



DPG DEGREE COLLEGE
(Affiliated to MDU Rohtak)
Sector-34, Near Marble Market, Gurugram 122001

Program Outcomes and Course Outcomes

ARTS Physical Education Program outcomes listed as follows:

1. Understanding of basic concepts, fundamental principles related to Physical Education and their relevance in day to day life.
2. Development of Overall Aptitude.
3. Critical thinking and creative ability.

COURSE OBJECTIVES & COURSE OUTCOMES

S.No.	COURSE OBJECTIVES	COURSE OUTCOMES
1	Paper-I: Principal and foundation of Physical Education	
	<ol style="list-style-type: none">1. All round development of students.2. Physical, mental, social, emotional, cultural, creative, and team spirit development of students, which helps in reducing stress, depression and obesity.3. The student's knowledge of various tournaments and competitions should increase.4. Students are to be made more aware of Awards and recognition of outstanding performance in sports field, be it players, team, coaches or institutions.	<p>At the end of the course, the student will be able to:</p> <ol style="list-style-type: none">1. All round development of students.2. Students know how to keep themselves fit and make better decisions.3. Students are more aware of our history and sports legacy.4. Knowing about awards and recognition that outstanding sports persons get motivates them to participate more in sports.
2	Paper-II: HEALTH & YOGA	
	<ol style="list-style-type: none">1. To enable the student to have good health2. To practice mental hygiene.3. To possess emotional stability.4. To integrate moral values.	<p>At the end of the course, the student will be able to:</p> <ol style="list-style-type: none">1. Traditional Indian Yoga systems.2. The philosophy of the Yoga systems and the new thought in Yoga movement in the country.

		<ol style="list-style-type: none"> 3. Understand the essential elements of a yogic lifestyle, the concept of health and disease and their remedies through yoga practice. 4. Understand the overview of the five sheath human existence.
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3	Paper-III: Physical activity and Health	
	<ol style="list-style-type: none"> 1. Define the various health components of fitness and Recognize the physical and mental benefits of increased activity. 2. Understand anatomy, basic bio mechanical principles and terminology. 3. Determine factors involved with development, fitness levels and training strategies. 4. Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health. 	<p>At the end of the course, the student will be able to:</p> <ol style="list-style-type: none"> 1. Understand and utilize various training methods. 2. Assess individual levels of fitness components. 3. Create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize risk of injury. Identify common health and fitness myths along with trends involved with the evolving nature of physical education. 4. Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

4	Paper-IV: Physical Fitness and Yoga	
	<ol style="list-style-type: none"> 1. The course focuses to develop the basic knowledge in physical of physical education. 2. To introduce main components of Physical Fitness. 3. To introduce shuddhi kriyas and their physiological values. 4. To introduce camping and role of various organisations in games and sports. 	<p>At the end of the course,</p> <ol style="list-style-type: none"> 1. The students will be able to learn about the concepts of physical education and physical fitness. 2. The students will get to know about factors influencing fitness. 3. The students will appreciate the principles of Yoga to live a healthy and active lifestyle. 4. The students will understand the educational values of camping and the role of agencies in promoting sports and games.

5	Paper V: Socio-Psychological Foundation of Physical Education	
	<ol style="list-style-type: none"> 1. To develop the student's knowledge about the psychological aspect of physical education regarding individual difference, personality development, motivation etc. 2. To make students aware about the psychological and social aspect of sports. 3. To make students aware about body conditioning and training. 4. To make student aware about the ill effect of doping 	<p>At the end of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the concept of psychological aspects of physical education regarding individual difference, personality development, motivation etc. 2. To understand the concept of psychological and social aspects of sports and apply in real life. 3. Knowledge about body conditioning and training. 4. Knowledge about the ill effect of doping.

5	Paper VI: Organisation and Management of Physical Education	
	<ol style="list-style-type: none"> 1. To develop the student's knowledge about the tracks. 2. To make students aware about sports management, and qualities of Physical Education Teachers and duties of an official in an on-going event. 3. To make students aware about sports injuries and prevention and rehabilitation. 4. To develop the student's aptitude about Professional Preparation. 	<p>At the end of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Successfully identify and/or recreate tracks. 2. Understand the good qualities of an official and a physical education teacher. 3. prevent and/or rehabilitate injured athletes according to the situation. 4. develop proper attitude for Professional Preparation.