

PATEL MEMORIAL NATIONAL COLLEGE, RAJPURA

Department of Physical Education

Values of education is very important for supporting and directing the attitude and behaviour that a child starts learning right from the time of birth and changes by the effects of surroundings. Department of Physical Education aims at giving direction to these values adhered by students through physical activities. It is a way of education by means of physical movement from Molecular Biology to Material Science. Nothing of value can be expected from a society if the teaching and Research in Health and Physical Education is ignored or if it is relegated to a secondary status. Physical Education as a generic term is actually linked with socio-cultural, social and educational values, psycho-social qualities, socialization, moral codes of behaviour, physical and cognitive development, health, diet, etc. (all this can be derived from engagement in regular physical activity). Physical Education as a discipline is more intimately concerned with human development than education disciplines. Physical Education is not only a concept, but reflects a practical approach to human betterment in terms of health.

AIMS:

- The main aim of the department is to develop motor skills, applied knowledge, a positive attitude and fitness.
- The programs of physical education are student centered.
- The work towards the optimal level of physical fitness of students.
- Demonstrates the ability and enthusiasm to pass on to others in the community the knowledge, the skills and techniques that have been learned.
- We give the importance to team work and co-operation.

Outcomes of various courses taught by department are:

B.A. I

Under this course students learn throughout the curricular about basic knowledge and values of Physical Education, Health Education, Personal Hygiene, Heredity & Environment, Growth & development, Body Cell, Digestive System, Skeleton System, Joints of human body. They learn about different terms of physical education i.e, Kinesiology, Anatomy, Physiology, Exercise Physiology, Bio-Mechanism, Anthropometry and Sports Medicine etc. During the course students get knowledge of different Sports Tournaments, Sports Institutions, Sports Awards: Maharaja Ranjit Singh, Arjuna Award, Dronacharya Award, MAKA Trophy and Rajiv Gandhi Khel Ratan Award etc. This course will make students aware about Drugs, Doping and Communication Diseases i.e, Cholra, Typhoid, Tuberculosis, AIDS, Hepatitis A & B, Rabies and Malaria etc. During practical work students learn rules and regulations of different games like Football, Volleyball, Basketball, Hockey and Athletics events etc.

B.A. II

Under the curriculum of second year, students learn about the role of Yoga, Physiology of Asanas, Effects of yoga on human body systems, Growth and Development from childhood to adolescence period and importance of 'Theories of Play' in life. They get the knowledge of sports psychology which is helpful to understand the psychological problems of individuals. Students get lessons about sports injuries, preventions and their treatments etc. Throughout their practical work, they learn about Yoga, Kabaddi, Kho-Kho and athletic events like Shot-Put, High Jump and Discuss Throw etc.

B.A.III

In the course of final year students get basic knowledge of Recreation, Camping, Athletic Meet, Leadership qualities, Posture related problems etc. They learn indentifying about motion and their application in sports and games. They are also taught about Respiratory functions, Blood Pressure and Pulse Rate and their profession as a physical education teacher. Students grasp the knowledge about various sports personalities i.e, Major Dhyan Chad, S.Milkha Singh, P.T.Usha, Leander Paes and Abhinav Bindra etc., organization of different type of tournaments, and also learn to manage over weight and obesity. This course enhance their basic knowledge of sports training methods, facts of Physical Fitness and Physiological terms i.e, Haemoglobin, Cardiac out put, Stroke volume, Oxygen Debt, Vital Capacity, B.M.I and B.M.R etc. During practical work pupils get knowledge about Indian Sports performance at various level tournaments, Rules & regulations of Cricket, Relay Races, Handball, Badminton and Javelin Throw etc.