

# 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, paranayama, 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:

1		Course Outcomes
Title of the Course	No.	Course Outcomes
	CO1	To learn the prehistoric life through poem.
	CO2	To learn the translated historical literature.
Tamil I/ Hindi I	CO3	To learn the modern poetic nature.
	CO4	To use the language as per the need.
	CO5	To learn the history of literature.
	CO1	To understand the thoughts of great writers.
	CO2	To understand the thoughts of great poets.
English I	CO3	To understand English in a methodical way.
English I	CO4	To understand the events in a poetic way.
	COL	To learn parts of speech, active, passive voice and types of
	CO5	sentences.
	CO1	To understand the meaning of physical education
	CO2	Understand the foundation of physical education
Foundations of	CO3	To know about allied sciences, camping and recreation.
physical education	CO4	To learn history of Olympics and physical education.
r-y-san ondon		To know the contribution of various agencies, awards and
	CO5	scholarships.
	CO1	To learn the rules and techniques of Sprint events.
	CO2	To learn the rules and techniques of middle distance events.
Track and Field - I	CO3	To learn the rules and techniques of Indule distance events.  To learn the rules and techniques of Long jump.
	CO4	
		To learn the rules and techniques of High jump.
	CO5 CO1	To learn the rules and techniques of Shot put.  To learn and make sentences
	COI	
Communicative	CO2	Learn to frame simple questions for an effective conversation.
Communicative	CO2	
English	CO3	Learn to speak using mike.  To face the committee members in an interview.
	CO5	
Trook and field	603	To develop reading and writing abilities.
Track and field		
(Sprints, Middle	CO1	To learn the technique of Sprinting, Jumping and Shot
distance, Long	COI	putting
jump, high jump		
and shot put)		
Gymnastics (Floor		
exercise, Rhythmic exercise and	CO1	To become familiarized with floor and bar exercises.
	COI	
Horizontal bar		
exercises) Specialization		
Specialization Games (Baskethall	CO1.	To learn the fundamental skills of major games
Games (Basketball, Football, Hockey,	CO2.	To learn the rules of the games for efficient officiating
Kabaddi, Tennis	CO2.	To learn the rules of the games for efficient officiating
and Volleyball)	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	CO1.	To learn the methods to maintain the play fields.
maintenance	CO2.	To learn the methods to maintain the playing equipments.

	CO1	To loan onice namely Cilomothicanon and Marine and
m .1 w / w .1 w	CO1	To learn epics namely Silappathigaram and Manimegalai.
	CO2	To learn Porthian norms
Tamil II / Hindi II	CO3	To learn Barathiar poems.
	CO4	To learn history of tamil/ hindi language.
	CO5	To learn short stories.
	CO1	To understand the thoughts of great writers.
	CO2	To understand the thoughts of great poets.
English II	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.
		To learn the history of basketball, football, hockey, kabaddi,
	CO1	tennis and volleyball.
		To understand layout of play fields and major trophies of
	CO2	basketball, football, hockey, kabaddi, tennis and volleyball.
Theory of		To understand the Rules and their interpretations of
specialization game	CO3	basketball, football, hockey, kabaddi, tennis and volleyball.
Specialization game	_	To learn the Basics skills and their drills of basketball,
	CO4	football, hockey, kabaddi, tennis and volleyball.
	g = -	Duties of officials and officiating mechanism of basketball,
	CO5	football, hockey, kabaddi, tennis and volleyball.
	CO1	To understand the need and importance of Anatomy and
	CO1	Physiology.
	CO2	To understand the Classification and functions of skeleton
Human anatomy	CO3	To understand the structure and function of heart and lungs.
and Physiology	CO 4	To learn the structure and functions of digestive and
	CO4	nervous systems.
	CO5	To get familiarized Different glands and their functions in
		the body.
	CO1	To understand number series, matrix, alphabetical direction
		and blood relation tests.
	600	To learn Venn diagram, set, coding, best reason, measures of
	CO2	quantity, conversion of measurements and age calculation
Track of		tests.
Test of reasoning	CO3	To understand the Figures and system to find out the odd
		man out.  To know the awards and awardees and the names of
	CO4	national and international federations.
	CO5	To know the year, venue and country where the Olympic, commonwealth and Asian games were held.
Track and field		commonweaten and ristan games were netu.
(Sprints, Middle		
distance, Long	CO1	To learn the technique of Sprinting, Jumping and Shot
jump, high jump		putting
and shot put)		
Gymnastics (Floor		
exercise, Rhythmic		
exercise and	CO1	To become familiarized with Trampoline and bar exercises.
Horizontal bar		· ·
exercises		
Specialization	CO1	To learn the fundamentals of major games.
Брестипистоп	dol	To learn the fundamentals of major games.

C (D 1 1 11		
Games (Basketball, Football, Hockey,	CO2	To learn the rules of the games for efficient officiating
Kabaddi, Tennis and Volleyball)	CO3	To know the various drills for optimum skill development.
w.c.lbl	CO1	To get an opportunity to guide intellectually disabled persons.
Unified Play day (UPD)	CO2	To help the intellectually disabled persons to improve their understanding and communicating process.
	CO3	To attain individual whole some development.
Project sport meet	CO1	To get firsthand knowledge about planning and organizing sports meet.
Care and	CO1	To learn the methods to maintain the play fields.
maintenance	CO2	To learn the methods to maintain the playing equipments
	CO1	To learn the epics written by Thirugnanasambandar, Thrunavukkarasar and Sundharar.
	CO2	To learn the epics written by Maanikavasagar, Periyhalvar and Aandavar.
Tamil III / Hindi III	CO3	To learn the epics written by Thayumanavar, Arunagirinadher and Vallalar.
	CO4	To learn short stories by PudumaiPithan.
	CO5	To learn history of literature.
	CO1	To understand the thoughts of great writers.
	CO2	To understand the thoughts of great poets.
English III	CO3	To understand English in a methodical way.
J	CO4	To understand the events in a poetic way.
	CO5	To learn application and paragraph writing.
	CO1	To become aware of a positive attitude about health.
	CO2	To acquire the knowledge of safety education.
Health education and safety	CO3	To know about communicable and non-communicable diseases.
education	CO4	To learn principles and importance of safety.
	CO5	To learn safety at home, Swimming pool, Gymnasium, play field and use of play equipments.
	CO1	To know about starting techniques of all track events.
	CO2	To learn the rules and their interpretation of 800m, 1500m
	COZ	3000m, 5000m, 10,000m, marathon and race walking.
Track and field - II	CO3	To learn the rules and their interpretations of long jump, triple jump, high jump and pole vault.
	CO4	To learn the rules and interpretations of heptathlon and decathlon.
	CO5	To know the records of all events in national and international levels.
	CO1	Know the basics of computer.
	CO2	Understand the basics of Microsoft office.
Application of	CO3	Understand the MS word operations.
computers	CO4	Understand the MS Excel and PowerPoint operations.
	CO5	To learn about internet for effective networking and communication.
Track and field		
(Long distance race, Triple jump, Discus throw, Relays and Race walking)	CO1	To learn the techniques of Long distance race, Triple jump, Discus throw, Relays and Race walking

Voga (Dasis lavel		
Yoga (Basic level asanas, Pranayama	CO1	To become familiarized with basic level asanas, pranayama
and Mudras)	COI	and mudras.
Specialization	CO1	
Games (Basketball,	CO1	To learn the fundamentals of major games.
Football, Hockey, Kabaddi, Tennis	CO2	To learn the rules of the games for efficient officiating
and Volleyball)	CO3	To know the various drills for optimum skill development.
Leadership training	CO1	To learn leadership qualities by self-involvement.
camp	CO2	To become friendly with the nature.
Cump	CO3	To become efficient future leaders.
Project sport meet	CO1	To get firsthand knowledge about planning and organizing sports meet.
Care and	CO1	To learn the methods to maintain the play fields.
maintenance	CO2	To learn the methods to maintain the playing equipments.
	CO1	To learn selected events from Purananuru.
	CO2	To learn the selected events from Ainkurunuru,
	UU2	Kurundhohai and Nattinai.
Tamil IV / Hindi IV	CO3	To learn the selected events from Naaladiyar, Aratthuppal
Tummiv / minumiv		and Thuravaraeyal.
	CO4	To learn short stories by Parthasarathi.
	CO5	To learn history of literature from Yettuthogai and
		Pathupattu, and traditional games.
	CO1	To understand the thoughts of great writers.
	CO2	To understand the thoughts of great poets.
English IV	CO3	To understand English in a methodical way.
	CO4	To understand the events in a poetic way.
	CO5	To learn active, passive voice, expansion of proverbs and
	CO1	creative writing.
	CO2	To learn history, meaning and classifications of gymnastics.  To learn about artistic gymnastics.
	CO2	To understand rhythmic gymnastics.
Gymnastics	CO4	To learn rights and duties of gymnasts, judges and coaches.
		To evaluate the degree of difficulty of various exercises and
	CO5	the rules of using equipments.
	CO1	To know the need and importance of different types of yoga.
	CO2	To understand the eight limbs of yoga.
Foundation of yoga	CO3	To understand the correct procedure of doing asanas
	CO4	To understand the correct procedure of doing pranayama.
	CO5	To gain knowledge about kriyas.
	CO1	To develop various aspects of personality.
Domaono!!	CO2	To improve students' self-esteem and self-confidence.
Personality	CO3	Using personality in the day to day life.
development and career guidance	CO4	To make the students aware of their career and
carcer guidance		opportunities.
	CO5	To develop various personality tests.
Track and field		
(Long distance race,		To learn the techniques of Long distance race, Triple jump,
Triple jump, Discus	CO1	Discus throw, Relays and Race walking.
throw, Relays and		, ,
Race walking)		The beautiful of the state of t
Yoga (Advanced	CO1	To become familiarized with advanced level asanas,
level asanas,		pranayama, Kriyas and bandhas

Pranayama, Kriyas		
and Bhandhas.)		
Specialization		
Games (Basketball,	CO1	To learn the fundamentals of major games.
Football, Hockey,	CO2	To learn the rules of the games for efficient officiating
Kabaddi, Tennis and Volleyball)	CO3	To know the various drills for optimum skill development
	CO1	To get an opportunity to guide intellectually disabled persons.
Unified Play day (UPD)	CO2	To help the intellectually disabled persons to improve their understanding and communicating process.
	CO3	To attain individual wholesome development.
Project sports meet	CO1	To get firsthand knowledge about planning and organizing sports meet
Care and	CO1	To learn the methods to maintain the play fields.
maintenance	CO2	To learn the methods to maintain the playing equipments.
	CO1	To learn the meaning of biomechanics.
	CO2	To learn kinematics.
Biomechanics and	CO3	To understand Newton's Laws and their applications.
Kinesiology	CO4	To understand brief history and objective of kinesiology.
		To learn the origin, insertion, action and location of
	CO5	important skeletal muscles
	CO1	To understand the meaning, method, presentation and class management.
	CO2	To understand the types and values of lesson plan and different commands.
Methods of physical	CO3	To understand various teaching methods, games and other activities.
education	CO4	To understand the meaning and types of fixtures to conduct various types of tournaments.
	CO5	To learn the objectives, benefits and the methods to conduct intramural, extramural, standard and nonstandard sports meets.
	CO1	To learn the balanced diet and importance of carbohydrates for various sports and games.
NI	CO2	To learn the importance and sources of protein.
Nutrition	CO3	To learn the types, importance and sources of fat.
	CO4	To learn the types, importance and sources of vitamins.
	CO5	To learn the types, importance and sources of minerals.
	CO1	To understand the aim and value of education.
	CO2	To understand the self-analysis and brief introspection of family members and society.
Value education and human rights	CO3	To inculcate positive personality.
		To understand the meaning, concept and classification of
	CO4	human rights.
	CO5	To understand the human rights of women and children.
	CO1	To be aware of scope, need and importance of environmental science.
Environmental	CO2	To be aware of forest resources.
studies	CO3	To learn the causes of environmental pollution.
	CO4	To understand the social issues and the environment.
	CO5	To understand human population and the environment.

	CO1	To understand the origin and development of NSS.
National service	CO2	To learn the administrative set-up of NSS.
scheme (NSS)		To develop personality awareness and improve social
Scheme (NSS)	CO3	service attitude.
Track and field		Service attitude.
(Hammer throw,		To learn the techniques of Hammer throw, Javelin throws
Javelin throw, Pole	CO1	Pole vault and Hurdles
vault and Hurdles)		1 ofe valification from the s
Specialization		
Games (Basketball,	CO1	To learn the fundamentals of major games.
Football, Hockey,	CO2	To leave the valor of the games for officient officiating
Kabaddi, Tennis	C02	To learn the rules of the games for efficient officiating
and Volleyball)	CO3	To know the various drills for optimum skill development.
Project sports meet	CO1	To get firsthand knowledge about planning and organizing sports meet
Care and	CO1	*
maintenance	CO2	To learn the methods to maintain the play fields.  To learn the methods to maintain the playing equipments
mamtenante		To get firsthand information about effective teaching
	CO1	methodology
Practice Teaching		To find out the effectiveness of various teaching
	CO2	methodology
	CO1	To be prepare oneself for social activities
NSS/NCC	CO2	To develop smart personality
,	CO3	To maintain green environment.
	CO1	To learn the aim, meaning and principles of sports training.
	CO2	To learn the meaning, types and principles of training lode.
0 1.1		To learn the types and methods to develop strength and
General theory and	CO3	endurance.
methods of sports	CO4	To learn the types and methods to develop speed, flexibility
training		and coordinative abilities.
		To understand the types of training plans, types of
	603	periodization, techniques, tactics and strategy.
	CO1	To learn the meaning, need and importance of tests,
		measurements and evaluation.
	CO2	To learn the criteria of test selection, classification of tests,
Tests and		rating scales and test administration.
measurements	CO3	To learn motor fitness, cardio vascular, strength and
		postural tests.
	CO4	To learn SDAT tests.
	CO5	To learn and use games skill tests in Basketball, Hockey,
		Soccer, Volleyball, Badminton and Tennis Understand the importance of psychology and sports
	CO1	psychology.
Psychology and	CO2	Understand the theories and laws of learning.
sociology	CO3	Importance of perception and motivation.
330101083	CO4	Types of anxiety, aggression and personality.
	CO5	Role of sociology in physical education and sports
	CO1	To understand concept mapping and flow chart.
	CO2	To learn graphical representation and sequencing.
Project	CO3	To maintain album and scrap book.
	C04	To improve reporting and creative writing ability.
	CO5	To improve the skill of model making
	CO1	To learn the meaning and values of first aid.
•	•	$\sim$

First aid	CO2	To learn the meaning, importance and classification of wound.
	CO3	To learn the system of specific injury management namely muscle cramp, fracture, bleeding and heart attack.
	CO4	To learn the system of specific injury management namely poisoning, drowning, dog bite, snake bite, fainting and burns.
	CO5	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)	CO1	To learn the techniques of Hammer throws, Javelin throws Pole vault and Hurdles.
Specialization	CO1	To learn the fundamentals of major games.
Games (Basketball,	CO2	To learn the rules of the games for efficient officiating
Football, Hockey,	CO3	To know the various drills for optimum skill development
Kabaddi, Tennis and Volleyball)	CO4	To learn the fundamentals of major games.
Project sports meet	CO1	To get firsthand knowledge about planning and organizing sports meet.
Care and	CO1	To learn the methods to maintain the play fields.
maintenance	CO2	To learn the methods to maintain the playing equipments.
Unified Play day	CO1	To get an opportunity to guide intellectually disabled persons.
(UPD)	CO2	To help the intellectually disabled persons to improve their understanding and communicating process.
	CO3	To attain individual wholesome development.
Practice Teaching	CO1	To get firsthand information about effective teaching methodology
Tractice reaching	CO2	To find out the effectiveness of various teaching methodology



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

# 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
	CO1	Understand the basic concepts of physical education.
Higtory Principles	CO2	Know the historical development of physical education in
History, Principles and Foundation of	COZ	India.
	CO3	Understand the foundation of physical education.
Physical Education	CO4	Know the principles of physical education.
	CO5	Know the psychological and sociological principles.
	CO1	Know the basics of anatomy and physiology.
	CO2	Understand the circulatory, respiratory and digestive
	CO2	system.
Anatomy and	CO2	Understand the excretory, endocrine, nervous system &
Physiology	CO3	sense organs
	CO4	Know the concept of physiology and neuromuscular
		physiology.
	CO5	Understand feet exercise on various system of our body.
Educational	CO1	Understand the basics of educational technology.
Technology and	CO2	Know the various topics teaching techniques.
<b>Methods of</b>	CO3	Know the various types of teaching aids.
Teaching in	CO4	Know lesson planning methods and teaching innovations.
<b>Physical Education</b>	CO5	Understand and application of movement education.
Hoolth Edwart	CO1	Understand the basic concepts in health education.
Health Education	CO2	Know the health problem in India.
and Environmental	CO3	Know the health services provided.
Studies	CO4	Understand the Concept of environmental science.

	COL	Vacyy the metrical recovered and its issues
	CO5	Know the natural resources and its issues.
	CO1	Know the origin and development of Olympics.
	CO2	Know the modern Olympic games
Olympic Movement	CO3	Know about different types of Olympic games.
	CO4	Know about Olympic games for the disabled.
	CO5	Know the structure and function of International Olympic
m 1 1m:11		committee (IOC).
Track and Field	CO1	To learn the basic methods of running events
(Running events)	CO1	To learn the hosic skills and mothed of playing hoskey
Hockey Basketball	CO1	To learn the basic skills and method of playing hockey.  To learn the basic skills and method of playing Basketball.
Indigenous sports	COI	To learn the basic skins and method of playing basketban.
(Malkhambh, Lezium and March past)	CO1	To learn the basics and perform in a synchronized way.
Leadership training	CO1	To learn leadership qualities by self-involvement.
camp	CO2	To become friendly with the nature.
Camp	CO3	To become efficient future leaders.
Teaching practice	CO1	To gain the actual teaching experience.
reaching practice	CO2	To learn the basic method of teaching in a school.
Organization and		To get firsthand knowledge about planning, organizing
Participation	CO1	sports meet, tournaments and Participating in extramural
	204	competitions.
	CO1	Know the basic concept of yoga.
<b>X</b> 7 <b>T</b> 3 <b>1</b> 4.	CO2	Know the various paths of yoga.
Yoga Education	CO3	Understand about Asanas, Pranayama and Dhandas.
	CO4	Understand about Kriyas and meditation
	CO5	Understand the yogic diet.
	CO1	Understand the basics of sports training.
Sports Training	CO2	Understand the concept of training components.  Know the methods of training process.
Sports Training	CO4	Know the fraining planning.
	CO5	Know the training planning.  Know the various types of training methods.
	CO1	Understand the concept of organization and administration.
		Know the office management, record and register
Organization and	CO2	maintenance along with budget preparation.
Administration in	CO3	Know the facilities and time management.
Physical Education	CO4	Know the methods in organizing competition.
	CO5	Know various tournaments and schemes.
~	CO1	Know the basics of fitness and wellness.
Contemporary	CO2	Know the issues and challenges of fitness and wellness.
Issues in Physical	CO3	Know the problems of modern life style.
Education, Fitness	CO4	Understand the modern lifestyle challenges.
and Wellness	CO5	Understand the lifestyle management tips.
	CO1	Know the basic nutritional guidelines and plans.
Sports nutrition	CO2	Understand the facts of macro nutrients.
and weight	CO3	Understand the facts of micro nutrients.
management	CO4	Know the diet for obesity.
	CO5	Know the weight management diet.
Track and field(Jumping events)	CO1	To learn the basic methods of jumping events

Aerobics Co To develop neuromuscular coordination and strong endurance base.  Racquet sports [Badminton, Table tennis, Tennis and Ball badminton) Cymnastics Co To learn the basic skills and method of playing Racquet sports.  Calisthenics and Mass demonstration activities (Dumbbells, Flags, Wands, Hoops and Indian clubs) Co To get an opportunity to guide intellectually disabled persons.  Co To get an opportunity to guide intellectually disabled persons to improve their understanding and communicating process.  Co To attain individual wholesome development To get firsthand knowledge about planning, organizing sports meet, tournaments and Participation (Co Classify and administer the below tests.  Co Stow the sports skill tests for badminton, basketball & soccer.  Co Stow the sports skill tests for volleyball, hockey & tennis (Co Classify and administer the MS PowerPoint operations.  Sports Medicine, Physical Education (Co Classify and the MS Excel operations.  Sports Medicine, Physiotherapy and Rehabilitation (Co Classify and the MS powerPoint operations.  Co Classify the sports and the MS powerPoint operations.  Co Classify the sports and the physical education (Co Classify the injury management techniques.  Co Classify the sports and equipments for adapted sports activities.  Co Honderstand the academic instructions, adaptations and modifications in inclusive education.  Know the basics of sports management.  Co Classify the facilities and equipments for adapted sports activities.  Co Honderstand the academic instructions, adaptations and modifications in inclusive education.  Know the basics of sports management.  Co Classify the facilities and equipments for persons with disabilities.  Co Know the basics of sports management.  Co Classify the facilities and equipments for adapted sports activities.  Know the facilities and equipments for adapted sports activities.  Know the facilities and equipments for persons with disabilities.  Co Know the basics of sports management.  Co Know the basics of sports manageme	Г	I	
Racquet sports (Badminton, Table tennis, Tennis and Ball badminton)	Yoga	CO1	To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara.
Racquet sports (Badminton, Table tennis, Tennis and Ball badminton)	Aerobics	CO1	To develop neuromuscular coordination and strong endurance
Calisthenics and Mass demonstration activities (Dumbbells, Flags, Wands, Hoops and Indian clubs)  Unified play day  Unified play day  Organization and participation  Measurement and Evaluation in Physical Education Physical Education  Sports Medicine, Physiotherapy and Rehabilitation  Adapted Physical Education  Cot Inderstand the Ms Excel operations.  Cot Inderstand the Ms PowerPoint operations.  Cot Inderstand the Ms PowerPoint operations.  Cot Inderstand the Applications of various therapies.  Cot Inderstand the adapted games and sports for persons with disabilities.  Cot Inderstand the academic instructions, adaptations and modifications in inclusive education.  Cot Inderstand the server of the server of the prop	(Badminton, Table tennis, Tennis and	CO1	
Calisthenics and Mass demonstration activities (Dumbbells, Flags, Wands, Hoops and Indian clubs)  Unified play day  Unified play day  Organization and participation  Measurement and Evaluation in Physical Education Physical Education  Sports Medicine, Physiotherapy and Rehabilitation  Adapted Physical Education  Cot Inderstand the Ms Excel operations.  Cot Inderstand the Ms PowerPoint operations.  Cot Inderstand the Ms PowerPoint operations.  Cot Inderstand the Applications of various therapies.  Cot Inderstand the adapted games and sports for persons with disabilities.  Cot Inderstand the academic instructions, adaptations and modifications in inclusive education.  Cot Inderstand the server of the server of the prop		CO1	To learn the basic movements in gymnastic exercise
Unified play day  CO2  To help the intellectually disabled persons to improve their understanding and communicating process.  CO3  To attain individual wholesome development  To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions.  CO3  CO4  Understand the basics of Test, Measurement & Evaluation.  CO5  CO5  Know the physical fitness tests.  Know the sports skill tests for badminton, basketball & soccer.  CO5  Know the sports skill tests for volleyball, hockey & tennis  CO3  Understand the MS Word operations.  CO4  Understand the MS PowerPoint operations.  CO5  Know the e-sources and applications.  CO5  Know the basics of sports medicine and athletic injuries.  CO5  Know the hipjury management techniques.  Physiotherapy and Rehabilitation  CO5  Know the injury management techniques.  CO6  CO6  CO7  Know the injury management techniques.  CO7  Know the dasplications of various therapies.  CO7  Know the injury management techniques.  CO8  Know the dasplication of disability.  CO9  Know the dasplication of disability.  Know the facilities and equipments for adapted sports activities.  CO6  CO7  Know the adapted games and sports for persons with disabilities.  Understand the academic instructions, adaptations and modifications in inclusive education.  CO7  Know the basics of sports management.  CO8  Know the basics of sports management.  CO9  Know the basics of computer.  CO9  CO9  CO9  CO9  CO9  CO9  CO9  CO	Calisthenics and Mass demonstration activities (Dumbbells, Flags, Wands, Hoops and		To develop coordination and graceful movement in a group with and without apparatus.
Organization and participation  Measurement and Evaluation in Physical Education  Physical Education  Cost Know the sports skill tests for badminton, basketball & soccer.  Cost Know the sports skill tests for volleyball, hockey & tennis  Cost Understand the MS Word operations.  Cost Understand the MS Excel operations.  Cost Understand the MS PowerPoint operations.  Cost Understand the MS PowerPoint operations.  Cost Know the e-sources and applications.  Cost Know the injury management techniques.  Cost Know the facilities and equipments for adapted sports activities.  Cost Know the adapted games and sports for persons with disabilities.  Cost Know the adapted games and sports for persons with disabilities.  Cost Know the basics of sports management.  Cost Know the leadership and its forms.  Cost Know the sports management in educational institutions.	Unified play day	CO1	persons.
Organization and participation         CO1         To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions.           Measurement and Evaluation in Physical Education         CO2         Classify and administer the below tests.           Computer Applications in Physical Education         CO5         Know the physical fitness tests.           Computer Applications in Physical Education         CO1         Know the sports skill tests for badminton, basketball & soccer.           CO3         Understand the MS Word operations.           CO4         Understand the MS Excel operations.           Sports Medicine, Physiotherapy and Rehabilitation         CO2         Know the basics of sports medicine and athletic injuries.           Physiotherapy and Rehabilitation         CO3         Know the physiotherapy and its applications.           Adapted Physical Education         CO4         Understand the applications of various therapies.           CO5         Know the basics of sports medicine and athletic injuries.           CN04         Understand the applications of various therapies.           CO5         Know the physiotherapy and its applications.           CO4         Understand the applications of various therapies.           CO5         Know the importance of the adapted physical education.           CO6         Know the adapted games and sports for persons with disabiliti	Offined play day		understanding and communicating process.
Sports meet, tournaments and Participating in extramural competitions.   Measurement and Evaluation in Physical Education		603	
Measurement and Evaluation in Physical EducationCO2Classify and administer the below tests.Physical EducationCO4Know the physical fitness tests.CO5Know the sports skill tests for badminton, basketball & soccer.C05Know the sports skill tests for volleyball, hockey & tennisC07Know the basics of computer.C08Understand the MS Word operations.C09Understand the MS Excel operations.C01Understand the MS PowerPoint operations.C02Know the e-sources and applications.Sports Medicine, Physiotherapy and RehabilitationCO2Know the injury management techniques.C01Know the physiotherapy and its applications.C02Know the physiotherapy and its applications.C03Know about therapeutic exercises and its applications.C04Know the importance of the adapted physical education.C02Know the classification of disability.C03Know the facilities and equipments for adapted sports activities.C04Know the adapted games and sports for persons with disabilities.C05Know the basics of sports management.Sports management and curriculum designCO2Know the leadership and its forms.C04Know the sports management in educational institutions.		CO1	sports meet, tournaments and Participating in extramural
Measurement and Evaluation in Physical EducationPhysical EducationC03Know the physical fitness tests.C04Know the sports skill tests for badminton, basketball & soccer.C05Know the sports skill tests for volleyball, hockey & tennisComputer Applications in Physical EducationC02Understand the MS Word operations.C05Know the basics of computer.C06Understand the MS PowerPoint operations.C07Know the e-sources and applications.C08Know the injury management techniques.C09Know the injury management techniques.C01Know the physiotherapy and its applications.C02Know about therapeutic exercises and its applications.C03Know the importance of the adapted physical educationC04Know the classification of disability.C05Know the facilities and equipments for adapted sports activities.C06Know the adapted games and sports for persons with disabilities.C07Understand the academic instructions, adaptations and modifications in inclusive education.C05Know the basics of sports management.Sports management and curriculum designC01Know the leadership and its forms.C03Know the sports management in educational institutions.		CO1	Understand the basics of Test, Measurement & Evaluation.
Co3		CO2	
CO4   Know the sports skill tests for badminton, basketball & soccer.			
Computer Applications in Physical Education Sports Medicine, Physiotherapy and Rehabilitation  Adapted Physical Education Education  Adapted Physical Education  Cossum (Cossum)  Adapted Physical Education  Cossum (Cossum)  Coss			Know the sports skill tests for badminton, basketball &
Computer Applications in Physical Education  CO3 Understand the MS Word operations. CO4 Understand the MS PowerPoint operations. CO5 Know the e-sources and applications. CO6 Know the basics of sports medicine and athletic injuries. CO7 Know the basics of sports medicine and athletic injuries. CO8 Know the injury management techniques. CO9 Know the physiotherapy and its applications. CO9 Know about therapeutic exercises and its applications. CO9 Know about therapeutic exercises and its applications. CO9 Know the importance of the adapted physical education CO9 Know the classification of disability. CO9 Know the facilities and equipments for adapted sports activities. CO9 Know the adapted games and sports for persons with disabilities. CO9 Understand the academic instructions, adaptations and modifications in inclusive education. CO9 Know the basics of sports management. CO9 Know the leadership and its forms. CO9 Know the leadership and its forms. CO9 Know the modern concept of curriculum.		CO5	
Computer Applications in Physical EducationCO2Understand the MS Word operations.Physical EducationCO4Understand the MS PowerPoint operations.CO5Know the e-sources and applications.Sports Medicine, Physiotherapy and 			
Applications in Physical Education   CO4  Understand the MS PowerPoint operations. CO5  Know the e-sources and applications. CO6  Know the basics of sports medicine and athletic injuries. CO7  Know the injury management techniques. CO8  Know the physiotherapy and its applications. CO9  Know the physiotherapy and its applications. CO9  Know about therapeutic exercises and its applications. CO1  Know the importance of the adapted physical education CO2  Know the classification of disability. CO3  Know the facilities and equipments for adapted sports activities. CO4  Know the adapted games and sports for persons with disabilities. CO7  Understand the academic instructions, adaptations and modifications in inclusive education. CO8  Know the leadership and its forms. CO9  Know the sports management in educational institutions. CO9  Know the modern concept of curriculum.	Computer		•
Physical Education  C04 Understand the MS PowerPoint operations.  C05 Know the e-sources and applications.  C06 Know the basics of sports medicine and athletic injuries.  C07 Know the injury management techniques.  C08 Know the physiotherapy and its applications.  C09 Know the physiotherapy and its applications.  C00 Know about therapeutic exercises and its applications.  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.  C06 Know the basics of sports management.  C07 Know the leadership and its forms.  C08 Know the modern concept of curriculum.	_		
CO5 Know the e-sources and applications.  CO1 Know the basics of sports medicine and athletic injuries.  CO2 Know the injury management techniques.  CO3 Know the physiotherapy and its applications.  CO4 Understand the applications of various therapies.  CO5 Know about therapeutic exercises and its applications.  CO6 Know the importance of the adapted physical education  CO7 Know the classification of disability.  CO8 Know the facilities and equipments for adapted sports activities.  CO9 Know the adapted games and sports for persons with disabilities.  CO9 Understand the academic instructions, adaptations and modifications in inclusive education.  CO9 Know the basics of sports management.  CO9 Know the leadership and its forms.  CO9 Know the sports management in educational institutions.  CO9 Know the modern concept of curriculum.			
Sports Medicine, Physiotherapy and Rehabilitation  Adapted Physical Education  CO4  CO5  Know the injury management techniques.  CO5  Know the physiotherapy and its applications.  CO5  Know about therapeutic exercises and its applications.  CO6  Know the importance of the adapted physical education  CO7  Know the classification of disability.  CO8  Know the facilities and equipments for adapted sports activities.  CO9  Know the adapted games and sports for persons with disabilities.  CO6  Understand the academic instructions, adaptations and modifications in inclusive education.  CO7  Know the basics of sports management.  CO8  Know the leadership and its forms.  CO9  Know the sports management in educational institutions.  CO9  Know the modern concept of curriculum.	i nysicai Education		
CO2   Know the injury management techniques.			
CO3   Know the physiotherapy and its applications.	Cnorta Madiaina		. ,
RehabilitationCO4Understand the applications of various therapies.CO5Know about therapeutic exercises and its applications.CO1Know the importance of the adapted physical educationCO2Know the classification of disability.CO3Know the facilities and equipments for adapted sports activities.CO4Know the adapted games and sports for persons with disabilities.CO5Understand the academic instructions, adaptations and modifications in inclusive education.Sports management and curriculum designCO2Know the leadership and its forms.CO3Know the sports management in educational institutions.CO4Know the modern concept of curriculum.	_		
CO5 Know about therapeutic exercises and its applications.  CO1 Know the importance of the adapted physical education CO2 Know the classification of disability. CO3 Know the facilities and equipments for adapted sports activities. CO4 Know the adapted games and sports for persons with disabilities. CO5 Understand the academic instructions, adaptations and modifications in inclusive education. CO1 Know the basics of sports management. CO2 Know the leadership and its forms. CO3 Know the sports management in educational institutions. CO4 Know the modern concept of curriculum.			
Adapted Physical Education  CO2 Know the classification of disability.  CO3 Know the facilities and equipments for adapted sports activities.  CO4 Know the adapted games and sports for persons with disabilities.  CO5 Understand the academic instructions, adaptations and modifications in inclusive education.  CO1 Know the basics of sports management.  CO2 Know the leadership and its forms.  CO3 Know the sports management in educational institutions.  CO4 Know the modern concept of curriculum.	Kenavintation		
Adapted Physical Education  CO3 Know the classification of disability.  Know the facilities and equipments for adapted sports activities.  CO4 Know the adapted games and sports for persons with disabilities.  CO5 Understand the academic instructions, adaptations and modifications in inclusive education.  CO1 Know the basics of sports management.  CO2 Know the leadership and its forms.  CO3 Know the sports management in educational institutions.  CO4 Know the modern concept of curriculum.			•
Adapted Physical Education  CO3  Know the facilities and equipments for adapted sports activities.  CO4  Know the adapted games and sports for persons with disabilities.  CO5  Understand the academic instructions, adaptations and modifications in inclusive education.  CO1  Know the basics of sports management.  CO2  Know the leadership and its forms.  CO3  Know the sports management in educational institutions.  CO4  Know the modern concept of curriculum.			
Adapted Physical Education  CO4  Know the adapted games and sports for persons with disabilities.  CO5  Understand the academic instructions, adaptations and modifications in inclusive education.  CO1  Know the basics of sports management.  CO2  Know the leadership and its forms.  CO3  Know the sports management in educational institutions.  CO4  Know the modern concept of curriculum.		LUZ	
disabilities.  CO5 Understand the academic instructions, adaptations and modifications in inclusive education.  CO1 Know the basics of sports management.  CO2 Know the leadership and its forms.  CO3 Know the sports management in educational institutions.  CO4 Know the modern concept of curriculum.		CO3	activities.
modifications in inclusive education.  CO1 Know the basics of sports management.  CO2 Know the leadership and its forms.  CO3 Know the sports management in educational institutions.  CO4 Know the modern concept of curriculum.	Education	CO4	disabilities.
Sports management and curriculum design  CO2 Know the leadership and its forms.  CO3 Know the sports management in educational institutions.  CO4 Know the modern concept of curriculum.			modifications in inclusive education.
and curriculum design  CO3 Know the sports management in educational institutions. CO4 Know the modern concept of curriculum.			
design CO4 Know the modern concept of curriculum.	_	CO2	Know the leadership and its forms.
	and curriculum	CO3	Know the sports management in educational institutions.
	design	CO4	Know the modern concept of curriculum.
COS   Frepare curriculum for various levels.		CO5	Prepare curriculum for various levels.

m 1 16:11		
Track and field (Throwing events)	CO1	To learn the basic methods of throwing events
First aid and injury		To learn about the First aid kit, Sports injuries, Dressing,
management	CO1	Bandages and Different Therapies.
Combative sports		
(Kalari, Silambam,	CO1	To learn self-defensive arts like Kalaripayattu, Silambam,
Judo and Wrestling)		Judo and Wrestling
Kabaddi	CO1	To learn the basic skills and method of playing Kabaddi.
Handball	CO1	To learn the basic skills and method of playing Handball.
Throw ball	CO1	To learn the basic skills and method of playing Throw ball
Kho – Kho	CO1	To learn the basic skills and method of playing Kho - Kho.
Teaching practices	CO1	To gain the actual teaching experience.
	CO2	To learn the basic method of teaching in a school
Organization and	204	To get firsthand knowledge about planning, organizing
participation	CO1	sports meet, tournaments and Participating in extramural
F · · · · F · · ·	004	competitions.
	CO1	Know the history and development of game and sports.
Thornios of Consut-	CO2	Prepare the ground with all markings.
Theories of Sports and Games	CO3	Know about the standard equipments and their
and Games	CO4	specifications.
	CO5	Understand ethics of sports and sportsmanship. Interpret rules and regulations of the sports and games
	CO1	Know the basics of kinesiology and biomechanics.
	CO2	Understand postures and muscles.
Kinesiology and	CO3	Know the origin, insertion of skeletal muscles.
Biomechanics	CO4	Know the mechanical concepts.
	CO5	Understand kinematics and kinetics of human movement.
	CO1	Understand the basics of officiating and coaching.
	CO2	Understand the coach as a mentor.
Officiating and	CO3	Know the duties of official.
Coaching		Understand the qualities and qualifications of coach &
, and the second	CO4	officials.
	CO5	Understand the scientific principles of coaching
	CO1	Know the basics of sports psychology and sociology.
Sports Psychology	CO2	Understand personality.
and Sociology	CO3	Know the components of psychology.
and Sociology	CO4	Know sociology and its application in physical education.
	CO5	Understand the importance of culture and its effects
	CO1	Know the basics of research and its classifications.
Research and	CO2	Know the research types.
Statistics in	CO3	Prepare a project report.
Physical Education	CO4	Know the system of data analysis.
77. 11 1 11	CO5	Know the statistical versions used in physical education
Volleyball	CO1	To learn the basic skills and method of playing Volleyball
Softball	CO1	To learn the basic skills and method of playing Softball.
Tennikoit Cricket	CO1	To learn the basic skills and method of playing Tennikoit
Cricket Football	CO1	To learn the basic skills and method of playing Cricket
	CO1	To learn the basic skills and method of playing Football.
Sports specialization	CO2	To gain the coaching experience in his game of choice.  To learn the basic method of coaching at school level
Specializativii	UU2	To get an opportunity to guide intellectually disabled
Unified play day	CO1	persons.
omited play day	CO2	To help the intellectually disabled persons to improve their
	002	To help the interfectually albabica 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
	CO1	To know the basic concept of research.
<b>Research Process in</b>	CO2	To know about the methods of research.
Physical Education	CO3	To understand the experimental research.
and Sports Sciences	CO4	To know sampling methods.
and Sports Sciences	CO5	To understand writing research proposal and report
	CO1	To know the effect of exercise on skeletal system.
	CO2	To know the effect of exercise on cardiovascular system.
Physiology of	CO3	To know the effect of exercise on Respiratory system.
Exercise	CO4	To understand metabolism and energy transfer.
EACTUSC	COT	To understand the climatic conditions, sports performance
	CO5	& ergogenic aids
	CO1	To know the basics of Test, measurement & Evaluation.
Test, Measurement	CO2	To know the coordinative ability tests.
and Evaluation in	CO3	To know the physical fitness tests.
Physical Education	CO4	To know the Anthropometric, Aerobic & Anaerobic tests.
	CO5	To know the specific skill tests
	CO1	To know the basics of Adapted Physical Education.
	CO2	To understand the Adapted Physical Education Program.
Adapted Physical	CO3	To understand the Classification of disability.
Education	CO4	To know the Adapted Facilities and equipments.
		To understand the basic physical fitness and motor
	CO5	development.
	CO1	To know the basics of sports technology
Sports technology	CO2	To know the various playing surfaces.
and Sports	CO3	To know the modern equipments.
engineering	CO4	To know the training gadgets and their uses.
	CO5	To understand the sports infrastructures and its maintenance.
Track and Field	CO1	To learn the advanced techniques of different "starts".
(Running events)	CO2	To learn the different body movements during start, course of run and at the finish
Gymnastics (Floor	CO1	To learn the advanced technique in Floor exercises
exercises)		^
Game of specialization		
(Kabaddi/ Kho-Kho/	CO1	To learn the fundamental skills drills and rules of the game.
Badminton/ Tennis/		
Volleyball/		
Basketball/ Cricket/	CO2	To learn the strategy, lead up games, officiating and coaching
Football/ Handball/	CO2	skills.
Hockey)		
Aerobics	CO1	To learn different types of movements.
	CO2	To learn in fixing different intensity according to the individual.
Fields / Laboratory		
work (Test measurement and	CO1	To understand the operation of laboratory equipments
evaluation, Fitness	COI	10 understand the operation of laboratory equipments
training, Sports		
training, pports		

psychology and Physiology of exercises laboratory)  Teaching/ Coaching/ Officiating (School, College and University)  Class room teaching  Coll To gain confidence opportunity is given to handle class  Applied Statistics in Physical Education and Sports  Sports  Sports  Biomechanics and Kinesiology  Athletic Care and Rehabilitation  Athletic Care and Rehabilitation  Athletic Care and Rehabilitation  Track and Field (Jumping and Hurdles)  Yogic Science  Sports management and curriculum design in physical education  Track and Field (Jumping and Hurdles)  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/Badminton/ Tennis/ Volleyball/ Basketball/ Uricket/ Football/ Handball/ Basketball (Picket/ Football/ Handball/ Jepon)  Coll agin confidence opportunity is given to handle class different level.  To develop proficiency in teaching, coaching and officiating at different level.  To develop proficiency in teaching, coaching and officiating at different level.  To develop proficiency in teaching, coaching and officiating at different level.  To develop proficiency in teaching, coaching and officiating at different level.  To develop proficiency in teaching, coaching and officiating at different level.  To understand the basics of statistics.  To know the Data Classification, Tabulation and Measures of Cotentral Tendency.  To know measures of Dispersions and Scales.  Cold To know measures of Dispersions and Scales.  Cold To know the basics of Sports biomechanics & kinesiology.  Cold To know the basics of Sports biomechanics & kinesiology.  Cold To know about Wound, Hydrotherapy & Electrotherapy.  Cold To know about Wound, Hydrotherapy & Electrotherapy.  Cold To know about protective equipments & Posture.  Cold To know about protective equipments & Postu	navahalaav and		
To develop proficiency in teaching, coaching and officiating at different level.			
To develop proficiency in teaching, coaching and officiating at different level.			
Officiating ( School, College and University)  Class room teaching  Applied Statistics in Physical Education and Sports  Sports  Biomechanics and Kinesiology  Athletic Care and Rehabilitation  Athletic Care and Rehabilitation  Athletic Care and Rehabilitation  To know the basics of Sports injuries.  Col. To know the basics of Sports biomechanics & kinesiology.  To know the basics of Sports biomechanics & kinesiology.  To know the basics of Sports biomechanics & kinesiology.  To understand the muscle action.  To know the concept of Projectile and Lever  To know about Movement Analysis.  Col. To know about Wound, Hydrotherapy & Electrotherapy.  Col. To know about exercises and approaches.  Col. To know about Asanas & Pranayama.  Col. To know the concept of Yogasana.  Col. To know the concept of Yogic Therapy.  To understand Mudras.  Col. To know the concept of Sports management.  and curriculum design in physical education  Track and Field (Jumping and Hurdles)  Track and Field (Jumping and Hurdles)  Track and Field (Jumping and Hurdles)  Game of specialization  (Kabaddi/ Kho-Kho/Baminton/ Tennis' Volleyball/ Basketball/ Cricket/ Football/ Handball/  Col. To learn the strategy, lead up games, officiating and coaching skills.	•		
Class room teaching	Officiating ( School, College and	CO1	
Applied Statistics in Physical Education and Sports  Physical Education and Sports  CO3  CO4  To know the Data Classification, Tabulation and Measures of Central Tendency.  CO5  To know about probability distributions & groups.  CO6  To understand about inferential & comparative statistics.  CO7  To know the basics of Sports biomechanics & kinesiology.  CO8  To know the basics of Sports biomechanics & kinesiology.  CO9  To know the concept of Motion and Force.  CO4  To know the concept of Projectile and Lever  CO5  To know about Movement Analysis.  CO6  CO7  To know about Movement Analysis.  CO8  To know about Wound, Hydrotherapy & Electrotherapy.  CO8  To understand massage techniques & effects.  CO9  To understand about protective equipments & Posture.  CO9  To understand the concept of Yogasana.  CO9  To understand Mudras.  CO9  To know about Asanas & Pranayama.  CO9  To know the concept of Yogic Therapy.  CO1  To know the concept of Yogic Therapy.  CO1  To know the concept of Yogic Therapy.  CO1  To know the concept of Yogic Therapy.  CO2  To know the concept of Yogic Therapy.  CO3  To understand Wudras.  CO9  To know the concept of Curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  Track and Field (Jumping and Hurdles)  CO1  To learn the advance techniques various jumping events.  CO2  To learn the approach, takeoff and landing of jumping events.  CO1  To learn the approach, takeoff and landing of jumping events.  CO1  To learn the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the strategy, lead up games, officiating and coaching skills.		601	
Applied Statistics in Physical Education and Sports  CO2  To know the Data Classification, Tabulation and Measures of Central Tendency.  CO3  To know measures of Dispersions and Scales.  CO4  To know about probability distributions & groups.  CO5  To understand about inferential & comparative statistics.  CO1  To know the basics of Sports biomechanics & kinesiology.  CO2  To understand the muscle action.  CO3  To know the concept of Motion and Force.  CO4  To know the concept of Projectile and Lever  CO5  To know about Movement Analysis.  CO1  To know about Wound, Hydrotherapy & Electrotherapy.  CO3  To understand massage techniques & effects.  CO4  To know about exercises and approaches.  CO5  To understand about protective equipments & Posture.  CO6  CO7  To understand the concept of Yogasana.  CO7  CO8  To know about exercises and approaches.  CO9  To understand Wound, Hydrotherapy & Electrotherapy.  CO3  To understand about protective equipments & Posture.  CO4  To understand Mudras.  CO5  To understand Mudras.  CO6  To know the concept of Yogic Therapy.  CO7  To know the concept of Yogic Therapy.  CO8  To know the concept of Yogic Therapy.  CO9  To know the concept of Sports management.  CO9  To know the concept of Yogic Therapy.  CO1  To know the concept of Yogic Therapy.  CO2  To know the concept of Yogic Therapy.  CO3  To understand the use of modern equipments.  CO4  To develop public relationship.  CO5  To know the concept of curriculum preparation and its sources.  To learn the advance techniques various jumping events.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the strategy, lead up games, officiating and coaching skills.	Class room teaching		
Applied Statistics in Physical Education and Sports  CO3 To know measures of Dispersions and Scales. CO4 To know about probability distributions & groups. To understand about inferential & comparative statistics. CO5 To understand the muscle action. CO6 To know the concept of Motion and Force. CO7 To know the concept of Projectile and Lever CO8 To know about Movement Analysis. CO9 To know about protective equipments & Posture. CO9 To know about protective equipments & Posture. CO9 To understand massage techniques & effects. CO9 To understand the concept of Yogasana. CO9 To understand Wudras. CO9 To understand Mudras. CO9 To know about Asanas & Pranayama. CO9 To know about Asanas & Pranayama. CO9 To know the concept of Yogic Therapy. CO9 To know the concept of Yogic Therapy. CO1 To know the concept of Yogic Therapy. CO2 To understand the use of modern equipments. CO9 To understand the use of modern equipments. CO9 To learn the advance techniques various jumping events. CO9 To learn the advance techniques various jumping events. CO9 To learn the advance techniques various jumping events. CO1 To learn the advance techniques various jumping events. CO2 To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and Suryanamaskar.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.		COI	
and Sports  CO3 To know about probability distributions & groups.  CO4 To know about probability distributions & groups.  CO5 To understand about inferential & comparative statistics.  CO6 To know the basics of Sports biomechanics & kinesiology.  CO7 To know the basics of Sports biomechanics & kinesiology.  CO8 To know the concept of Motion and Force.  CO9 To know about Movement Analysis.  CO9 To know about Movement Analysis.  CO1 To know about Wound, Hydrotherapy & Electrotherapy.  CO2 To know about Exercises and approaches.  CO3 To understand about protective equipments & Posture.  CO6 To know about Asanas & Pranayama.  CO7 To understand Kriyas.  CO8 To know about Asanas & Pranayama.  CO9 To know the concept of Yogasana.  CO9 To know the concept of Yogic Therapy.  Sports management and curriculum design in physical education  CO9 To know the concept of Yogic Therapy.  Sports management and curriculum design in physical education  Track and Field (Jumping and Hurdles)  CO9 To know the concept of curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  CO9 To learn the advance techniques various jumping events.  CO9 To learn the approach, takeoff and landing of jumping events.  CO9 To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and Suryanamaskar.  CO1 To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.		CO2	of Central Tendency.
Sports Biomechanics and Kinesiology  Athletic Care and Rehabilitation  Yogic Science  Yogic Science  Sports management and curriculum design in physical education  Tack and Field (Jumping and Hurdles)  Track and Field (Jumping and Hurdles)  Toga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  Borton Tou Inderstand the procedure of pames, officiating and coaching skills.  CO4 To lunderstand spout protective equipments & Posture.  CO5 To winderstand spout protective equipments & Posture.  CO6 To understand dudras.  CO7 To understand Mudras.  CO8 To know the concept of Yogic Therapy.  CO9 To learn the advance techniques various jumping events.  CO9 To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.		CO3	
Sports Biomechanics and Kinesiology  Athletic Care and Rehabilitation  Yogic Science  Sports management and curriculum design in physical education  Track and Field (Jumping and Hurdles)  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  Voc 10 To know the basics of Sports biomechanics & kinesiology.  To know the basics of Sports biomechanics & kinesiology.  To understand the muscle action.  To know the concept of Projectile and Lever  To know about Movement Analysis.  Co1 To know about Wound, Hydrotherapy & Electrotherapy.  Co2 To know about exercises and approaches.  To understand massage techniques & effects.  Co3 To understand be use of Yogasana.  Co2 To know about Asanas & Pranayama.  Co3 To understand Mudras.  Co4 To understand Mudras.  Co5 To know the concept of Yogic Therapy.  Co1 To know the concept of Sports management.  Co2 To understand the use of modern equipments.  Co3 To know the concept of curriculum preparation and its sources.  To learn the advance techniques various jumping events.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.	and Sports	CO4	To know about probability distributions & groups.
Sports   Good   To understand the muscle action.		CO5	To understand about inferential & comparative statistics.
CO3		CO1	To know the basics of Sports biomechanics & kinesiology.
CO4	Sports	CO2	To understand the muscle action.
Athletic Care and Rehabilitation  Athletic Care and Rehabilitation  To know about Movement Analysis.  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.  C06 To understand the concept of Yogasana.  C07 To know about Asanas & Pranayama.  C08 To know about Asanas & Pranayama.  C09 To know about Asanas & Pranayama.  C09 To know about Asanas & Pranayama.  C00 To know about Asanas & Pranayama.  C01 To understand Mudras.  C02 To know the concept of Yogic Therapy.  C03 To understand Mudras.  C04 To know the concept of sports management.  C05 To understand the use of modern equipments.  C06 To know the concept of curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  C07 To learn the advance techniques various jumping events.  C08 To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and Suryanamaskar.  C09 To learn the fundamental skills drills and rules of the game.  C01 To learn the strategy, lead up games, officiating and coaching skills.	Biomechanics and	CO3	To know the concept of Motion and Force.
Athletic Care and Rehabilitation  Athletic Care and Rehabilitation  To know about Movement Analysis.  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.  C06 To understand the concept of Yogasana.  C07 To know about Asanas & Pranayama.  C08 To know about Asanas & Pranayama.  C09 To know about Asanas & Pranayama.  C09 To know about Asanas & Pranayama.  C00 To know about Asanas & Pranayama.  C01 To understand Mudras.  C02 To know the concept of Yogic Therapy.  C03 To understand Mudras.  C04 To know the concept of sports management.  C05 To understand the use of modern equipments.  C06 To know the concept of curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  C07 To learn the advance techniques various jumping events.  C08 To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and Suryanamaskar.  C09 To learn the fundamental skills drills and rules of the game.  C01 To learn the strategy, lead up games, officiating and coaching skills.	Kinesiology	CO4	
Athletic Care and Rehabilitation  Rehabilitation  CO2 To know about Wound, Hydrotherapy & Electrotherapy.  To understand massage techniques & effects.  CO4 To know about exercises and approaches.  CO5 To understand about protective equipments & Posture.  CO1 To understand the concept of Yogasana.  CO2 To know about Asanas & Pranayama.  CO3 To understand Mudras.  CO4 To understand Mudras.  CO5 To know the concept of Yogic Therapy.  CO6 To know the concepts of sports management.  CO7 To understand hudras.  CO8 To understand program management.  CO9 To understand the use of modern equipments.  CO9 To know the concept of curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  CO1 To learn the advance techniques various jumping events.  CO2 To learn the approach, takeoff and landing of jumping events.  CO3 To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and Suryanamaskar.  CO1 To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.		CO5	To know about Movement Analysis.
Athletic Care and Rehabilitation  Rehabilitation  CO2 To know about Wound, Hydrotherapy & Electrotherapy.  To understand massage techniques & effects.  CO4 To know about exercises and approaches.  CO5 To understand about protective equipments & Posture.  CO1 To understand the concept of Yogasana.  CO2 To know about Asanas & Pranayama.  CO3 To understand Mudras.  CO4 To understand Mudras.  CO5 To know the concept of Yogic Therapy.  CO6 To know the concepts of sports management.  CO7 To understand hudras.  CO8 To understand program management.  CO9 To understand the use of modern equipments.  CO9 To know the concept of curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  CO1 To learn the advance techniques various jumping events.  CO2 To learn the approach, takeoff and landing of jumping events.  CO3 To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and Suryanamaskar.  CO1 To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.		CO1	To know the basics & Sports injuries.
Athletic Care and Rehabilitation  CO3 To understand massage techniques & effects.  CO4 To know about exercises and approaches.  CO5 To understand about protective equipments & Posture.  CO1 To understand the concept of Yogasana.  CO2 To know about Asanas & Pranayama.  CO3 To understand Mudras.  CO4 To understand Mudras.  CO5 To know the concept of Yogic Therapy.  To know the concept of Syogic Therapy.  To know the concept of Syogic Therapy.  To understand Program management.  CO2 To understand Program management.  CO3 To understand the use of modern equipments.  CO4 To develop public relationship.  CO5 To know the concept of curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization  (Kabaddi/ Kho-Kho/Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  To learn the strategy, lead up games, officiating and coaching skills.		CO2	
Yogic Science  Yogic To know about Asanas & Pranayama.  CO3 To understand Kriyas. CO4 To understand Mudras. CO5 To know the concept of Yogic Therapy. To know the concept of Sports management. CO2 To understand program management. CO3 To understand the use of modern equipments. CO4 To develop public relationship. CO5 To know the concept of curriculum preparation and its sources.  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/Badminton/ Tennis/Volleyball/Basketball/ Cricket/Football/ Handball/  Yogic Science  CO2 To know about exercises and approaches. CO3 To understand the concept of Yogic Therapy. To know the concept of Sports management. CO3 To understand the use of modern equipments. CO4 To develop public relationship. CO5 To know the concept of curriculum preparation and its sources.  To learn the advance techniques various jumping events.  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.			
Yogic Science Yogic Therapy. CO1 To know the concept of Sports management. CO2 To understand the use of modern equipments. CO3 To develop public relationship. CO5 To know the concept of curriculum preparation and its sources. To learn the advance techniques various jumping events. Yogic Asanas, Pranayama, Kriyas, Bandhas, Mudras And Suryanamaskar) CO1 To learn the approach, takeoff and landing of jumping events. Yogic Asanas, Pranayama, Kriyas, Bandhas, Mudras And Suryanamaskar) CO1 To learn the approach, takeoff and landing of jumping events. Yogic Asanas, Pranayama, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the use of modern equipments. CO4 To learn the advance techniques various jumping events. Yogic Asanas, Pranayama, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the use of modern equipments. To learn the advance techniques various jumping events. Yogic Asanas, Pranayama, Kriyas, Bandhas, Mudras and suryanamaskar.  To understand the use of modern equipments. To know the concept of curriculum preparation and its sources. To learn the advance techniques various jumping events.  To understand the use of modern equipments. To learn the advance techniques various jumping events.  To learn	Rehabilitation		
Yogic Science  CO2 To know about Asanas & Pranayama.  CO3 To understand Kriyas.  CO4 To understand Mudras.  CO5 To know the concept of Yogic Therapy.  CO1 To know the concepts of sports management.  CO2 To understand program management.  CO3 To understand program management.  CO3 To understand program management.  CO4 To understand program management.  CO5 To know the concepts of sports management.  CO6 To understand the use of modern equipments.  CO6 To know the concept of curriculum preparation and its sources.  CO6 To know the concept of curriculum preparation and its sources.  CO6 To learn the advance techniques various jumping events.  CO7 To learn the approach, takeoff and landing of jumping events.  CO8 To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  CO8 To learn the fundamental skills drills and rules of the game.  CO9 To learn the strategy, lead up games, officiating and coaching skills.			
Yogic Science  CO2 To know about Asanas & Pranayama.  CO3 To understand Kriyas.  CO4 To understand Mudras.  CO5 To know the concept of Yogic Therapy.  CO1 To know the concepts of sports management.  CO2 To understand program management.  CO3 To understand program management.  CO3 To understand program management.  CO4 To understand program management.  CO5 To know the concept of curriculum preparation and its sources.  Track and Field (Jumping and Hurdles)  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  CO2 To learn the advance techniques various jumping events.  CO3 To understand the use of modern equipments.  CO4 To develop public relationship.  CO5 To know the concept of curriculum preparation and its sources.  To learn the advance techniques various jumping events.  CO1 To learn the approach, takeoff and landing of jumping events.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  CO1 To learn the fundamental skills drills and rules of the game.  CO2 To learn the strategy, lead up games, officiating and coaching skills.			
CO3   To understand Kriyas.			1 3
CO4   To understand Mudras.	Vogic Science		· · · · · · · · · · · · · · · · · · ·
Sports management and curriculum design in physical education  Track and Field (Jumping and Hurdles)  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/Badminton/ Tennis/Volleyball/Basketball/ Cricket/Football/ Handball/  Basketball/ Cricket/Football/ Handball/  CO1 To know the concept of sports management.  CO2 To understand program management.  CO3 To understand the use of modern equipments.  CO4 To develop public relationship.  CO5 To know the concept of curriculum preparation and its sources.  To learn the advance techniques various jumping events.  CO1 To learn the approach, takeoff and landing of jumping events.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.	Togic Belefice		
CO1   To know the concepts of sports management.			
CO2   To understand program management.			
design in physical education  Track and Field (Jumping and Hurdles)  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/Badminton/ Tennis/Volleyball/Basketball/ Cricket/Football/ Handball/  Basketball/ Cricket/Football/ Handball/  CO3 To understand the use of modern equipments.  CO4 To develop public relationship.  CO5 To know the concept of curriculum preparation and its sources.  CO1 To learn the advance techniques various jumping events.  CO2 To learn the approach, takeoff and landing of jumping events.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.	1		
CO4   To develop public relationship.			
Track and Field (Jumping and Hurdles)  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  To know the concept of curriculum preparation and its sources.  To learn the advance techniques various jumping events.  CO2 To learn the approach, takeoff and landing of jumping events.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  CO1 To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.			1 1
(Jumping and Hurdles)  CO2 To learn the advance techniques various jumping events.  Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  CO2 To learn the advance techniques various jumping events.  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.	education		
Hurdles)CO2To learn the approach, takeoff and landing of jumping events.Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)CO1To 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/CO2To learn the fundamental skills drills and rules of the game.		CO1	To learn the advance techniques various jumping events.
Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  CO1  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.		CO2	To learn the approach, takeoff and landing of jumping events.
Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.			
Bandhas, Mudras and Suryanamaskar.  Game of specialization (Kabaddi/ Kho-Kho/Badminton/ Tennis/Volleyball/Basketball/ Cricket/Football/ Handball/  Bandhas, Mudras and suryanamaskar.  Kriyas, Bandhas, Mudras and suryanamaskar.  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.	9 \	601	To understand the procedure of performing asanas, pranayams,
and Suryanamaskar)  Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  CO2  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.		COT	
specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ Volleyball/ Basketball/ Cricket/ Football/ Handball/  CO1  To learn the fundamental skills drills and rules of the game.  To learn the strategy, lead up games, officiating and coaching skills.			
(Kabaddi/ Kho-Kho/Badminton/ Tennis/Volleyball/Basketball/ Cricket/Football/ Handball/			
(Kabaddi/ Kho-Kho/Badminton/ Tennis/Volleyball/Basketball/ Cricket/Football/ Handball/ C02 To learn the strategy, lead up games, officiating and coaching skills.	_	CO1	To learn the fundamental skills drills and rules of the game.
Volleyball/ Basketball/ Cricket/ Football/ Handball/  CO2 To learn the strategy, lead up games, officiating and coaching skills.	· ·		
Basketball/ Cricket/ Football/ Handball/ CO2 To learn the strategy, lead up games, officiating and coaching skills.			
Football/ Handball/ skills.	-		To learn the strategy lead up games, officiating and coaching
2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		CO2	
	Hockey)		
Teaching/ Coaching/	•		
Officiating (Track   CO1   10 gain confidence, opportunity is given to nandie class in a		CO1	
and field) progressive manner.	•		progressive manner.

Officiating ( School, College and University)  Class room teaching  Scientific Principles of Sports Training  Sports Training  Sports Psychology and Sports Sociology  Sociology  Sociology  Sociology  Dissertation/ Thesis  Physical Fitness and Wellness  Health education and sports nutrition  Track and Field (Throwing events)  Track and Field (Throwing events)  Gymnastics (With apparatus)  Combative sports (Sociology (Contage) apparatus)  Combative sports (Gonditioning of Sports)  College and different level.  To develop proficiency in teaching, coaching and officiating at different level.  To develop proficiency in teaching, coaching and officiating at different level.  To understand Sports Training Concept.  Coll To understand Training Plan.  Coll To understand Bout motivation.  Coll To understand about motivation.  Coll To understand about Group Cohesion.  Coll To understand about Group Cohesion.  Coll To know an introduction of Physical fitness.  Coll To know untrition for fitness.  Coll To understand about Aerobic exercise.  Coll To understand about Aerobic exercise.  Coll To understand about fitness and wellness  To understand about fitness and wellness  To understand about fitness and wellness  To understand about problems in India.  Coll To know an introduction of sports nutrition.  Coll To know the health problems in India.  To know the nutrition and weight management relations.  To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  To learn the skills of combative sports  (Coll To learn the skills of combative sports	Tooching/Cooching/		
College and University)  Class room teaching  Col To gain confidence to handle classes.  Col To understand Sports Training Concept.  Col To know the Components of Physical fitness.  Col To understand Flexibility.  Col To understand Training Plan.  Col To understand the Psychological concepts.  Col To understand about motivation.  Col To understand the Sociology concepts.  Col To understand about motivation.  Col To understand about group Cohesion.  Col To understand about Group Cohesion.  Col Col Col To understand about Group Cohesion.  Col Col Col To understand about Group Cohesion.  Col Col Col To know an introduction of Physical fitness.  Col To understand about Aerobic exercise.  Col To understand about fitness and wellness  Col To understand about fitness and wellness  Col To understand about fitness and wellness  Col To know the health problems in India.  Col To know the nutrition and weight management relations.  Col To learn the advanced techniques of various Throwing events.  Col To learn the advanced techniques of using various gymnastic apparatus.  Col To learn the skills of combative sports  (Contitioning Concept.  Col To understand about motivation.  Col To understand about motivation.  Col To understand about Group Cohesion.  Col To know an introduction of Physical fitness.  Col To understand about Aerobic exercise.  Col To understand about Anaerobic exercise.  Col To understand about fitness and wellness  Col To know the health problems in India.  Col To know the nutrition and weight management relations.  Col To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  Col To learn the skills of combative sports	Teaching/ Coaching/		To develop profesionary in tooching acaching and officiating at
Class room teaching		CO1	
Class room teaching	C		different level.
Scientific Principles of Sports Training  OS To understand Flexibility.  CO3 To understand Training Plan.  CO5 To understand Training Plan.  CO5 To understand Training Plan.  CO6 To understand Training Plan.  CO7 To understand Training Plan.  CO8 To understand Training Plan.  CO9 To understand the Psychological concepts.  CO1 To understand about motivation.  CO3 To understand the Sociology concepts.  CO5 To understand about Group Cohesion.  CO6 To understand about Group Cohesion.  CO7 To understand about Group Cohesion.  CO8 To understand about Anaerobic exercise.  CO9 To understand about pitness and wellness  CO9 To understand about pitness in India.  CO9 To understand about hygiene and health.  CO9 To know an introduction of sports nutrition.  CO9 To know the nutrition and weight management relations.  To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of various throwing implements.  To learn the advanced techniques of using various gymnastic apparatus.  CO9 To learn the skills of combative sports  (CO9 To learn the skills of combative sports  (CO9 To learn the skills of combative sports  (CO9 To learn the skills of combative sports		CO1	TD ' C'1 ( 1 11 1
Scientific Principles of Sports Training Of To understand Training Plan. Of To understand the Psychological concepts. Of To understand the Psychological concepts. Of To understand the Sports Sociology Of To understand about motivation. Of To understand the Sociology concepts. Of To understand about Group Cohesion. Of To understand about Group Cohesio	Class room teaching		
Scientific Principles of Sports Training  C03 To understand Flexibility. C04 To understand Coaching methodology. C05 To understand the Psychological concepts. C06 To understand the Psychological concepts. C07 To understand about motivation. C08 To understand the Sociology concepts. C09 To understand the Sociology concepts. C00 To understand about Group Cohesion.  C01 C02 C03 C04 C05  C03 C04 C05  C04 C05  C05 To know an introduction of Physical fitness. C06 To understand about Anaerobic exercise. C07 To understand about Anaerobic exercise. C08 To understand about fitness and wellness C09 To understand about fitness and wellness C09 To know the health education concepts. C09 To know the health problems in India. C00 To know an introduction of sports nutrition. C01 To know an introduction of sports nutrition. 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. C06 To learn the advanced techniques of various Throwing events. C07 To learn the advanced techniques of using various gymnastic apparatus. C08 To learn the skills of combative sports C10 To learn the skills of combative sports			
of Sports Training  CO3 To understand Training Plan.  CO5 To understand Coaching methodology.  CO1 To understand the Psychological concepts.  CO2 To understand about motivation.  CO3 To know about Goal setting.  CO4 To understand the Sociology concepts.  CO5 To understand about Group Cohesion.  CO6 CO7  CO7  Dissertation/ Thesis  Physical Fitness and Wellness  AND Wellness  CO8 To know an introduction of Physical fitness.  CO9 To know nutrition for fitness.  CO9 To understand about Anaerobic exercise.  CO9 To understand about Anaerobic exercise.  CO1 To understand about fitness and wellness  CO1 To understand about Health education concepts.  CO2 To know the health problems in India.  CO3 To understand about hygiene and health.  CO4 To know an introduction of sports nutrition.  CO5 To know the nutrition and weight management relations.  CO1 To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of various throwing implements.  CO9 To learn the skills of combative sports  CO1 To learn the skills of combative sports  CO2 To learn the skills of combative sports  CO3 To learn the skills of combative sports	Scientific Principles		
Sports Psychology and Sports Sociology  Dissertation/ Thesis  Physical Fitness and Wellness  Health education and sports nutrition  Track and Field (Throwing events)  Track and Field (Throwing events)  Comparison of Comparison (Comparison)  Track and Field (Throwing events)  Comparison (Comparison)  Comparison (Comparison)  Comparison (Comparison)  To learn the advanced techniques of using various gymnastic apparatus)  Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports  (Comparison (Comparison)  To learn the skills of combative sports	_	CO3	To understand Flexibility.
Sports Psychology and Sports Sociology  CO2 To understand about motivation. CO3 To understand the Sociology concepts. CO4 To understand about Group Cohesion. CO5 To understand about Group Cohesion. CO6 CO7 CO8 CO9	or sports framing	CO4	To understand Training Plan.
Sports Psychology and Sports Sociology  CO2 To understand about motivation. CO3 To know about Goal setting. CO4 To understand the Sociology concepts. CO5 To understand about Group Cohesion. CO6 CO2 CO3 CO4 CO5 CO3 CO4 CO5 CO5 CO5 CO4 CO5		CO5	To understand Coaching methodology.
Sports Psychology and Sports Sociology  CO2 To understand about motivation. CO3 To know about Goal setting. CO4 To understand the Sociology concepts. CO5 To understand about Group Cohesion. CO6 CO2 CO3 CO4 CO5 CO3 CO4 CO5 CO5 CO5 CO4 CO5		CO1	To understand the Psychological concepts.
and Sports Sociology  CO3 To know about Goal setting. CO4 To understand the Sociology concepts. CO5 To understand about Group Cohesion.  CO1 CO2 CO3 CO4 CO5 CO4 CO5 CO1 To know an introduction of Physical fitness. CO2 To know nutrition for fitness. CO3 To understand about Areobic exercise. CO4 To understand about Anaerobic exercise. CO5 To understand about Anaerobic exercise. CO5 To understand about fitness and wellness CO1 To know the health problems in India. CO3 To know the health problems in India. CO3 To know the nutrition of sports nutrition. CO5 To know the nutrition and weight management relations. CO6 To learn the advanced techniques of various Throwing events. CO7 To learn the advanced techniques of using various gymnastic apparatus. CO8 To learn the skills of combative sports CO9 To learn the skills of combative sports CO1 To learn the skills of combative sports CO2 To learn the skills of combative sports CO3 To learn the skills of combative sports CO4 To learn the skills of combative sports CO5 To learn the skills of combative sports CO6 To learn the skills of combative sports CO7 To learn the skills of combative sports CO7 To learn the skills of combative sports	Sports Psychology	CO2	To understand about motivation.
CO4   To understand the Sociology concepts.			To know about Goal setting.
Dissertation/ Thesis  Physical Fitness and Wellness  CO2  To know an introduction of Physical fitness.  CO3  To understand about Aerobic exercise.  CO4  To understand about Anaerobic exercise.  CO5  To understand about fitness and wellness  CO1  To understand about fitness and wellness  CO2  To know the health problems in India.  CO3  To understand about hygiene and health.  CO4  To know an introduction of sports nutrition.  CO5  To know the nutrition and weight management relations.  CO1  To learn the advanced techniques of various Throwing events.  To learn the correct hold and execution of various throwing implements.  CO1  To learn the advanced techniques of using various gymnastic apparatus.  CO1  To learn the skills of combative sports  (CO1  To learn the skills of combative sports  (CO1  To learn the skills of combative sports			
Dissertation/ Thesis    CO1	Sociology		5 <b>7</b> 1
Dissertation/ Thesis  CO2 CO3 CO4 CO5 Physical Fitness and Wellness  CO2 To know an introduction of Physical fitness. CO3 To understand about Aerobic exercise. CO4 To understand about Anaerobic exercise. CO5 To understand about fitness and wellness CO1 To understand about fitness and wellness CO2 To know the health problems in India. CO3 To understand about hygiene and health. CO3 To know the health problems in India. CO4 To know an introduction of sports nutrition. CO5 To know the nutrition and weight management relations. CO4 To learn the advanced techniques of various Throwing events. CO3 To learn the advanced techniques of using various gymnastic apparatus.  CO4 To learn the skills of combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari) Fitness (Conditioning			To understand about Group Conesion.
Physical Fitness and Wellness  CO1 To know an introduction of Physical fitness.  CO2 To know nutrition for fitness.  CO3 To understand about Anaerobic exercise.  CO4 To understand about Anaerobic exercise.  CO5 To understand about fitness and wellness  CO1 To know the health education concepts.  CO2 To know the health problems in India.  CO3 To understand about hygiene and health.  CO4 To know an introduction of sports nutrition.  CO5 To know the nutrition and weight management relations.  CO5 To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  CO1 To learn the skills of combative sports  (CO1 To learn the skills of combative sports  (CO2 To know nutrition and weight management relations.  CO3 To know the nutrition and weight management relations.  CO3 To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  CO1 To learn the skills of combative sports  To learn the skills of combative sports			
Physical Fitness and Wellness  CO2 To know an introduction of Physical fitness.  CO3 To understand about Aerobic exercise.  CO4 To understand about Anaerobic exercise.  CO5 To understand about fitness and wellness  CO6 To understand about fitness and wellness  CO7 To understand about fitness and wellness  CO8 To understand health education concepts.  CO9 To know the health problems in India.  CO9 To know the health problems in India.  CO9 To know an introduction of sports nutrition.  CO5 To know the nutrition and weight management relations.  CO6 To learn the advanced techniques of various Throwing events.  CO7 To learn the advanced techniques of using various gymnastic apparatus.  CO8 To learn the skills of combative sports  (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness  (CO9 To know nutrition for fitness.  CO1 To understand about Anaerobic exercise.  CO2 To know the nutrition and wellness  CO3 To understand about hygiene and health.  CO4 To know the health problems in India.  CO3 To understand about hygiene and health.  CO6 To know the health problems in India.  CO7 To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  CO9 To learn the skills of combative sports  To learn the skills of combative sports	Discortation/Thosis		
Physical Fitness and Wellness  Physical Fitness and Wellness  CO2 To know an introduction of Physical fitness.  CO3 To understand about Aerobic exercise.  CO4 To understand about Anaerobic exercise.  CO5 To understand about fitness and wellness  CO1 To understand health education concepts.  CO2 To know the health problems in India.  CO3 To understand about hygiene and health.  CO4 To know an introduction of sports nutrition.  CO5 To know the nutrition and weight management relations.  CO6 To know the nutrition and weight management relations.  CO7 To learn the advanced techniques of various Throwing events.  CO8 To learn the advanced techniques of using various gymnastic apparatus.  CO9 To learn the skills of combative sports  (CO1 To understand about Anaerobic exercise.  CO2 To understand about Anaerobic exercise.  CO3 To understand about Anaerobic exercise.  CO4 To understand about Anaerobic exercise.  CO6 To understand about Anaerobic exercise.  CO7 To know the nutrition and wellness  CO8 To know the health problems in India.  CO3 To know the health problems of undia.  CO4 To know an introduction of sports nutrition.  CO5 To know the nutrition and weight management relations.  CO1 To learn the advanced techniques of various Throwing implements.  CO2 To know the nutrition and weight management relations.  CO3 To learn the advanced techniques of various Throwing implements.  CO8 To learn the skills of combative sports  CO9 To learn the skills of combative sports	Dissertation/Thesis		
Physical Fitness and Wellness  CO2 To know nutrition for fitness. CO3 To understand about Anaerobic exercise. CO4 To understand about Anaerobic exercise. CO5 To understand about fitness and wellness CO6 To understand about fitness and wellness CO7 To understand about fitness and wellness CO8 To understand about fitness and wellness CO9 To understand about fitness and wellness CO9 To know the health problems in India. CO9 To know an introduction of sports nutrition. CO9 To know an introduction of sports nutrition. CO9 To know the nutrition and weight management relations. CO9 To learn the advanced techniques of various Throwing events. CO9 To learn the advanced techniques of various throwing implements. CO9 To learn the advanced techniques of using various gymnastic apparatus. CO9 To learn the skills of combative sports	-		
Physical Fitness and Wellness  CO2 To know nutrition for fitness.  CO3 To understand about Anaerobic exercise.  CO4 To understand about Anaerobic exercise.  CO5 To understand about fitness and wellness  CO1 To understand health education concepts.  CO2 To know the health problems in India.  CO3 To understand about hygiene and health.  CO4 To know an introduction of sports nutrition.  CO5 To know the nutrition and weight management relations.  CO6 To learn the advanced techniques of various Throwing events.  CO7 To learn the advanced techniques of using various gymnastic apparatus.  CO8 To know the nutrition and weight management relations.  CO2 To learn the advanced techniques of various throwing implements.  CO3 To learn the salvanced techniques of using various gymnastic apparatus.  CO4 To learn the skills of combative sports  CO5 To learn the skills of combative sports  CO6 To learn the skills of combative sports  CO7 To learn the skills of combative sports			To know an introduction of Physical fitness
Track and Field (Throwing events)  Gymnastics (With apparatus)  Combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness (Conditioning)  Cost To understand about Anaerobic exercise.  Cost To understand about fitness and wellness  Cost To understand health education concepts.  Cost To know the health problems in India.  Cost To know the health problems in India.  Cost To know an introduction of sports nutrition.  Cost To know the nutrition and weight management relations.  Cost To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  Cost To learn the advanced techniques of using various gymnastic apparatus.  To learn the skills of combative sports  To learn the skills of combative sports	-		·
Track and Field (Throwing events)  Gymnastics (With apparatus)  Combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness  (Cot To understand about fitness and wellness  Cot To understand health education concepts.  Cot To know the health problems in India.  Cot To understand about hygiene and health.  Cot To know an introduction of sports nutrition.  Cot To learn the advanced techniques of various Throwing events.  To learn the correct hold and execution of various throwing implements.  Cot To learn the advanced techniques of using various gymnastic apparatus.  Cot To learn the skills of combative sports  (Conditioning)	Physical Fitness		
Health education and sports nutrition  Track and Field (Throwing events)  Gymnastics (With apparatus)  Combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness  (Control To understand health education concepts.  Col To know the health problems in India.  To know the health problems in India.  To understand about hygiene and health.  To know an introduction of sports nutrition.  Col To know the nutrition and weight management relations.  Col To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  To learn the skills of combative sports  To learn the skills of combative sports	1		
Health education and sports nutrition  Track and Field (Throwing events)  Gymnastics (With apparatus)  Contact (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness  (Contact To understand health education concepts.  Col To know the health problems in India.  Col To know the health problems in India.  Col To know an introduction of sports nutrition.  Col To know the nutrition and weight management relations.  Col To learn the advanced techniques of various Throwing events.  To learn the advanced techniques of using various gymnastic apparatus.  Col To learn the advanced techniques of using various gymnastic apparatus.  To learn the skills of combative sports  To learn the skills of combative sports	_		
Health education and sports nutrition    CO2			
Cost   To know an introduction of sports nutrition.			•
and sports nutrition  CO3 To understand about hygiene and health.  CO4 To know an introduction of sports nutrition.  CO5 To know the nutrition and weight management relations.  CO1 To learn the advanced techniques of various Throwing events.  CO2 To learn the correct hold and execution of various throwing implements.  CO3 To learn the advanced techniques of using various gymnastic apparatus.  CO3 To learn the advanced techniques of using various gymnastic apparatus.  CO4 To learn the advanced techniques of using various gymnastic apparatus.  CO5 To learn the salvanced techniques of using various gymnastic apparatus.  CO6 To learn the salvanced techniques of using various gymnastic apparatus.  CO7 To learn the skills of combative sports  CO8 To learn the skills of combative sports	Health education		
Track and Field (Throwing events)  CO1  To learn the advanced techniques of various Throwing events.  To learn the correct hold and execution of various throwing implements.  CO2  CO3  To learn the advanced techniques of various Throwing events.  To learn the correct hold and execution of various throwing implements.  CO3  To learn the advanced techniques of using various gymnastic apparatus.  CO4  To learn the advanced techniques of using various gymnastic apparatus.  CO4  To learn the skills of combative sports  To learn the skills of combative sports  To learn the skills of combative sports			
Track and Field (Throwing events)  Gymnastics (With apparatus)  Conditioning			
Track and Field (Throwing events)  CO2  To learn the correct hold and execution of various throwing implements.  CO3  To learn the advanced techniques of using various gymnastic apparatus.  CO4  CO5  To learn the advanced techniques of using various gymnastic apparatus.  CO6  CO7  To learn the skills of combative sports  (CO7)  To learn the skills of combative sports  CO7  To learn the skills of combative sports			
To learn the correct hold and execution of various throwing implements.  Gymnastics (With apparatus)  Conductive sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness  (Conditioning	Track and Field	CO1	
Gymnastics (With apparatus)  Combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness (Conditioning		CO2	
apparatus)  Combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness (Conditioning	, ,		
Combative sports (Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness (Conditioning	` `	CO1	1 0
(Boxing, Fencing, Judo, Taekwondo, Karate and Kalari)  Fitness (Conditioning			gymnastic apparatus.
Judo, Taekwondo, Karate and Kalari)  Fitness (Conditioning	_		
Karate and Kalari) Fitness (Conditioning		CO1	To learn the skills of combative sports
Fitness	-		_
(Conditioning			
evercises General   CO1   10 become more aware of using the principle of various	`	CO1	
and Specific training methods.	·	COI	training methods.
training methods)	_		
Game of			
<b>specialization</b> CO1 To learn the fundamental skills, drills and rules of the game.		CO1	To learn the fundamental skills, drills and rules of the game
(Kabaddi/ Kho-	_	001	10 learn the famatimental skins, at his and three of the game.
Kho/ Badminton/	,		
Tennis/Volleyball/			
<b>Baskethall</b> / CO2 To learn the strategy, lead up games and improve coaching		CO2	
Cricket/ Football/   skills.	-	<b>-</b>	skills.
Handball/ Hockey)			

	1	
Field / Laboratory work (Athletic care,		
Physiotherapy and		
rehabilitation,		To transfer the theoretical knowledge into practical
Sports medicine	CO1	knowledge.
and Kinesiology		knowledge.
and biomechanics		
Laboratory)		
Class room teaching	CO1	To gain confidence to handle classes.
Coaching lessons of	001	10 gam comidence to nanaio ciassesi
Specialization		
games (School /	CO1	To improve the teaching and coaching skills.
Colleges)		
Information &	204	To understand the concept of Communication &
Communication	CO1	Classroom interaction.
Technology (ICT)	CO2	To know the fundamentals of Computer.
and Educational	CO3	To know MS-Office & E-Learning concepts.
Technology in	CO4	To know the Nature and Scope of Educational technology.
Physical Education	CO5	To understand the Instructional design.
-		To know the Planning, Construction, Marking of 200 &
	CO1	400 m track.
	CO2	To know the duties of various officials.
Theories of Track	CO3	
and Field	603	To know the rules and interpretations of Track events.
	CO4	To know the rules and interpretations of Throwing and Combined Events.
	CO5	To know the rules and interpretations of Jumping Events.
		To know the origin and development of the game.
	CO1	To know the fundamental skills and drills.
Theory of Game of		
Specialization	CO3	To understand the tactics and strategies.
	CO4	To interpret the rules and regulations.  To Plan the training and skill evaluation methods.
	CO5	To know the Introduction of value education.
	CO1	
<b>X</b> 7 1 1	CO2	To understand the value systems.
Value and	CO3	To understand Environmental Education.
Environmental	CO4	To understand Rural Sanitation and Urban Health
Education		problems.
	CO5	To know Natural Resources & related environmental
		issues.
Sports journalism and mass media	CO1	To know the sports journalism and mass media concepts.
	CO2	To know the concept of sports bulletin.
	CO3	To know the effect of mass media in journalism.
	CO4	To know report writing on sports.
	CO5	To understand sports organization and sports journalism.
Track and field	CO1	To learn the advanced techniques of combined events.
(Combined events)		*
Game of	CO1	To learn the fundamental skills, drills and rules of the game.
specialization		
(Kabaddi/ Kho-		
Kho/ Badminton/	GO.	To learn the strategy, lead up games and improve coaching
Tennis/ Volleyball/	CO2	skills.
Basketball/ Cricket/		

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