

**Department of Physical Education**  
**Srikrishna College**  
**Bagula, Nadia**

**COURSE OUTCOMES:**

**SEM-1:**

1. Gives the basic knowledge to the students about physical education.
2. Developed the knowledge about aims and objectives of physical education.
3. Improved historical knowledge of physical education.
4. Improved basic knowledge of yoga.

**SEM-2:**

1. Developed the concept of sports management.
2. Developed the skills of any kind of sports event organised.
3. Improved the knowledge about care and maintenance of different types of sports equipments.
4. Developed leadership qualities through sports.

**SEM-3:**

1. Developed the basic knowledge of bones, muscles, cell and tissue of human body.
2. Improved knowledge about Muscular System, Circulatory System and Respiratory System.
3. Improved practical knowledge of track & field marking and rules, regulations & techniques of different track & field events.

**SEM-4:**

1. Improved basic knowledge of health and health education.
2. Developed the knowledge of prevention & control techniques of different health related problems.
3. Improved the techniques of physical fitness, wellness and first- aid management.
4. Developed the concept & techniques of gymnastics and yoga.

**SEM-5:**

1. Improved knowledge of training, training method, training load, adaptation and training techniques in sports.
2. Developed the skills & techniques of different Indian games & racket sports.

**SEM-6:**

1. Developed the knowledge application of sports psychology in the field of physical education.
2. Developed the knowledge of implementation of different psychological factors in the field of sports.
3. Developed the skills & techniques of different ball games.