



Dnyanopasak Shikshan Mandal's

College of Arts, Commerce and Science, Parbhani.

Pro-forma for program and course outcomes (2.6.1)

Name of the Teacher: Dr. Mahesh Jadhav

Department: Physical Education

Program: BAFY

Subject: Physical Education

Course Code: CCPHY.EDU.-1

Paper Title: History of Physical Education

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	History	i) Physical Education in ancient – Greece, Rome. ii) Ancient Physical Education in India. 1. Vedic Period. 2. Ramayan and Mahabharat Period. 3. Boudha Period. 4. Maratha Period. 5. British Period.	Will be able to understand the how P.E. was essential part of different period of time.
2	History and Development of Sports Institute	i) Y.M.C.A, Madras. ii) Decam Gymkhana, Pune. iii) Hanuman Vyayam Prasarak Mandal, Amravati. iv) Netaji Subhash National Istution of Sports, Patiala. v) LNIPE Gwalior	Can able to find how the sports institutes are started and what courses they are run.
3	History and Development of Sports	i) Olympic Movement ii) Ancient Olympic Games. iii) Modern Olympic Games. iv) Indian Olympic Association. iii) Asian Games. iv) Commonwealth games.	Student will learn and differentiate in betn Ancient Olympic and Modern Olympic, Will understand Asian games and Commonwealth games
4	Awards in Games and Sports	i) Rajiv Gandhi Khel Ratan Awards. ii) Dronacharya and Arjun Award. iii) Maharashtra Jeevan Gaurav Awards. iv) Shiv Chhatrapati Krida Awards. v) District Awards (Best Coach, Player, Organizer).	Will be understand the award and cash prizes are given by govt. bodies.

Signature of the Teacher

Name of the Teacher: Abdul Ansar & Dr. Mahesh Jadhav

Department: Physical Education

Program: BAFY

Subject: Physical Education **Course Code:** CCPHY.EDU.-II

Paper Title: Practical

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Practical Project	Weight measurement.	Will be able to understand and calculate weight experimentally
2	Running Events: Skills and Techniques	100m. Sprints (For Men/Women)	Can able to understand Crouch, Median and Longitudinal Stance in sprinting. Will be able to understand Stride and Finish of the race.
3	Optional Games (Any One)	1. Kabaddi 2. Atya-Patya. [Fundamental Skills, Knowledge of rules and regulation]	Will be able to understand hand Touch, Toe Touch, Raid, Bonus, Thigh Hold, Back Hold, Anchor Hold, Front Block, Chain Block, Chase in Kabaddi. Will be able to understand the rules and regulations in Atya patya. Agility, Catch, Run skills in Atya patya.
4	Indian Exercise	Suryanamskar (Men/Women)	Will be able to understand the 12 steps and the correct position of Suryanamaskar experimentally.

Signature of the Teacher

Name of the Teacher: Dr. Mahesh Jadhav

Department: Physical Education

Program: BAFY

Subject: Physical Education Course Code: CCPHY.EDU.-III

Paper Title: Principle of Physical Education

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Principle of Physical Education	1. Meaning, need, importance and scope of physical education 2. Aims and objectives of physical education 3. Philosophy of physical education (Idealism, Naturalism & Realism) 4. Classification of activities 5. Suitable activities of different age groups	Will be able to understand meaning, scope, need and importance of physical Education. Can determine the aim and objective. To study the Philosophy and the difference between different Philosophies.
2	Biological Basis of Physical Education	1. Affecting factors of growth and development 2. Differences in between male and female 3. Benefits of exercise Under load, Normal load, Overload, Training principals	Will be able to understand growth and development and affecting factor, male/female biological differences. Will be able to understand different types of load.
3	Psychological Basis of Physical Education	1. Psychological Factors affecting sports performance 2. Mental Health and Cognitive abilities 3. Meaning and importance of play 4. Theories of play 5. Principals of growth and development.	Will be able to understand sports Psychology and sports performance affecting factors, Play theories, Growth and development principles and what is mental health and cognitive abilities.
4	Sociological Basis of Physical Education	1. Games and sports as a cultural heritage of mankind 2. Role of sports in national integration 3. Role of society to culture development	Will be able to understand sociological importance of the sports and the role in national integration and role of society to culture development.

Signature of the Teacher

Name of the Teacher: Abdul Ansar & Dr. Mahesh Jadhav

Department: Physical Education

Program: BAFY

Subject: Physical Education **Course Code:** CCPHY.EDU.-IV

Paper Title: Practical

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Practical Project	Height measurement.	Will be able to understand and calculate height experimentally
2	Throwing Event – Skills and Techniques.	Shot-put (for Men/Women)	Can able to understand Grip, Footwork, Trajectory, Types of Shot-Put throw
3	Jumping event (Skills and techniques)	Long jump (approach run, take-off, air position and landing)	Will be able to understand Approach Run, Newton's 3 rd law of Action-Reaction while take-off, arc position in air, and landing and also about different jumping techniques.
4	Optional Games (Any One)	i. Table Tennis ii. Gymnastics (Mat exercise) [Fundamental Skills, Knowledge of rules and regulation]	Will be able to understand the forehand and backhand drive, pushes, spinning the ball flick and serving experimentally.

Signature of the Teacher

Name of the Teacher: Dr. Prabhakar Pandit

Department: Physical Education

Program: BASY

Subject: Physical Education

Course Code: CCPHY.EDU.-1

Paper Title: Basic Anatomy, Physiology and First Aid

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Anatomy	Cell -- structure of cell, Types and its functions. Tissue – Types and functions of various Tissues.	Will be able to understand the structure of cell and the functions of cells.
2	Structure and functions of following systems	Skeletal system, Muscular System, Digestive systems, Nervous system, Respiratory system, Circulatory system, Endocrine Systems and Reproductive System.	Will be able to understand structure and functions of all systems.
3	Effects of exercise on:	Muscular System Endocrine Systems Circulatory system Respiratory systems	Can able to find experimentally the effects on exercise on Muscular, Circulatory and Respiratory systems.
4	First Aid	Definition and importance of first Aid Basic Principle of First Aid Injury –It's Types and Their prevention Common Injuries and their first aid.	Will be understand the need and importance, principles of the first Aid. Types of injury and the rehabilitation process. Role of first aid in Injury.

Signature of the Teacher

Name of the Teacher: Abdul Ansar

Department: Physical Education

Program: BASY **Subject:** Physical Education

Course Code: CCPHY.EDU.-II

Paper Title: External Practical

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Practical Project	Pulse rate Measurement (Before and After Playing)	Will be able to understand and can find Pulse rate before and after playing experimentally.
2	Track and Field Event	Relay (4*100 /4*400) Men and Women:	Can able to understand Mechanism of the Relay race, Rules and Strategies.
3	Optional Games (Any One)	Any one Indian game in following i). Kho-Kho ii). Yoga/ weight lifting	Will be able to understand Rules and regulation, Chasing Skills, Running Skills Will be able to perform the Asanas, Pranayama Will be able to understand Basics of Weight Lifting, Types, Skills.
4	Indian Exercise	i) Dand Baithak (Men) ii) Bent Knee Sit-ups (Women)	Will be able to understand the need and importance, Skills of Dand Baithak and Bent Knee Sit-ups.

Signature of the Teacher

Name of the Teacher: Dr. Prabhakar Pandit

Department: Physical Education

Program: BASY

Subject: Physical Education

Course Code: SEC – I

Paper Title: Fitness and Wellness

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Fitness Trainer	Conditioning Exercise Aerobic Exercise Anaerobic Exercise Isometric-Isotonic and Isokinetic Exercise Therapeutics Exercise	Will be able to understand the correct methods, Types of exercises.
2	Gym Trainer	Warmup and Cooling Down Weight Training Station Training Set training Strength Training Isokinetic Training Stretching and its type	Will be able to understand the training types and Stretching types.
3	Life Guard	Nature and Duties of Life Guard Life Jackets Deep Water Rescue Shallow water rescue Two persons Removal Water General Procedures for Water Emergency	Will be able to understand need and importance of Life guard, fluid mechanics.

Signature of the Teacher

Name of the Teacher: Dr. Prabhakar Pandit

Department: Physical Education

Program: BASY

Subject: Physical Education

Course Code: CCPHY.EDU.-1

Paper Title: Fitness and Diet

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Fitness	Definition and concept of fitness Need and Important of Fitness Physical, Mental, Social Fitness	Will be able to understand the need and importance of Fitness, Components of Fitness.
2	Body Posture	Posture –Definition, Meaning, Concept, Need and Important, It's Significant and Benefits. Types of Posture. Postural deformities (Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs, Flat Foot) Causes and remedies of Postural Deformities.	Will be able to understand posture and its deformities.
3	Diet	Definition, need and Important of diet for health Components of Balance diet (carbohydrates, fats, proteins, minerals, Vitamins, Water)	Will be understand the elements of Energy Sources, Role of balanced diet for health.
4	Nutrition	Concept of nutrition Dietary aids Calorie intake and Expenditure Energy balance Eating disorder	Will be understand the need and importance of Nutrition, Calorie intake, Eating Disorder.

Signature of the Teacher

Name of the Teacher: Abdul Ansar

Department: Physical Education

Program: BASY **Subject:** Physical Education

Course Code: CCPHY.EDU.-II

Paper Title: External Practical

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Practical Project	Blood Pressure (Measure Low and high B.P.)	Will be able to understand and can find the blood pressure experimentally.
2	Track and Field Event	A) Throwing event – Discus throw (Holding, Styles, delivery and Recovery) B) Jumping event – Triple jump (Hop-step-jump) (Approach run Take-off, Air position, Landing)	Can able to understand Mechanism of the Discus throw (Holding, Styles, delivery and Recovery), Rules and Strategies. Can able to understand Mechanism of the Jumping event – Triple jump (Hop-step-jump) (Approach run Take-off, Air position, Landing)
3	Optional Games (Any One)	1) Cricket 2) Judo (Fundamental skills, Knowledge of rules and regulation)	Will be able to understand Rules and regulation, batting skills, bowling skills and fielding skills. Will acquire the knowledge, rules regulation and skills about the Judo game.

Signature of the Teacher

Name of the Teacher: Dr. Prabhakar Pandit

Department: Physical Education

Program: BASY

Subject: Physical Education

Course Code: SEC – II

Paper Title: Curative Therapies

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Massage	Concept & types of massage Techniques of massage Massage for body relaxation Massage for disabled people Benefits of massage	Will be able to understand the Massage and its type. Benefits of Massage.
2	Yoga Trainer	Training for Pranayama Training for Asana Training for Different yogic practices Yoga for patient Yoga for bad posture	Will be able to understand concept of Yoga teaching.
3	Acupressure	Types of acupressure Points of acupressure Acupressure for upper body extremities Acupressure for lower body extremities Precautions of acupressure Benefit of acupressure	Will be able to understand the concept of Acupressure.

Signature of the Teacher

Name of the Teacher: Dr. Madhav Shejul

Department: Physical Education

Program: BATY

Subject: Physical Education Course Code: CCPHY.EDU.-I

Paper Title: Organization and Management in Physical Education

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	I	1. Definition, Scope, Need and importance of organization 2. Principle of organization 3. Skills organization	Will be able to understand the need and importance, Principle and Skill of the Organization.
2	II	1. Needs and importance of Tournaments 2. Types of Tournaments (Knock-out System, League System, Combination System, Challenge System) 3. Care and Maintenance of Play field and equipment 4. Intramural and Extramural Tournaments.	Will be able to understand the Types of tournaments, care and maintenance of play field and types of tournaments.
3	III	1. Definition, Scope, Needs and importance of Management in Physical Education 2. Principles of Management 3. Qualification and Qualities of the good manager 4. Gym management (Needs, Facilities and Maintenance) 5. Management of different level tournament (School to National level)	Will be understand the Importance, Principles of Management in Physical Education. Will be understand the what is the qualification and quality of the good manager.
4	IV	1. Function and Importance of Financial Management 2. Budget, Criteria of budget, Types of budgets 3. Public relation, Principles, Needs and importance, methods of public relation (Print media, electronic media, social media, etc) 4. Sponsorship	Will be understand different types of budget. Will be understand the Public relation in P.E., Types of sponsorship.

Signature of the Teacher

Name of the Teacher: Kalyan Pole

Department: Physical Education

Program: BATY Subject: Physical Education

Course Code: CCPHY.EDU.-II

Paper Title: Physical Education Practical

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Practical Project	A) - Fat percentage BMI, WHR	Will be able to understand and can find BMI and WHR experimentally.
2	Track and Field Event	Javelin throw	Can able to understand the Grip, carriage, Run-up, release and follow throw in Javelin.
3	Cardio Vascular Endurance	12/9M. Run & Walk Men / Women	Can find the Cardio vascular Endurance with the Cooper's 12/9 M. Run & Walk test.
4	Optional Games (Any One Indian Game)	1. Wrestling 2.Badminton (Fundamental Skills, techniques, knowledge of rules and regulation)	Will be understand the Stance, Motion, level Change, Penetration, Back Step, Back Arc and Lift in Wrestling. Will be understand Grip, stance, footwork, serve, smash, drop shot, in Badminton.
5	Oral related All Practical	(Knowledge about Historical development, ground measurements, rules and regulation, Awards, records)	Will be understand the knowledge about Skills, rules and regulation and awards, record.

Signature of the Teacher

Name of the Teacher: Dr. Madhav Shejul

Department: Physical Education

Program: BATY

Subject: Physical Education

Course Code: SEC – III

Paper Title: Yogic Therapies and Sports Physiotherapy

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	I	<ol style="list-style-type: none">1. Basics of Yoga.2. Yoga for Diabetic patients.3. Yoga for Hyper and Hypotension.4. Yoga for Obesity	Will be able to understand the health-related Yoga.
2	II	<ol style="list-style-type: none">1. Yoga for Pain Management.2. Yoga for Postural Deformities.3. Yoga for Cardiac patients4. Yoga for Kids and Children	Will be able to understand the corrective Yoga for Pain, Kids and Children, Postural Deformities and the Cardiac patients.
3	III	<ol style="list-style-type: none">1. Basics of Sports Physiotherapy.2. Needs of Sports Physiotherapy.3. Types of Physiotherapy.4. Physiotherapy for disable person	Will be able to understand the concept of Physiotherapy, need and importance.
4	IV	<ol style="list-style-type: none">1. Rehabilitation and Physiotherapy.2. Physiotherapy for injured Athletes (Men and women).3. Physiotherapy for disable person	Will be able to understand the rehabilitation and Physiotherapy for all category.

Signature of the Teacher

Name of the Teacher: Dr. Madhav Shejul

Department: Physical Education

Program: BATY

Subject: Physical Education

Course Code: CCPHY.EDU.-III

Paper Title: Test measurement and Psychology in Physical Education and Sports

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	I	1. Definition of Test and Measurement 2. Needs and Importance of Test and Measurement 3. Principles of Test and measurement	Acquainted student with the term of Test and Measurement and need and importance and principle.
2	II	1. Construction and classification of Test 2. Criteria of good test 3. Test of physical fitness (JCR, Hardward step test, Sargent Test, AAHPERD Youth Physical Fitness Test)	Acquired the knowledge about construction and classification of the test, Phy. Fitness and AAHPERD youth fitness test.
3	III	1. Definition, Nature and Scope of Sports Psychology 2. Learning Process – Theories Laws of Learning 3. Personality – Meaning, Dimensions & Personality of sports-man	Acquainted student with the term of Sports Psychology, Learning Process and Personality and its types.
4	IV	1. Affecting factors in Growth and Development – Heredity and Environment 2. Relationship between Sports Psychology and Performance of players	Acquired the knowledge about Heredity and Environment and relation between sports psychology and performance of players.

Signature of the Teacher

Name of the Teacher: Kalyan Pole

Department: Physical Education

Program: BATY **Subject:** Physical Education

Course Code: CCPHY.EDU.-IV

Paper Title: Physical Education Practical

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	Practical Project	A) Flexibility measures. (Sit & Reach or Bend and Reach) B) Arm Strength (Grip dynamometer)	Will be able to understand and can find flexibility experimentally by sit & reach and Bend and Reach and Arm strength by grip Dynamometer
2	Track and Field Event	High Jump	Can able to understand the Approach, Approach Skills, Take off and Bar clearance in High Jump.
3	Aerobics Activities	(Minimum 10 min) – men / women	Students will understand and perform the Aerobic Activities like Walking, Running, Treadmill walk etc.
4	Optional Games (Any One foreign Game)	1. Volley Ball 2. Hand Ball (Fundamental Skills, Techniques, knowledge of rules and regulation)	Acquainted students with under and over arm pass, types of service, rules and regulation of volleyball. Acquainted students with dribbling, catching, throwing, jumping, power in handball.
5	Oral related All Practical Events	(Historical development, ground measurements, Rules and regulation, records and awards)	Students will be understanding the knowledge about Skills, rules and regulation and awards, record.

Signature of the Teacher

Name of the Teacher: Dr. Madhav Shejul

Department: Physical Education

Program: BATY

Subject: Physical Education

Course Code: SEC – IV

Paper Title: Officiating and Coaching

Unit No.	Unit Name	Topics	Unit-wise Outcome
1	I	Officiating in Kabaddi Officiating in Kho-Kho Officiating in Volley Ball Officiating in Cricket Officiating in Track and Field	Students will be able to understand the officiating in Kabaddi, Kho-Kho, Volleyball, Cricket and Track and Field
2	II	Ground Management in Kabaddi Ground Management in Kho-Kho Ground Management in Volley Ball Ground Management in Cricket	Acquired knowledge about ground measurement in Kabaddi, Kho-Kho, Volleyball, Cricket
3	III	Coaching of Basic Skills in Kabaddi Coaching of Basic Skills in Kho-Kho Coaching of Basic Skills in Volley Ball Coaching of Basic Skills in Cricket	Acquainted students with the basic coaching skills.
4	IV	Coaching for Conditioning Exercise Coaching for General Physical Fitness Coaching for Motor Fitness Coaching for Kids and Children's	Will acquire the knowledge about conditioning exercise, physical fitness, Motor fitness and coaching to kids and children.

Signature of the Teacher