

**DEPARTMENT OF PHYSICAL EDUCATION, MUGBERIA GANGADHAR  
MAHAVIDYALAYA, BHUPATINAGAR, PURBA MEDINIPUR-721425**

**PROGRAMME OUTCOME (PO), COURSE OUTCOME (CO) AND  
PROGRAMME SPECIFIC OUTCOME (PSO) FOR STUDENTS OF  
UNDER GRADUATE COURSE: 2018-2019**

**Programme Name: Bachelor of Physical Education (B.P. ED)**

**Programme Outcomes:**

**PO1: Disciplinary Knowledge** To acquire comprehensive and sufficient knowledge of understanding in Physical Education and Sports.

**PO2: Critical Reasoning & Problem Analysis:** To acquire the ability of deep study and then critically to think and analyse the subject of Physical Education in its different areas.

**PO3: Develop Interdisciplinary Knowledge:** To enable students in developing an effective approach to Interdisciplinary study and enable them to build their own interdisciplinary pathway by choosing courses which makes sense to them.

**PO4: Communication skill and attitudes:** Create an open environment for interaction and feedback; get specific with tasks and instructions and using technology for connecting students and community.

**PO5: Self- Directed Learning:** Ability to work independently, study the subjects in its depth and apply thoughts for solving the problems in various field.

**PO6: Experimental learning and Employability options:** Adapt the global change and able enough to live independently and acquire knowledge throughout the life. Also they will able to find job in different sectors of Physical Education and Physical Education related subjects.

**PO7: Develop Research Related Skill:** Capability of thinking the various field of Physical Education, advances in those fields and clear concept about them so that appropriate questions are formed on related fields.

**Programme Specific Outcomes:**

PSO 1 To develop skills required to work in Physical education and Sports Sciences

PSO 2 To develop conceptualizing, Coaching and Physical education and Sports content creation skills

PSO 3 To Analyze the practical knowledge during the practical situation

PSO 4 To train in coaching and Teaching content creation, Sports Training and sports coaching skills.

PSO5 To obtain fundamental understanding of research methodology, development Physical education and Sports Sciences .

PSO6: Attainment of knowledge and the growth of positive attitude towards physical activity and sports.

**MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425**

**DEPARTMENT OF PHYSICAL EDUCATION**

**SEMESTER:1**

**Course outcome (CO) for B.P.ED Students: 2018-2019**

**CO01: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION & OLYMPIC MOVEMENT (CC-101)**

**Learning outcomes:**

- 1: Understand the basic concepts of physical education.
- 2: Know the historical development of physical education in India.
- 3: Understand the foundation of physical education and psychological and sociological principles of physical education.
- 4: Know the origin and development of Olympics.

**CO02: ANATOMY AND PHYSIOLOGY (CC-102)**

**Learning outcomes:**

- 1: Know the basics of anatomy and physiology.
- 2: Understand the Muscular system, digestive, Energy metabolism and circulatory system.
- 3: Understand the Respiratory, excretory, endocrine, nervous system & sense organs
- 4: Understand the Effect of Exercise on Different System

**CO03: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES (CC-103)**

**Learning outcomes:**

- 1: Understand the basic concepts in health education.
- 2: Know the health problem in India.
- 3: Understand the Concept of environmental science.
- 4: Know the natural resources and its issues.

**CO04: PHYSICAL LITERACY THROUGH MOVEMENT EDUCATION (EC-101)**

**Learning outcomes:**

1. To understand the concept of movement.
2. To lead to the healthy development of the whole child.
3. To impact functional literacy to non-literates.
4. To develop engagement in activities for fundamental development.

#### **CO05: TRACK AND FIELD: ALL RUNNING EVENTS (PC-101)**

##### **Learning outcomes:**

- 1: To learn the basic methods of running events

#### **CO06: SWIMMING OR GYMNASTICS (PC-102)**

##### **Learning outcomes:**

- 1: To learn fundamental stroke of swimming.
- 2: To learn basic skill of gymnastics.

#### **CO07: MARCH PAST –MASS DEMONSTRATION ACTIVITIES: BRATACHARI (PC-103)**

##### **Learning outcomes:**

- 1: To learn the basics and perform in a synchronized way.

#### **CO08: YOGA, WEIGHT TRAINING, AEROBICS- (PC-104)**

##### **Learning outcomes:**

- 1: To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara.
- 2: To learn fundamental techniques of weight training
- 3: To develop neuromuscular coordination and strong endurance base

### **SEMESTER: II**

#### **CO9: YOGA EDUCATION AND INCLUSIVE EDUCATION (CC-201)**

##### **Learning outcomes:**

- 1: Understand the basic Concepts of Yoga
- 2: Methods of Yoga and effect of asana and pranayama on human body and mind.
- 3: Dimensions of inclusive education; Advantages of inclusive education for the individual and society;
- 4: Problems in inclusion and ways for overcoming the problems; Teacher preparation for inclusive education; Skills and competencies of teachers.

#### **CO10: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION (CC-202)**

##### **Learning outcomes:**

- 1: Understand the basics of educational technology.
- 2: Know the various topics teaching techniques.
- 3: Know the various types of teaching aids.
- 4: Know lesson planning methods and teaching innovations.

#### **CO11: ORGANIZATION AND ADMINISTRATION (CC-203)**

##### **Learning outcomes:**

- 1: Describe and discuss organization, administration and planning.
- 2: Define, prepare and manage time table and their office.
- 3: Coordinate different sports facilities and can organized them for use.
- 4: Prepare schedule, arrange and conduct competition.

#### **CO12: SPORTS NUTRITION AND WEIGHT MANAGEMENT (EC-202)**

##### **Learning outcomes:**

- 1: Know the basic nutritional guidelines and plans.
- 2: Understand the facts of macro and micro nutrients.
- 3: Know the weight management diet.

#### **CO13: TRACK AND FIELD (JUMPING EVENTS) (PC-201)**

##### **Learning outcomes:**

- 1: To learn the basic methods of jumping events

#### **CO14: TEAM GAMES: FOOTBALL, VOLLEYBALL, THROWBALL, NETBALL, SOFTBALL (any Two) (PC-202)**

##### **Learning outcomes:**

- 1: To learn the basic skills and method of playing Football.
- 2: To learn the basic skills and method of playing Volleyball
- 3: To learn the basic skills and method of playing Throwball
- 4: To learn the basic skills and method of playing Netball.

#### **CO15: INDIGENOUS SPORTS (Kho-Kho, and Kabaddi) (PC-203):**

##### **Learning outcomes:**

- 1: To learn the fundamental skills and method of playing Kho - Kho

- 2: To learn the fundamental skills and method of playing Kabaddi.
- 3: playing Indigenous game like kho-kho& Kabaddi improves physical development along with brain stimulation.
- 4: Team game develops to learn social skills.

#### **CO16: TEACHING PRACTICES (TP-201)**

##### **Learning outcomes:**

- 1: Prepare a lesson plan for effective teaching.
- 2: organize a class.
- 3: Demonstrate a skill, provide practice, and identify the fault and corrective.
- 4: Evaluation and correction.

### **SEMESTER-III**

#### **CO17: SPORTS TRAINING (CC-301)**

- CO1:** Understand the basics of sports training.
- CO2:** know the process of development of motor fitness components.
- CO3:** Know the methods of training process.
- CO4:** Know the training planning.

#### **CO18: COMPUTER APPLICATIONS IN PHYSICAL EDUCATION AND SPORTS SCIENCE (CC-302)**

- CO1:** Know the basics of computer.
- CO2:** Understand the MS Word operations.
- CO3:** Understand the MS Excel operations.
- CO4:** Understand the MS PowerPoint operations.

#### **CO19: SPORTS PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION AND SPORTS(CC-303)**

- CO1:** The students of BPED can get the knowledge about the basic concept like Personality traits and their characteristic and can easily compare the people with their body types as ell. From that unit the student can get help about the leaning process which can be helpful for the teacher as well as the students during their stages of learning.
- CO2:** From that unit the students can take help or can learn about how to behave with other in real condition or it may be in social condition.
- CO3:** The students can get learned about how they can socialize a people with the help of physical education as well or sometimes they can have learned about the national integration through the participation in games and sports.

## **CO20: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (EC-301)**

**CO1:** Concept, aim and objectives of sports medicine; Common regional injuries and their management; Concept of doping and doping agents banded by WADA

**CO2:** Brief introduction of Physiotherapy, Need and importance of Physiotherapy; Different types of therapeutic modalities; Guiding principles of therapeutic modalities

**CO3:** Prevention of athletic injuries: steps of prevention, Emergency care in athletics and First aid and basic life support; Protective and supportive equipment; Classification, general principles, indication and contraindication of Massage.

**CO4:** Concept and goal of rehabilitation, Principle of therapeutic exercises – Classification, uses of Passive movement and active movement; Mobility exercise

## **CO21: TRACK AND FIELD (THROWING EVENTS) (PC-301)**

**CO1:** To learn the basic methods of throwing events

## **CO22: COMBATIVE SPORTS: MARTIAL ART/ KARATE/ JUDO/ FENCING/ BOXING/ TAEKWONDO/ WRESTLING/LATHI (ANY TWO OUT OF THESE) (PC-302)**

**CO1:** To learn self-defensive arts like Kalaripayattu, Silambam, Judo and Wrestling

## **CO23: TEAM GAMES: HANDBALL, CRICKET, HOKEY, BASKETBALL, BASEBALL (ANY TWO OF THESE) (PC-303)**

**CO1:** To learn the basic skills and method of playing Handball.

**CO2:** To learn the basic skills and method of playing Cricket.

**CO3:** To learn the basic skills and method of playing Hockey.

**CO4:** To learn the basic skills and method of playing Basketball.

**CO1:** To learn the basic skills and method of playing Baseball.

## **CO24: SPORTS SPECIALIZATION: COACHING LESSONS PLANS (FOR ONE SPORTS - 5 LESSONS)- Internal – One Lesson Will Be Evaluated by External Examiner (TP-301)**

**CO1:** Prepare a coaching lesson plan for effective class.

**CO2:** Organize a class with specific arena.

**CO3:** Demonstrate a skill, provide practice, identify the fault and corrective along with specific drills.

**CO4:** Evaluation and correction.

**CO5:** Apply these coaching skill during play situation.

## **SEMESTER-IV**

## **CO25: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (CC-401)**

**CO1:** Understand the basics of Test, Measurement & Evaluation.

**CO2:** Classify and administer the below tests.

**CO3:** Know the physical fitness and Motor fitness tests.

**CO4:** Know the different sports skill tests

## **CO26: KINESIOLOGY AND BIOMECHANICS (CC-402)**

**CO1:**After reading the first unit all the students can get learned about the different aspect of kinesiology and sports biomechanics and they can also develop their knowledge base regarding this and can apply their teaching learning as well.

**CO2:**The students can learn about the different types of joint and their movement and their application in games and sports situation.

**CO3:** In generally the students can learn basic concept regarding Newton's laws and their practical application in daily life. On the basis of the particular subject the student can get help for their higher studies.

## **CO27: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION (CC-403)**

**CO1:**Know the basics of research and its classifications.

**CO2:**Know the research types.

**CO3:**Prepare a project report.

**CO4:**Know the system of data analysis.

## **CO28: SPORTS MANAGEMENT (EC-402)**

**CO1:** Describe, discuss and explain the concept of sports management

**CO2:**Analyze the different types of qualities of leader

**CO3:** Organize and control different Physical Education and sports programme

**CO4:** Analyze financial management and can prepare budget for Physical Education

## **CO29: RACKET SPORTS (Badminton, Table Tennis, Tennis and Squash: (PC-401)**

**CO1:** To learn the basic skills and method of playing Racquet sports

## **CO30: LAYOUT AND OFFICIATING ABILITY (PC-402)**

**CO1:**To learn how to layout different track & field event and different game.

**CO2:**Understand the basics of officiating of track & field event and different game.

**CO3:**Know the duties of official.

**CO4:**Understand the qualities and qualifications of officials.

### **CO31: TEACHING PRACTICE: (TP-401)**

**CO1:** Prepare a lesson plan for effective teaching.

**CO2:** Organize a class.

**CO3:** Demonstrate a skill, provide practice, and identify the fault and corrective.

**CO4:** Evaluation and correction.

### **CO32: GAMES SPECIALIZATION: COACHING LESSONS PLANS (TP-402)**

**CO1:** Prepare a coaching lesson plan for effective class.

**CO2:** Organize a class with specific arena.

**CO3:** Demonstrate a skill, provide practice, and identify the fault and corrective along with specific drills.

**CO4:** Evaluation and correction.

**CO5:** Apply these coaching skills during play situation.

**MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425**

**DEPARTMENT OF PHYSICAL EDUCATION**

**DETAILED SYLLABUS OF ALL SEMESTER COURSES**

**SEMESTER-I THEORY COURSE**

**CC-101: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION & OLYMPIC MOVEMENT (CORE COURSE)**

**Credits 04**

#### **UNIT-1: Introduction to the Concept of Physical Education**

1.1 Meaning, Definition, Misconceptions and Scope of Physical Education. 1.2 Aims and Objective of Physical Education. 1.3 Relationship of Physical Education with General Education, Need for Physical Education in Modern society. 1.4 Physical Education as an Art and Science.

#### **UNIT-2: History of Development of Physical Education**

2.1 History of the development of Physical Education during pre-independence period. 2.2 Post-Independence Period - Physical Education in India with reference to development of Physical education in West Bengal. 2.3 Contribution of Akhras, Vyayamshalas & YMCA. 2.4 Contribution of Eminent Physical Educationists: J.B. Bascadow, J.F. Gustmuth, F.L.Jahn, Franz Natchtega!I, Niles Bukh, P.H.Ling. H.C.Buck, James Buchanan, P.M. Joshep, Rabindranath Tagore, Swami Vivekananda, Rishi Aurobindo.

#### **UNIT-3: Foundation & Principles of Physical Education**



3.1 Philosophical foundation: Idealism, Realism, Pragmatism and Naturalism in Physical Education. 3.2 Biological Principles: - Change of locomotion from Biped to Quadruped position - Advantages and Disadvantages. - Age & Gender Characteristics, Body type, Fitness and wellness movement in the contemporary perspectives. 3.3 Psychological principles: Psychological factors affecting sports performance, Growth and Development - meaning, difference and principles. 3.4 Sociological principles: Socialization through Physical Education, social integration and cohesiveness, National & International integration through sports.

#### **UNIT-4: Olympic Movement**

4.1 The history of ancient Olympic movement. 4.2 The significant stages in the development of the modern Olympic movement, Philosophy of Olympic movement 4.3 Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Oath. 4.4 International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Types of Olympic Games.

#### **CC-102: Anatomy and Physiology**

**Credits 04**

#### **UNIT-1: Introduction of the Human Body**

1.1 Organization of the human body and Brief introduction of Anatomy Physiology in the field of Physical Education and Sports 1.2 Cell-structure and functions of cells 1.3 Tissue- Types of tissue and their functions 1.4 Skeletal System- Bones of the human body-axial and appendicular skeleton. Classification and functions of bone Anatomical sex difference. Brief description of Joints.

#### **UNIT-2: System I**

2.1 Muscular system- Types of muscle and functions-Structure of skeletal muscle, Major muscles of shoulder; hip and knee joint 2.2 Digestive system: The alimentary canal /G.I. tract, Accessory glands and digestive juices - Brief outline of process of carbohydrate, fat and protein digestion 2.3 Energy metabolism : Brief discussion on energy metabolism , Fuel for muscular work 2.4 Circulatory System: Function of circulatory system. Composition and function of blood, Heart- location and structure, pulmonary circulation, Systemic circulation. Cardiac cycle, Blood pressure, Blood group, Blood coagulation. Blood and immunity.

#### **UNIT-3: System II**

3.1 Respiratory system: Organs of respiration, meaning internal and external respiration. mechanism of respiration, 3.2 Excretory system: Structure and function of kidney, urine formation 3.3 Endocrine system: Location, secretion and functions of different endocrine glands 3.4 Nervous system: organization, central nervous system- Brain, spinal cord, autonomic nervous system. Concept of nerve- muscle physiology: Neuromuscular junction and transmission.

#### **UNIT-4: Effect of Exercise on Different System**

4.1 Exercise-Concept and type 4.2 Types of muscular contraction. Effect of exercise on muscular system 4.3 Effect of exercise on circulatory system- Heart rate, stroke volume, cardiac output, athletic heart 4.4 Effect of exercise on respiratory system- Tidal volume, respiratory rate, pulmonary ventilation, oxygen uptake, oxygen debt or EPOC (Excess Post exercise oxygen consumption.)

## **CC-103: Health Education and Environmental Studies**

**Credits 04**

### **UNIT-1: Health Education**

1.1 Concept, Dimensions, Spectrum and Determinants of Health. 1.2 Definition of Health, Health Education, Aims, objectives and principles of Health Education 1.3 Personal Hygiene: Care of eye, ear, skin and hair. 1.4 School Health Program: Health service, Health instruction, Health supervision, health appraisal and Health record.

### **UNIT-2: Health Problems in India- Prevention and Control**

2.1 Communicable diseases: Malaria, Dengue, Dysentery, Cough and cold, chicken pox. 2.2 Non-Communicable diseases: Obesity, Diabetes, Hyper Tension, Cancer. 2.3 Nutritional Disorder: Mother-child Health Care, Explosive Population, Food Adulteration, First-Aid and emergency care. 2.4 Postural Deformities

### **UNIT- 3: Environmental Studies**

3.1 Historical Background and concept of Environmental Studies 3.2 Definition, scope, need and importance of Environmental Studies 3.3 Recycling of wastes, plastic recycling and probation of plastic bag/cover 3.4 Role of School in Environmental conservation and sustainable development.

### **UNIT- 4: Natural Resources and Related Environmental Issues**

4.1 \Water resources, food resources and Land resources. 4.2 Definition, effects and control measures of air pollution, water pollution, soil pollution, Noise pollution and thermal pollution. 4.3 Management of environment and Govt. Policies- role of Pollution Control Board 4.4 Celebration of various days in relation with environment.

## **EC-101: Physical Literacy through Movement Education (Elective)**

**Credits 04**

### **UNIT-1: Introduction to Movement Education and Physical Literacy**

1.1 Definition, Meaning & Importance of Movement Education. 1.2 Definition, Meaning & Importance of Physical Literacy. 1.3 Concept of developmentally Appropriate Physical Activities. 1.4 Standards based Physical Education Curriculum (NASPE Standards).

### **UNIT-2: Motor Skill & Movement Pattern**

2.1 Classification of Motor Skills: Fundamental (Locomotor, Nonlocomotor, Body Management Skill), Specialized (Manipulative, Rhythmic Movement, Game & Sport Skills). 2.2 Skill Themes Approach and Development of Skill Themes: Traveling, Chasing, fleeing, dodging, jumping, landing, transferring body weight, striking, kicking, throwing and catching. 2.3 Introduction to Movement Concepts, Development of Movement Concepts: Space Awareness, Effort Concepts, Relationships. 2.4 Long Term Athlete Development (LTAD)

### **UNIT- 3: Participation in Physical Activity and Personal & Social Development**

3.1 Personal Development: Self-concept, Cognitive Functioning and Motivational outcomes 3.2 Social Development: Altruism, Controlling Aggression, Cooperation, Group development. 3.3

United Nations and other organizations using Sport and Traditional Sports for Social Development · 3.4 Sport for Development: Sport for Education, Economic, Gender, Health and Peace.

#### **UNIT- 4: Pedagogical Models for Physical Literacy & Movement Education**

4.1 Need for child centered teaching models. 4.2 Teaching Games for Understanding (TGfU) model: Invasion Games, Net/Wall Games, Striking/ Fielding Games, Target Games 4.3 Education through Movement (ETM) program 4.4 Coaching life skills through sport

### **SEMESTER-I PRACTICAL COURSE**

#### **PC -101 Track and Field**

**Credits 04**

- 1.1 Running Events: Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run Through; Forward lunging, Shoulder Shrug Marking, Rules and Officiating.
- 1.2 I Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles, Marking and Officiating.
- 1.3 I Relay: Baton Exchange for different distances, Understanding of Relay Zones, Marking and interpretation of rules and officiating.

#### **PC- 102 Swimming or Gymnastics**

**Credits 04**

- 2.1 Gymnastics: Floor Exercise, Forward Roll, Backward Roll, Hand stand, Cart Wheel, Leg Split, Different dancing steps (Combination) Table Vault: Approach Run, Take off from the beat board, Cat Vault, Squat Vault. Men: Parallel bar, Horizontal bar/Roman rings, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats) Women: Uneven bars, Balance Beam, Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats)
- 2.2 Swimming: Floating, Gliding, Leg Action, Arm action, Breathing technique Introduction of various strokes: front crawl, Back crawl, Butterfly, Brest Stroke: Staiiing Technique and entry into water Medley, Life Savings

#### **PC-103 March Past –Mass Demonstration Activities: Bratachari**

**Credits 04**

- 3.1 Mass Demonstration Activities: Bratachari -- (Compulsory) and
- 3.2 Dumbbells/ Wands/ Hoop/ Umbrella/ Tiprii/' Malkhamb/ Leziurn/ Callisthenics. , (Any two):

#### **Pc-104 Yoga, Weight Training, Aerobics**

**Credits 04**

4.1 **Surya Namaskar (Compulsary):** 5 marks Sitting Position: Paschimottanasana, Gomukhasana, Ustrasana, Arda-maschandrasana Halasana, Salvasana, Sarvangasana, Chakrasana Vrikshasana, Padahastasana, Trikonasana, Utkatasana. Pranamayama: Anulom-Bhilom, Bhastika, Bhramiri, Suryavedan-Chandravedan. Kapalbhati (Compulsary): 5 marks Kriya: Jalaneti, Sutraneti, Nauli, Dantdhouti. 15 marks.

**4.2 Weight Training:** Crouch Sitting Position, Different types of grip, Standing with weight, Dead lift Curling: Two arm dumbbell curling, Barbell curling, Front Curling, Reverse Curling Dumbbell and Barbell press, Front and back press, Bench press (Incline & Decline) Squat: Front and back squat

**4.3 Aerobics: Low impact core moves** - 1. March, 2. Side to side, 3. Double side to side, 4. grapevine, 5. Knee up, 6. Leg curl, 7. Toe touch, 8. Side lunge, 9. Back lunge, 10. Kick front, 11. Kick side, 12. Heel to raft, 13. 'E' shape, 14. 'v' shape 15. Introduction of Bench Exercise

## **SEMESTER-II THEORY COURSES**

### **CC-201: YOGA EDUCATION AND INCLUSIVE EDUCATION**

**Credits 04**

#### **UNIT-1: Introduction of Yoga**

1.1 Meaning and Definition of Yoga 1.2 Aim and Objectives of Yoga 1.3 History and Philosophical aspects of Yoga 1.4 Need and Importance of Yoga in Physical Education and Sports

#### **UNIT-2: Methods of Yoga**

2.1 Karma Yoga, Jnana Yoga, Bhakti Yoga and Raja Yoga 2.2 Steps of Hatha Yoga, Astanga Yoga and Yogic Teaching Method 2.3 Effect of asana and pranayama on human body and mind 2.4 Yoga as therapy

#### **UNIT -3: Introduction to Inclusive Education**

3.1 Concept and history of special education, integrated education and inclusive education and their relationship 3.2 Philosophical, Sociological, Economical and Humanitarian dimensions of inclusive education. 3.3 Advantages of inclusive education for the individual and society 3.4 Factors affecting inclusion

#### **UNIT -4: Inclusion in Operation & Teacher preparation for inclusive school**

4.1 Class room management and organizations, curricular adaptations, learning designing and development of suitable Teaching Learning Method 4.2 Pedagogical strategies to respond to individual needs of students: Cooperative learning strategies in the class room, peer tutoring, social learning, buddy system, reflective teaching, multisensory teaching etc. 4.3 Problems in inclusion in the real class room situations; ways for overcoming the problems. 4.4 Teacher preparation for inclusive education.

### **CC - 202: Educational technology and methods of teaching in physical education**

**Credits 04**

#### **UNIT-1: Introduction**

1.1 Education and education technology- meaning and definitions 1.2 Types of education - Formal, Informal and non-formal education 1.3 Educative Processes . 1.4 Importance of device and methods of teaching and class management

#### **UNIT - 2: Teaching Technique**

2.1 Teaching Techniques - Lecture Method, Command Method, Demonstration Method, Imitation Method, Project Method etc. ; Teaching procedure - Whole method, Whole - part-whole method, Part- whole method 2.2 Presentation technique - personal and technical

preparation and presentation 2.3 Verbal Non-verbal communication technique 2.4 Details of three fundamental methods - meaning, types and its uses in different situation

### **UNIT - 3: Teaching Aids and Competition**

3.1 Teaching Aids - meaning importance and its criteria for selecting teaching aids. Community Aids, Co-curricular Aids 3.2 Type of Teaching Aids - Audio aids, Visual Aids, Audio-visual Aids 3.3 Meaning, Principles and advantages of team teaching 3.4 Group Competition, Intramural and extramural Competition

### **UNIT- 4: Learning Designing and Teaching Innovations**

4.1 Meaning, Types and Principle of Learning designing 4.2 General and Specific Learning designing. Simulation Teaching - meaning, types and steps of Simulation Teaching 4.3 Meaning, Types and Steps of Micro and Macro Teaching. 4.4 Classification of students

### **CC - 203: Organization and Administration**

**Credits 04**

#### **UNIT - 1: Introduction to Organization and Administration**

1.1 Meaning Definition, and Importance of organization and Administration in Physical Education 1.2 Meaning, Definition and Importance of Planning 1.3 Basic principles of Planning 1.4 Functions of organization and Administration

#### **UNIT-2: Office aild Time-Table Management**

2.1 Meaning Definition, and Functions of Office Management 2.2 Kinds of office Management . 2.3 Maintenance of different types of Register 2.4 Time-Table Management: Meaning, need and Importance

#### **UNIT - 3: Management of Sports Facility**

3.1 Types of facilities: Infrastructure -Indoor, Outdoor 3.2 Facility Management: Equipment Store Room, Gymnasium, Swimming pool, Play ground 3.3 Equipment: Need, Importance, Prncedure of purchase, Care and Maintenance 3.4 Physical efficiency Record, Medical examination Record

#### **UNIT - 4: Tournament**

4.1 Importance ofTournament 4.2 Types of Tournament and its organizational structure 4.3 Organizational structure of athletic meet 4.4 Sports Event, Intramural and Extramural Tournament Planning

### **EC- 202: Sports Nutrition and Weight Management (Elective)**

**Credits 04**

#### **UNIT-1: Introduction to Nutrition**

1.1 Meaning and definition of Nutrition and sports nutrition 1.2 Guidelines of basic nutrition 1.3 Role of nutrition in sports 1.4 Factors for developing a nutritional plan

#### **UNIT- 2: Nutrients**

2.1 Macro Nutrients- Carbohydrate, protein, fat - Meaning, Sources and functions 2.2 Micro Nutrients- Vitamins, minerals, water - meaning, Sources, classification and functions 2.3 Role of carbohydrate, fat and protein during exercise 2.4 Role of hydration during exercise and water balance.

### **UNIT-3: Nutrition and Weight Management**

3.1 Meaning and concept of weight management in modern era. Factors affecting weight management and values of weight management 3.2 Concept of B.M.I.(Body Mass Index) and Obesity 3.3 Obesity and its hazards, Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about weight loss 3.4 Health risks associated with Obesity- Causes and solution for overcoming obesity.

### **UNIT-4: Steps of Planning of Weight Management**

4.1 Nutrition - Daily calorie intake and expenditure. 4.2 Balance diet and athletic diet 4.3 Role of diet and exercise in weight management 4.4 Weight management programme for sporty child, Design diet and exercise schedule for weight gain and loss.

## **Semester - II Practical Courses**

### **PC- 201 Track and Field:**

**Credits 04**

Jumping: High Jump- Approach run, Take off, Bar clearance, Landing Or Pole vault: Approach, Planting, Riding, Bar clearance, Landing Jumping: Running Broad Jump and Triple Jump Approach Run, Take-off, Flight and Landing.

### **PC- 202 Team Games:**

**Credits 04**

Football, Volleyball, Throw ball, Netball, Softball.(any two)

### **PC-203 Indigenous Sports:**

**Credits 04**

Kho-kho and Kabaddi.

### **TP-201 Teaching Practices:**

**Credits 04**

(20 Lessons Plan in school teaching for Internal Examination) (01 General Lessons Plan & 01 Specific Lessons Plan in school teaching for External Examination).

## **Semester - III Theory Courses**

### **CC - 301: Sports Training**

**Credits 04**

UNIT- 1: Introduction to Sports Training

1.1 Meaning and Definition of Sports Training and Sports Coaching 1.2 Aim and Objectives of Sports Training 1.3 Principles of Sports Training and qualification and duties of sports trainer 1.4 Components of games and sports training (Motor fitness components Technique, Tactics and Strategic approach, Psychological components facilities and infrastructure) .

## **UNIT -2.: Process of development of motor fitness component**

2.1 Strength- Means and method of Strength development 2.2 Speed - Means and method of Speed development 2.3 Endurance- Means and method of Endurance development 2.4 Power and Balance - Means and method of Power and Balance development

## **UNIT-3: Training load, load dynamics and Training processes**

3.1 Concept definition and types of training load 3.2 Components of training load 3.3 Concepts of load dynamics and its principles 3.4 Technical and Tactical training- Meaning, Importance and methods.

## **UNIT -- 4: Programme, planning and system of sports training**

4.1 Periodization- Meaning, definition and types. Aims, Objectives and Content of different periods- Preparatory, Competition and Transition. 4.2 Planning- Training session for Micro, Meso and Macro cycles. 4.3 Systems of Sports Training- Basic Performance, Good Performance and High Performance. 4.4 Talent identification. Meaning of Flexibility and coordinative ability and their role in High Performance .

## **CC-302: Computer Applications in Physical Education and Sports Science**

**Credits 04**

### **UNIT-1: Introduction to Computer Application**

1.1 Components of computer-input and output unit, storage unit, CPU, ALU, control unit. 1.2 Starting & quitting windows, setting display, time & date, managing files and folders. 1.3 Meaning, need and importance of information and communication technology (ICT). 1.4 Application of computer and computer software in Physical Education and Sports

### **UNIT - 2: Word**

2.1 Introduction to word 2.2 Creating, saving and opening a document 2.3 Formatting & editing features, drawing table and graphs, page setup, paragraph alignment, spelling and grammar check, bullets and numbering, page number, header and footer, footnote and endnotes, mail merge, printing option and hyperlink. 2.4 Preparation of word document

### **UNIT - 3: Excel**

3.1 Introduction to Excel 3.2 Creating, saving and opening spreadsheet 3.3 Format and editing features, adjusting columns width and row height, Creating formulas, sort and filter, inserting graph and pictures, printing option 3.4 Preparation of Excel worksheet

### **UNIT - 4: Power Point**

4.1 Introduction to Power Point 4.2 Creating, saving and opening a ppt file 4.3 Format and editing features, slide show, design, inserting slide number, picture, graph, table, hyperlink and graphics. 4.4 Preparation of Power Point Presentation

## **CC - 303: Sports Psychology and Sociology in Physical Education and Sports**

**Credits 04**

### **UNIT - I: Introduction to Psychology and Sociology**

1.1 Meaning, Importance and scope of Sports Psychology and Sociology. 1.2 Biological Basis of Human Behaviour 1.3 Individual Differences - Heredity and Environment 1.4 Psycho-social aspects of Human behavior in relation to Physical Education and Sports

## **UNIT - 2: Learning, Maturity and Growth & Development**

2.1 Learning-Definition, Types and La\vs of Learning. Theories of Learning. Factors affecting Learning, Transfer of Learning. Learning Curve - Stagnation in learning. 2.2 Growth and Development- Stages of Development, need of Physical Activity 2.3 Personality- Meaning and definition of personality, characteristics of personality, Dimensionofpersonality,PersonalityandSportsperformance. 2.4 Mental Aspects -Attention, Interest, Motivation, Aggression, Emotion, Anxiety.

## **UNIT - 3: Social Science and Physical Education**

3.1 Olhodoxy, customs, Tradition and PhysicalEducation. 3.2 Impoltnance of Festivals in physical Education. 3.3 Theories of Play, SocializationthroughPhysicalEducation. 3 .4 Social GrouplifeSocialconglomeration- Socialgroup,Primary groupandRemote group.

## **UNIT - 4: Culture and Physical Education**

4.1 Features of culture, Importance of culture 4.2 Importance of sports in modern society 4.3 Effectsofcultureonpeoplelifestyle. 4.4 Different methods of studying (Observation/Inspection method Questionnaire method, Interviewmethod

## **EC-301: Sports Medicine, Physiotherapy and Rehabilitation (Elective)**

**Credits 04**

### **UNIT-1: Sports Medicine**

1.1 Meaning and concept of sports medicine, Aim and objectives of sports medicine. 1.2 Development of sports medicine as discipline -aspect of sports medicine 1.3 Common regional injuries and their management- shoulder, elbow, wrist knee and ankle - signs , symptoms and diagnosis of injuries 1.4 Concept of doping and doping agents banded by WADA

### **UNIT-2: Physiotherapy**

2.1 Brief introduction of Physiotherapy 2.2 Need and importance of Physiotherapy 2.3 Different types of therapeutic modalities (cryotherapy, superficial thermo therapy, penetrating thermotherapy, Electrical stimulation) 2.4 Guiding principles of therapeutic modalities

### **UNIT-3: Athletic Care and Massage**

3 .1 Prevention of athletic injuries - steps of prevention -pre-participation evaluation -Wann up and conditioning. 3.2 Emergency care in athletics and First aid - Meaning and principles - First aid care for I) Loss of consciousness II) control of building III)Drowning and basic life support. 3.3 Protective and supportive equipment: Taping, Bandaging, padding and orthotics. 3.4 Massage: Classification - general principles, indication and contraindication.

### **UNIT -4: Rehabilitations**

4 .1 Concept and goal of rehabilitation 4.2 Principle of therapeutic exercises-Classification ,uses of 4.3 Passive movement and active movement 4.4 Mobility exercise

## **SEMESTER-III PRACTICAL COURSES**

### **PC-301: Track and Field:**

**Credits 04**



All throwing events

**PC-302: Combative Sports:**

**Credits 04**

Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling, Lathi. 1-----+. (Any two)  
(50x2 marks)

**PC-303 I Team Games:**

**Credits 04**

Handball, Cricket, Hockey, Basketball, Baseball. (any two)

**TP-301 Teaching Practices Sports Specialization:**

**Credits 04**

Minimum 20 Internal Coaching Lessons Plan in schools. / 02 External Coaching Lessons Plans in separate games in schools.

**SEMESTER-IV THEORY COURSES**

**CC- 401: Measurement and Evaluation in Physical Education**

**Credits 04**

**UNIT- 1: Introduction to Test, Measurement & Evaluation** 1.1 Meaning of Test, Measurement & Evaluation in Physical education 1.2 Need, Importance of Test, Measurement & Evaluation in Physical Education 1.3 Application \_of Test, Measurement & Evaluation in Physical Education 1.4 Principles of Evaluation

**UNIT - 2: Criteria, Classification and Administration of Test** 2.1 Criteria of a good Test and Scientific authenticity (reliability, objectivity, validity and availability of norms) 2.2 Types of Test 2.3 Difference between Physical Fitness Test, Motor Fitness test, and Sports Skill Test 2.4 Administration of test- Advance preparation, Duties during test and after test.

**UNIT-3: Physical Fitness; Motor Fitness and Cardio-respiratory Tests** 3.1 AAHPER Youth Fitness Test 3.2 AAHPERD Health Related Physical Fitness Test 3.3 Indiana Motor Fitness Test and JCR test 3.4 Harvard Step test and Tattle pulse ratio test

**UNIT-4: Sports Skill Tests** 4.1 Mitchei"s modification of McDonald Soccer Test 4.2 Johnson Basketball Test 4.3 Lockhart and McPherson Badminton Test 4.4 Russel-Lange Volleyball Test 4.5 Schmithal-French Field Hockey Test

**CC-402: Kinesiology and Biomechanics**

**Credits 04**

**UNIT - 1: Introduction to Kinesiology and Sports Biomechanics** 1.1 Meaning and Definition of Kinesiology, Biomechanics and Sports Biomechanics 1.2 Importance and Scope of Kinesiology and Sports Biomechanics in Physical Education and Sports Science 1.3 Terminology of Fundamental Movements 1.4 Fundamental Concepts of Following Terms - Axes and Planes, Centre of Gravity, Line of Gravity, Scalars and Vectors Quantities, Equilibrium.

**UNIT-2:Kinesiological Aspects of Human Movement** 2.1 Classification of Joints and Muscles, Name of the Major Superficial Muscles, movements around the joints 2.2 Types of Muscle Contractions 2.3 Posture Meaning, Types and Importance of Good Posture. 2.4 Fundamental Concepts of Following Terms- Angle of Pull, All or None Law, Reciprocal Innervations

**UNIT - 3: Mechanical Concepts** 3.1 Force - Meaning, Definition, Types, Units and its Application to Sports Activities 3.2 Lever - Meaning, Definition, Types and Body Lever. Wheel, Axel and Pulley. 3.3

Motion - Concept, Types and its Application to Sports Activities. Newton's Laws of Motion 3.4 Projectile Motion - Concept, Types, Principles and Factors Influencing Projectile Motion.

**UNIT - 4: Kinematics and Kinetics of Human Movement** 4.1 Linear Kinematics - Distance and Displacement, Speed and Velocity, Acceleration 4.2 Angular kinematics - Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. 4.3 Linear Kinetics - Inertia, Mass, Momentum, Impulse, Friction. 4.4 Angular Kinetics - Moment of Inertia, Couple, Stability.

#### **CC- 403: Researches and Statistics in Physical Education**

**Credits 04**

**UNIT- 1: Introduction to Research** 1.1 Definition of Research, Need and importance of Research in Physical Education and Sports. 1.2 Scope of Research in Physical Education & Sports. 1.3 Classification of Research 1.4 Research Problem, Quality of a good researcher

**UNIT -2: Research Proposal and Project Report** 2.1 Need for surveying related literature and Literature Sources 2.2 Research Proposal- Meaning and Significance of Research Proposal. 2.3 Preparation of a Project proposal and Project report. 2.4 Methods of Collection of data

**UNIT-3: Basics of Statistical Analysis** 3.1 Statistics: Meaning, Definition, Nature and Importance 3.2 Class Intervals: Raw Score, Continuous and Discrete Series 3.3 Frequency and Frequency Distribution, Construction of Frequency Distribution Tables 3.4 Graphical Presentation of Data: Histogram, Frequency Polygon, Frequency Curve.

**UNIT-4: Statistical Models in Physical Education and Sports** 4.1 Measures of Central Tendency: Mean, Median and Mode : 4.2 Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data 4.3 Measures of Variability: Meaning, importance, computing from group and ungroup data 4.4 Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

#### **EC-402: Sports Management (Elective)**

**Credits 04**

**UNIT- 1: Introduction to Sports Management** 1.1 Nature, Scope and Purpose of Sports Management 1.2 Steps and Principles of Sports Management 1.3 Qualities and Competencies required for the Sports Manager 1.4 Event Management in Physical Education and Sports

**UNIT - 2: Development of Leadership Qualities** 2.1 Meaning and Definition of Leadership 2.2 Forms of Leadership- Autocratic, Laissez-faire, Democratic, Benevolent Dictator 2.3 Qualities of administrative Leader 2.4 Preparation of administrative Leader

**UNIT-3: Sports Management in Different Agencies** 3.1 Sports Management in schools, Colleges and Universities 3.2 Factors affecting planning 3.3 Planning a school or college sports programme 3.4 Controlling a school, college and University sports programme- Developing Performance standard, establishing a reporting system, Evaluation

**UNIT - 4: Financial Management in Physical Education** 4.1 Financial Management in Physical Education and Sports in different Institutions 4.2 Budget-Meaning, Importance, Criteria of preparing a good Budget 4.3 Steps of Budget making 4.4 Principles of Budgeting

### **SEMESTER-IV PRACTICAL COURSES**

#### **PC-401 Racket Sports:**

**Credits 04**

Table Tennis, Badminton, Tennis, Squash. (Any one): (1x40 marks).

Measurement of AAHPERD Youth Fitness Test - 30 marks &

Measurement of Motor Fitness Test: 30 marks.

**PC-402 Layout and Officiating ability:**

**Credits 04**

Layout and Officiating ability of Track and Field events. - 40 marks.

Layout and Officiating ability of all Court Marking. - 60 marks.

**TP-401 Teaching Practice:**

**Credits 04**

Internal Teaching Lessons at school for Racket Sports, Team Games, Indigenous Sports - 20 Lessons. External Teaching Examination at school - 02 Lessons. (Racket Sports/ Team Games/ Indigenous Sports).

**TP-402 Games Specialization: Credits 04**

Internal Coaching Lessons Plans at school - 20 Lessons.

External Coaching Lessons Plans at school - 02 Lessons in separate game.

**Mapping of Cos with POs & PSO**

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
<b>CO1</b>	3	3	2	2	2	3	3	3	2	1	2	3	2
<b>CO2</b>	3	3	3	1	2	1	3	2	3	2	3	2	2
<b>CO3</b>	3	3	2	2	2	1	2	3	3	2	3	2	2
<b>CO4</b>	3	3	3	2	3	2	2	2	3	2	3	2	2
<b>CO5</b>	3	3	2	1	3	2	3	2	3	2	1	1	2
<b>CO6</b>	3	3	2	3	3	3	3	2	3	3	2	2	2
<b>CO7</b>	3	3	2	2	2	3	3	3	1	3	2	3	3
<b>CO8</b>	3	3	3	2	2	3	1	3	3	1	3	2	3
<b>CO9</b>	3	3	2	1	3	3	1	3	1	1	2	3	3
<b>CO10</b>	3	3	3	2	3	2	2	2	3	3	2	2	3
<b>CO11</b>	3	3	3	2	1	1	3	2	3	3	2	2	2
<b>CO12</b>	3	3	2	3	3	2	2	2	2	1	2	3	2
<b>CO13</b>	3	3	2	2	1	3	2	3	2	2	3	2	2
<b>CO14</b>	3	3	3	2	1	2	1	2	3	2	3	2	2
<b>CO15</b>	3	2	3	2	1	1	1	3	1	1	3	2	1
<b>CO16</b>	3	3	2	2	2	2	3	3	3	2	3	2	2

CO17	3	3	2	1	3	3	2	2	3	2	2	3	3
CO18	3	3	1	1	2	3	3	3	2	2	2	3	2
CO19	3	2	3	2	2	3	2	3	1	1	3	2	2
CO20	3	3	2	1	2	1	1	2	3	2	3	2	2
CO21	3	3	2	1	3	3	2	1	3	2	1	2	3
CO22	3	3	2	3	2	2	3	2	3	2	2	2	3
CO23	3	3	2	2	3	2	3	2	1	1	1	3	3
CO24	2	3	3	3	2	2	2	2	3	2	3	2	3
CO25	3	3	2	3	3	1	2	2	1	1	1	3	3
CO26	3	3	2	3	3	2	2	2	3	2	3	1	3
CO27	3	3	3	3	2	1	3	2	3	2	2	2	2
CO28	2	2	2	2	3	1	1	2	1	1	3	3	3
CO29	3	3	2	1	2	3	1	3	2	2	2	3	3
CO30	3	3	3	1	2	5	2	2	3	2	3	2	2
CO31	3	3	3	2	3	3	1	2	3	2	3	1	2
CO32	3	3	2	2	3	3	2	3	2	1	2	3	2
Target	3	3	2.8	2.5	2.6	2	3	2.5	3	1.3	2.7	3	3

Based on the score put on every column and row, we have evaluated the marks of each CO, PO, and PSO

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	Average of CO
CO1	3	3	2	2	2	3	3	3	2	1	2	3	2	2.38
CO2	3	3	3	1	2	1	3	2	3	2	3	2	2	2.31
CO3	3	3	2	2	2	1	2	3	3	2	3	2	2	2.31
CO4	3	3	3	2	3	2	2	2	3	2	3	2	2	2.46
CO5	3	3	2	1	3	2	3	2	3	2	1	1	2	2.15
CO6	3	3	2	3	3	3	3	2	3	3	2	2	2	2.62
CO7	3	3	2	2	2	3	3	3	1	3	2	3	3	2.54
CO8	3	3	3	2	2	3	1	3	3	1	3	2	3	2.46
CO9	3	3	2	1	3	3	1	3	1	1	2	3	3	2.23

CO10	3	3	3	2	3	2	2	2	3	3	2	2	3	2.54
CO11	3	3	3	2	1	1	3	2	3	3	2	2	2	2.31
CO12	3	3	2	3	3	2	2	2	2	1	2	3	2	2.31
CO13	3	3	2	2	1	3	2	3	2	2	3	2	2	2.31
CO14	3	3	3	2	1	2	1	2	3	2	3	2	2	2.23
CO15	3	2	3	2	1	1	1	3	1	1	3	2	1	1.85
CO16	3	3	2	2	2	2	3	3	3	2	3	2	2	2.46
CO17	3	3	2	1	3	3	2	2	3	2	2	3	3	2.46
CO18	3	3	1	1	2	3	3	3	2	2	2	3	2	2.31
CO19	3	2	3	2	2	3	2	3	1	1	3	2	2	2.23
CO20	3	3	2	1	2	1	1	2	3	2	3	2	2	2.08
CO21	3	3	2	1	3	3	2	1	3	2	1	2	3	2.23
CO22	3	3	2	3	2	2	3	2	3	2	2	2	3	2.46
CO23	3	3	2	2	3	2	3	2	1	1	1	3	3	2.23
CO24	2	3	3	3	2	2	2	2	3	2	3	2	3	2.46
CO25	3	3	2	3	3	1	2	2	1	1	1	3	3	2.15
CO26	3	3	2	3	3	2	2	2	3	2	3	1	3	2.46
CO27	3	3	3	3	2	1	3	2	3	2	2	2	2	2.38
CO28	2	2	2	2	3	1	1	2	1	1	3	3	3	2.00
CO29	3	3	2	1	2	3	1	3	2	2	2	3	3	2.31
CO30	3	3	3	1	2	5	2	2	3	2	3	2	2	2.54
CO31	3	3	3	2	3	3	1	2	3	2	3	1	2	2.38
CO32	3	3	2	2	3	3	2	3	2	1	2	3	2	2.38
Average of PO & PSO	2.94	2.91	2.34	1.94	2.31	2.25	2.09	2.34	2.38	1.81	2.34	2.25	2.38	

**MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425**

**DEPARTMENT OF PHYSICAL EDUCATION**

**The following list of students from 2018-2019**

**Batch has taken admission into HEIs for higher studies:**

<b>SL. No</b>	<b>Name of student enrolling into higher education</b>	<b>Program graduated from</b>	<b>Name of institution joined</b>	<b>Name of program admitted to</b>
1.	Arijit Roy ju	JU/B.P.Ed	Jadavpur University	M.P.Ed
2.	Bina Mistry	CU/B.P.Ed	S.I.P.E.W	M.P.Ed
3.	Chandan Bar	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed
4.	<b>Indrani Chakborty</b>	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed
5.	Moumita Garani	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed
6.	Moumita Maity	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed
7.	Prosenjit Sar	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed
8.	Rupali Hembram	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed
9.	Sangita Karan	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed
10.	Suvendu Pal	MGM/B.P.Ed	Mugberia Gangadhar Mahavidyalaya	M.P.Ed

**DEPARTMENT OF PHYSICAL EDUCATION, MUGBERIA GANGADHAR MAHAVIDYALAYA,  
BHUPATINAGAR, PURBA MEDINIPUR-721425**

**DEPARTMENT OF Physical Education**

**Attainment of Course & Programme Outcomes For the academic year 2018-20.**

In the Outcome Based Education (OBE), assessment is done through one or more than one processes, carried out by the department, that identify, collect, and prepare data to evaluate the achievement of course outcomes (CO's).

The process for finding the attainment of Course outcomes uses various tools/methods. These methods are classified into two types: Direct methods and indirect methods.

Direct methods display the student's knowledge and skills from their performance in the class/assignment test, internal assessment tests, assignments, semester examinations, seminars,

laboratory assignments/practicals, mini projects etc. These methods provide a sampling of what students know and/or can do and provide strong evidence of student learning.

Indirect methods such as course exit survey and examiner feedback to reflect on student's learning. They are used to assess opinions or thoughts about the graduate's knowledge or skills.

Following tables show the various methods used in assessment process that periodically documents and demonstrates the degree to which the Course Outcomes are attained. They include information on:

- a) Listing and description of the assessment processes used to gather the data, and
- b) The frequency with which these assessment processes are carried out.

<b>Table 1 : Direct Assessment tool used for CO attainment</b>			
<b>Sr. No.</b>	<b>Direct Assessment Method</b>	<b>Assessment frequency</b>	<b>Description</b>
1.	Internal Assessment Test	Twice in a Semester	The Internal Assessment marks in a theory paper shall be based on two tests generally conducted at the end of 6 <sup>th</sup> and 11 <sup>th</sup> weeks of each semester. It is a metric used to continuously assess the attainment of course outcomes w.r.t course objectives. Average marks of two tests shall be the Internal Assessment Marks for the relevant course.
2.	Assignments / experiments	Once in a week	Lab Assignment/Experiment is a qualitative performance assessment tool designed to assess students' practical knowledge and problem solving skills. Minimum ten experiments need to be Conducted for every lab course.
3.	End Semester Examination	Once in a Semester	End Semester examination (theory or practical) are the metric to assess whether all the course outcomes are attained or not framed by the course incharge. End Semester Examination is more focused on attainment of all course outcomes and uses a descriptive questions.
4.	Practical Semester Examination		

5.	Home Assignments	Twice in a Semester	Assignment is a metric used to assess student's analytical and problem solving abilities. Every student is assigned with course related tasks & assessment will be done based on their performance. Grades are assigned depending on their innovation in solving/deriving the problems.
6.	Class / Assignment Test	Twice in a Semester	It is a metric used to continuously assess the student's understanding capabilities.
7.	Preliminary Examination	Once in a semester	Preliminary examination is the metric to assess whether all the course outcomes are attained or not by asking descriptive questions.
8.	Presentations	As per the requirement	Presentation is the metric used to assess student's communication and presentation skills along with depth of the subject knowledge. Seminars topics are given to the students that cover topics of current interest or provide in- depth coverage of selected topics from the core courses.
9.	Class Attendance	As Per Vidyasagar University Guideline.	Total 5 Marks allotted for every Course The marks obtained of every course from Class Attendance by the students is following manner. <ol style="list-style-type: none"> <li>1. 05 Marks if he/ she attained greater than or equal to 95%.</li> <li>2. 04 Marks if he/ she attained greater than or equal to 90%.</li> <li>3. 03 Marks if he/ she attained greater than or equal to 85%.</li> <li>4. 02 Marks if he/ she attained greater than or equal to 80%.</li> <li>5. 01 Marks if he/ she attained greater than or equal to 75%.</li> </ol>

Table 2: Indirect Assessment tool used for CO attainment			
Sr. No.	Indirect Assessment Method	Assessment frequency	Method Description
1	Course Exit Survey /Students Feedback Survey	End of Semester	Collect variety of information about course outcomes from the students after learning entire course.

The attainment of course Outcomes (Cos) and Programme Outcomes (Pos) is evaluated based on the aforementioned tools, and therefore, the evaluation of marks in a particular course is relevant here. Details can be found below:



### Marks Distribution

Examination pattern for Theory & Practical Papers	
Theory Examination	Practical Examination
For each theory paper for every Semester University written examination <b>Marks: 70</b>  Internal Assessment: <b>30 Marks</b>	For each theory paper for every Semester University practical examination <b>Marks: 70</b>  Internal Assessment: <b>30 Marks</b>

### DIRECT METHOD

Academic Session: 2018-2019

### Semester IV

**Programme Name: B.P.Ed**

### ATTAINMENT LEVELS FOR

Result of B.P.Ed SEM 4 of the academic year 2018-2019		
Name	Class Roll	CGPA
Arpan Mondal	1	2.75 SQ
Chayanika Mandal	2	2.63 SQ
Debadrita Bhowmik	3	2.78 SQ
Krishnakamal Paramanik	4	3.07 SQ
Mou Tirkey	5	1.97 SQ
Parbati Hembram	6	2.07 SQ
Poulavi Das	7	2.72 SQ
Roushan Kumar	8	2.57 SQ
Soumen Pradhan	9	2.78 SQ
Subhas Bhunia	10	2.97 SQ
Suman Dey	11	2.97 SQ
Suvendu Pal	12	2.38 SQ
Tanmay Ray	13	2.57 SQ


# MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425

## DEPARTMENT OF PHYSICAL EDUCATION

PO & PSO ATTAINMENT INDIRECT METHOD Academic Session: 2018-2019 Semester IV

Programme Name: B.P.Ed

EXIT FORM SURVEY IS CONDUCTED THROUGH QUESTIONNAIRE METHODS. A  
SAMPLE FORM IS GIVEN BELOW:

 <b>STUDENTS' FEEDBACK FORM</b> <b>MUGBERIA GANGADHAR MAHAVIDYALAYA</b> BHUPATINAGAR ★ PURBA MEDINIPUR-721425	
PLEASE HELP US AT WHAT WE DO BY COMPLETING THIS FEEDBACK FORM. WE WANT YOU TO BE HONEST ABOUT WHAT YOU THOUGHT AND HELP ABOUT THE SESSION .....	
<b>INDICATE YOUR GENERAL LEVEL OF SATISFACTION WITH THE FOLLOWING ITEMS</b> PLEASE TICK (✓) IN THE APPROPRIATE BOX	
Name of your Department :: <u>B.P.Ed (2018-2019)</u>	
1. Classes are regular in your department	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
2. General Classes are as regular as Honours Classes	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
3. Do you get library facilities properly ?	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
4. Assessment Tests are regular as per University Guidelines	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
5. Do you get Internet Service & Computer Facilities in your Department ? (Only applicable for Science, Commerce, B.P.Ed, Music and Geography Departments)	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
6. Do you get Laboratory facilities (Access of Apparatus/Equipments etc) properly ? (Only applicable for lab based subjects only)	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
7. Syllabus is taught according to University Guidelines	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
8. Syllabus is completed within scheduled time	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
9. Teachers are regular in their classes	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
10. Do you think teachers of your department are up-to-date according to recent research activities	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
11. Do your departmental teachers use Teaching Aids in the class room ?	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO
12. Tutorial Classes and Remedial Classes are arranged in your Department	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
13. Are you engaged in any extracurricular activity ? (Fresher's Welcome, Raksha Bandhan, Departmental Tour, NSS, NCC Programmes, Blood Donation Camp etc.)	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
14. Did you take any participation in District / State Level Sports or Cultural Competition ?	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO
15. Provide names of your departmental teachers chronologically according to their Teaching Ability (Proficiency, Efficiency, Responsibility, Punctuation, Discipline)	<div>1. Dr. Debasish Ray</div> <div>2. Biswajit Dholi</div> <div>3. Dr. Aditya Narayan Adak</div> <div>4. Anup Mahato</div> <div>5. Paltu Mallik</div> <div>6. Sudipta Das</div> <div>7. Sandip Dey</div>
16. Any Remarks	<div>Parbati Hembram</div> <div>Signature of the Student</div> <div>Year _____</div>

**STUDENTS' FEEDBACK FORM****MUGBERIA GANGADHAR MAHAVIDYALAYA**

BHUPATINAGAR ★ PURBA MEDINIPUR-721425

PLEASE HELP US AT WHAT WE DO BY COMPLETING THIS FEEDBACK FORM. WE WANT YOU TO BE HONEST ABOUT WHAT YOU THOUGHT AND HELP ABOUT THE SESSION .....

**INDICATE YOUR GENERAL LEVEL OF SATISFACTION WITH THE FOLLOWING ITEMS**

PLEASE TICK (✓) IN THE APPROPRIATE BOX

Name of your Department :: B.PED 2018-19

1. Classes are regular in your department ☒ YES ☐ NO
2. General Classes are as regular as Honours Classes ☐ YES ☒ NO
3. Do you get library facilities properly? ☒ YES ☐ NO
4. Assessment Tests are regular as per University Guidelines ☒ YES ☐ NO
5. Do you get Internet Service & Computer Facilities in your Department ?  
(Only applicable for Science, Commerce, B.P.Ed, Music and Geography Departments) ☐ YES ☒ NO
6. Do you get Laboratory facilities (Access of Apparatus/Equipments etc) properly ? (Only applicable for lab based subjects only) ☒ YES ☐ NO
7. Syllabus is taught according to University Guidelines ☒ YES ☐ NO
8. Syllabus is completed within scheduled time ☒ YES ☐ NO

9. Teachers are regular in their classes ☐ YES ☒ NO
10. Do you think teachers of your department are up-to-date according to recent research activities ☐ YES ☐ NO
11. Do your departmental teachers use Teaching Aids in the class room? ☐ YES ☒ NO
12. Tutorial Classes and Remedial Classes are arranged in your Department ☐ YES ☒ NO
13. Are you engaged in any extracurricular activity ?  
(Fresher's Welcome, Raksha Bandhan, Departmental Tour, NSS, NCC Programmes, Blood Donation Camp etc.) ☐ YES ☐ NO
14. Did you take any participation in District / State Level Sports or Cultural Competition ? ☐ YES ☒ NO
15. Provide names of your departmental teachers chronologically according to their Teaching Ability (Proficiency, Efficiency, Responsibility, Punctuation, Discipline)
  1. Dr. Debasish Ray
  2. Biswajit Dhal
  3. Dr. Aditya Narayan Adak
  4. Arup Mahato
  5. Palto Malik
  6. Sudipta Das
  7. Sandip Dey
16. Any Remarks


*Poulami Das*  
Signature of the Student  
Year \_\_\_\_\_

**Programme Name: B.P.Ed (Physical Education)**  
**MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**Percentage of POs AND PSOs WITH QUESTIONNAIRE**  
**For the academic year 2018-2019**

No.	Questions	Percentage of 61 Students
1.	Classes are regular in your department	92.30
2.	General classes are as regular as Honours classes	92.30
3.	Do you get library facilities properly?	92.30
4.	Assessment test are regular as per university guidelines	84.61
5.	Do you get internet service & computer facilities in your department?	92.30
6.	Do you get Laboratory facilities (access of apparatus/equipments etc) properly?	92.30
7.	Syllabus is taught according to University Guidelines	84.61
8.	Syllabus is completed within schedule time	84.61
9.	Teacher are regular in their classes	84.61
10.	Do you think teachers of your department are up-to-date according to recent research activities	92.30
11.	Do your departmental teachers use Teaching Aids in the class room?	92.30
12.	Tutorial classes and remedial Classes are arranged in your department	92.30
13.	Are you engaged in any extramural activity? (Fresher's welcome, Raksha Bandhan, Departmental Tour, NSS, NCC programmes, Blood donation camp, etc.)	84.61
14.	Did you take any participation in District/State level Sports or cultural competition?	76.92

The report is prepared by Dr. Mrityunjay Biswas under the guidance of Dr. Debasish Ray, HOD, and Department of Physical Education.



22-08-23  
  
**Dr. Swapan Kumar Misra**  
**Principal**  
**Mugberia Gangadhar Mahavidyalaya**  
*Principal*  
*Mugberia Gangadhar Mahavidyalaya*