

Department of physical education

Bhairab Ganguly College

Outcomes of Physical Education Programmed

The basic idea and outcome of Physical Education is that it teaches us the entire thing that is related to physical. It expects to build up students' physical fitness and learning about the development and well being, and their capacity to utilize these to perform in an extensive variety of exercises related to the advancement of a functioning and solid way of life. Physical Education teaches us about our body and how it moves along with giving us the knowledge we need to maintain a healthy lifestyle as we get older.

As we know that physical education is the training and exercising of body to be fit and healthy and maintain healthy Lifestyle, so that if we include this in our curriculum, we get benefits of training and healthy lifestyle which definitely makes us physically and mentally healthy. That's why we should include physical education in our curriculum. Research strongly indicates that regular physical education, included in children's school curricula, produces physical, psychological, social, emotional, and intellectual benefits. Physical education may help prevent disease, improve overall health and wellness, maintain social and emotional balance through building relationships, enhances a students' academic learning and performance, and fosters positive life-long habits that lead to a happier life. Physical Education directly connects to well-being, and mental/physical health and longevity. A career in physical education can lead you to a wide range of career options; from being a sports person to health clubs, sports good manufacturer, marketing, commentator, sports journalist, trainer and many other career roles. A person having done a qualification in physical education can work as a coach, team manager, fitness instructor, athletic trainer, and many more. The areas like Cryotherapy, Thermotherapy, and Electromagnetic Therapy are in great demand today. So, in physical education, you can make a career as a Physical Therapist, Occupational Therapist, Physical Education Teacher, Fitness specialist- Personal Trainer, Fitness Director, Recreation worker, Health educator, etc. A good education background from a good institution would be vital to achieve success in this profession. Researchers within the physical education research forum aim to engage

in research that enhances our understanding of what effective teaching and learning is so that current policy, practice and professional development can be improved challenged and even transformed. So, through lots practices involved in research work and higher education the scholars and specialist in the field of physical education were all improving their skills, knowledge and also getting the opportunity to developing something new for the society.

Through physical education, many positive things can be achieved if followed systematically. But unless the system will be not followed adverse effect could be noticed. Physical Education's purpose is to preserve the foundational history of health, fitness, and to allow our youth to develop into people with strong intrapersonal skills, core values, and respect and understanding of a healthy mind/body connection. Physical educations positive outcome would certainly be noticed as it was recommending and giving importance by the government as well as the society as a whole.

SEMESTER – I

PEDGCOR01T : Foundation & History of Physical Education

This paper helps the students to gain knowledge in the following ways

- Understand about concept of physical education & importance.
- Know about biological, sociological and philosophical foundation of physical education and gain clear concept about growth and development.
- Knowledge gain about historical background of physical education and sports:- pre-independence & post-independence development, Olympic games Asian games, Commonwealth games etc.
- Learn about yoga education and its implication, which focuses on bringing harmony between mind and body. Students realize Practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

PEDGCOR01P : Marching, Calisthenics, Aerobics

- Students able to developed their Disciplinary attitude, physical fitness & Co-ordination ability through marching, calisthenics and aerobics practice.

On completion of the semester-I students realize and evaluated physical education is brief concept to develop and maintain our physical, mental, social and spiritual attitude.

SEMESTER – II

PEDGCOR03T : Management of Physical Education and Sports

This paper helps the students to know about sports management in various ways

- Understand the importance of sports management and its application in sports meet of sports day of celebration days of country.
- Students learn procedure of drawing fixture and how to organize annual athletic meet, play day, intramural, extramural or any competition.
- Learn about methods of track and field marking calculation, lay out of play field and basic rules, also know about care and maintained of playground, gymnasium, auditorium etc.
- Students appreciate leadership quality and how to apply this quality to College, University and social for positive effect.

PEDGCOR03P : Lay Out Knowledge and Officiating Ability

- Students gain knowledge about layout of track and field and Football, Kabaddi, Kho-Kho, Badminton and Volleyball. Also learn how to officiate the all events which was listed.

On completion of the semester-II students realize and evaluated how to tackle sports meet or any games management and what's actual leadership quality.

SEMESTER – III

PEDGCOR05T : Anatomy, Physiology And Exercise Physiology

This paper helps the students to know about human anatomy and physiology

- Understand about human anatomical structure, physiological functions during exercise. Know about human cell, tissue structure and functions.
- Understand about muscular systems, skeletal systems and its effect by exercise.
- Knowledge about structure, mechanism & functions of human heart, circulatory systems and its effect of exercise.
- Know about human nervous system and endocrine systems:- about brain, spinal cord, gland etc.

This paper very important to physical education students, because without anatomical structure and physiological functions cannot possible any types of exercise or any kind of movement. So students realize why do exercise? Which exercise develops what parts of the body ? how to develop brain functions by the exercise how to work nervous systems to do any quick action.

PEDGCOR05P :-

- Students able to know how to assessment of BMI, how to Measure heart rate , blood pressure, respiratory rate, pick flow rate and vital capacity, and also measure length , width , circumference, of bones, body fat percentage by anthropometric measurement.

After completion this paper students know that he/she actual able for which games and capability of the students to do any physical exercise.

PEDSSEC01M :-

Understand the students about track and field event of athletics, students realize how to apply running, jumping, throwing techniques and enhance the performance for higher level competitions.

SEMESTER – IV

PEDGCOR07T :- Health Education, Test, Measurement & Evaluation in Physical Education

On completion of the paper, students are able to:

- Concept of health, aims, objectives of health.

- Know about health education, institutional health programmed.
- Knowledge about communicable and non-communicable diseases.
- Knowledge about nutritional importance for exercise or normal daily routine.
- Students able to know first aid management and its application on accidental or suddenly emergency situation.
- Students know about test, measurement, evaluation procedure of physical fitness, sports performance or game situation tactics.
- Know about body composition, body types etc.

PEDGCOR07P :- Fitness Test

On the completion of the paper students practically known about fitness test and sports skills test, Like : AAHPER Youth Fitness Test, Harvard Step Test, Lockhart and McPherson Badminton Skill Test, Johnson Basketball Test Battery, McDonald Soccer Test, Brady Volleyball Test

After that they applied it's and realize how to develop fitness level and sports skills; lastly they evaluated what actual debt to develop their performance.

PEDSSEC02M :- Gymnastics And Yoga

This paper helps the students to following ways:-

- Students able to know that, how to developed balance, strength, flexibility, agility, coordination and other components of physical fitness by the gymnastics and various yoga poses.
- After that they applied to develop their anatomical, physiological and nervous systems by doing regular gymnastics, yogasana and pranayama programme. Also to develop their breathing capacity and lungs capacity.

After completion semester- IV the students realized that how to lead their life healthy and wellness. Lastly students evaluated that, , gymnastics and yoga practice promote to health education.

SEMESTER – V

PEDGDSE01T :- Sports Training & Mechanics

This paper helps the students following ways

- Students know how to improve and maintain higher performance capacity in different **sports** activities through sports training & mechanics.
- Understand about training methods:- Circuit Training, Interval Training, Weight Training, Fartlek Training.
- Know about training techniques and its implication on fitness level like: endurance, agility, speed, flexibility etc.
- Known about training load & adaptation, after that realize how much load given for trainee. Knowledge gain about load varying individual to individual.
- Knowledge gain about Law of Motion, Equilibrium - its type and Law, Centre of Gravity, Force and its types, Lever and its types. That means Mechanical Principles Applied to Sports

After completion this paper students realize that, how to perform sports skills and what's techniques applied for accuracy of performance. Students evaluated that behind reason all sports skills and techniques possible by low of motion and its related terms.

PEDGDSE02T :- Therapeutic Aspect of Physical Activities and Lifestyle

On the completion of the paper students able to know:

- What is therapy, importance of therapy, aims and objectives?
- How to applied therapy for physical exercise or physical activities and sports purpose.
- How to helps therapy for any types of sports injury, any chronic diseases etc.
- How to maintain active lifestyle.

After completion students realize and applied to maintain wellness life style therapy very important parts in sports person or in general person.

PEDGGEC01T :- Modern Trends And Practices In Physical Education Exercise Sciences

This paper helps the students to understand following areas:

- Basic concept of physical education, aims, objectives of physical education. Also known about physical fitness programme.
- Knowledge about growth and development factors, social values of sports, how to develop leadership quality of students etc. through Biological, Psychological and Sociological Foundations of Physical Education
- How to create good relationship through national and international competitions.
- Know about historical concept of physical education:- Olympic movements, Asian games, pre and post independence sports develop in India.
- Understand about science of exercise, and how to effect exercise various physiological functions.

On completion this paper students gain clear concept about physical education and how to occurs various activities. Students realize and evaluated that physical education programme can give sincere and healthy lifestyle. So it is very important subject to students.

PEDSSEC03M :- Indian Games and Racket Sports

This paper helps the students to know basic rules and regulation and officiating of kabaddi, kho-kho, badminton, table tennis. Students realize that, what is the technical part of mentioned games and how to play in game situation according to standard rules.

SEMESTER – VI

PEDGDSE03T :- Psychology In Physical Education And Sports

This paper help the psychological factors of the students:-

- Know about sports psychology and its importance in sports.
- Know about learning process.
- Know about motivation, emotion and personality in sports situation or regular normal life.
- How to tackle stress, anxiety, depression etc.

On the completion students able to realize that how to support psychological factors for sports performance and achieve higher level sports. Also evaluated that

physical activities and sports programme can reduce stress, anxiety, depression etc. which is actual psychological supported.

PEDGDSE04T :- Project Work

This paper helps the students to record the Physical Fitness Components, Body composition and Somato type, Rules of Games and Sports, Non-communicable diseases, First-aid Management, which will be future support, and data to students. Students realize that it is very important for them because record book always help the students as a reliable and easy understand.

In this paper alternative option have given for the students, which thesis paper prepared and submitted :

THE ORIGINAL AND COPIES OF THE THESIS MUST INCLUDE THE FOLLOWING ITEMS IN THE ORDER LISTED:

1. Title Page.
 2. Acknowledgment
 3. Abstract
 4. Table of Contents.
 5. Introduction
 6. Review of Related Literature
 7. Procedure and methodology
 8. Results and findings
 9. Discussions, summary and conclusions
- After completion this thesis paper students was supported for future research work. Also gain basic knowledge about research work.

PEDGGEC02T :- Health Education And Tests & Measurements In Physical Education

This paper same topic like paper code **PEDGCOR07T semester IV**

PEDSSEC04M:- Ball Games

This paper helps the students to know about rules, regulation, officiating, sports skills, techniques, and tactics of ball games; football, volleyball, handball etc.