

DEPARTMENT OF PHYSICAL EDUCATION
SOUTH EAST AMNIPUR COLLEGE, KOMLATHBAI

NEP 2020

Course Objectives and Learning Outcomes

Physical Education, which is an integral part of education, aims at improving the human performance through the medium of physical activities selected to realize the desired outcome. It also includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and well-being, the attainment of knowledge and growth of positive attitudes towards physical outcomes that accrue from participation in activities but also with the development of knowledge and attitudes conducive to lifelong learning and participation. In fine, it aims for the development of physically, mentally, socially and emotionally fit citizens.

COURSE OBJECTIVES:

1. The objective is to promote holistic development by emphasizing physical fitness and well-being.
2. To focus on enhancing students' motor skills, cognitive development, and overall health through physical education.
3. To help in the overall development of students and to instill discipline, teamwork, and leadership qualities.
4. To encourage a healthy lifestyle and promote mental well-being.
5. To promote physical fitness and overall health among students also to develop motor skills, coordination, and agility.
6. To instill values like sportsmanship, fair play, and teamwork.
7. Teachers are encouraged to stay updated with the latest trends and best practices in physical education.
8. Professional development programs aim to enhance the quality of physical education instruction.
9. NEP promotes community engagement through sports events, fitness programs, and health initiatives.
10. Extracurricular activities like sports clubs, intramurals, and fitness challenges are encouraged.
11. Partnerships with local sports organizations and fitness facilities enhance the overall physical education experience.
12. Opportunities lie in promoting a culture of physical activity, enhancing student well-being, and fostering a lifelong love for sports.
13. Collaborative efforts between schools, policymakers, and communities are essential for successful implementation.
14. To create and train the highly qualified professionals in the field of Physical Education and Sports.
15. To establish the placement services in various academic and non-academic areas.
16. To promote the mass participation in the field of Physical Education and Sports.
17. To impart the scientific knowledge and encourage the studies in the field of Physical Education and Sports.
18. To promote the Physical Education and Sports programs at the grass root level.
19. To provide the communities services in the field of Physical Education and Sports.
20. To promote the Physical Education and Sports as the social vehicle to inculcate the community understanding and goodwill upon the people of different ethnic groups.

LEARNING OUTCOMES:

1. Students would be able to identify and relate with the History of Physical Education.
2. Students would be able to identify the works of Philosophers of Education and Physical Education.
3. The student will learn the basic structures and functions of human body by identifying, comparing and relating different systems, organs and their functional and structural units.
4. Sports and Games practical will enhance the physical fitness, skills and performance to the students.
5. Students can understand the rules and interpretation in playing, officiating and coaching.
6. The student will gain the knowledge and aware of the skeletal structure of human body by identifying the origin and insertion of various muscles.
7. Students will understand the basic movements with the application of mechanical principles.
8. Students will gain the fundamental knowledge of Yoga.

9. The study will give the importance of different scopes of yoga in life.
10. The study would orient the student in basic concepts of psychology.
11. He would understand various laws of learning and their relevance in teaching learning process.
12. The student would understand the concept and importance of management of Physical Education.
13. Student will be able to organize various Physical Education and sports program
14. The student will be able to identify the role of peers, community and media in health promotion and protection.
15. The student will be able to value the knowledge and skills required to preserve community health and well-being.
16. Students will know the concept of organization and administrative functions in sports.
17. Students will experience the competition organization and draw of competition fixture.
18. To understand the philosophy, nature and scope pedagogy in Physical Education.
19. To understand the goals of physical education and sports at different education levels.
20. Students will develop concept and importance of adapted physical education.
21. Students will gain the knowledge of different disabilities and challenges.
22. Students will understand the basic concepts of fitness, conditioning and warming-up.
23. Students will gain more basic knowledge of warming-up exercises.
24. To understand the teaching aids and its importance.
25. To understand the teaching techniques and innovative programs.
26. Students will understand the fundamental movements and motor skill development.
27. Students will experience the motor skill development.
28. Students will get the opportunities to participate in various competitions at different levels.
29. Students will understand the importance and professional values of games and sports.
30. Students will understand the Prevention, Treatment and Rehabilitation of Athletic Injuries.
31. Students will be able to identify the fundamental concepts, theories and principles of physical training related to sports performance.
32. Students will be able to understand the organization to achieve high performance in sports.
33. To understand the nutrition and sports nutrition.
34. Students will understand the planning of balance diet for athletes.
35. The students will be oriented in basic art of mass communication and reporting of sports events through various mediums.
36. The students will acknowledge the importance of journalism in sports.
37. The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.
38. Students will know the concepts and importance of Recreation and Adventure Sports.
39. Students will develop the leadership quality and career personality.
40. Students will recognize the major disciplines of Traditional or Indigenous games and sports of Manipur.
41. Students can predict the future scope of indigenous sports of Manipur.
42. Students will know the various teaching aids could be procured in physical education.
43. Students will understand the different teaching lesson plans in physical education.
44. Students can understand the different areas and scopes of research in physical education and sports.
45. Students will understand the development of research design, sampling and data collection.
46. Students will understand the research report writing (thesis/dissertation).
47. Students will know the fundamentals of statistics in Physical Education and Sports.
48. To conceptualize the concept of Entrepreneurship, its type and traits.

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