



DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION, UNIVERSITY OF JAMMU, JAMMU

Programme: Bachelor of Physical Education (B.P.Ed.)

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. Health Education and Environmental studies are 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.

PO4. 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.

PO5. 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.

PO6. 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.

PO7. 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.

PO8. This knowledge helps to know the problems of modern life style and to follow suitable lifestyle to escape from the modern lifestyle challenges

PO9. 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.

PO10. 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.

PO11. 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.

PO12. 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.

PO13. Studying about **Olympic movement**, all the students understand the progressive development of both ancient and modern Olympic movements.

PO14. 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.

PO15. 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.

PO16. This subject namely **Sports management**, students learn the basics of sports management, leadership and its forms. They also learn the modern concept of curriculum in various levels.

PO17. The study of **Yoga Education** helps the students to understand the historical background, need and importance. This branch of knowledge helps to know the various limbs of yoga, asanas, pranayama, kriyas and bandhas.

PO18. 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.

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. 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.

PSO4. 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

PSO5. 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.

PSO6. 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.

PSO7. 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.

PSO8. 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.

PSO9. 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.

PSO10. 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.

PSO11. 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.

PSO12. Olympic movement: To understand the progressive development of both ancient and modern Olympic movements.

PSO13. Kinesiology and Biomechanics: To execute the sports movements using accurate and appropriate body mechanics.

PSO14. 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.

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

PSO16. Yoga education: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.

PSO17. 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.

PSO18. Track and Field (Sprints, Long jump, shot put, Discus throw, High Jump, Distance races, Triple Jump, Javellin Throw, Long Distance Races, Marking of Athletic Track, Long Jump, High Jump) : 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.

PSO19. Indigenous sports (Kho-Kho and Kabaddi): 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.

PSO20. Gymnastics and Aerobics: To learn the basic movements of floor and apparatus gymnastic exercises along with their interpretation of rules and to develop neuromuscular coordination and strong endurance base.

PSO21. Calisthenics and Mass demonstration activities (Mass P.T, Free Hand Exercises, Band drills, March Past, Commands and Formations) To develop group coordination and graceful movements with and without apparatus.

PSO22. Combative Sports (Boxing and Wrestling): To learn the basic skills of Boxing and Wrestling. Students are found to be very much interested in learning these combative skills.

PSO23. Team Games: (Badminton, Volleyball, Football, Hockey and Cricket): All the students learn these 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.

PSO24. Teaching Practice of Movement lesson: (A) Action Songs (B) Motion Story (C) Recreational and Minor Games. This helps the students to deal with small and special children in schools.

PSO25. Yoga: To become familiarized with basic level asanas, pranayama Kriyas, bandas and Surya namaskara and to lead a healthy life to popularize yogic practices.

PSO26. Teaching practice (General and Particular lesson plans): To experience an actual teaching situation using appropriate and effective teaching methodology.

PSO27. Organization and Participation: To get firsthand knowledge about planning, organizing sports meet, conducting tournaments and Participating in both intramural and extramural competitions.

PSO28. Provide practical knowledge through Excursion, Educational Tours and Camping.

PSO29. Excursion: An excursion is organized annually for the students of Physical Education to impart practical knowledge of organization of such excursions.

PSO30. Educational Tour: Practical orientation regarding sports infrastructure of various Universities of India and Sports bodies, their curriculum, interaction with the students and faculty of Physical Education Departments and Directorates, Adventure sports, visit to India's highest Altitude Training Centre (Shellaroo, H.P), visit to NSNIS Patiala for update knowledge and information to the students.

PSO31. Camping: The Camps are organized annually to impart knowledge regarding organization, planning, leadership, trekking, hill training, pitching of tents, Yoga, outdoor workshops, constitution of different committees, duties and responsibilities, etc.

Course Outcomes

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

| Title of the Course | No. | Course Outcomes |
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| History, Principles and Foundation of Physical Education | CO1 | Understand the basic concepts of physical education. |
| | CO2 | Know the historical development of physical education in India. |
| | CO3 | Understand the foundation of physical education. |
| | CO4 | Know the principles of physical education. |
| | CO5 | Know the psychological and sociological principles. |
| Anatomy and Physiology | CO1 | Know the basics of anatomy and physiology. |
| | CO2 | Understand the circulatory, respiratory and digestive system. |
| | CO3 | Understand the excretory, endocrine, nervous system & sense organs |
| | CO4 | Know the concept of physiology and neuromuscular physiology. |
| | CO5 | Understand feet exercise on various system of our body. |
| Health Education and Environmental Studies | CO1 | Understand the basic concepts in health education. |
| | CO2 | Know the health problem in India. |
| | CO3 | Know the health services provided. |
| | CO4 | Understand the Concept of environmental science. |
| | CO5 | Know the natural resources and its issues. |
| Computer Applications in Physical Education | CO1 | Know the basics of computer. |
| | CO2 | Understand the MS Word operations. |
| | CO3 | Understand the MS Excel operations. |
| | CO4 | Understand the MS PowerPoint operations. |
| | CO5 | Know the e-sources and applications. |
| Educational Technology and Methods of Teaching in Physical Education | CO1 | Understand the basics of educational technology. |
| | CO2 | Know the various topics teaching techniques. |
| | CO3 | Know the various types of teaching aids. |
| | CO4 | Know lesson planning methods and teaching innovations. |
| | CO5 | Understand and application of movement education. |
| Organization and Administration in Physical Education | CO1 | Understand the concept of organization and administration. |
| | CO2 | Know the office management, record and register maintenance along with budget preparation. |
| | CO3 | Know the facilities and time management. |
| | CO4 | Know the methods in organizing competition. |
| | CO5 | Know various tournaments and schemes. |
| Sports nutrition and weight management | CO1 | Know the basic nutritional guidelines and plans. |
| | CO2 | Understand the facts of macro nutrients. |
| | CO3 | Understand the facts of micro nutrients. |
| | CO4 | Know the diet for obesity. |
| | CO5 | Know the weight management diet. |
| Sports Training | CO1 | Understand the basics of sports training. |
| | CO2 | Understand the concept of training components. |
| | CO3 | Know the methods of training process. |
| | CO4 | Know the training planning. |
| | CO5 | Know the various types of training methods. |
| | CO1 | Understand the basics of officiating and coaching. |
| | CO2 | Understand the coach as a mentor. |

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| Officiating and Coaching | C03 | Know the duties of official. |
| | C04 | Understand the qualities and qualifications of coach & officials. |
| | C05 | Understand the scientific principles of coaching |
| Sports Psychology and Sociology | C01 | Know the basics of sports psychology and sociology. |
| | C02 | Understand personality. |
| | C03 | Know the components of psychology. |
| | C04 | Know sociology and its application in physical education. |
| | C05 | Understand the importance of culture and its effects |
| Sports Medicine, Physiotherapy and Rehabilitation | C01 | Know the basics of sports medicine and athletic injuries. |
| | C02 | Know the injury management techniques. |
| | C03 | Know the physiotherapy and its applications. |
| | C04 | Understand the applications of various therapies. |
| | C05 | Know about therapeutic exercises and its applications. |
| Olympic Movement | C01 | Know the origin and development of Olympics. |
| | C02 | Know the modern Olympic games |
| | C03 | Know about different types of Olympic games. |
| | C04 | Know about Olympic games for the disabled. |
| | C05 | Know the structure and function of International Olympic committee (IOC). |
| Kinesiology and Biomechanics | C01 | Know the basics of kinesiology and biomechanics. |
| | C02 | Understand postures and muscles. |
| | C03 | Know the origin, insertion of skeletal muscles. |
| | C04 | Know the mechanical concepts. |
| | C05 | Understand kinematics and kinetics of human movement. |
| Contemporary Issues in Physical Education, Fitness and Wellness | C01 | Know the basics of fitness and wellness. |
| | C02 | Know the issues and challenges of fitness and wellness. |
| | C03 | Know the problems of modern life style. |
| | C04 | Understand the modern lifestyle challenges. |
| | C05 | Understand the lifestyle management tips. |
| Sports management and curriculum design | C01 | Know the basics of sports management. |
| | C02 | Know the leadership and its forms. |
| | C03 | Know the sports management in educational institutions. |
| | C04 | Know the modern concept of curriculum. |
| | C05 | Prepare curriculum for various levels. |
| Yoga Education and Recreation | C01 | Know the basic concept of yoga. |
| | C02 | Know the various paths of yoga. |
| | C03 | Understand about Asanas, Pranayama and Dhandas. |
| | C04 | Understand about Kriyas and meditation |
| | C05 | Understand the yogic diet. |
| Theories of Sports and Games | C01 | Know the history and development of game and sports. |
| | C02 | Prepare the ground with all markings. |
| | C03 | Know about the standard equipments and their specifications. |
| | C04 | Understand ethics of sports and sportsmanship. |
| | C05 | Interpret rules and regulations of the sports and games |
| Track and Field (Sprints, Long jump, shot put, Discus throw, High Jump, Distance races, Triple Jump, Javellin Throw, Long Distance Races, Marking of Athletic Track, Long Jump, High Jump) | C01 | To learn the basic methods of track and field events |
| | C02 | To learn the advanced techniques of different "starts". |
| | C03 | To learn the different body movements during start, course of run and at the finish |
| | C04 | To learn the advance techniques various jumping events. |
| | C05 | To learn the approach, takeoff and landing of jumping events. |
| Team Games (Badminton, Volleyball, Football, Hockey and Cricket) | C01 | To learn the basic skills and methods of playing these games. |

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| Indigenous sports (Kabaddi and Kho-Kho) | CO1 | To learn the basics and methods of playing these games. |
| Gymnastics And Aerobics | CO1 | To learn the basic movements in gymnastic exercise |
| | CO2 | To develop neuromuscular coordination and strong endurance base. |
| Yoga | CO1 | To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara. |
| Calisthenics and Mass demonstration activities (Mass P.T, Free Hand Exercises, Band drills, March Past, Commands and Formations) | CO1 | To develop coordination and graceful movement in a group with and without apparatus. |
| Combative sports (Boxing and Wrestling) | CO1 | To learn the basic skills of Boxing and Wrestling. |
| Excursion, Camping and Educational Tour | CO1 | To learn leadership qualities by self-involvement. |
| | CO2 | To become friendly with the nature. |
| | CO3 | To become efficient future leaders. |
| | CO4 | Provide practical knowledge through Excursion, Educational Tours and Camping |
| | CO5 | Practical orientation regarding sports infrastructure of various Universities of India and Sports bodies |
| | CO6 | to impart practical knowledge regarding organization & planning of these activities. |
| Teaching practice | CO1 | To gain the actual teaching experience. |
| | CO2 | To learn the basic method of teaching in a school. |
| Organization and participation | CO1 | To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions. |



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UNIVERSITY OF JAMMU, JAMMU

Programme: Master's in Physical Education (M.P.Ed.)

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. Exercise Physiology: 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. Yogic Sciences: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.

PO4. 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.

PO5. 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.

PO6. 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.

PO7. 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.

PO8. 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.

PO9. Dissertation/ 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. **Dissertation:** 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.

PO10. 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.

PO11. From Sports Medicine, 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.

PO12. 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.

PO13. Physical Fitness and Wellness: Students learn appropriate nutrition to maintain fitness, types of exercises namely aerobic and anaerobic along with their components.

PO14. The subject namely **Education technology and pedagogic techniques in physical education and sports** 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.

PO15. 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.

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. The students will be able to give academic instructions, adaptations and modifications in the inclusive education setup.

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

PO18. Track and Field events: (Sprints, Long Jump, Shot put, Throwing Events, Jumping Events , Hurdles & Decathlon Event) 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 rules of Decathlon Event.

PO19. 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.

PO20. Game Specialization: The students gain the coaching experience in their game of choice along with appropriate coaching methodology

PO21. Yoga and Aerobics: To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara and to lead a healthy life to popularize yogic practices. To develop neuromuscular coordination and strong endurance base.

PO22. Combative Sports (Boxing and Wrestling): To learn the basic skills of Boxing and Wrestling. Students are found to be very much interested in learning these combative skills.

PO23. Fitness Training: Students learn with great enthusiasm the various training methodology and can use them both for general and specific fitness development.

PO24. 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.

PO25. Teaching / Coaching / Officiating: (Kabaddi, Cricket, Volleyball, Table-Tennis, Football & Hockey, Sprints & Relay Races): This outside experience gives them more exposure to teaching techniques, coaching teams and officiating matches.

PO26. Classroom teaching: (Badminton, T.T, Volleyball, Football, Handball, Basketball, Cricket and Hockey, Track & Field): This experience gives them more exposure to teaching techniques, learning coaching skills and rules along with their interpretation.

PO27. 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. Exercise Physiology: 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. Yogic Science: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and man and nature.

PSO4. 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.

PSO5. 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 knows the system of data analysis and the statistical versions used in physical education research.

PSO6. Sports Biomechanics and Kinesiology: To execute the sports movements using accurate and appropriate body mechanics.

PSO7. 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.

PSO8. 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.

PSO9. 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. 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.

PSO10. 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.

PSO11. Sports Medicine, 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.

PSO12. 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.

PSO13. Physical Fitness and Wellness: Students learn appropriate nutrition for fitness, types of exercises namely aerobic and anaerobic along with their components.

PSO14. Education technology and pedagogic techniques in physical education and sports: 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.

PSO15. 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.

PSO16. 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.

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

PSO18. Track and Field events: (Sprints, Long Jump, Shot put, Throwing Events, Jumping Events, Hurdles & Decathlon Event) 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 rules of Decathlon Event.

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PSO21. Yoga and Aerobics: To become familiarized with basic level asanas, pranayama, Kriyas, bandhas and Surya namaskara and to lead a healthy life to popularize yogic practices. To develop neuromuscular coordination and strong endurance base.

PSO22. Combative Sports (Boxing and Wrestling): To learn the basic skills of Boxing and Wrestling. Students are found to be very much interested in learning these combative skills.

PSO23. Fitness Training: Students learn with great enthusiasm the various training methodology and can use them both for general and specific fitness development.

PSO24. 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.

PSO25. Teaching / Coaching / Officiating: (Kabaddi, Cricket, Volleyball, Table-Tennis, Football & Hockey, Sprints & Relay Races): This outside experience gives them more exposure to teaching techniques, coaching teams and officiating matches.

PSO26. Classroom teaching: (Badminton, T.T, Volleyball, Football, Handball, Basketball, Cricket and Hockey, Track & Field): This experience gives them more exposure to teaching techniques, learning coaching skills and rules along with their interpretation.

PSO27. 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 |
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| Research Process in Physical Education and Sports Sciences | C01 | To know the basic concept of research. |
| | C02 | To know about the methods of research. |
| | C03 | To understand the experimental research. |
| | C04 | To know sampling methods. |
| | C05 | To understand writing research proposal and report |
| Exercise Physiology | C01 | To know the effect of exercise on skeletal system. |
| | C02 | To know the effect of exercise on cardiovascular system. |
| | C03 | To know the effect of exercise on Respiratory system. |
| | C04 | To understand metabolism and energy transfer. |
| | C05 | To understand the climatic conditions, sports performance & ergogenic aids |
| Yogic Science | C01 | To understand the concept of Yogasana. |
| | C02 | To know about Asanas & Pranayama. |
| | C03 | To understand Kriyas. |
| | C04 | To understand Mudras. |
| | C05 | To know the concept of Yogic Therapy. |
| Test, Measurement and Evaluation in Physical Education | C01 | To know the basics of Test, measurement & Evaluation. |
| | C02 | To know the coordinative ability tests. |
| | C03 | To know the physical fitness tests. |
| | C04 | To know the Anthropometric, Aerobic & Anaerobic tests. |
| | C05 | To know the specific skill tests |
| Applied Statistics in Physical Education and Sports | C01 | To understand the basics of statistics. |
| | C02 | To know the Data Classification, Tabulation and Measures of Central Tendency. |
| | C03 | To know measures of Dispersions and Scales. |
| | C04 | To know about probability distributions & groups. |
| | C05 | To understand about inferential & comparative statistics. |
| Sports Biomechanics and Kinesiology | C01 | To know the basics of Sports biomechanics & kinesiology. |
| | C02 | To understand the muscle action. |
| | C03 | To know the concept of Motion and Force. |
| | C04 | To know the concept of Projectile and Lever |
| | C05 | To know about Movement Analysis. |
| Athletic Care and Rehabilitation | C01 | To know the basics & Sports injuries. |
| | C02 | To know about Wound, Hydrotherapy & Electrotherapy. |
| | C03 | To understand massage techniques & effects. |
| | C04 | To know about exercises and approaches. |
| | C05 | To understand about protective equipments & Posture. |
| Sports management and curriculum design in physical education | C01 | To know the concepts of sports management. |
| | C02 | To understand program management. |
| | C03 | To understand the use of modern equipments. |
| | C04 | To develop public relationship. |
| | C05 | To know the concept of curriculum preparation and its sources. |
| Dissertation/ Value and Environmental Education | C01 | To know the Introduction of value education. |
| | C02 | To understand the value systems. |
| | C03 | To understand Environmental Education. |
| | C04 | To understand Rural Sanitation and Urban Health problems. |

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| | C05 | To know Natural Resources & related environmental issues. |
| Scientific Principles of Sports Training | C01 | To understand Sports Training Concept. |
| | C02 | To know the Components of Physical fitness. |
| | C03 | To understand Flexibility. |
| | C04 | To understand Training Plan. |
| | C05 | To understand Coaching methodology. |
| Sports Medicine | C01 | Know the basics of sports medicine and athletic injuries. |
| | C02 | Know the injury management techniques. |
| | C03 | Know the physiotherapy and its applications. |
| | C04 | Understand the applications of various therapies. |
| | C05 | Know about therapeutic exercises and its applications. |
| Health education and sports nutrition | C01 | To understand health education concepts. |
| | C02 | To know the health problems in India. |
| | C03 | To understand about hygiene and health. |
| | C04 | To know an introduction of sports nutrition. |
| | C05 | To know the nutrition and weight management relations. |
| Physical Fitness and Wellness | C01 | To know an introduction of Physical fitness. |
| | C02 | To know nutrition for fitness. |
| | C03 | To understand about Aerobic exercise. |
| | C04 | To understand about Anaerobic exercise. |
| | C05 | To understand about fitness and wellness |
| Educational Technology and pedagogic techniques in Physical Education & Sports | C01 | Understand the basics of educational technology. |
| | C02 | Know the various topics teaching techniques. |
| | C03 | Know the various types of teaching aids. |
| | C04 | Know lesson planning methods and teaching innovations. |
| | C05 | Understand and application of movement education. |
| Sports Psychology and Sports Sociology | C01 | To understand the Psychological concepts. |
| | C02 | To understand about motivation. |
| | C03 | To know about Goal setting. |
| | C04 | To understand the Sociology concepts. |
| | C05 | To understand about Group Cohesion. |
| Adapted Physical Education | C01 | To know the basics of Adapted Physical Education. |
| | C02 | To understand the Adapted Physical Education Program. |
| | C03 | To understand the Classification of disability. |
| | C04 | To know the Adapted Facilities and equipments. |
| | C05 | To understand the basic physical fitness and motor development. |
| Track and Field (Sprints, Long Jump, Shot put, Throwing Events, Jumping Events, Hurdles & Decathlon Event) | C01 | To learn the advanced techniques of different “starts”. |
| | C02 | To learn the different body movements during start, course of run and at the finish |
| | C03 | To learn the advance techniques various jumping events. |
| | C04 | To learn the approach, takeoff and landing of jumping events. |
| | C05 | To learn about Decathlon event |
| Game of specialization (Kabaddi/ Kho-Kho/ Badminton/ Tennis/ | C01 | To learn the fundamental skills drills and rules of the game. |

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| Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey) | C02 | To learn the strategy, lead up games, officiating and coaching skills. |
| Aerobics | C01 | To learn different types of movements. |
| | C02 | To learn in fixing different intensity according to the individual. |
| Teaching/ Coaching/ Officiating (School, College and University) | C01 | To develop proficiency in teaching, coaching and officiating at different level. |
| Class room teaching | C01 | To gain confidence opportunity is given to handle class |
| Yoga (Asanas, Pranayama, Kriyas, Bandhas, Mudras and Suryanamaskar) | C01 | To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar. |
| Teaching/ Coaching/ Officiating | C01 | To develop proficiency in teaching, coaching and officiating at different level. |
| Combative sports (Boxing and wrestling) | C01 | To learn the skills of combative sports |
| Fitness (Conditioning exercises, General and Specific training methods) | C01 | To become more aware of using the principle of various training methods. |
| Coaching lessons of Specialization games (School / Colleges) | C01 | To improve the teaching and coaching skills. |
| Theories of Track and Field | C01 | To know the Planning, Construction, Marking of 200 & 400 m track. |
| | C02 | To know the duties of various officials. |
| | C03 | To know the rules and interpretations of Track events. |
| | C04 | To know the rules and interpretations of Throwing and Combined Events. |
| | C05 | To know the rules and interpretations of Jumping Events. |
| Theory of Game of Specialization | C01 | To know the origin and development of the game. |
| | C02 | To know the fundamental skills and drills. |
| | C03 | To understand the tactics and strategies. |
| | C04 | To interpret the rules and regulations. |
| | C05 | To Plan the training and skill evaluation methods. |
| Teaching / Coaching / Officiating (Track and field events) | C01 | To improve the teaching and coaching skills in track and field events. |
| Teaching / Coaching / Officiating (Game of specialization) | C01 | To improve the teaching and coaching skills in game of specialization. |
| Officiating, Organization and | C01 | To improve the skills of organizing sports meet and other competition |

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| Participation (Project sports meet, Intramural and Extramural tournaments) | CO2 | To learn the rules of the games and sports events for effective officials. |
| Coaching (Game of specialization / Track and field events) | CO1 | To improve the skills of the games |
| | CO2 | To improve the technique of the track and field events. |
| | CO3 | To improve specific physical fitness of both team players and athletes. |
| Excursion, Camping and Educational Tour | CO1 | To learn leadership qualities by self-involvement. |
| | CO2 | To become friendly with the nature. |
| | CO3 | To become efficient future leaders. |
| | CO4 | Provide practical knowledge through Excursion, Educational Tours and Camping |
| | CO5 | Practical orientation regarding sports infrastructure of various Universities of India and Sports bodies |
| | CO6 | to impart practical knowledge regarding organization & planning of these activities. |
| Teaching practice | CO1 | To gain the actual teaching experience. |
| | CO2 | To learn the basic method of teaching in a school. |
| Organization and participation | CO1 | To get firsthand knowledge about planning, organizing sports meet, tournaments and Participating in extramural competitions. |