, knowledge of health, and understanding of the importance of physical activity for a healthy lifestyle.

Key Outcomes of physical Education:-

1. **Knowledge and Understanding:** - Students gain a deep understanding of the Principles, History of physical Education, and Philosophy of physical Education, including its role in Health, wellness, and sports.
2. **Practical Skills:-** They Develop Practical skills in various sports and physical activities, including motor skills, fitness testing, and officiating.
3. **Health and wellness:-** Physical Education Department the importance of maintaining a healthy life style, promoting physical fitness and understanding the role of nutrition and injury prevention.
4. **Ethical Behavior:-** Students learn about the ethical principal of sports and fair play, including the importance of avoiding drugs and positive value in sports.
5. **Leadership and teamwork:-** Physical education programs often incorporate activities that encourage teamwork, leadership and the development of interpersonal skills.
6. **Career Preparation:-** Students are prepared for various career Paths in the field of physical education and other department through sports quota, such as teaching ,coaching, sports management, and sports related research.

Examples outcomes:

- Students will be able to apply Knowledge of basic sciences to solve complex sports related problems.
- Students will be able to design, implement, and evaluate programs in physical education and sports sciences.
- Students will understand the ethical, legal, and social issues in teaching, learning, and evaluation in physical education.
- Students will develop the ability to communicate effectively with diverse audiences.
- Students will be able to officiate in sports tournaments and conduct physical fitness tests.
- Students will be able to apply knowledge of applied psychology to understand and improve athletic performance.