

B.A. in Physical Education, PROGRAMME SPECIFIC OUTCOMES {PSOs}

Program Outcomes (After 3 Years of Study)

- Physical Education (PE) develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, **both in and out of college**.
- A high-quality PE curriculum enables all students to **enjoy and succeed** in many kinds of physical activity.
- They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas **to perform successfully**.
- When they are performing, they think about what they are doing, they analyze the situation and **make decisions**.
- They also reflect on their own and others' performances and find ways to improve upon them. As a result, they **develop the confidence**
- To take part in different physical activities and learn about the **value of being healthy** and active lifestyles.
- Discovering what they **like to do**, what their **aptitudes are at college**, and how and where to get involved in physical activity helps them **make informed choices** about lifelong physical activity.
- PE helps students **develop personally and socially**. They work as individuals, in groups and in teams, developing **concepts of fairness** and of **personal and social responsibility**.
- They take on different roles and responsibilities, including **leadership, coaching and officiating**. Through the range of experiences that PE offers, they learn how to be effective in **competitive, creative and challenging situations**.

Our aim is to:

- **Encourage a healthy and active lifestyle throughout the college body**
- **Nurture sportsmanship in all aspects of competition**
- **Widen each student's sporting experience and enjoyment**
- **Create a passion for active recreation and sport**
- **Assist students in reaching their physical potential in a variety of sporting environments.**
- **Assist students to be employed in profession related to physical education**
- **To empower women through sports and physical education**
- **To make students physically mentally and socially fit citizen**