

Haldia Government College
(Affiliated to Vidyasagar University)

Programme Specific Outcome (PSO) & Course Outcome (CO)
Curriculum & Credit Framework for Undergraduate Programmes
(CCFUP), 2023 & NEP-2020
(w.e.f. Academic Year 2023-2024)

Name of the Programme: Sports and Fitness

MDC-01

(Credits 03: Theory 02 + Practical 01)

(Full Marks-50)

Programme Specific Outcome:

1. The theoretical knowledge of track and field events helps the students to learn the various techniques along with the international rules of the events. Since they learn the rules, they can become qualified state, national and international officials. This definitely will elevate their professional career. They will be of great demand in their professional circle.
2. Present day technological developments have paved a clear way to the sports performance enhancement. Hence the Foundation of Physical education is introduced to the students. The history of both physical education and Olympics helps the students to know the background of the events. Towards the further improvement, it is apt to say that Young Men Christian Association (YMCA), Sports Authority of India (SAI), Sports Development Authority of Tamil Nadu (SDAT), National and International competitions and sports festivals contribute to the present day sports performance improvement.
3. Health and fitness is another branch of science that gives knowledge about the personal health and fitness. The students show a lot of interest to know the meaning, principles, components of personal and community hygiene. By understanding the communicable diseases, the students are able to lead a diseases free life. As they are involved in regular physical training, safety education plays a dominant role. They also learn to be safe at home, on the play field, inside a gym and in the public. They act as health ambassadors and carry the adage namely "Prevention is better than cure".

Course Outcome:

- 1) To provide the principles of physical education and sports to the pupils for their health and wellbeing.
- 2) To familiarize the students with health related activity and sports for overall growth and development and to maintain the fitness
- 3) To create a base for professionals in physical education and sports.

- 4) To impart the basic knowledge and skills to teach different games.
- 5) To create the opportunity to maintain the mental health and wellness.

By the end of the course students will:

- 1) understand the basic principles and practice of physical education and sports.
- 2) be able to instruct physical activities for fitness and wellness.
- 3) have knowledge about the professionalism to conduct, organise and officiate different games at schools and community level.