



Government College

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Ref No.....

Date.....

BA Physical Education

Semester 1

Paper: Principles and foundations of physical education

- After going through the contents of the paper the students developed the basic understanding of physical education.
- Students came to know about the historical perspective, aim objectives and scope of physical education.
- Students got the knowledge of various sports organizations which are working to promote and develop sports in India.
- The students also had the knowledge of various types of awards and incentives being conferred by the government of India to outstanding sports persons.

Semester 2

Paper: Health and yoga

- After having studied this paper the students got an understanding of concept of health education, health and their importance for the society.
- Students learn what hygiene is and how they can take care of their personal hygiene.
- The students came to know about the communicable and noncommunicable disease and how they can be prevented.
- The students learn to perform asana and got basic knowledge of yoga and benefits of asanas.

Semester 3

Paper: Physical activity and health

- After successful completion of this paper the students were able to understand the real value of health education and role of physical activities in promoting health.
- The students got an understanding of nutrition and balance diet and how vegetarian diet is better than non-vegetarian diet.
- The students came to know about importance of correct posture in one's life and how postural deformities can be corrected with the help of exercise and balanced diet.
- The students got basic knowledge of First aid and what they should do in case of accident s like snake bite, fracture, heat stroke, drowning, burns etc.
- How exercise can be beneficial in preventing lifestyle disease like obesity and diabetes.

Semester 4

Paper: Physical Fitness and Yoga

- After completion of this course the students were able to explain the need, importance, objectives and relationship of physical education with general education.
- The students were able to explain physical fitness and how warming up and cooling down affects the performance.
- The students got the knowledge of Kriyas and how shuddhi kriyas clean internal systems of human organism.
- The students got knowledge of some sports promoting agencies in India like AICS, IOC and YWCA.
- Students were able to explain the educational values of camping.

Semester 5

Paper: Socio- Psychological Foundations of Physical Education

- The students were able to explain basic laws of learning and how these laws can be utilised for better and effective learning
- The students got the knowledge of motivation, adjustment and individual differences and role of these psychological concepts in effective learning and overall development of personality.
- The students got an understanding of how sports are a socializing agency and how sports are associated with economy and how spectators and crowd behavior can influence the sports performance of athletes.
- The students were in a better position to explain methods of conditioning and why they should not indulge in doping.

Semester 6

Paper: Organization and management of physical education

- The students were able to do the marking of Athletic track and came to know how various types of tracks can be maintained properly.
- They were able to organize athletic meet and conduct tournaments.
- The students got the knowledge of sports injuries and how sports injuries can be prevented and role of physical education teacher in rehabilitation.
- The students came to know about sports management and qualities and qualifications required for a good physical education teacher.
- The students were able to understand the significance of professional preparation and how an impressive curriculum can be designed in the field of physical education.