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Department of Physical Education  
PO, Cos.  
B.A. First Year.**

| <b>Sr. No.</b> | <b>Class</b>                    | <b>Title of the Paper/Course:</b>                                            | <b>PO, COs</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <b>1</b>       | <b>B.A. F.Y. First Semester</b> | <b>Major DSC-1<br/>Introduction to Physical Education and Sports Science</b> | <b>Course Outcomes (CO):</b> <ol style="list-style-type: none"> <li>1. Analyse the historical and philosophical underpinnings of Physical Education and Sports Science.</li> <li>2. Apply theoretical frameworks to understand the interdisciplinary nature of the field.</li> <li>3. Demonstrate a basic understanding of human anatomy, physiology, and biomechanics in the context of sports science.</li> <li>4. Evaluate the psychological and nutritional factors influencing athletic performance.</li> <li>5. Design and implement fitness assessment programs for individuals and groups.</li> <li>6. Apply coaching techniques and pedagogical strategies in Physical Education settings.</li> <li>7. Identify common sports injuries, implement preventive measures, and understand basic rehabilitation principles.</li> <li>8. Critically assess emerging trends, technologies, and challenges in the field.</li> </ol> |
| <b>2</b>       | <b>B.A. F.Y. First Semester</b> | <b>GE/OE-1<br/>Obesity Management</b>                                        | <b>Course Outcomes:</b> <ol style="list-style-type: none"> <li>1. Define and classify obesity and identify its causes and risk factors.</li> <li>2. Analyse the physiological and psychological aspects of obesity.</li> <li>3. Design and implement effective physical activity programs for weight management.</li> <li>4. Develop dietary guidelines for weight loss and understand the role of nutrition in obesity management.</li> <li>5. Apply behaviour change strategies and lifestyle interventions in obesity management.</li> <li>6. Evaluate the impact of obesity on special populations and propose preventive measures.</li> <li>7. Design personalized obesity management plans considering individual needs and preferences.</li> <li>8. Understand the cultural and social factors influencing obesity and suggest culturally sensitive interventions.</li> </ol>                                                 |
| <b>3</b>       | <b>B.A. F.Y. First Semester</b> | <b>SEC-1<br/>Sports Coaching</b>                                             | <b>Course Outcomes:</b> <ol style="list-style-type: none"> <li>1. Define and explain the fundamentals and scope of sports coaching.</li> <li>2. Apply coaching philosophies, theories, and ethical considerations in practice.</li> <li>3. Demonstrate an understanding of athlete development and skill acquisition.</li> <li>4. Utilize effective coaching methods and techniques.</li> <li>5. Apply psychological aspects of coaching, including motivation and mental skills training.</li> <li>6. Understand team dynamics and effectively manage coaching responsibilities.</li> <li>7. Conduct practical coaching sessions and manage teams successfully.</li> <li>8. Demonstrate ethical conduct, professionalism, and inclusivity in sports coaching.</li> </ol>                                                                                                                                                            |

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| 4 | B.A. F.Y.<br>Second Semester | Major DSC-3<br>Measurement and Evaluation in Physical Education | <b>Course Outcomes (CO):</b> <ol style="list-style-type: none"> <li>1. Define and explain the fundamental concepts of measurement and evaluation in physical education.</li> <li>2. Apply psychometric principles, reliability, and validity to the assessment process.</li> <li>3. Demonstrate familiarity with various assessment tools and techniques in physical education.</li> <li>4. Design assessments aligned with clear learning objectives.</li> <li>5. Implement performance-based assessments and alternative assessment methods.</li> <li>6. Analyse and interpret assessment data to inform teaching and learning.</li> <li>7. Address challenges and ethical considerations in assessment practices.</li> <li>8. Apply theoretical knowledge through practical experience in designing and implementing assessments.</li> </ol>          |
| 5 | B.A. F.Y.<br>Second Semester | GE/OE-2<br>Injury Prevention                                    | <b>Course Outcomes:</b> <ol style="list-style-type: none"> <li>1. Define and explain the principles and importance of injury prevention.</li> <li>2. Identify and analyse the causes, risk factors, and mechanisms of injuries.</li> <li>3. Apply biomechanical, physiological, and psychological concepts to injury prevention.</li> <li>4. Implement practical strategies for creating safe physical environments and ensuring equipment safety.</li> <li>5. Recognize the role of psychological factors in injury risk and recovery.</li> <li>6. Design and implement injury prevention programs for specific physical activities.</li> <li>7. Evaluate the impact of policies and regulations on injury prevention.</li> <li>8. Apply knowledge through practical assessments and the creation of injury prevention plans.</li> </ol>                |
| 6 | B.A. F.Y.<br>Second Semester | VSC-1<br>Posture                                                | <b>Course Outcomes:</b> <ol style="list-style-type: none"> <li>1. Define and explain the significance of good posture in maintaining overall health.</li> <li>2. Describe the anatomy and biomechanics of the musculoskeletal system in relation to posture.</li> <li>3. Demonstrate proficiency in assessing posture and identifying common deviations.</li> <li>4. Analyse the impact of ergonomics and daily activities on posture.</li> <li>5. Explain the relationship between posture and respiratory, cardiovascular, and musculoskeletal health.</li> <li>6. Design and implement corrective exercises to improve posture.</li> <li>7. Recognize the psychological aspects of posture and its influence on mood and self-esteem.</li> <li>8. Apply knowledge through hands-on practice sessions for assessing and correcting posture.</li> </ol> |

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| 7  | B.A. S.Y.<br>Third Semester | Major DSC-5<br>Philosophical, sociological history of physical education and Olympic Games | <b>Course Outcomes (CO):</b><br>1. After completion of the syllabus the student will have basic understanding about the philosophical concepts in physical education, their applications with contemporary contempt scenario in applied philosophies based on idealism, naturalism, realism and humanism in physical education.<br>2. The students will be able to put forth the development of personality through socialization.<br>3. The student will be able to establish the relation between physical education and other faculties.<br>4: Will be able to establish the relationship between ancient and mediaeval physical education system in India, Greece, Rome and Egypt and USSR, USA and Germany respectively.<br>5: Will understand the Physical Education development in 20th Century with special reference to AICS, NSNIS, SAI, LNIPE etc.<br>6: Understand the Historical and modern development perspectives of the Olympics. |
| 8  | B.A. S.Y.<br>Third Semester | Major DSC-6<br>Sports bodies, organization and recent development of physical education.   | <b>Course Outcomes (CO):</b><br>1. The students will be able to understand and explain about the principles of physical education with special reference to the biological, gender, principles of exercise, body types etc.<br>2. The students will understand about the sociological principles of physical education.<br>3. The students will be able to distinguish between the classifications of children based characteristics. Psychological, biological on logical and sociologi<br>4. The students will be able to adapt with the recent developments in physical education.<br>5. The students will be aware about various levels of organizations for development of the sports arena.<br>6. The students understand about the role of associations and sports bodies in the development of sports culture.                                                                                                                             |
| 9  | B.A. S.Y.<br>Third Semester | Minor-1<br>Physical Conditioning - 2 Credits                                               | <b>Course Outcomes:</b><br>1. Explain the fundamental principles and historical context of physical conditioning<br>2. Demonstrate an understanding of the physiological responses to exercise and their implications for conditioning.<br>3. Design and implement effective strength training programs for various fitness levels.<br>4. Develop cardiovascular conditioning programs considering aerobic and anaerobic principles.<br>5. Apply flexibility and mobility exercises to enhance overall flexibility and functional movement.<br>6. Plan and implement endurance training programs using appropriate methods.                                                                                                                                                                                                                                                                                                                        |
| 10 | B.A. S.Y.<br>Third Semester | Minor-2<br>Personality and Communication Skills,                                           | <b>Course Outcomes:</b><br>1. Understand the basics of personality<br>2. To understand the Concept of personality<br>3. Need of communication skills for a physical Education teacher<br>4. To understand the historical development the personality                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 11 | B.A. S.Y.                   | GE/OE-3<br>Sports journalism                                                               | <b>Course Outcomes:</b><br>1. Define and explain the importance of Sports journalism                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

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|           | <b>Third Semester</b>            |                                                                                          | <p>2. Sports journalism helps promote sports development by increasing awareness, encouraging participation, and providing coverage of various sports events.</p> <p>3. Investigative sports journalism uncovers scandals, corruption, and wrongdoing, ensuring accountability and promoting fair play.</p> <p>4. Sports journalism provides fans with in-depth analysis, expert opinions, and behind-the-scenes stories, enhancing their understanding and appreciation of sports.</p> <p>5. Local sports journalism promotes community engagement, covering local teams, athletes, and events, which helps build pride and a sense of belonging.</p>                                                                                                                                                        |
| <b>12</b> | <b>B.A. S.Y. Third Semester</b>  | <b>VSC-3 Recreation in Physical Education</b>                                            | <p><b>Course Outcomes:</b></p> <ol style="list-style-type: none"> <li>1. To the importance of recreation in people's lives, and how it can contribute to happiness, health, and community solidarity</li> <li>2. To the principles and practices of recreation management, including planning, implementation, and evaluation learning about the skills, rules, and techniques required to perform physical activities, sports, and cultural and artistic activities</li> <li>3. Understanding you're own and others' values and beliefs and Understanding your role as a team player</li> <li>4. To build confidence and social skills and foster creativity and imagination.</li> <li>5. To the play doesn't need to happen in formal settings like pre-school for children to get the benefits.</li> </ol> |
| <b>13</b> | <b>B.A. S.Y. Fourth Semester</b> | <b>Major DSC-9 Health, Causes and prevention of disorder through Physical education</b>  | <p><b>Course Outcomes (CO):</b></p> <ol style="list-style-type: none"> <li>1. Students will understand the concept of health education with its importance and principles.</li> <li>2. Students will understand about the contemporary issues in health related problems with healthy habits and awareness of bad habits.</li> <li>3. Students will be aware about the concept of family, parental issues, handling disaster situations etc.</li> <li>4. Students will understand about the importance, principles and types of recreations.</li> <li>5. Students will be aware about preparation of planning a recreation programs for urban, rural and industrial workers.</li> <li>6. Students will understand about the working pattern of the agencies promoting recreation in society.</li> </ol>       |
| <b>14</b> | <b>B.A. S.Y. Fourth Semester</b> | <b>Major DSC-10 Training, Coaching and officiating in physical education and Sports.</b> | <p><b>Course Outcomes (CO):</b></p> <ol style="list-style-type: none"> <li>1. The students will understand the concept of officiating of Games and Sports with qualities, responsibilities, duties of good officials.</li> <li>2. The students will understand the concept of Coaching of Games and Sports with qualities, responsibilities, duties of good officials.</li> <li>3. The students will understand the origin and development of different games and sports</li> <li>4. The students will understand the about the training methods and means.</li> <li>5. The students will understand about the different types of training methods.</li> </ol>                                                                                                                                                |
| <b>15</b> | <b>B.A. S.Y. Fourth Semester</b> | <b>Minor-3 Importance of Rehabilitation for Sports &amp; Physical Education</b>          | <p><b>Course Outcomes:</b></p> <ol style="list-style-type: none"> <li>1. Define and explain the concept of rehabilitation exercises and their significance.</li> <li>2. identify common musculoskeletal conditions and understand their implications for rehabilitation.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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|    |                           |                                                      | <p>3. Apply physiological and biomechanical principles to the design of rehabilitation exercise programs.</p> <p>4. Design and implement individualized rehabilitation exercise programs.</p> <p>5. Design and implement core stabilization exercises for spinal health.</p> <p>6. Evaluate exercise considerations for special populations in rehabilitation.</p>                                                                                                                                                                                                                                                                                                                                                                                                               |
| 16 | B.A. S.Y. Fourth Semester | Minor-4 Technology in Physical Education             | <p><b>Course Outcomes:</b></p> <p>1. Understand concept of technology in physical Education field.</p> <p>2. Applying Technology in Problem Solving.</p> <p>3. Using various technologies relevant to physical education, such as wearable devices, video analysis tools, and interactive software.</p> <p>4. To utilize technology to enhance their teaching methods, create engaging learning experiences, and provide personalized feedback to students.</p> <p>5. Understand how technology can be used to motivate students to participate in physical activity, track their progress, and promote a healthy lifestyle.</p> <p>6. The integration of modern technology into physical education presents significant opportunities for enhancing both teaching practice.</p> |
| 17 | B.A. S.Y. Fourth Semester | GE/OE-4 Physical Education for Better Life / living. | <p><b>Course Outcomes:</b></p> <p>1. Students would know concept of the good life.</p> <p>2. To will know, which factors are important for better life?</p> <p>3. To will know the benefits of team games for better life and national integration.</p> <p>4. To will know the importance of Diet and Nutrition for our life.</p> <p>5. To will know the recreational activities most important for better life.</p>                                                                                                                                                                                                                                                                                                                                                             |
| 18 | B.A. S.Y. Fourth Semester | SEC-3 Meets and Tournaments                          | <p><b>Course Outcomes:</b></p> <p>1. To the Participants can develop technical and tactical skills.</p> <p>2. To the Participants can learn to communicate, work together, and develop patience and trust.</p> <p>3. To the Participants can learn to take charge and lead others.</p> <p>4. To the Participants can learn to handle pressure and face challenges.</p> <p>5. To the Participants can showcase their talents and get out of their comfort zone.</p> <p>6. To the Participants can learn to compete healthily.</p>                                                                                                                                                                                                                                                 |

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| 19 | B.A. T.Y. | DSC-13 | <b>Course Outcome:</b> |
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|  | <b>Fifth Semester</b>           | <b>Physiology of Exercise</b>                                  | <ol style="list-style-type: none"> <li>1. Understand the basic principles of physiology and Exercise Physiology</li> <li>2. Apply the knowledge in the field of physical education and movement activity.</li> <li>3. Analyse the practical knowledge during the practical situation.</li> <li>4. Remember and recall the definition of physiology and co-relate the principles of physiology.</li> <li>5. Appraise the effects during the training and practical sessions.</li> </ol>                                                                                                                                                                                                                                                                                                           |
|  | <b>B.A. T.Y. Fifth Semester</b> | <b>DSC-14 Introduction to Sports Psychology.</b>               | <b>Course Outcome</b> <ol style="list-style-type: none"> <li>a) To know the role of sports Psychology sports performance,</li> <li>b) Explain group mechanisms and group psychology in a sports context</li> <li>c) Reflect upon motivational psychology as applied to sports activities</li> <li>d) Formulate relevant constructs of exercise psychology.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                            |
|  | <b>B.A. T.Y. Fifth Semester</b> | <b>DSE-1 Sports Kinesiology</b>                                | <b>Course Outcome</b> <ol style="list-style-type: none"> <li>1. This topic is related to the movement of our body while doing movements in performing sports activity.</li> <li>2. This topics also helps us in doing various research activities in Sports.</li> <li>3. Kinesiology provides knowledge and skills to understand the link between physical activity and various health outcomes, including chronic disease prevention and management.</li> <li>4. Kinesiology helps athletes and individuals optimize performance by motor learning, and training principles.</li> <li>5. Kinesiology emphasizes the use of scientific evidence and research findings to inform practice and decision-making.</li> </ol>                                                                         |
|  | <b>B.A. T.Y. Fifth Semester</b> | <b>Minor -5 Principles of Sports Training</b>                  | <b>Course Outcome</b> <ol style="list-style-type: none"> <li>a) Understand training as performance based science</li> <li>b) Explain different means and methods of various training</li> <li>c) Prepare training schedule for various sports and games</li> <li>d) Appraise types of periodization for performance development</li> <li>c) Create various training facilities and plans for novice to advance performers.</li> </ol>                                                                                                                                                                                                                                                                                                                                                            |
|  | <b>B.A. T.Y. Fifth Semester</b> | <b>Minor-6 Modern History of Physical Education and Sports</b> | <b>Course Outcome</b> <ol style="list-style-type: none"> <li>1) To know the origin and development of Physical Education, Apply the knowledge of Olympus in organizing various sport activities, Distinguish the functional operations on National and International Olympic Federations.,</li> <li>2) Analyses the concepts and issues pertaining to Physical Education.</li> <li>3) Formulate the principles, philosophical and concepts about Physical Education, Peer Group Teaching and Discussion Concept Teaching and Discussion on comparison of Theories of Play Classification of Body types based on classroom sample.</li> <li>4) Discussion on Practical Applicability of Theories of Learning- Group Discussion on: Physical Education during Pre and Post-Independence</li> </ol> |
|  | <b>B.A. T.Y. Fifth Semester</b> | <b>VSC-5 Yoga Education</b>                                    | <b>Course Outcome</b> <ol style="list-style-type: none"> <li>1. Understand the basic Concepts of Yoga</li> <li>2. Apply the principles of Yoga to live healthy and active life style.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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|  |                                       |                                                                                                  | <p>3. Promote the awareness of health through yoga</p> <p>4. Analyse the techniques and of body posture to bring out healthy change.</p> <p>5. Develop the knowledge through practice, participate and organize.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | <b>B.A. T.Y.<br/>Six<br/>Semester</b> | <b>DSC-17<br/>Organization,<br/>Administration and<br/>Supervision in<br/>Physical Education</b> | <p><b>Course Outcome</b></p> <p>1) To know Understand the principles and process of Administration and Management, Administer Physical education and sports programs in schools, Develop appropriate Physical education curriculum, tools and budget to manage school programs, Appraise and manage Physical education facilities and personnel in school, Design tournament fixtures and structures to organize competitions, Peer Group Teaching and Discussion Concept.</p> <p>2) To improve the teaching skills of teachers. To acquaint the teachers with new pedagogical approaches.</p> <p>3) To improve the learning environment in the school. To diagnose the problems faced in the process of teaching learning.</p>               |
|  | <b>B.A. T.Y.<br/>Six<br/>Semester</b> | <b>DSC-18<br/>Sports<br/>Biomechanics</b>                                                        | <p><b>Course Outcomes:</b></p> <p>1. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.</p> <p>2. Analyse and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.</p> <p>3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance</p> <p>4. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.</p> <p>5. Know effectiveness of human movement using mechanical principles.</p> |
|  | <b>B.A. T.Y.<br/>Six<br/>Semester</b> | <b>DSE-3<br/>Sports Nutrition<br/>and Weight<br/>Management</b>                                  | <p><b>Course Outcome</b></p> <p>1. Proper nutrition provides the necessary fuel (energy) and nutrients for optimal training and competition, leading to improved strength, endurance, and speed.</p> <p>2. A well-balanced diet supports overall health and bone density, which can help reduce the risk of injuries during training and competition.</p> <p>3. Sports nutrition plays a role in regulating metabolism, which can influence energy levels, body weight, and overall health.</p> <p>4. Losing excess weight can improve mobility, reduce joint pain, and improve overall physical function.</p> <p>5. Achieving a healthy weight can lead to increased energy levels and reduced fatigue.</p>                                  |
|  | <b>B.A. T.Y.<br/>Six<br/>Semester</b> | <b>Minor-7<br/>Psychology in<br/>Physical Education<br/>and Sports</b>                           | <p><b>Course Outcome</b></p> <p>1. Explain group mechanisms and group psychology in a sports context</p> <p>2. Reflect upon motivational psychology as applied to sports activities</p> <p>3. Formulate relevant constructs of exercise psychology</p> <p>4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.</p> <p>5. To apply core sociological theories to specific social problems in order to analyse.</p>                                                                                                                                                                                                   |
|  | <b>B.A. T.Y.</b>                      | <b>Minor-8</b>                                                                                   | <b>Course Outcomes:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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|  | <b>Six Semester</b> | <b>Anatomy &amp; Physiology of Physical Education &amp; Sports</b> | <p>1) To know the Students can be able to understand human structure and function as well as effects of exercise on various human body systems.</p> <p>2) To know the role of exercise Anatomy, Physiology on sports performance,</p> <p>3) To know about the Effects of exercise on different system of human body, Able to test the Physiological Parameters,</p> <p>4) To know about the function of internal human body. Students can be able to understand various aspects of Anatomy, Physiology in Sports and able to apply in sports activities.</p> |
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