

Govt .Degree College , R.S.Pura

Physical Education

COURSE OUTCOMES :

Semester/ Papers/ Course Content

The Course Outcomes(Cos)

This paper shall enable the students to understand:

First Semester, (CORECOURSE) UPETC-101

Title of Paper: Foundation and History of Physical Education.

Number of Units: 5

Course Content:

Unit -1 : Introduction.

Unit -2: History of Physical Education and Sports.

Unit -3: Biological foundation of Physical Education.

Unit -4: Olympic Movement.

Unit -5: Sports Institution- Constitution and Functions.

-To give an introduction of Meaning, Aims and Objectives of Physical Education.

- To make them aware about the history of Physical Education and Sports in India.

- This helps them to understand the difference between growth and development.

- An introduction about Origin, and Revival of Olympic Games.

- Sports institution within the Country, how they are constituted and their functioning.

Second Semester,(CORE COURSE) UPETC-202

Title of the Paper: Anatomy and Exercise Physiology.

Number Of Units: 5

Course Content:

Unit -1: Introduction.

Unit -2: Musculo- Skeletal System.

Unit -3: Circulatory System.

Unit -4: Respiratory System.

Unit -5: Digestive System.

- Introduction of Human Anatomy and Exercise Physiology.

- Structure and functions of Muscular and Skeleton System.

- Structure and functions of Circulatory System.

- Structure and functions of Respiratory System.

- Structure and functions of Digestive System.

<p>Third Semester, (CORE COURSES)UPETC -301 Title of the Parper: Health Education.</p> <p>Number Of Units: 4 Course Content: Unit -1: Introduction.</p> <p>Unit -2: Nutrition and Obesity.</p> <p>Unit -3: Health problem's in India- Prevention and Control.</p> <p>Unit -4: Sports Injuries and First -Aid Managements.</p>	<ul style="list-style-type: none"> - Introduction about Health Education. - To understand the value of Nutrition and ill effects of unhealthy foods. - How to prevent and control various health related problems. - Injuries that occur in Sports and what First-Aid is helpful.
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