

**Program Outcome
and
Course Outcome**

Course Outcomes

SEM: 1

PAPER	Core Courses	Course Outcomes
CC-1	FOUNDATIONS OF PHYSICAL EDUCATION (THEORY)	<p>Unit- I: This unit comprises of knowledge of this meaning and definition of physical education. Students learn the aim and objectives of physical education and the importance of physical education in society.</p> <p>Unit- II: Students will be taught the historical development of physical education in pre and post independence day, Different national sports awards, Olympic Games.</p> <p>Unit- III: This unit comprises meaning and definition of growth and development and also explains the factors which are affecting the growth and development. Students learn principles of growth and development and differentiation between growth and development, Age and Sex differences, Body type and Sheldon's classification body type.</p> <p>Unit IV: Students will learn about the meaning and concept of socialization; socialization through Physical Education and Sports. They will learn about Play theories and mergence of Sport as social phenomena.</p>
CC-1	FOUNDATIONS OF PHYSICAL EDUCATION (PRACTICAL)	Students will learn about the starting Techniques, Finishing Technique and Maintenance of speed in different phase. Also learn about the Relay Race Starting, Baton Holding/Carrying, Baton Exchange in changing zone, and Finishing. To understand about the Hurdles: Clearing techniques of Hurdles. Students will learn about the Basics of Marching, Four Tables should be prepared for practice. Also learn about the Four Tables Dumbbell Drill should be prepared for practice; Four Tables Lezium Drill should be prepared for practice.

SEM: 2

PAPER	Core Courses	Course Outcomes
CC-2	HEALTH EDUCATION (THEORY)	<p>Unit- I: Students will learn about the meaning, definition and importance of health, health education. They will learn about aim, objectives and principle of health. Benefits of exercise on health & wellbeing.</p> <p>Unit- II: Students will learn Personal Hygiene and adverse effect of alcohol, tobacco on health & hygiene.</p> <p>UNIT III: This unit comprises of knowledge of Communicable disease; Causes & Prevention of Communicable diseases on Cough and cold, Malaria, Dengue. They will learn about the meaning of Non-Communicable disease, Causes & Prevention of Non-Communicable diseases on Diabetes, Cardio Vascular Diseases. Students will learn about the meaning, Causes and Correction of different Postural Deformities, Students studied about different management of Lifestyle diseases.</p> <p>Unit- IV: This unit comprises of knowledge and importance on First-aid. Students will learn about management Concept of sports injuries, Bleeding, Sprain, Dislocation, and Fracture.</p>
	HEALTH EDUCATION (PRACTICAL)	<p>Students will learn about the Shot Put Parry-O Brain Technique, Discus Throw Rotation method, Grip, Carry, Release and Recovery of Javelin throw.</p> <p>Also learn about the Kho-Kho, Badminton/Table Tennis, and Volleyball Rules of the game.</p>

SEM: 3

PAPER	Core Courses	Course Outcomes
CC-3	PHYSIOLOGY OF EXERCISE (THEORY)	<p>Unit- I: Students will learn about the meaning definition and importance of anatomy, physiology and exercise physiology in physical education. Students will also learn about structure and function of cell and tissue and types of exercise. Classification and functions of bone and joints of human body.</p> <p>Unit- II: This unit comprises that knowledge and types of muscular system, muscular contraction , effect of exercises on muscular system. From this unit students develop their knowledge regarding Respiratory system, effect of exercise on respiratory system & its function. Mechanism of breathing; VO₂max, Second Wind, Oxygen debt or EPOC.</p> <p>Unit- III: Students studied about location, structure and function of heart, function of blood and mechanism of circulation including Cardiac cycle, Blood pressure. Stroke volume, Cardiac output, Athletic heart. Also learn about the effect of exercise on cardiovascular system.</p> <p>Unit- IV: Students will learn about the Energy Metabolism, aerobic system and anaerobic systems of energy production, role of Carbohydrate and Fat. Students Concept about energy supply during performance of different types of athletic events.</p>
	PHYSIOLOGY OF EXERCISE (PRACTICAL)	<p>Students will learn about the Hang Style/ Hitch Kick technique, Straddle Roll / Fosbury Flop technique and Triple Jump technique.</p> <p>Students studied about Kabaddi, Football and Basketball Rules of the Game; Court measurements and skill.</p>

SEM: 4

PAPER	Core Courses	Course Outcomes
CC-4	YOGA EDUCATION (THEORY)	<p>Unit- I: Students will learn about the meaning definition and importance of anatomy, physiology and exercise physiology in physical education. Students will also learn about structure and function of cell and tissue and types of exercise. Classification and functions of bone and joints of human body.</p> <p>Unit- II: This unit comprises that knowledge and types of muscular system, muscular contraction , effect of exercises on muscular system. From this unit students develop their knowledge regarding Respiratory system, effect of exercise on respiratory system & its function. Mechanism of breathing; VO₂max, Second Wind, Oxygen debt or EPOC.</p> <p>Unit- III: Students studied about location, structure and function of heart, function of blood and mechanism of circulation including Cardiac cycle, Blood pressure. Stroke volume, Cardiac output, Athletic heart. Also learn about the effect of exercise on cardiovascular system.</p> <p>Unit- IV: Students will learn about the Energy Metabolism, aerobic system and anaerobic systems of energy production, role of Carbohydrate and Fat. Students Concept about energy supply during performance of different types of athletic events.</p>
CC-4	YOGA EDUCATION (PRACTICAL)	<p>Students will learn about the different types of events for Boys and Girls; Basic skills Forward Roll, T-balance, V-balance, Knee Balance, Backward Roll, legs split, Tuck jump, Split jump.</p> <p>Also learn about the Basic technique of flouting and breathing on water ; Techniques diving on water; Swimming techniques – Free style, Brest Stroke, Back Stroke.</p> <p>Students will learn about the different types of Sitting & Twisting Poses, Forward bending poses, Backword bending poses, Standing & Balancing Poses, Inverted Pose asana. Also learn about the Suryanamaskara Pranayama & Meditation, Kriya</p>
CC-5	SPORTS MANAGEMENT (THEORY)	<p>Unit- I: Students will learn about the Meaning, definition, Importance and basic Principles of Sports Management. To understand about the concept of Event Management in Sports and duties of an event manager.</p> <p>Unit- II: Students will learn about the Meaning, definition, of Leadership; forms of Leadership in sports management; Qualities of administrative Leader and require for a good sports Manager.</p> <p>Unit- III: Students will learn about the meaning and concept, principles of planning, Also learn about the steps for planning a sports programme in locality, factors to be consider for planning of sports events. To understand about the Budget, Importance of Budget for sports event management.</p> <p>Unit- IV: Students will learn about the Management and Planning of Sports Tournament. Also learn about the Importance, Types and Merits & Demerits of Tournament. To understand about the Organizational structure of Sports Meet, Importance of care and maintenance of Sports Equipment.</p>
CC-5	SPORTS MANAGEMENT (PRACTICAL)	<p>Students will learn about the weight training: Basic Grips; Stance.</p> <p>Students studied about Volleyball,Cricket and Hockey rules of the Game; Court measurements and skill.</p> <p>To understand about the budget for a sports event.</p>

SEM: 5

PAPER	Core Courses	Course Outcomes
CC-6	PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS (THEORY)	<p>Unit- I: Students will learn about the definition and Scope of psychology, definition of Behaviour, and Physiological basis of human behaviours. Also learn about the meaning of Individual Difference; Role of Heredity and Environment in individual differences.</p> <p>Unit- II: To understand about definition and types of learning, definition of Skill Learning, Factors affecting Skill Learning, Students also learn about the laws of learning, Meaning and Types & transfer of learning and Transfer of learning during acquisition of new skill.</p> <p>Unit- III: Students will learn about the meaning and definition of personality, Traits and Dimension of personality. Also learn about the development of personality through Sports and Physical Education activities.</p> <p>Unit- IV: Students will learn about the meaning of Interest and attention and role on sports skill acquisition. Also learn about the meaning and types of motivation, anxiety; Influence of Motivation on sports performance and anxiety Influence on sports performance</p>
CC-7	KINESIOLOGY (THEORY)	<p>Unit- I: Students will learn about the meaning and definition, aim objectives, importance of Kinesiology. Also learn about the basic concept of fundamental movements of human body.</p> <p>Unit- II: Students will learn about the Kinesiological aspects of human body movements. Also learn about the Skeletal System- Bones of Axial and appendicular skeleton. Synovial Joints - Classifications and movements around each synovial joint. Students will learn about the Meaning of muscle, Role of muscles on bodily movements, Major muscles involved with the movements of Shoulder joint, Hip joint and Knee joint. To understand about the types of Muscle contraction, Reciprocal Innervations-Agonist and Antagonist muscles; fundamental concept of following terms: Axis and Plane; Center of Gravity; Equilibrium.</p> <p>Unit- III: Students will learn about the mechanical principles related with body movements. Also learn about the meaning, principles; Body lever; basic concept of Work, Power and Energy, motion: Concept of Motion, Newton's Laws of Motion. To understand about the force-meaning and definition, Frictional force - Concept and application in exercise and sports.</p> <p>Unit- IV: Students will learn about the kinesiology of posture & muscles injury. Also learn about the Posture, concept of good posture and its importance, postural deformities-causes & correction, common muscle injuries and its management. To understand about the recovery from muscle injury: Use of Passive and active exercises, Resisted exercises.</p>
CC-7	KINESIOLOGY (PRACTICAL)	Students will learn about the Self defense activity of Karate . Also learn about the Kho-Kho, Badminton, Table Tennis and Basketball Court measurement and techniques.

SEM: 6

PAPER	Core Courses	Course Outcomes
CC-8	SPORTS TRAINING (THEORY)	<p>Unit- I: To understand about the meaning, definition, principle, aim and objectives of Sports Training. Also learn about the Qualification and Duties of sports trainer.</p> <p>UNIT-II: Students will learn about the meaning and components of motor fitness. Also learn about Meaning and methods of strength, endurance Flexibility and Body Composition development.</p> <p>UNIT -III: Students will learn about the concept, types and Components of training load. Also learn about the concept of load dynamics, Principles of overload and over training effects on sports performance.</p> <p>UNIT-IV: Students will learn about the Meaning, definition, types, aim & objectives of Periodization. To understand about the importance of Preparatory, Competition and Transition phases of Periodization. Also learn about the Micro cycle, Meso cycle and Macro cycles.</p>
CC-8	SPORTS TRAINING (PRACTICAL)	<p>To understand about the basic aerobic routine lies on performing the combination of seven aerobic movements involving by both the arms and legs. Minimum 16 counts the basic steps sequence must be contained within the content of the routine</p> <p>Students will learn about the Cricket, Handball, Hockey skill</p>

Program Outcome (PO)

1. Students develop an understanding of Concept regarding Physical Education in modern society to develop their growth and development to maintain quality of life number.
2. To know about Yoga this will help to sustainable life through harmony of body mind and Soul.
3. To learn about management and leadership and through this knowledge organized big event in a meaningful and successful way.
4. To develop a sense of awareness and concern for the anatomy, physiology and exercise physiology in their respect as well as to know in detail about a force person and the anatomical differences between male and female athletes
5. Through this theoretical and practical knowledge students understand to evaluate themselves. Develop health, fitness, performance and Wellness as par of sport person.
6. Students acquire deeper knowledge regarding their Health, Disease, Immunity, Prevention Control and Management to develop Wellness of sports persons and non sports persons in different stages.
7. Learn to analyse the data, apply statistical technique and layout in a graphical structure to assess and evaluate fitness status, sports skills status to get knowledge regarding development as well as to find out the correction and necessary modifications.
8. Learners can relate to how culture and religious influence people's perception of a place or region and its importance and use in various sector in the current country.
9. Students about Physical Education can enter the job life. They can also participate in Sports Journalism, Coaches etc.