



Faculty of General and Adapted Physical Education & Yoga (GAPEY)

Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI) Coimbatore Campus

Programme: Bachelor of Physical Education, Health Education and Sports

Programme Outcomes

PO1. By learning and understanding the languages namely **Tamil, Hindi and English**, the students are able to acquire the skills to communicate fluently. Various prose and poems are also taught to the students and they learn the ideals of great men. This attributes to their language enhancement.

PO2. 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.

PO3. 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..

PO4. **Anatomy and Physiology** are the sports science subjects deal with the structure and functions of the human body. Since, the knowledge about human body is very essential to understand the muscular and skeletal involvements of various joints, the students learn this mechanism with lot of interest to perfect the sports movements. It is useful to learn about the internal organs like heart,

lungs and nervous system as they are the primary supporters of all body movements. This knowledge will assure the students the ratio of physical work and recovery.

PO5. Health and safety education is another branch of science that gives knowledge about the personal health and safety education. 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”.

PO6. All students understood that **Gymnastics** is the mother of all sports. Hence they learn all gymnastic movements and will teach the same to the children at an early age. The process of transferring the knowledge will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility. They also learn to use different gymnastic apparatus along with the rules to use them efficiently.

PO7. The study of **foundation of yoga** helps the students to understand the historical background, need and importance. This branch of knowledge helps to know the various limbs of yoga, asanas, pranayama, kriyas and banda.

PO8. The branch of science namely **biomechanics and kinesiology** deal with movements of the human body using mechanical principles. The competitive techniques of various games and sports activities demand for perfect movements. In order to enhance sports performance, it is necessary to execute the movements with accurate and appropriate body mechanics. That’s why students show a great deal of importance to learn this subject.

PO9. Methods of physical education deals with appropriate methods to present the scientific inputs effectively. Serious planning is required for teaching various sports techniques effectively. The scientific inputs will reach the students fully when the teacher uses appropriate teaching methods. All the students learn from this branch of science the system of conducting intramural and extramural competitions. This knowledge will widen the scope of the future teacher’s professional career.

PO10. The subject namely “**Nutrition**” gives scope to the students to understand “healthy diet”. Students also learn the importance of vitamins and minerals. This knowledge will definitely improve the health of the sports persons, family health and in turn the health of the whole society.

PO11. The branch of science namely **General Theory and Methods of Sports Training (GTMT)** imparts scientific knowledge about training of sports persons. The general and specific fitness is the outcome of sports training. The students learn various sports training methodology which could be used to develop all the fitness components and sports performance. Students also find this science to be very useful to prepare short, medium and long term training plans.

PO12. Another branch of sports science is “**Tests and Measurements**”. Students understand the meaning and importance of this science. They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports persons.

PO13. The sport science subject namely “**Psychology and Sociology**” has found a very important place in sports training. Students become familiar with laws of learning, theories of learning and learning curve. Students are also aware of the relationship with others, leadership qualities and their own personality improvement.

PO14. The subject namely “**Communicative English**” plays a vital role in the modern educational system. Enhancement of communication skill will definitely improve the quality of interaction between the individuals. This skill will add to the total personality of the individual. Hence all the students try their level best to improve the communication skill at the earliest.

PO15. The subject namely “**Test of Reasoning**” is included in the curriculum because of its quality to induce the students to reason out correctly in various situations. Hence the students are motivated to learn and understand this subject.

PO16. “**Applications of Computer**” is of vital importance in the modern society. Surfing net gives a lot of professional inputs. Students can use them to enhance their professional competency. They can store huge volume of professional information on various issues. Students are able to get the latest information instantly.

PO17. The subject namely “**Personality Development and Career Guidance**” is found to be very useful for the present day students. Students are in need of acceptable personality development and appropriate career guidance. This subject caters to the need of the present day students population. They get definite inputs to improve their own personality and get quality career guidance. This helps them to settle down in life without facing serious difficulties.

PO18. The study of “**Value Education and Human Rights**” gives the actual educational values and to understand the “human rights”. Both help for leading a productive life. Being the members of the next generation, all the students learn the subjects with a positive motivation. This would definitely make them good natured members of the society.

PO19. The subject namely “**Environmental studies**” has found its way into the society recently. Students become aware of their own environment and decide to keep up the same in future. They are able to understand to protect the forest and water resources. They are also aware of various kinds of polluting agents and help the society to minimize using polluting agents. Thereby it is believed to have a pollution free environment and a healthy society.

PO20. By completing an appropriate **project**, the students learn making proper mapping concepts, flow charts, sequencing, reporting, creative writing and model making.

PO21. The understanding of “**First aid**” along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.

PO22. The practical classes in **track and field** events help the students to learn the various techniques of performing competitive track and field events. Students who are able to improve their sports specific performance will continue their practice to improve their competitive performance in their specialized events.

PO23. The knowledge of **gymnastics** helps the students the process of transferring the knowledge in a practical way. This will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility.

PO24. The learning of **major games** (practical) namely Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball helps to stabilize the fundamental skills by doing drills for development. They can also learn the rules of the games for efficient teaching and officiating.

PO25. Involving and conducting **project sport meets** by themselves will certainly update their knowledge about planning and organizational skills.

PO26. By learning this subject namely **care and maintenance**, all the students learn the methods to maintain the play fields, playing kits and playing equipments.

PO27. Unified play day celebration is one of the interesting activities in our curriculum and by which students get an opportunity to guide intellectually disabled persons, to improve their understanding and communicating process so as to help the disabled students to attain individual wholesome development and improve their life skills.

PO28. Studying and understanding the **science of Yoga** helps the students to become familiarized with asanas, pranayama, Kriyas, mudras and bandhas. Learning and practicing yoga bring the mind and body together and to lead a whole some, healthy and disease free life.

PO29. The special practical program in our curriculum namely **Leadership camp** which is conducted regularly in a natural environment away from our campus and that will develop for sure the leadership qualities by self-involvement and being friendly with the nature.

PO30. Practice teaching helps students to get firsthand information about the effective teaching methodology being used to make learning of game skill easy and effective.

PO31. Participating in **National Service Scheme (NSS) or National Cadet Corps (NCC)** helps the students to prepare themselves smart, to be social, to maintain green and healthy environment.

Programme Specific Outcomes

PSO1. Languages (Tamil, Hindi and English): To use the languages fluently according to the demand of the situation during the professional career.

PSO2. Track and Field: The knowledge of track and field elevates the professional competency.

PSO3. Foundation of physical education: To understand the progressive development of physical education and Olympics.

PSO4. Theories of specialization games: To understand the Rules, their interpretations, basic skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball.

PSO5. Anatomy and Physiology: Understanding anatomy and physiology helps to learn sports movements correctly and execute them in a perfect way.

PSO6. Health education and safety education: To be aware of diseases and to lead a healthy life.

PSO7. Gymnastics: Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility.

PSO8. Foundation of Yoga: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.

PSO9. Biomechanics and Kinesiology: To execute the sports movements with accurate and appropriate body mechanics.

PSO10. Methods of physical education: To improve the ability to use appropriate teaching methods for effective teaching and to organize sports and games competitions flawlessly.

PSO11. Nutrition: The knowledge of nutrition will definitely improve the health of the sports persons, family health and in turn the health of the whole society.

PSO12. General theory and methods of sports training: All the students learn the various sports training methodology which could be used to develop all the fitness components and sports performance.

PSO13. Test and measurements: The students use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation for both sports persons and non-sports persons.

PSO14. Psychology and Sociology: The Students are aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement.

PSO15. Communicative English: Enhancement of communication skill will definitely improve the quality of interaction and understanding between the individuals.

PSO16. Test of reasoning: Test of Reasoning is included in the curriculum because of its quality to induce the students to reason out the issues correctly in various situations.

PSO17. Application of computer: Application of computer is a unique subject that helps the students to use the computer technology in their research work.

PSO18. Personality development and career guidance: This subject caters to the need of the present day students because they are in need of acceptable personality development and appropriate career guidance.

PSO19. Value education and human rights: The knowledge about value education and human rights help the students to lead a productive life. Being the members of the next generation, all the students learn these subjects and practice them to grow as a worthy member of the society.

PSO20. Environmental studies: Students become aware of their own environment and decide to keep up the same in future. They are able to understand to protect the forest and water resources. They are also aware of various kinds of polluting agents and help the society to minimize using polluting agents.

PSO21. Project: By completing an appropriate project, the students learn making proper mapping concepts, flow charts, sequencing, reporting, creative writing and model making.

PSO22. First Aid: The understanding of “First aid” along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.

Practical:

PSO23. Track and Field (6 Semesters): Students learn all the techniques to perform all the competitive track and field events along with the international rules. This helps them to prepare for becoming officials of state, national and international levels.

PSO24. Gymnastics (2 Semesters): Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility which help them to stabilize other competitive techniques of games and track and field events.

PSO25. Specialization games: To understand the Rules, their interpretations, basic skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball. The students may become efficient coaches in these games.

PSO26. Unified play day: This event has proved its efficacy in improving social interaction, confidence and self-esteem of special children. A normal child is motivated to team up with a special child and carry out all activities as joint enterprise. This helps to attain individual whole some development and improve their own life style modifications.

PSO27. Yoga: To become familiarized with asanas, pranayama Kriyas, mudras and bandas. Learning and practicing yoga bring the mind and body together and to lead a whole some disease free life.

PSO28. Leadership training camp: To develop the leadership qualities by self-involvement and friendly with the nature.

PSO29. Practice teaching: To get firsthand information about effective teaching methodology. To find out the effectiveness of various teaching methodology.

PSO30. Project sports meet: To get firsthand knowledge about planning and organizing sports meet.

PSO31. Care and Maintenance: To learn the methods to maintain the play field and playing equipments.

PSO32. NSS / NCC: To preparing oneself smart, social and maintain green environment.

Course Outcomes

After the completion of the course, the student trainees will be able to:

Title of the Course	No.	Course Outcomes
Tamil I/ Hindi I	CO1	To learn the prehistoric life through poem.
	CO2	To learn the translated historical literature.
	CO3	To learn the modern poetic nature.
	CO4	To use the language as per the need.
	CO5	To learn the history of literature.
English I	CO1	To understand the thoughts of great writers.
	CO2	To understand the thoughts of great poets.
	CO3	To understand English in a methodical way.
	CO4	To understand the events in a poetic way.
	CO5	To learn parts of speech, active, passive voice and types of sentences.
Foundations of physical education	CO1	To understand the meaning of physical education
	CO2	Understand the foundation of physical education
	CO3	To know about allied sciences, camping and recreation.
	CO4	To learn history of Olympics and physical education.
	CO5	To know the contribution of various agencies, awards and scholarships.
Track and Field - I	CO1	To learn the rules and techniques of Sprint events.
	CO2	To learn the rules and techniques of middle distance events.
	CO3	To learn the rules and techniques of Long jump.
	CO4	To learn the rules and techniques of High jump.
	CO5	To learn the rules and techniques of Shot put.
Communicative English	CO1	To learn and make sentences
	CO2	Learn to frame simple questions for an effective conversation.
	CO3	Learn to speak using mike.
	CO4	To face the committee members in an interview.
	CO5	To develop reading and writing abilities.
Track and field (Sprints, Middle distance, Long jump, high jump and shot put)	CO1	To learn the technique of Sprinting, Jumping and Shot putting
Gymnastics (Floor exercise, Rhythmic exercise and Horizontal bar exercises)	CO1	To become familiarized with floor and bar exercises.
Specialization Games (Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball)	CO1.	To learn the fundamental skills of major games
	CO2.	To learn the rules of the games for efficient officiating
	CO3.	To know the various drills for optimum skill development.
Project sport meet	CO1.	To get firsthand knowledge about planning and organizing sports meet.
Care and maintenance	CO1.	To learn the methods to maintain the play fields.
	CO2.	To learn the methods to maintain the playing equipments.

Tamil II / Hindi II	CO1	To learn epics namely Silappathigaram and Manimegalai.
	CO2	To learn epics like Kambaramayanam and Periyapuramam.
	CO3	To learn Barathiar poems.
	CO4	To learn history of tamil/ hindi language.
	CO5	To learn short stories.
English II	CO1	To understand the thoughts of great writers.
	CO2	To understand the thoughts of great poets.
	CO3	To understand English in a methodical way.
	CO4	To understand the events in a poetic way.
	CO5	To learn paragraph writing, formal and informal letter writing.
Theory of specialization game	CO1	To learn the history of basketball, football, hockey, kabaddi, tennis and volleyball.
	CO2	To understand layout of play fields and major trophies of basketball, football, hockey, kabaddi, tennis and volleyball.
	CO3	To understand the Rules and their interpretations of basketball, football, hockey, kabaddi, tennis and volleyball.
	CO4	To learn the Basics skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball.
	CO5	Duties of officials and officiating mechanism of basketball, football, hockey, kabaddi, tennis and volleyball.
Human anatomy and Physiology	CO1	To understand the need and importance of Anatomy and Physiology.
	CO2	To understand the Classification and functions of skeleton
	CO3	To understand the structure and function of heart and lungs.
	CO4	To learn the structure and functions of digestive and nervous systems.
	CO5	To get familiarized Different glands and their functions in the body.
Test of reasoning	CO1	To understand number series, matrix, alphabetical direction and blood relation tests.
	CO2	To learn Venn diagram, set, coding, best reason, measures of quantity, conversion of measurements and age calculation tests.
	CO3	To understand the Figures and system to find out the odd man out.
	CO4	To know the awards and awardees and the names of national and international federations.
	CO5	To know the year, venue and country where the Olympic, commonwealth and Asian games were held.
Track and field (Sprints, Middle distance, Long jump, high jump and shot put)	CO1	To learn the technique of Sprinting, Jumping and Shot putting
Gymnastics (Floor exercise, Rhythmic exercise and Horizontal bar exercises)	CO1	To become familiarized with Trampoline and bar exercises.
Specialization	CO1	To learn the fundamentals of major games.

Games (Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball)	C02	To learn the rules of the games for efficient officiating
	C03	To know the various drills for optimum skill development.
Unified Play day (UPD)	C01	To get an opportunity to guide intellectually disabled persons.
	C02	To help the intellectually disabled persons to improve their understanding and communicating process.
	C03	To attain individual whole some development.
Project sport meet	C01	To get firsthand knowledge about planning and organizing sports meet.
Care and maintenance	C01	To learn the methods to maintain the play fields.
	C02	To learn the methods to maintain the playing equipments
Tamil III / Hindi III	C01	To learn the epics written by Thirugnanasambandar, Thrunavukkarasar and Sundharar.
	C02	To learn the epics written by Maanikavasagar, Periyhalvar and Aandavar.
	C03	To learn the epics written by Thayumanavar, Arunagirinadher and Vallalar.
	C04	To learn short stories by PudumaiPithan.
	C05	To learn history of literature.
English III	C01	To understand the thoughts of great writers.
	C02	To understand the thoughts of great poets.
	C03	To understand English in a methodical way.
	C04	To understand the events in a poetic way.
	C05	To learn application and paragraph writing.
Health education and safety education	C01	To become aware of a positive attitude about health.
	C02	To acquire the knowledge of safety education.
	C03	To know about communicable and non-communicable diseases.
	C04	To learn principles and importance of safety.
	C05	To learn safety at home, Swimming pool, Gymnasium, play field and use of play equipments.
Track and field - II	C01	To know about starting techniques of all track events.
	C02	To learn the rules and their interpretation of 800m, 1500m 3000m, 5000m, 10,000m, marathon and race walking.
	C03	To learn the rules and their interpretations of long jump, triple jump, high jump and pole vault.
	C04	To learn the rules and interpretations of heptathlon and decathlon.
	C05	To know the records of all events in national and international levels.
Application of computers	C01	Know the basics of computer.
	C02	Understand the basics of Microsoft office.
	C03	Understand the MS word operations.
	C04	Understand the MS Excel and PowerPoint operations.
	C05	To learn about internet for effective networking and communication.
Track and field (Long distance race, Triple jump, Discus throw, Relays and Race walking)	C01	To learn the techniques of Long distance race, Triple jump, Discus throw, Relays and Race walking

Yoga (Basic level asanas, Pranayama and Mudras)	C01	To become familiarized with basic level asanas, pranayama and mudras.
Specialization Games (Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball)	C01	To learn the fundamentals of major games.
	C02	To learn the rules of the games for efficient officiating
	C03	To know the various drills for optimum skill development.
Leadership training camp	C01	To learn leadership qualities by self-involvement.
	C02	To become friendly with the nature.
	C03	To become efficient future leaders.
Project sport meet	C01	To get firsthand knowledge about planning and organizing sports meet.
Care and maintenance	C01	To learn the methods to maintain the play fields.
	C02	To learn the methods to maintain the playing equipments.
Tamil IV / Hindi IV	C01	To learn selected events from Purananuru.
	C02	To learn the selected events from Ainkurunuru, Kurundhohai and Nattinai.
	C03	To learn the selected events from Naaladiyar, Aratthuppal and Thuravaraeyal.
	C04	To learn short stories by Parthasarathi.
	C05	To learn history of literature from Yettuthogai and Pathupattu, and traditional games.
English IV	C01	To understand the thoughts of great writers.
	C02	To understand the thoughts of great poets.
	C03	To understand English in a methodical way.
	C04	To understand the events in a poetic way.
	C05	To learn active, passive voice, expansion of proverbs and creative writing.
Gymnastics	C01	To learn history, meaning and classifications of gymnastics.
	C02	To learn about artistic gymnastics.
	C03	To understand rhythmic gymnastics.
	C04	To learn rights and duties of gymnasts, judges and coaches.
	C05	To evaluate the degree of difficulty of various exercises and the rules of using equipments.
Foundation of yoga	C01	To know the need and importance of different types of yoga.
	C02	To understand the eight limbs of yoga.
	C03	To understand the correct procedure of doing asanas
	C04	To understand the correct procedure of doing pranayama.
	C05	To gain knowledge about kriyas.
Personality development and career guidance	C01	To develop various aspects of personality.
	C02	To improve students' self-esteem and self-confidence.
	C03	Using personality in the day to day life.
	C04	To make the students aware of their career and opportunities.
	C05	To develop various personality tests.
Track and field (Long distance race, Triple jump, Discus throw, Relays and Race walking)	C01	To learn the techniques of Long distance race, Triple jump, Discus throw, Relays and Race walking.
Yoga (Advanced level asanas,	C01	To become familiarized with advanced level asanas, pranayama, Kriyas and bandhas

Pranayama, Kriyas and Bhandhas.)		
Specialization Games (Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball)	C01	To learn the fundamentals of major games.
	C02	To learn the rules of the games for efficient officiating
	C03	To know the various drills for optimum skill development
Unified Play day (UPD)	C01	To get an opportunity to guide intellectually disabled persons.
	C02	To help the intellectually disabled persons to improve their understanding and communicating process.
	C03	To attain individual wholesome development.
Project sports meet	C01	To get firsthand knowledge about planning and organizing sports meet
Care and maintenance	C01	To learn the methods to maintain the play fields.
	C02	To learn the methods to maintain the playing equipments.
Biomechanics and Kinesiology	C01	To learn the meaning of biomechanics.
	C02	To learn kinematics.
	C03	To understand Newton's Laws and their applications.
	C04	To understand brief history and objective of kinesiology.
	C05	To learn the origin, insertion, action and location of important skeletal muscles
Methods of physical education	C01	To understand the meaning, method, presentation and class management.
	C02	To understand the types and values of lesson plan and different commands.
	C03	To understand various teaching methods, games and other activities.
	C04	To understand the meaning and types of fixtures to conduct various types of tournaments.
	C05	To learn the objectives, benefits and the methods to conduct intramural, extramural, standard and nonstandard sports meets.
Nutrition	C01	To learn the balanced diet and importance of carbohydrates for various sports and games.
	C02	To learn the importance and sources of protein.
	C03	To learn the types, importance and sources of fat.
	C04	To learn the types, importance and sources of vitamins.
	C05	To learn the types, importance and sources of minerals.
Value education and human rights	C01	To understand the aim and value of education.
	C02	To understand the self-analysis and brief introspection of family members and society.
	C03	To inculcate positive personality.
	C04	To understand the meaning, concept and classification of human rights.
	C05	To understand the human rights of women and children.
Environmental studies	C01	To be aware of scope, need and importance of environmental science.
	C02	To be aware of forest resources.
	C03	To learn the causes of environmental pollution.
	C04	To understand the social issues and the environment.
	C05	To understand human population and the environment.

National service scheme (NSS)	C01	To understand the origin and development of NSS.
	C02	To learn the administrative set-up of NSS.
	C03	To develop personality awareness and improve social service attitude.
Track and field (Hammer throw, Javelin throw, Pole vault and Hurdles)	C01	To learn the techniques of Hammer throw, Javelin throws Pole vault and Hurdles
Specialization Games (Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball)	C01	To learn the fundamentals of major games.
	C02	To learn the rules of the games for efficient officiating
	C03	To know the various drills for optimum skill development.
Project sports meet	C01	To get firsthand knowledge about planning and organizing sports meet
Care and maintenance	C01	To learn the methods to maintain the play fields.
	C02	To learn the methods to maintain the playing equipments
Practice Teaching	C01	To get firsthand information about effective teaching methodology
	C02	To find out the effectiveness of various teaching methodology
NSS/NCC	C01	To be prepare oneself for social activities
	C02	To develop smart personality
	C03	To maintain green environment.
General theory and methods of sports training	C01	To learn the aim, meaning and principles of sports training.
	C02	To learn the meaning, types and principles of training lode.
	C03	To learn the types and methods to develop strength and endurance.
	C04	To learn the types and methods to develop speed, flexibility and coordinative abilities.
	C05	To understand the types of training plans, types of periodization, techniques, tactics and strategy.
Tests and measurements	C01	To learn the meaning, need and importance of tests, measurements and evaluation.
	C02	To learn the criteria of test selection, classification of tests, rating scales and test administration.
	C03	To learn motor fitness, cardio vascular, strength and postural tests.
	C04	To learn SDAT tests.
	C05	To learn and use games skill tests in Basketball, Hockey, Soccer, Volleyball, Badminton and Tennis
Psychology and sociology	C01	Understand the importance of psychology and sports psychology.
	C02	Understand the theories and laws of learning.
	C03	Importance of perception and motivation.
	C04	Types of anxiety, aggression and personality.
	C05	Role of sociology in physical education and sports
Project	C01	To understand concept mapping and flow chart.
	C02	To learn graphical representation and sequencing.
	C03	To maintain album and scrap book.
	C04	To improve reporting and creative writing ability.
	C05	To improve the skill of model making
	C01	To learn the meaning and values of first aid.

First aid	C02	To learn the meaning, importance and classification of wound.
	C03	To learn the system of specific injury management namely muscle cramp, fracture, bleeding and heart attack.
	C04	To learn the system of specific injury management namely poisoning, drowning, dog bite, snake bite, fainting and burns.
	C05	To learn the meaning and classification of various therapy techniques namely hydrotherapy, thermotherapy and cryotherapy
Track and field (Hammer throw, Javelin throw, Pole vault and Hurdles)	C01	To learn the techniques of Hammer throws, Javelin throws Pole vault and Hurdles.
Specialization Games (Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball)	C01	To learn the fundamentals of major games.
	C02	To learn the rules of the games for efficient officiating
	C03	To know the various drills for optimum skill development
	C04	To learn the fundamentals of major games.
Project sports meet	C01	To get firsthand knowledge about planning and organizing sports meet.
Care and maintenance	C01	To learn the methods to maintain the play fields.
	C02	To learn the methods to maintain the playing equipments.
Unified Play day (UPD)	C01	To get an opportunity to guide intellectually disabled persons.
	C02	To help the intellectually disabled persons to improve their understanding and communicating process.
	C03	To attain individual wholesome development.
Practice Teaching	C01	To get firsthand information about effective teaching methodology
	C02	To find out the effectiveness of various teaching methodology



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Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI) Coimbatore Campus

Programme: Bachelor of Physical Education

Programme Outcomes

PO1. Present day technological developments have paved a clear way to the sports performance enhancement. Hence the **History, Principles and Foundation of Physical education** are introduced to the students. The history of both physical education and Olympics helps the students to know the background of the events.

PO2. Anatomy and Physiology are the sports science subjects deal with the structure and functions of the human body. Since, the knowledge about human body is very essential to understand the muscular and skeletal involvements of various joints, the students learn this mechanism with lot of interest to perfect the sports movements. It is useful to learn about the internal organs like heart, lungs and nervous system as they are the primary supporters of all body movements. This knowledge will assure the students the ratio of physical work and recovery.

PO3. The subject namely **Education technology and methods of teaching physical education** improves the ability to use appropriate teaching methods for effective teaching and to organize sports and games competitions flawlessly. They also learn the latest teaching and evaluation technology.

PO4. Studying about **Olympic movement**, all the students understand the progressive development of both ancient and modern Olympic movements.

PO5. Health and Environmental studies is another branch of science that gives knowledge about the personal health and safety education. 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.

PO6. The study of **foundation of yoga** helps the students to understand the historical background, need and importance. This branch of knowledge helps to know the various limbs of yoga, asanas, paranayama, kriyas and bandhas.

PO7. The branch of science namely **Sports Training** imparts scientific knowledge about training of sports persons. The general and specific fitness is the outcome of sports training. The students learn various sports training methodology which could be used to develop all the fitness components and sports performance. Students also find this science to be very useful to prepare short, medium and long term training plans.

PO8. From the subject namely **Organization and administration in physical education**, the students learn the concept of organization and administration of office management, record and register maintenance, time management along with budget preparation. They are also able to know the methods to organize competitions at various levels

PO9. From the subject namely **Contemporary issues in physical education, Fitness and wellness** the students learn the basics of fitness and wellness, along with its issues and challenges.

PO10. This knowledge helps to know the problems of modern life style and to follow suitable lifestyle to escape from the modern lifestyle challenges

PO11. From this science namely **Sports nutrition and weight management**, students learn the basic nutritional guidelines and plans related to macro, micro nutrients and the healthy diet to control obesity to lead a happy and healthy life.

PO12. Another branch of sports science is “**Tests and Measurements and Evaluation in physical education**”. Students understand the meaning and importance of this science. They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports and non-sports persons.

PO13. The subject namely **Computer Applications in physical education** is of vital importance in the modern society. Surfing net gives a lot of professional inputs. Students can use them to enhance their professional competency. They can store huge volume of professional information on various sports related issues. Students are able to get the latest information instantly.

PO14. From **Sports medicine, Physiotherapy and Rehabilitation**, the students learn the basics of sports medicine, athletic injuries, injury management techniques, Understand the applications of various therapies along with therapeutic exercises and their applications.

PO15. This subject namely **Sports management and curriculum design**, students learn the basics of sports management, leadership and its forms. They also learn the modern concept of curriculum in various levels.

PO16. From **Adapted Physical Education**, the students learn the importance of adapted physical education, classification of disability, facilities and equipments for adapted sports activities and to organize adapted games and sports for persons with disabilities. To be able to give academic instructions, adaptations and modifications in the inclusive education setup.

PO17. Theories of Sports and Games help the students to learn the history, development of games and sports, ground marking technology, to know the standardized play equipments along with their specifications, understand ethics of sports and sportsmanship and to Interpret rules and regulations of various sports and games.

PO18. Kinesiology and Biomechanics deal with movements of the human body using mechanical principles. The competitive techniques of various games and sports activities demand for perfect movements. In order to enhance sports performance, it is necessary to execute the movements with accurate and appropriate body mechanics. That's why students show a great deal of importance to learn this subject.

PO19. From this subject namely **Officiating and Coaching**, the students are able to understand the basics of officiating and coaching, duties of officials, qualities and qualifications of coach & officials and to follow the scientific principles used in modern sports coaching.

PO20. Methods of physical education deals with appropriate methods to present the scientific inputs effectively. Serious planning is required for teaching various sports techniques effectively. The scientific inputs will reach the students fully when the teacher uses appropriate teaching methods. All the students learn from this branch of science the system of conducting intramural and extramural competitions. This knowledge will widen the scope of the future teacher's professional career.

PO21. The sport science subject namely **"Psychology and Sociology"** has found a very important place in sports training. Students become familiar with laws of learning, theories of learning and learning curve. Students are also aware of the relationship with others, leadership qualities and their own personality improvement.

PO22. From this science namely **Research and Statistics in Physical Education**, all the students know the basics of research, its classifications and types. The preparation of a project report shows that the student Know the system of data analysis and the statistical versions used in physical education research.

Programme Specific Outcomes

PSO1. History, Principles and Foundation of Physical Education: To understand the progressive development of physical education and Olympic movement. Know the psychological and sociological principles followed in physical education.

PSO2. Anatomy and Physiology: Understanding anatomy and physiology help to learn sports movements correctly and execute them in a perfect way in relation to the functional aspect of various systems.

PSO3. Education technology and methods of teaching physical education: To improve the ability to use appropriate teaching methods for effective teaching and to organize sports and games competitions flawlessly. They also learn the latest teaching and evaluation technology.

PSO4. Olympic movement: To understand the progressive development of both ancient and modern Olympic movements.

PSO5. Health education and environmental studies: To learn the basic concepts of health services provided, health problems faced and to understand the natural resources along with its issues.

PSO6. Yoga education: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.

PSO7. Sports training: All the students learn the various sports training methodology which could be used to develop different fitness components and ultimately the sports performance.

PSO8. Organization and administration in physical education: Learn the concept of organization and administration of office management, record and register maintenance, time management along with budget preparation. There are also able to Know the methods to organize competitions of various levels.

PSO9. Contemporary issues in physical education, Fitness and wellness: TO learn the basics of fitness and wellness, along with its issues and challenges. This knowledge helps to know the problems of modern life style and to follow suitable lifestyle to escape from the modern lifestyle challenges.

PSO10. Sports nutrition and weight management: Students learn the basic nutritional guidelines and plans related to macro, micro nutrients and the healthy diet to control obesity to lead a healthy life.

PSO11. Measurement and Evaluation in physical education: The students use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation for both sports persons and non-sports persons.

PSO12. Computer application in physical education: Application of computer is a unique subject that helps the students to use the computer technology in their research work

PSO13. Sports medicine, Physiotherapy and Rehabilitation To learn the basics of sports medicine, athletic injuries, injury management techniques, Understand the applications of various therapies along with therapeutic exercises and their applications.

PSO14. Adapted Physical Education To learn the importance of adapted physical education, classification of disability, facilities and equipments for adapted sports activities and to organize adapted games and sports for persons with disabilities. To be able to give academic instructions, adaptations and modifications in the inclusive education setup.

PSO15. Sports management and curriculum design: To learn the basics of sports management, leadership and its forms. They also learn the modern concept of curriculum in various levels.

PSO16. Theories of Sports and Games: To learn the history, development of games and sports, ground marking technology, to know the standardized play equipments along with their specifications, understand ethics of sports and sportsmanship and to Interpret rules and regulations of various sports and games.

PSO17. Kinesiology and Biomechanics: To execute the sports movements using accurate and appropriate body mechanics.

PSO18. Officiating and Coaching: All the students are able to understand the basics of officiating and coaching, duties of officials, qualities and qualifications of coach & officials and to follow the scientific principles used in modern coaching.

PSO19. Sports Psychology and Sociology: Students are aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement.

PSO20. Research and Statistics in Physical Education: All the students know the basics of research, its classifications and types. The preparation of a project report shows that the student Know the system of data analysis and the statistical versions used in physical education research.

Practicum

PSO21. Track and Field (Running, Jumping and Throwing) : All the students learn the basic techniques of running namely short, medium and long distance competitive runs, throwing and jumping events. They are also encouraged to learn and interpret the international rules.

PSO22. Indigenous sports (Malkhambh, Lezium and March past): Students learn the basics of indigenous sports and perform the techniques in a synchronized way and in turn they will teach the techniques correctly in future.

PSO23. Leadership training: All the students develop the leadership qualities by self-involvement and learn to be friendly with the nature.

PSO24. Yoga: To become familiarized with basic level asanas, pranayama Kriyas, bandas and Surya namaskara and to lead a healthy life to popularize yogic practices.

PSO25. Aerobics: To develop neuromuscular coordination and strong endurance base.

PSO26. Gymnastics: To learn the basic movements of floor and apparatus gymnastic exercises along with their interpretation of rules.

PSO27. Calisthenics and Mass demonstration activities (Dumbbells, Flags, Wands, Hoops and Indian clubs) To develop group coordination and graceful movements with and without apparatus.

PSO28. First aid and injury management: To learn about the First aid kit, Sports injuries, Dressing using Bandages and Different Therapies to manage injuries both on and off the play field.

PSO29. Combative sports (Kalari, Silambam, Judo and Wrestling): To learn self-defensive arts namely Kalaripayattu, Silambam, Judo and Wrestling. Students are found to be very much interested in learning defensive arts.

PSO30. Games: (Hockey, Basketball, Badminton, Table tennis, Tennis, Ball Badminton, Kabaddi, Handball, Throw ball, Kho-Kho, Volleyball, Softball, Tennikoit, Cricket and Football): All the

students learn these major games showing lot of enthusiasm and interest. all these games are played in the district, state and national level both in school and above the school level. These variety of games give the students an overall knowledge to know the techniques and rules along with their interpretations.

Internship

PSO31. Teaching practice (General and Particular lesson plans): To experience an actual teaching situation using appropriate and effective teaching methodology.

PSO32. Organization and Participation: To get firsthand knowledge about planning, organizing sports meet, conducting tournaments and Participating in both intramural and extramural competitions.

PSO33. Unified Play day: To get an opportunity to guide intellectually disabled persons and to improve their understanding and communicating process to attain individual wholesome development. This will certainly help the challenged children to come into the inclusive setup and the abled children will have a mind to serve the society.

PSO34. Sports specialization: The students gain the coaching experience in their game of choice along with appropriate coaching methodology.

Course Outcomes

After the completion of the course, the student trainees will be able to:

Title of the Course	No.	Course Outcomes
History, Principles and Foundation of Physical Education	CO1	Understand the basic concepts of physical education.
	CO2	Know the historical development of physical education in India.
	CO3	Understand the foundation of physical education.
	CO4	Know the principles of physical education.
	CO5	Know the psychological and sociological principles.
Anatomy and Physiology	CO1	Know the basics of anatomy and physiology.
	CO2	Understand the circulatory, respiratory and digestive system.
	CO3	Understand the excretory, endocrine, nervous system & sense organs
	CO4	Know the concept of physiology and neuromuscular physiology.
	CO5	Understand feet exercise on various system of our body.
Educational Technology and Methods of Teaching in Physical Education	CO1	Understand the basics of educational technology.
	CO2	Know the various topics teaching techniques.
	CO3	Know the various types of teaching aids.
	CO4	Know lesson planning methods and teaching innovations.
	CO5	Understand and application of movement education.
Health Education and Environmental Studies	CO1	Understand the basic concepts in health education.
	CO2	Know the health problem in India.
	CO3	Know the health services provided.
	CO4	Understand the Concept of environmental science.

	C05	Know the natural resources and its issues.
Olympic Movement	CO1	Know the origin and development of Olympics.
	C02	Know the modern Olympic games
	C03	Know about different types of Olympic games.
	C04	Know about Olympic games for the disabled.
	C05	Know the structure and function of International Olympic committee (IOC).
Track and Field (Running events)	CO1	To learn the basic methods of running events
Hockey	CO1	To learn the basic skills and method of playing hockey.
Basketball	CO1	To learn the basic skills and method of playing Basketball.
Indigenous sports (Malkhambh, Lezium and March past)	CO1	To learn the basics and perform in a synchronized way.
Leadership training camp	CO1	To learn leadership qualities by self-involvement.
	C02	To become friendly with the nature.
	C03	To become efficient future leaders.
Teaching practice	CO1	To gain the actual teaching experience.
	C02	To learn the basic method of teaching in a school.
Organization and Participation	C01	To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions.
Yoga Education	CO1	Know the basic concept of yoga.
	C02	Know the various paths of yoga.
	C03	Understand about Asanas, Pranayama and Dhandas.
	C04	Understand about Kriyas and meditation
	C05	Understand the yogic diet.
Sports Training	CO1	Understand the basics of sports training.
	C02	Understand the concept of training components.
	C03	Know the methods of training process.
	C04	Know the training planning.
	C05	Know the various types of training methods.
Organization and Administration in Physical Education	CO1	Understand the concept of organization and administration.
	C02	Know the office management, record and register maintenance along with budget preparation.
	C03	Know the facilities and time management.
	C04	Know the methods in organizing competition.
	C05	Know various tournaments and schemes.
Contemporary Issues in Physical Education, Fitness and Wellness	CO1	Know the basics of fitness and wellness.
	C02	Know the issues and challenges of fitness and wellness.
	C03	Know the problems of modern life style.
	C04	Understand the modern lifestyle challenges.
	C05	Understand the lifestyle management tips.
Sports nutrition and weight management	CO1	Know the basic nutritional guidelines and plans.
	C02	Understand the facts of macro nutrients.
	C03	Understand the facts of micro nutrients.
	C04	Know the diet for obesity.
	C05	Know the weight management diet.
Track and field(Jumping events)	CO1	To learn the basic methods of jumping events

Yoga	C01	To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara.
Aerobics	C01	To develop neuromuscular coordination and strong endurance base.
Racquet sports (Badminton, Table tennis, Tennis and Ball badminton)	C01	To learn the basic skills and method of playing Racquet sports.
Gymnastics	C01	To learn the basic movements in gymnastic exercise
Calisthenics and Mass demonstration activities (Dumbbells, Flags, Wands, Hoops and Indian clubs)	C01	To develop coordination and graceful movement in a group with and without apparatus.
Unified play day	C01	To get an opportunity to guide intellectually disabled persons.
	C02	To help the intellectually disabled persons to improve their understanding and communicating process.
	C03	To attain individual wholesome development
Organization and participation	C01	To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions.
Measurement and Evaluation in Physical Education	C01	Understand the basics of Test, Measurement & Evaluation.
	C02	Classify and administer the below tests.
	C03	Know the physical fitness tests.
	C04	Know the sports skill tests for badminton, basketball & soccer.
	C05	Know the sports skill tests for volleyball, hockey & tennis
Computer Applications in Physical Education	C01	Know the basics of computer.
	C02	Understand the MS Word operations.
	C03	Understand the MS Excel operations.
	C04	Understand the MS PowerPoint operations.
	C05	Know the e-sources and applications.
Sports Medicine, Physiotherapy and Rehabilitation	C01	Know the basics of sports medicine and athletic injuries.
	C02	Know the injury management techniques.
	C03	Know the physiotherapy and its applications.
	C04	Understand the applications of various therapies.
	C05	Know about therapeutic exercises and its applications.
Adapted Physical Education	C01	Know the importance of the adapted physical education
	C02	Know the classification of disability.
	C03	Know the facilities and equipments for adapted sports activities.
	C04	Know the adapted games and sports for persons with disabilities.
	C05	Understand the academic instructions, adaptations and modifications in inclusive education.
Sports management and curriculum design	C01	Know the basics of sports management.
	C02	Know the leadership and its forms.
	C03	Know the sports management in educational institutions.
	C04	Know the modern concept of curriculum.
	C05	Prepare curriculum for various levels.

Track and field (Throwing events)	C01	To learn the basic methods of throwing events
First aid and injury management	C01	To learn about the First aid kit, Sports injuries, Dressing, Bandages and Different Therapies.
Combative sports (Kalari, Silambam, Judo and Wrestling)	C01	To learn self-defensive arts like Kalaripayattu, Silambam, Judo and Wrestling
Kabaddi	C01	To learn the basic skills and method of playing Kabaddi.
Handball	C01	To learn the basic skills and method of playing Handball.
Throw ball	C01	To learn the basic skills and method of playing Throw ball
Kho - Kho	C01	To learn the basic skills and method of playing Kho - Kho.
Teaching practices	C01	To gain the actual teaching experience.
	C02	To learn the basic method of teaching in a school
Organization and participation	C01	To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions.
Theories of Sports and Games	C01	Know the history and development of game and sports.
	C02	Prepare the ground with all markings.
	C03	Know about the standard equipments and their specifications.
	C04	Understand ethics of sports and sportsmanship.
	C05	Interpret rules and regulations of the sports and games
Kinesiology and Biomechanics	C01	Know the basics of kinesiology and biomechanics.
	C02	Understand postures and muscles.
	C03	Know the origin, insertion of skeletal muscles.
	C04	Know the mechanical concepts.
	C05	Understand kinematics and kinetics of human movement.
Officiating and Coaching	C01	Understand the basics of officiating and coaching.
	C02	Understand the coach as a mentor.
	C03	Know the duties of official.
	C04	Understand the qualities and qualifications of coach & officials.
	C05	Understand the scientific principles of coaching
Sports Psychology and Sociology	C01	Know the basics of sports psychology and sociology.
	C02	Understand personality.
	C03	Know the components of psychology.
	C04	Know sociology and its application in physical education.
	C05	Understand the importance of culture and its effects
Research and Statistics in Physical Education	C01	Know the basics of research and its classifications.
	C02	Know the research types.
	C03	Prepare a project report.
	C04	Know the system of data analysis.
	C05	Know the statistical versions used in physical education
Volleyball	C01	To learn the basic skills and method of playing Volleyball
Softball	C01	To learn the basic skills and method of playing Softball.
Tennikoit	C01	To learn the basic skills and method of playing Tennikoit
Cricket	C01	To learn the basic skills and method of playing Cricket
Football	C01	To learn the basic skills and method of playing Football.
Sports specialization	C01	To gain the coaching experience in his game of choice.
	C02	To learn the basic method of coaching at school level
Unified play day	C01	To get an opportunity to guide intellectually disabled persons.
	C02	To help the intellectually disabled persons to improve their

		understanding and communicating process.
	CO3	To attain individual wholesome development
Organization and participation	CO1	To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions.



Faculty of General and Adapted Physical Education & Yoga (GAPEY)

Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI) Coimbatore Campus

Programme: Master of Physical Education

Programme Outcomes

PO1. Research Process in Physical Education and Sports Sciences: This knowledge will accelerate their thinking and analyzing abilities to conduct research in physical education.

PO2. Physiology of Exercise: Students understand the effect of exercises on various vital systems of the body along with the system of metabolism, energy transfer and sports performance.

PO3. Test, Measurement and Evaluation in Physical Education: It is important for the students to use this knowledge to assess the fitness by conducting the scientific tests and the preparation of sports training plan is based on this crucial information.

PO4. Adapted Physical Education: Students understand the importance of adapted physical education, classification of disability, facilities and equipments for adapted sports activities and to organize adapted games and sports for persons with disabilities.

PO5. Sports technology and Sports engineering: students learn this branch of science to improve sports skills, preparation of sports kit, creating sports infrastructures and officiating technology.

PO6. Applied Statistics in Physical Education and Sports: All the students show lot of interest to know the basics of research, its classifications and types. The preparation of a project report shows that the student knows the system of data analysis and the statistical versions used in physical education research.

PO7. Sports Biomechanics and Kinesiology: This science is very useful for the students to teach and execute the sports movements using accurate and appropriate body mechanics

PO8. Athletic Care and Rehabilitation: Students learn the basics of Sports injuries, therapies namely Hydrotherapy, Electrotherapy and massage techniques. They also understand the protective equipments & human Posture.

PO9. Yogic Science: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.

PO10. Sports management and curriculum design in physical education: Students learn the basics of sports management, leadership and its forms and the concept of curriculum for various levels.

PO11. Scientific Principles of Sports Training: All the students learn the various sports training methodology which could be used to develop different fitness components with the help of suitable training plans and ultimately the sports performance.

PO12. Sports Psychology and Sports Sociology: This science makes students to be aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement especially through participation in sports.

PO13. Dissertation/ Thesis: Students gain a research temperament while writing Thesis/ Dissertation for the enhancement of sports performance. They also understand that the scope of research is enormous.

PO14. Physical Fitness and Wellness: Students learn appropriate nutrition to maintain fitness, types of exercises namely aerobic and anaerobic along with their components.

PO15. Health education and sports nutrition: The knowledge of nutrition will definitely improve the health of the sports persons, family health and in turn the health of the whole society and be aware of diseases and to lead a healthy life will be the ultimate goal.

PO16. Information & Communication Technology (ICT) and Educational Technology in Physical Education: This branch of science deals with the technology involved in the development of communication, sports skills, sports kit, sports infrastructures and officiating technology.

PO17. Theories of Track and Field: The knowledge of track and field events elevates the professional competency both as teacher and an official.

PO18. Theory of Game of Specialization: This subject helps to understand the Rules, their interpretations, basic skills and drills of various games of specialization. This will elevate the professional competency both as teacher and an official.

PO19. Value and Environmental Education: The knowledge about value education helps the students to lead a productive life. Being the members of the next generation, all the students learn these subjects and practice them to grow as a worthy member of the society. Students become aware of their own environment and decide to keep up the same in future. They are able to understand to protect the forest and water resources. They are also aware of various kinds of polluting agents and help the society to minimize using polluting agents.

PO20. Sports Journalism and Mass Media: Students try to understand this subject of sports journalism, mass media and sports bulletin concepts. This branch of knowledge also helps them in report writing on sports.

Practicum

PO21. Track and Field events: All the students learn the basic techniques of running namely short, medium and long distance competitive runs, throwing and jumping events. They are also encouraged to learn and interpret the international rules.

PO22. Gymnastics: To learn the basic movements of floor and apparatus gymnastic exercises along with their interpretation of rules.

PO23. Yoga: To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara and to lead a healthy life to popularize yogic practices.

PO24. Aerobics: To develop neuromuscular coordination and strong endurance base.

PO25. Game of Specialization: The students gain the coaching experience in their game of choice along with appropriate coaching methodology

PO26. Combative sports: To learn self-defensive arts namely Kalaripayattu, Silambam, Judo and Wrestling. Students are found to be very much interested in learning defensive arts.

PO27. Fitness Training: Students learn with great enthusiasm the various training methodology and can use them both for general and specific fitness development.

Internship

PO28. Field/ Laboratory work: All the students get first-hand information of conducting laboratory scientific evaluation in all sports science subjects. This experience will expose them to carryout independent scientific work more confidently.

PO29. Teaching / Coaching / Officiating: This outside experience gives them more exposure to teaching techniques, coaching teams and officiating matches.

PO30. Classroom teaching: This experience gives them more exposure to teaching techniques, learning coaching skills and rules along with their interpretation.

PO31. Officiating, Organization and Participation: To get firsthand knowledge about planning, organizing sports meet, conducting tournaments and Participating in both intramural and extramural competitions.

Programme Specific Outcomes

PSO1. Research Process in Physical Education and Sports Sciences: Students understand the concept, methods, types, proposal and report writing of a good research. This knowledge will accelerate their thinking and analyzing abilities to conduct research in physical education.

PSO2. Physiology of Exercise: Students understand the effect of exercises on various vital systems of the body along with the system of metabolism, energy transfer and sports performance.

PSO3. Test, Measurement and Evaluation in Physical Education: The students use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation for both sports persons and non-sports persons. Talented sports persons can be identified by conducting the above scientific tests and the preparation of sports training plan is based on this crucial information.

PSO4. Adapted Physical Education: To learn the importance of adapted physical education, classification of disability, facilities and equipments for adapted sports activities and to organize adapted games and sports for persons with disabilities. To be able to give academic instructions, adaptations and modifications in the inclusive educational setup.

PSO5. Sports technology and Sports engineering: This branch of science deals with the technology involved in sports skills, sports kit, sports infrastructures and officiating technology. The students learn this subject showing lot of interest.

PSO6. Applied Statistics in Physical Education and Sports: All the students know the basics of research, its classifications and types. The preparation of a project report shows that the student Know the system of data analysis and the statistical versions used in physical education research.

PSO7. Sports Biomechanics and Kinesiology: To execute the sports movements using accurate and appropriate body mechanics.

PSO8. Athletic Care and Rehabilitation: Students learn the basics of Sports injuries, therapies namely Hydrotherapy, Electrotherapy and massage techniques. They also understand the protective equipments & human Posture.

PSO9. Yogic Science: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.

PSO10. Sports management and curriculum design in physical education: To learn the basics of sports management, leadership and its forms and the concept of curriculum in various levels.

PSO11. Scientific Principles of Sports Training: All the students learn the various sports training methodology which could be used to develop different fitness components with the help of suitable training plans and ultimately the sports performance.

PSO12. Sports Psychology and Sports Sociology: Students are aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement especially through participation in sports.

PSO13. Dissertation/ Thesis: Students gain a research temperament while writing Thesis/ Dissertation for the enhancement of sports performance. They also understand that the scope of research is enormous.

PSO14. Physical Fitness and Wellness: Students learn appropriate nutrition for fitness, types of exercises namely aerobic and anaerobic along with their components.

PSO15. Health education and sports nutrition: The knowledge of nutrition will definitely improve the health of the sports persons, family health and in turn the health of the whole society. To be aware of diseases and to lead a healthy life is the ultimate goal.

PSO16. Information & Communication Technology (ICT) and Educational Technology in Physical Education: This branch of science deals with the technology involved in communication, sports skills, sports kit, sports infrastructures and officiating technology. The students learn this subject showing a lot of interest.

PSO17. Theories of Track and Field: The knowledge of track and field events elevates the professional competency both as teacher and an official.

PSO18. Theory of Game of Specialization: To understand the Rules, their interpretations, basic skills and drills of various games of specialization. This will elevate the professional competency both as teacher and an official.

PSO19. Value and Environmental Education: The knowledge about value education helps the students to lead a productive life. Being the members of the next generation, all the students learn these subjects and practice them to grow as a worthy member of the society. Students become aware of their own environment and decide to keep up the same in future. They are able to understand to protect the forest and water resources. They are also aware of various kinds of polluting agents and help the society to minimize using polluting agents.

PSO20. Sports Journalism and Mass Media: Students try to understand the sports journalism, mass media and sports bulletin concepts. This branch of knowledge also helps them in report writing on sports.

Practicum

PSO21. Track and Field events: All the students learn the basic techniques of running namely short, medium and long distance competitive runs, throwing and jumping events. They are also encouraged to learn and interpret the international rules.

PSO22. Gymnastics: To learn the basic movements of floor and apparatus gymnastic exercises along with their interpretation of rules.

PSO23. Yoga: To become familiarized with basic level asanas, pranayama Kriyas, bandas and Surya namaskara and to lead a healthy life to popularize yogic practices.

PSO24. Aerobics: To develop neuromuscular coordination and strong endurance base.

PSO25. Game of Specialization: The students gain the coaching experience in their game of choice along with appropriate coaching methodology

PSO26. Combative sports: To learn self-defensive arts namely Kalaripayattu, Silambam, Judo and Wrestling. Students are found to be very much interested in learning defensive arts.

PSO27. Fitness Training: Students learn with great enthusiasm the various training methodology and can use them both for general and specific fitness development.

Internship

PSO28. Field/ Laboratory work: All the students get firsthand information on conducting laboratory scientific evaluation in all sports science subjects. This experience will expose them to carryout independent scientific work more confidently.

PSO29. Teaching / Coaching / Officiating: This outside experience gives them more exposure to teaching techniques, coaching teams and officiating matches.

PSO30. Classroom teaching: This experience gives them more exposure to teaching techniques, learning coaching skills and rules along with their interpretation.

PSO31. Officiating, Organization and Participation: To get firsthand knowledge about planning, organizing sports meet, conducting tournaments and Participating in both intramural and extramural competitions.

Course Outcomes

After the completion of the course, the student trainees will be able to:

Title of the Course	No.	Course Outcomes
Research Process in Physical Education and Sports Sciences	C01	To know the basic concept of research.
	C02	To know about the methods of research.
	C03	To understand the experimental research.
	C04	To know sampling methods.
	C05	To understand writing research proposal and report
Physiology of Exercise	C01	To know the effect of exercise on skeletal system.
	C02	To know the effect of exercise on cardiovascular system.
	C03	To know the effect of exercise on Respiratory system.
	C04	To understand metabolism and energy transfer.
	C05	To understand the climatic conditions, sports performance & ergogenic aids
Test, Measurement and Evaluation in Physical Education	C01	To know the basics of Test, measurement & Evaluation.
	C02	To know the coordinative ability tests.
	C03	To know the physical fitness tests.
	C04	To know the Anthropometric, Aerobic & Anaerobic tests.
	C05	To know the specific skill tests
Adapted Physical Education	C01	To know the basics of Adapted Physical Education.
	C02	To understand the Adapted Physical Education Program.
	C03	To understand the Classification of disability.
	C04	To know the Adapted Facilities and equipments.
	C05	To understand the basic physical fitness and motor development.
Sports technology and Sports engineering	C01	To know the basics of sports technology
	C02	To know the various playing surfaces.
	C03	To know the modern equipments.
	C04	To know the training gadgets and their uses.
	C05	To understand the sports infrastructures and its maintenance.
Track and Field (Running events)	C01	To learn the advanced techniques of different “starts”.
	C02	To learn the different body movements during start, course of run and at the finish
Gymnastics (Floor exercises)	C01	To learn the advanced technique in Floor exercises
Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey)	C01	To learn the fundamental skills drills and rules of the game.
	C02	To learn the strategy, lead up games, officiating and coaching skills.
Aerobics	C01	To learn different types of movements.
	C02	To learn in fixing different intensity according to the individual.
Fields / Laboratory work (Test measurement and evaluation, Fitness training, Sports	C01	To understand the operation of laboratory equipments

psychology and Physiology of exercises laboratory)		
Teaching/ Coaching/ Officiating (School, College and University)	C01	To develop proficiency in teaching, coaching and officiating at different level.
Class room teaching	C01	To gain confidence opportunity is given to handle class
Applied Statistics in Physical Education and Sports	C01	To understand the basics of statistics.
	C02	To know the Data Classification, Tabulation and Measures of Central Tendency.
	C03	To know measures of Dispersions and Scales.
	C04	To know about probability distributions & groups.
	C05	To understand about inferential & comparative statistics.
Sports Biomechanics and Kinesiology	C01	To know the basics of Sports biomechanics & kinesiology.
	C02	To understand the muscle action.
	C03	To know the concept of Motion and Force.
	C04	To know the concept of Projectile and Lever
	C05	To know about Movement Analysis.
Athletic Care and Rehabilitation	C01	To know the basics & Sports injuries.
	C02	To know about Wound, Hydrotherapy & Electrotherapy.
	C03	To understand massage techniques & effects.
	C04	To know about exercises and approaches.
	C05	To understand about protective equipments & Posture.
Yogic Science	C01	To understand the concept of Yogasana.
	C02	To know about Asanas & Pranayama.
	C03	To understand Kriyas.
	C04	To understand Mudras.
	C05	To know the concept of Yogic Therapy.
Sports management and curriculum design in physical education	C01	To know the concepts of sports management.
	C02	To understand program management.
	C03	To understand the use of modern equipments.
	C04	To develop public relationship.
	C05	To know the concept of curriculum preparation and its sources.
Track and Field (Jumping and Hurdles)	C01	To learn the advance techniques various jumping events.
	C02	To learn the approach, takeoff and landing of jumping events.
Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)	C01	To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.
Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey)	C01	To learn the fundamental skills drills and rules of the game.
	C02	To learn the strategy, lead up games, officiating and coaching skills.
Teaching/ Coaching/ Officiating (Track and field)	C01	To gain confidence, opportunity is given to handle class in a progressive manner.

Teaching/ Coaching/ Officiating (School, College and University)	C01	To develop proficiency in teaching, coaching and officiating at different level.
Class room teaching	C01	To gain confidence to handle classes.
Scientific Principles of Sports Training	C01	To understand Sports Training Concept.
	C02	To know the Components of Physical fitness.
	C03	To understand Flexibility.
	C04	To understand Training Plan.
	C05	To understand Coaching methodology.
Sports Psychology and Sports Sociology	C01	To understand the Psychological concepts.
	C02	To understand about motivation.
	C03	To know about Goal setting.
	C04	To understand the Sociology concepts.
	C05	To understand about Group Cohesion.
Dissertation/ Thesis	C01	
	C02	
	C03	
	C04	
	C05	
Physical Fitness and Wellness	C01	To know an introduction of Physical fitness.
	C02	To know nutrition for fitness.
	C03	To understand about Aerobic exercise.
	C04	To understand about Anaerobic exercise.
	C05	To understand about fitness and wellness
Health education and sports nutrition	C01	To understand health education concepts.
	C02	To know the health problems in India.
	C03	To understand about hygiene and health.
	C04	To know an introduction of sports nutrition.
	C05	To know the nutrition and weight management relations.
Track and Field (Throwing events)	C01	To learn the advanced techniques of various Throwing events.
	C02	To learn the correct hold and execution of various throwing implements.
Gymnastics (With apparatus)	C01	To learn the advanced techniques of using various gymnastic apparatus.
Combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)	C01	To learn the skills of combative sports
Fitness (Conditioning exercises, General and Specific training methods)	C01	To become more aware of using the principle of various training methods.
Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey)	C01	To learn the fundamental skills, drills and rules of the game.
	C02	To learn the strategy, lead up games and improve coaching skills.

Field / Laboratory work (Athletic care, Physiotherapy and rehabilitation, Sports medicine and Kinesiology and biomechanics Laboratory)	C01	To transfer the theoretical knowledge into practical knowledge.
Class room teaching	C01	To gain confidence to handle classes.
Coaching lessons of Specialization games (School / Colleges)	C01	To improve the teaching and coaching skills.
Information & Communication Technology (ICT) and Educational Technology in Physical Education	C01	To understand the concept of Communication & Classroom interaction.
	C02	To know the fundamentals of Computer.
	C03	To know MS-Office & E-Learning concepts.
	C04	To know the Nature and Scope of Educational technology.
	C05	To understand the Instructional design.
Theories of Track and Field	C01	To know the Planning, Construction, Marking of 200 & 400 m track.
	C02	To know the duties of various officials.
	C03	To know the rules and interpretations of Track events.
	C04	To know the rules and interpretations of Throwing and Combined Events.
	C05	To know the rules and interpretations of Jumping Events.
Theory of Game of Specialization	C01	To know the origin and development of the game.
	C02	To know the fundamental skills and drills.
	C03	To understand the tactics and strategies.
	C04	To interpret the rules and regulations.
	C05	To Plan the training and skill evaluation methods.
Value and Environmental Education	C01	To know the Introduction of value education.
	C02	To understand the value systems.
	C03	To understand Environmental Education.
	C04	To understand Rural Sanitation and Urban Health problems.
	C05	To know Natural Resources & related environmental issues.
Sports journalism and mass media	C01	To know the sports journalism and mass media concepts.
	C02	To know the concept of sports bulletin.
	C03	To know the effect of mass media in journalism.
	C04	To know report writing on sports.
	C05	To understand sports organization and sports journalism.
Track and field (Combined events)	C01	To learn the advanced techniques of combined events.
Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/	C01	To learn the fundamental skills, drills and rules of the game.
	C02	To learn the strategy, lead up games and improve coaching skills.

Football/ Handball/ Hockey)		
Teaching / Coaching / Officiating (Track and field events)	CO1	To improve the teaching and coaching skills in track and field events.
Teaching / Coaching / Officiating (Game of specialization)	CO1	To improve the teaching and coaching skills in game of specialization.
Officiating, Organization and Participation (Project sports meet, Intramural and Extramural tournaments)	CO1	To improve the skills of organizing sports meet and other competition
	CO2	To learn the rules of the games and sports events for effective officials.
Coaching (Game of specialization / Track and field events)	CO1	To improve the skills of the games
	CO2	To improve the technique of the track and field events.
	CO3	To improve specific physical fitness of both team players and athletes.