

DEPARTMENT OF PHYSICAL EDUCATION

Mission

To develop a quality physical education program that emphasizes enjoyable participation in physical activities; to help students develop the knowledge, attitude, motor skills, social skills and confidence needed to begin and maintain a healthy physically active lifestyle for the rest of their life.

Vision

Every student will become a physically educated person who:

- Has the skills necessary to perform a variety of physical activities
- Acquires the knowledge and skills to stay physically fit
- Participates regularly in physical activity
- Knows the implications of and benefits from involvement in physical activities
- Values physical activity and its contribution to a healthy lifestyle

Course outcome

Semester -1

After completion of this course, students will apply knowledge of physical education, growth and development, play, sports and games knowledge, history of physical education and yoga to explain aim and objectives of physical education. Use an understanding of history of yoga, astanga yoga to effectively know about yoga in everyday life.

Semester -2

Having successfully completed this course student learn health, health education, historical development of physical education, sports policy of nation, physical fitness and skeletal structure of human and first aid management.

Semester -3

Completion of this course will enable the student to: know the basics of circulatory system, effect of exercise on them, safety education, sports injuries, communicable and non communicable, component of balance diet and harmful effect of junk food.

Semester -4

On Completion of this course students will be able understand psychological aspects of Physical Education, Physiology of respiratory System, Olympic, Asian and Commonwealth games, warming up and cooling down.

Semester -5

On Completion of this course students will be able to understand the anatomy of muscle, Composition of Human Blood, Growth and Development, Organization and Administration, Tournaments and their types, posture and Postural Deformities

Semester -6

Having successfully completed this course student learn about Mechanism of food digestion, Importance of Biomechanics in Sports, motion, Levers, Concept of Sports Training and Doping, Motivation and Socialization.

Programme Specific Outcomes (PSO) B.A.(General) physical education

1. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
2. Students will develop practical, theoretical skills in Physical Education.
3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.
4. Students will acquire a job efficiently in diverse fields such as B.P.E.S/ B.P.Ed, MPES/M.P.Ed,HSSC,NET,HPSC.etc

Subject: Health and Physical Education

Reintroduced from the session: 2015-16

Allocated Seats:-80

Eligibility: The Student has passed Physical Education as subject in 10+2 or must have attained a position at District level tournament.

Staff Profile

Sh. Randhir Singh - Head of Department, Associate Professor.

Contact No: - 9416663173

Qualification: B.Sc sports, M.P.Ed, NET (UGC)

Specialization in Game: Kho-Kho, Athletics

Area of Interest: Sports Psychology, Anatomy and Physiology

Dr. Satish Kumar - Assistant Professor

Contact No:-9466002780

Qualification: Ph.D, M.P.Ed, NET (UGC)

Specialization in Game: Athletics, Football

Area of Interest: Sports Biomechanics, Anatomy and Physiology

Dr. Krishan Sheokand - Extension Lecturer

Contact No: - 9416121276

Qualification: Ph.D, M.P.Ed, NET (UGC)

Specialization in Game: Athletics, Kabaddi

Area of Interest: Sports Training, Officiating and Coaching