

## **DEPARTMENT OF PHYSICAL EDUCATION**

The Department of Physical Education in our college was established in the year 2005. General mode of syllabus in B.A & B.Sc with Physical Education course was started from 2004 and CBCS mode of syllabus in B.A & B.Sc with Physical Education course has been introduced from 2018-19. At present there are two faculty members including one State Aided College Teachers and One Guest PTI who are covering the CBCS course in the Department. Physical Education. As far as the infrastructure is concerned, there are one Dept. Staff Room ,One class room, Two Common Room Girls & Boys ,One Store Room, One Gymnasium ,One Volleyball & Badminton Court, one Football ground& also one TT board &two carrom board etc. in the Department. Apart from the Central library, the Seminar library of the Department is enriched with more than 200 reference books. . The Department has produced many state level players. The college team participate in the Inter College, Inter College State Meet , Inter University Levels and Open Club Meet. The Department has also rich experience of organizing Inter Department, Inter College and Intra College State Level Sports Meet. Some of the students have qualified therapy course, B.P.Ed and M.P.Ed. Some passed out students are now engaged in teaching profession in different schools and college and some in different defence& several jobs.

**For the Department of Physical Education at Sudhiranjan Lahiri Mahavidyalaya, the development of Program Outcomes (POs), Course Outcomes (COs), and Program Specific Outcomes (PSOs) is essential to ensure that graduates are equipped with the knowledge, skills, and attitudes necessary for success in the fields of physical education, sports science, and health promotion. These outcomes are designed to prepare students for a range of roles, including teaching, coaching, fitness training, and sports management.**

### **### Program Outcomes (POs)**

- 1. \*\*PO1 - Physical Fitness and Wellness:\*\* Graduates will possess comprehensive knowledge and practical skills in physical fitness, wellness, and lifestyle management to promote health and well-being across diverse populations.**
- 2. \*\*PO2 - Sports Skills and Techniques:\*\* Graduates will demonstrate proficiency in a variety of sports, understanding the techniques, rules, and safety measures associated with each.**
- 3. \*\*PO3 - Teaching and Coaching:\*\* Graduates will be skilled in teaching and coaching methods, able to design and deliver effective physical education programs and training sessions.**
- 4. \*\*PO4 - Sports Science Knowledge:\*\* Graduates will have a solid foundation in sports science, including anatomy, physiology, biomechanics, and nutrition, and their application to physical education and athletic performance.**
- 5. \*\*PO5 - Assessment and Evaluation:\*\* Graduates will be adept at assessing and evaluating physical fitness, motor skills, and sports performance, utilizing appropriate tests and technologies.**
- 6. \*\*PO6 - Management and Leadership:\*\* Graduates will develop management and leadership skills necessary for organizing, administering, and leading sports and physical activity programs.**
- 7. \*\*PO7 - Professional Ethics and Responsibility:\*\* Graduates will understand and uphold the ethical standards and responsibilities in physical education and sports.**
- 8. \*\*PO8 - Lifelong Learning:\*\* Graduates will recognize the importance of and engage in lifelong learning and professional development in the field of physical education and sports.**

### **### Course Outcomes (COs)**

**For a course in **\*\*Foundations of Physical Education\*\***:**

- 1. **\*\*CO1:\*\*** Understand the historical, philosophical, and educational foundations of physical education.**
- 2. **\*\*CO2:\*\*** Analyze current issues and trends in physical education, including the role of physical activity in public health.**

**For a course in **\*\*Exercise Physiology\*\***:**

- 1. **\*\*CO1:\*\*** Describe the physiological responses and adaptations to exercise and physical activity.**
- 2. **\*\*CO2:\*\*** Apply principles of exercise physiology in the design and implementation of fitness programs.**

### **### Program Specific Outcomes (PSOs)**

- 1. **\*\*PSO1 - Physical Education Program Design:\*\*** Graduates will be able to design comprehensive physical education programs that promote physical fitness, health, and wellness in educational and community settings.**
- 2. **\*\*PSO2 - Sports Performance Enhancement:\*\*** Graduates will apply sports science principles to enhance athletic performance and reduce the risk of injury.**
- 3. **\*\*PSO3 - Health Promotion and Disease Prevention:\*\*** Graduates will contribute to public health efforts by promoting physical activity and healthy lifestyles to prevent and manage chronic diseases.**

***The overall objectives of Physical Education and sport are-***

1. To understand the importance of physical education by studying the history.
2. To help the students to know more about the human body which helps for higher level of sports achievements and adopt training method.
3. To know about health aspects and maintain good health and fitness for higher achievements in sports.
4. Maintenance of fitness for optimal health and well-being.
5. The acquisition and refinement of motor skills.
6. To equip the students with the knowledge domain of body response to different types of exercises.
7. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.
8. To understand the values and ethics of life and personality development.
9. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
10. Students will develop practical, theoretical skills in Physical Education.
11. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.
12. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed, SSC, NET, SET, ETC.