



DEPARTMENT OF PHYSICAL EDUCATION

Programme Outcome: Department of Physical education

Health and physical education offers students the opportunity to not only be physically active, but it helps students to build confidence, to learn different movement skills and it helps them to work as a team. Health and physical education will help our students to live longer and healthy lives. It gives a wide range of job opportunities to the students as follows:

1. Astt. Professor
2. Sports Manager
3. Physical Education Trainer
4. Health educator
5. Coach
6. Fitness Instructor
7. Yoga Trainer
8. Gym Trainer
9. Sports Trainer

Thus this course is important for the holistic growth of students.

Course Outcome :-

Course : Health and physical Education HPE-101

The course aims at to get students acquainted with health and physical education. It helps the students to understand meaning, aim, objective and importance of physical education in modern society .It also helps in understanding the importance of Health & Hygiene, Introduction of Yoga. Students learn about the Human Anatomy and Physiology.

Course: - Health and Physical education HPE-103

This course aims at the introduction, adjective and scope of health Education. Students understand the importance of health education through this. It provides information about first Aid and common injuries. This course is beneficial in understanding the importance of physical fitness and human anatomy and physiology.

Course:-Health & Physical Education HPE-201

With the help of this course students understand the concept of safety education and importance of the safety. Here the students learn about type, causes and prevention of sports injuries. Students also learn about common diseases like HIV/AIDS, typhoid, malaria, asthma and sinuses. This course is also important in understanding the concept and importance of Blanced Diet. It is also based on the scientific understanding of anatomy, circulatory system and physiology of body system.

Course: - Health & Physical Education HPE-203

This course aims at importance of warming up and cooling down in sports. It helps the students to understand the physiological aspects of warming up and cooling down. During this course students also learn about the psychological aspects of physical education, need and importance of sports psychology. The students get acquainted with the basic concepts of psychology. It also covers the major sports events. It helps students to understand the structure of respiratory organ, effect of exercise on respiratory system and terminology of respiration.

Course: - Health & Physical Education HPE-301

Here students of Health & physical education learn about the concept, types and importance of motivation and socialization. The concept of motivation is important for a sports person in life and in field. Through socialization students understand the importance of team work. Students also learn about sports training, types of training and doping. Here in the course of anatomy and physiology students learns about the structure, mechanism and effect of exercise on digestive system.

Course: - Health & Physical Education HPE-303

The objective of this course is to help students to understand the concept of growth and development, stage principles and factors influenancing growth and development. The Students learns the concepts of organisation and administration in sports. Here, students also get knowledge about different type of posture. This course is also aimed at the importance of good posture, postural deformities. It helps students to get knowledge about precautions and remedies for postural deformities.