

Program Outcome	The study of physical education help the students know about the importance of physical education in personality development and participation in sports. it helps them for higher level of achievements.
Program Specific Outcome	The specific outcome is preparing them to go for higher studies in physical education.
<b>Course: BA PHYSICAL EDUCATION</b>	<b>Outcomes</b>
Principles of physical education	This subject helps the students to understand the values and ethics of life and personality development.
Health and safety education	This subject helps them to know about health aspects and maintain good health and fitness for higher achievements in sports.
History of physical education	The students can better understand the importance of physical education by studying the history.
Education and sports psychology	The subject helps the students to understand the psychological aspects include in sports for good performance.
Anatomy and physiology Physiology of exercise	Study of this subject helps the students to know more about the human body which helps him for higher level of sports achievements and adopt training method.
Kinesiology I Biomechanics II	The students are able to better understand the body movement in sports and the body mechanism for higher achievements.

**PROGRAM OUTCOMES, PROGRAM SPECIFIC OUTCOMES, COURSE OUTCOMES**

## **Programme Outcomes of B.A (GENERAL) PHYSICAL EDUCATION**

- 1. Critical Thinking:** Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.
- 2. Effective Communication:** Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.
- 3. Social Interaction:** Elicit views of others, mediate disagreements and help reach conclusions in group settings.
- 4. Effective Communication:** Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.
- 5. Effective Citizenship:** Demonstrate empathetic social concern and equity-centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
- 6. Ethics:** Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
- 7. Environment and Sustainability:** Understand the issues of environmental contexts and sustainable development.
- 8. Self-directed and Life-long Learning:** Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

## **Programme Specific Outcomes (PSO) B.A.( General) physical education**

- 1. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.**
- 2. Students will develop practical, theoretical skills in Physical Education.**
- 3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.**
- 4. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed,SSC, NET,SET ETC.**