

Dayanand Vedic College, Orai

Department of Physical Education

Physical Education Department is to educate minds, develop healthy bodies, and promote positive attitudes towards lifetime physical activity, fitness, and sports skills. Each teacher works to develop the mental emotional, social well-being to movement activity in every student. We prepare students with the knowledge of how and why the body works and what is needed to keep it in working condition. With a quality physical education program in place, each student will be empowered with the knowledge and skills necessary to make responsible lifestyle choices that directly impact his/her health and well-being.

The vision is for all students to be physically educated and have fun while moving. Students who choose to actively participate in quality physical education programs receive a variety of benefits, including the development of: 1. A variety of motor skills and abilities related to lifetime leisure activities 2. Improved understanding of the importance of maintaining a healthy lifestyle 3. Improved understanding of movement and the human body 4. Improved knowledge of rules and strategies of particular games and sports 5. Self-confidence and self-worth as they relate to physical education recreation programs.

PROGRAMME OUTCOMES

1. Students will develop competency in many movement activities.
2. Students will understand how and why they move in a variety of situations and use this information to enhance their own skills.
3. Students will achieve and maintain a health-enhancing level of physical fitness

B.A. I Semester

These courses offer a comprehensive, standards-based program as the curriculum is designed to meet the following state standards for Physical Education:

1. Demonstrate knowledge and competency of movement patterns and strategies needed to perform a variety of physical activities.
2. Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity

Graduate Course outcome

Course Code: E020101T Paper I

Course Title: Elements of Physical Education Credit 04

1. The course is designed to provide a overview of Physical Education and Sociological conceptof Physical Education.
2. This also teaches about the historical development of Physical Education in India and abroad.
3. This course makes the student aware of general concept of good health and wellness.
4. This course help students to promote healthy way of living.
5. This course will help students to make fitness and health plans.

Course Code: E020102P

Paper IIC Course Title: Fitness and Yoga Credits: 02

1. This course is designed to provide knowledge about the practices of Yoga
2. The students will learn to prevent diseases and live healthy life.
3. The students are going to learn about maintaining fitness with the help of aerobics exercises
4. This course will help students to plan their diet and maintain fitness.

Semester II

Course Code: E020201T Paper I

Course Title: Sports Organization and Management Credit 04

1. This course is designed to give real time exposure to students in the area of organizing an event/ Sports.
2. The students will learn about store management.
3. The students are going to learn about the purchasing procedures.
4. The students will learn to make budgets and make financial plans.

Course Code: E020202P Paper II

Course Title: Sports Event and Track & Field Credit: 02

1. The students are going to learn to organize Sports Events.
2. The students are going to learn to plan and organize Intramurals Events
3. The students will get complete knowledge of Track and Field Events.
4. The students will learn to mark Track and Field.

Semester III

Course Code: E020301T Paper I

Course Title: Anatomy and Exercise Physiology Credit 04

1. This course is designed to provide knowledge of structure and function of human body.
2. The students will learn about the effect of exercises on various system of Human body.
3. The students will be able to plan the intensity and volume of sports training with the help of the knowledge they get in this course.

Course Code: E020302P Paper II Course Title: Health and Physiology Credit: 02

1. The students will learn to measure Height, Weight and Waist Circumference.
2. The students will learn about the rules and regulations of one individual game of their choice.
3. The students are going to get overall view of the selected individual game or sports.

Semester IV

Course Code: E020401T Paper I

Course Title: Sports Psychology and recreational

ActivitiesCredit 04

1. This course is designed to give overview of psychological aspect related to sports.
 2. The students will learn to manage anxiety and aggression in sports person.
 3. The students will learn to organize recreational activities for all age group people.
 4. The students will get knowledge about the traditional games played in India.
 5. The students will get the idea for conducting Intramural events.
- Course Code: E020402P Paper II

Course Title: Sports

PsychologyCredit: 02

1. The students will learn to organize the recreational Games.
2. The students will learn about one selected team game.
3. The students will learn to mark the playground of the respected team game.

Semester V

Course Code: E020501T Paper I

Course Title: Athletics Injuries and Rehabilitation Credit 04

1. This course is designed to give overview of Athletics injuries and their management to the students.
2. The students will learn about the first aid and its importance.
3. The students will learn the rehabilitation procedures.
4. The students will learn about the physiotherapy.
5. The students will learn the technique of Massage and its application.
6. The students will learn about the treatment modalities of Physiotherapy.

Course Code: E020502T Paper II

Course Title: Kinesiology and Biomechanics

in SportsCredit: 04

1. This course is designed to give overview of Kinesiology and Biomechanics in Sports to students.
2. The students will learn to apply this knowledge in sports and games to perform better.
3. The students will learn about the science and principles of Physics in Sports.
4. The students will be able to correct their technique with the help of knowledge of this course.

Course Code: E020503P Paper III Course Title: Rehabilitation and sports Credit: 02

1. Students will learn to manage bandaging for different types of wound and body parts.
2. Students will learn to use different of techniques of massage practically on different bodyparts.
3. Students will learn to practice different therapeutic exercises.
4. The students will learn practical and theoretical aspect of one selected games and sports.

Course Code: E020504P Paper IV Course Title: Research Project Credit: 03

1. The students will learn to carry out small research project.
2. The students will learn to collect data.
3. The students will learn to arrange and analyze data.
4. The students will learn to write research project and present the outcome of their findings.

Semester VI

Course Code: E020601T Paper I Course Title: Research Methods Credit: 04

1. This course is designed to give overview of research methods in Physical Education and Sports.
2. The students will learn about the various research tools used for survey studies.
3. The students will learn to search and use literature for research work.
4. The students will learn to formulate hypothesis for research work.

Course Code: E020602T Paper II

Course Title: Physical Education for DIVYANG Credit: 04

1. This course is designed to provide knowledge about the especially abled children (DIVYANG) to the students.
2. This course will help students to understand the difficulties and challenges the DIVYANG children face in their lives.
3. This course will enable the students plan activities for DIVYANG Children.
4. This course will enable the students to plan training for DIVYANG Children.
5. This course will enable the students to plan special para games for DIVYANG people of society.

Course Code: E020603P Paper III Course Title: Research and

Sports Credit: 02

1. This course is designed to give practical knowledge about the advanced skills of games and sports.
2. The students will learn about the Paralympics Committee of India.