

**BACHELOR OF PHYSICAL EDUCATION**  
**B.P.Ed. Degree Course**  
**(Two Years)**

**SEMESTER I**

**BPDC-101 : HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

**COURSE OUTCOME:**

- CO1:** Understand the scope, objective and importance of physical education during present era. during present era contraction
- CO2:** Know the historical development of physical education in India
- CO3:** realize the significance of recreation and also to know the agencies offering recreation
- CO4:** familiar with the method of organizing camps and camp activities
- CO5:** Improve their leadership qualities

**BPDC-102 ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE**

**COURSE OUTCOME:**

- CO1:** understand about the skeletal system, joints of the body and types of muscle
- CO2:** gain knowledge of the circulatory and respiratory systems
- CO3:** know the structure and functions of the digestive system, excretory system, endocrine glands, nervous system and sense organs
- CO4:** familiar with the functions of skeletal muscle, nerve control of muscular activity and fuel for muscular activity
- CO5:** identify the effect of exercise on cardiovascular, respiratory and muscular system and also the physiological concept of conditioning and balanced diet

**BPDC-102 ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE**

**COURSE OUTCOME:**

- CO1:** understand about the skeletal system, joints of the body and types of muscle
- CO2:** gain knowledge of the circulatory and respiratory systems
- CO3:** know the structure and functions of the digestive system, excretory system, endocrine glands, nervous system and sense organs
- CO4:** familiar with the functions of skeletal muscle, nerve control of muscular activity and fuel for muscular activity
- CO5:** identify the effect of exercise on cardiovascular, respiratory and muscular system and also the physiological concept of conditioning and balanced diet

**BPD-103**      **THEORY OF SPORTS AND GAMES - I**

**COURSE OUTCOME:**

- CO1:** Know the qualification and responsibilities of physical education teachers and the principles of Program planning
- CO2:** Gain knowledge in maintenance of Records and Registers, methods of preparing budget
- CO3:** Gain knowledge in construction and maintenance of gymnasium and swimming pools, layout of play fields
- CO4:** Familiar with the various methods of teaching physical activities and presentation techniques, to Understand various types of teaching aids and principles and advantages of team teaching
- CO5:** Prepare lesson plan and familiar with drawing of various types of fixtures Develop competence in organization and administration of various competitions

**BPDE-104 (a)**      **CONTEMPORARY ISSUES IN PHYSICAL EDUCATION (Elective)**

**COURSE OUTCOME:**

- CO1:** understand the movement educational concept and objectives of adapted physical education
- CO2:** know the classification and sub classification of Differentially able
- CO3:** distinguish the activities according to the disabilities and also familiar with the equipments and ground marking for personal and group activities
- CO4:** know about the international competitions for disables
- CO5:** understand rules of adopted games and class management and also teaching methods adopted in sports

**BPDE-104 (b)**      **OFFICIATING AND COACHING [Elective]**

**COURSE OUTCOME:**

- CO1:** Understand the need of officiating and coaching
- CO2:** Acquire the knowledge of qualities of a coach
- CO3:** Know the qualifications of a coach
- CO4:** Knowledge of mechanism of officiating
- CO5:** Familiar with the rules pertaining inter collegiate and inter university tournaments

**SEMESTER - II**

**BPDC-201**      **SPORTS PSYCHOLOGY AND SOCIOLOGY**

**COURSE OUTCOME:**

- CO1 :** know the perceptual mechanism
- CO2:** Learn Theories and Dynamic of Motivation
- CO3:** Understanding the aspects of National Integration through Sports
- CO4:** Know the Participation pattern among Women
- CO5:** Improve their leadership qualities

**BPDC-202                    EDUCATIONAL TECHNOLOGY AND METHODS IN PHYSICAL EDUCATION**

**COURSE OUTCOME:**

- CO1:** know about the importance of education and educational technology and the types of teaching methods
- CO2:** identify the teaching and presentation techniques involved in teaching physical education activities
- CO3:** recognize various types of teaching aids and principles and advantages of team teaching
- CO4:** prepare general and particular lesson plan and also know the means and method of physical education promotion
- CO5:** understand the organization structure of various typed of tournaments and also familiar with drawing of various types of fixtures and gain knowledge regarding organization of intramurals & extramural tournament

**BPDC-203    ORGANIZATION , ADMINISTRATION, RECREATION AND CAMPING IN PHYSICAL EDUCATION**

**COURSE OUTCOME:**

- CO1:** know the responsibilities of physical education teachers and the principles of Program planning
- CO2:** gain knowledge regarding office management, maintenance of records and registers
- CO3:** obtain knowledge in Preparing physical education budget
- CO4:** Realize the need of various facilities, equipment and also familiar with time Table management
- CO5:** understand various supervision techniques adopted for the promotion of physical education program

**BPDC-204 (a)            HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

**COURSE OUTCOME:**

- CO1:** realize about the concept of health and health education
- CO2:** understand the health problems in India, nutritional aspects and prevention and control of communicable and non communicable diseases
- CO3:** understand about Personal and Environmental hygiene, apply the comprehensive knowledge of the concept of health education, school health services
- CO4:** realize the value of environmental science and understand role of school in environmental conservation and sustainable development
- CO5:** look at the natural resources and related environmental issues and also prevention of the environment related problems

**BPDC-204 (b)        YOGA EDUCATION**

**COURSE OUTCOME:**

- CO1:** understand the objectives, need and importance of yoga in physical education and sports
- CO2:** Know about the foundation of yoga and differentiate between various stages of astanga

- yoga
- CO3:** identify the effect of Asanas and Pranayama on various systems of the body and also apply and demonstrate various benefits of yoga to be applied in the field of sports
  - CO4:** Familiar with the meditative posture on various system of the body and also demonstrate different bandhas, mudras and kriyas
  - CO5:** identify the difference between yogic practices and physical exercises, relate yoga with health and wellness and also develop yogic programs/schedules

### **SEMESTER – III**

#### **BPDC-301      SPORTS TRAINING**

##### **COURSE OUTCOME:**

- CO1:** understand the modern concept of sports training, components of training load and competition plan
- CO2:** identify the importance of warm-up and also various types of Sports Training and their Purpose
- CO3:** know various types of strength and the means and methods of developing strength
- CO4:** familiar with the factors determining speed performance and also training methods for increasing speed.
- CO5:** recognize the training methods used for improving Endurance and Coordinative Abilities

#### **BPDC-302      RESEARCH AND STATISTICS**

##### **COURSE OUTCOME:**

- CO1:** understand the basic framework of research process and the formulation of hypothesis
- CO2:** gain knowledge of the sampling techniques and research design involved
- CO3:** identify various sources of information for literature review and Familiar with the procedure followed in preparation of research report
- CO4:** know how to organize, manage, and present data and also understand the procedure of computing measures of central tendency
- CO5:** compute measures of central tendency and draw the different types of graphical representations

#### **BPDC-303      COMPUTER APPLICATION IN PHYSICAL EDUCATION**

##### **COURSE OUTCOME:**

- CO1:** Understand concept of computer application in physical education field
- CO2:** Analyze sporting data of various types via astute use of statistical packages
- CO3:** Practice mathematics, statistics, information technology in sport technology related problems
- CO4:** Offer hands on knowledge in computer application and software
- CO5:** have aware of types networks, internet

**BPDC-304 (a)           SPORTS MANAGEMENT AND CURRICULUM DESIGN**

**COURSE OUTCOME:**

- CO1:** understand the concept and essential skills of sports management
- CO2:** know the procedure followed in purchase of equipments and supplies and also appraise the public relations in sports
- CO3:** realize and apply basic principles of curriculum construction
- CO4:** design different curriculum and also professional competencies to be developed
- CO5:** know the different instructional strategies

**BPDC-304 (b)           SPORTS NUTRITION AND WEIGHT MANAGEMENT**

**COURSE OUTCOME:**

- CO1:** Gain knowledge regarding the importance of nutrition and recommended daily allowance of nutrients
- CO2:** Know nutritive and caloric value of different food stuffs and also energy requirement for different sports activities
- CO3:** Understand the importance of nutrition in fitness
- CO4:** Factor affecting weight management and values of weight management
- CO5:** Design diet plan and exercise schedule for weight gain and loss and also know the importance of fluids in sports

**SEMESTER – IV**

**BPDC-401           MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

**COURSE OUTCOME:**

- CO1:** understand the need & importance of test, measurement and evaluation in physical education
- CO2:** gain knowledge regarding the criteria, classification and administration of test
- CO3:** assess physical and motor fitness components using various test and measurements
- CO4:** evaluate various games skills of badminton, basketball and hockey games using sports skill assessments test
- CO5:** estimate various games skills of football, tennis and volleyball games using sports skill assessments test

**BPDC-402           KINESIOLOGY AND BIOMECHANICS**

**COURSE OUTCOME:**

- CO1:** know the importance of kinesiology and biomechanics in physical education
- CO2:** develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.
- CO3:** analyze mechanical concepts and its application to sports activities
- CO4:** gain knowledge about kinematics and kinetics of human movement
- CO5:** analyze sport movements and design movement-oriented exercise

**BPDC-403      THEORY OF SPORTS AND GAMES –II [Hockey/Football/Kho-Kho/  
Kabaddi/Ballbadminton and Athletics]**

**COURSE OUTCOME:**

- CO1:** Mark various track and field events and also know the duties and responsibilities of officials
- CO2:** Familiar with the Rules and their interpretations various track and field events
- CO3:** Understand the Principles and Mechanisms of Officiating and also officials Duties of the games Hockey, Football, Kho-Kho, Kabaddi and Ballbadminton
- CO4:** Know the marking of play field/court of various major games.
- CO5:** Familiar with the Rules and their interpretations various games

**BPDC-404 (a):      FITNESS, WELLNESS AND OLYMPIC MOVEMENT**

**COURSE OUTCOME:**

- CO1:** know the importance and modern concept of physical fitness and wellness
- CO2:** prescribe the prevention and management of hypo kinetic disease and get acquainted with the new challenges
- CO3:** relate the underlying science of wellness and disease to opportunities for promoting and protecting health across the life course
- CO4:** understand the educational and cultural values of the Olympic movement
- CO5:** gain knowledge regarding modern Olympic games

**BPDC-404 (b):      SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION**

**COURSE OUTCOME:**

- CO1:** outline the objectives of sports medicine and athletes care and rehabilitation
- CO2:** take care of the preventive and curative aspect of sports injuries
- CO3:** understand hydrotherapy treatment and physiological effect of massage
- CO4:** apply the concept of rehabilitation exercise in post injury care
- CO5:** realize and apply different modalities of therapy

## **BACHELOR OF PHYSICAL EDUCATION AND SPORTS**

**(B.P.E.S)**

**(THREE YEARS)**

**SEMESTER – I**

**19BPET-101 TAMIL**

**Course outcome**

CO1 : To acquire Tamil knowledge through various poets stories.

CO2 : To acquire knowledge of small stories in Tamil.

CO3 : To know the history and its development of sports in Tamil.

**19BPPE-102 BASIC LANGUAGE SKILLS**

**Course outcome**

CO1: To acquire English knowledge by learning skills.

CO2: To acquire English writing skills.

CO3: To know the grammatical skills in English.

**19BPES-103 GENERAL KNOWLEDGE AND  
HISTORY OF PHYSICAL  
EDUCATION**

**Course outcome**

CO1- To attain the knowledge about various organization in India and their functions.

CO2- To understand honours and awards in outstanding personalities in various sports and games.

CO3- To Know History of physical education periods in Ancient India.

CO4- Improve the knowledge in the area of physical education and its development in India and in the world.

CO5- Recognize and distinguish the functional operations of national and international competition of Indian Olympic Association.

**19BPEA-105 GENERAL SCIENCE**

**Course outcome**

The student should able

CO1- To attain the knowledge about importance of physics.

CO2- Attain the knowledge about heat and light.

CO3- Attain the knowledge about sound.

CO4- Attain the knowledge about chemistry, indestructibility of matter.

CO5- Attain the knowledge about biology and living organism.

**19BPET-201**                      **TAMIL – II**

**Course outcome**

The student should able

CO1 :To acquire Tamil knowledge through various literatures.

CO2 :To acquire knowledge of small stories in Tamil.

CO3 :To know the history and development of Tamil literature.

**19BPPE-202**                      **ENGLISH – II DEVELOPING  
THE LANGUAGE SKILLS**

**Course outcome**

CO1 :To improve English knowledge by learning skills.

CO2 :To improve English writing skills.

CO3 :Can use various grammatical skills in English.

**19BPES-203**                      **ORGANISATION AND  
ADMINISTRATION**

**Course outcome**

CO1- Attain knowledge of planning and coordinate various events in physical education.

CO2- To know maintenance of play field and equipment.

CO3- Acquire knowledge about using various teaching aids.

CO4- Can get innovative ideas after practically conducting various intramural and extramural tournaments.

CO5- To understand relation with the public and parents.

**19BPEL-204**                      **SCIENCE OF YOGA**

**Course outcome**

CO1- Attain the knowledge of yogic education.

CO2- Get an awareness of advantages of yoga in the field of physical education.

CO3- To know effects of asana on physiological conditions.

CO4- Analyze and interpret rhythmic movement with apparatus.

CO5- Have the knowledge of bandhas, mudras and kriyas and their advantages for sports personals.

**19BPEA-204**                      **ANATOMY AND  
PHYSIOLOGY**

**Course outcome**

CO1- To understand the structures of cells and tissues.

CO2- To acquire knowledge about the structures of bones in our body.

CO3- To know effects of various types of exercises on various systems.

CO4- To Know measure the bodily function such as hormones and their role.

CO5- Identify and describe the different organs of the human body and its regulation.



### **TAMIL-III**

#### **19BPET-301**

##### **Course outcome**

CO1: To acquire Tamil knowledge through various poets stories.

CO2: To acquire knowledge of small stories in Tamil.

CO3: To know the history and its development of sports in Tamil

#### **BPEE-302**

##### **PROGRESSIVE LANGUAGE SKILLS**

##### **Course outcome**

CO1: To improve English knowledge by learning skills.

CO2: To improve English writing skills.

CO3: Can use various grammatical skills in English.

#### **19BPES-303**

##### **METHODS IN PHYSICAL EDUCATION**

##### **Course outcome**

CO1- Classify the types of presentation, techniques and technical preparations required for physical education lessons.

CO2- Construct the lesson plans for various physical education activities.

CO3- Individually can draw fixtures to know the individual sports and group competitions.

CO4- Describe and use various teaching methods according to suitability.

CO5- Can improve their supervision.

#### **19BPES-304**

##### **SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

##### **Course outcome**

CO1- Understand the modern concept of sports training.

CO2- Can use various method of sports training for improving speed and strength.

CO3- . Can use various method of sports training for improving Endurance.

CO4- Can use various method of sports training for improving flexibility.

CO5- To attain the knowledge various method of training for improving sports performance.

#### **19BPEA-305**

##### **HEALTH AND SAFETY EDUCATION**

##### **Course outcome**

CO1-To solve the health related problems.

CO2- Solve all the safety problems at home and schools.

CO3-May improve the immunity power of the individuals.

CO4- To look at the natural resources and related environmental issues.

CO5- To Know Safety for Physical education classes.

**BPET- 401                      TAMIL**

**Course outcome**

CO1 :To acquire Tamil knowledge through various literatures.

CO2: To acquire Tamil literature knowledge.

**19BPPE-402                      CAREER LISTENING AND  
SPEAKING**

**Course outcome**

CO1: To improve English knowledge by learning skills.

CO2: To improve English writing skills.

CO3: Can use various grammatical skills in English.

**19BPES-403                      EXERCISE PHYSIOLOGY AND  
NUTRITION**

**Course outcome**

**CO1** To gain knowledge about possessions, alignment of muscles and muscle contraction.

**CO2** To improve knowledge about effect of exercise on muscular, circulatory and respiratory systems.

**CO3** To increase knowledge about effect of exercise on nervous, digestive and endocrine systems.

**CO4** To understand about balanced diet includes carbohydrates, fats, protein and vitamins.

**CO5** Can suggest various food particles such as, carbohydrate, protein, calcium and iron supplementation to the sportsmen.

**19BPES-404                      RULES OF GAMES AND  
SPORTS – I  
(TRACK AND FIELD AND  
CROSS COUNTRY)**

**Course outcome**

**CO1** To understand the concept and mechanism of marking various non-standard tracks.

**CO2** To know the concept and mechanism of marking various standard tracks.

**CO3** To familiar in marking various field events.

**CO4** To update the knowledge of latest rules and their interpretations.

**CO5** To describe the duties of officials in track, field and cross country races

**19BPPEA-405                      ELEMENTARY STATISTICS**

**Course outcome**

**CO1** Know the fundamentals in statistics.

**CO2** Know how to organize, manage and present data.

**CO3** To use and apply a wide variety of grouped and ungrouped data.

**CO4** Demonstrate understanding of the properties of probability and probability distributions.

**CO5** To construct of various representation of graphs.

**19BPES-501****TEST, MEASUREMENT AND  
EVALUATION****Course outcome**

- CO1** To understand the need & importance of test, measurement and evaluation in physical education.
- CO2** To describe the criteria, classification and administration of test.
- CO3** To explain different physical fitness and skill tests.
- CO4** To attain knowledge on various sports skill tests in badminton, basketball, cricket and hockey.
- CO5** To succeed knowledge on various sports skill tests in football tennis and volleyball.

**19BPES-502****KINESIOLOGY AND  
BIOMECHANICS****Course outcome**

- CO1** To know the history, development, need and importance of kinesiology.
- CO2** To develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.
- CO3** To know the types and functions of biomechanics in physical education.
- CO4** To explain mechanical movements of motion.
- CO5** To attain knowledge about the applications of biomechanics in sports and games.

**19BPES-503****RULES OF GAMES SPORTS - PART  
– II  
(Football, Ball Badminton,  
Tennis & Tennikoit,)****Course outcome**

- CO1** To Learn about the prerequisites of officials-philosophy of officiating of above listed four games.
- CO2** To know the history, development, national, international set-up and tournaments of above listed four games.
- CO3** To gain knowledge about principles and mechanism officiating- duties and powers of officials of above listed four games.
- CO4** To familiar in marking of above listed four games.
- CO5** To appraise the rules, regulation and interpretation of above listed four

**19BPES-504**

**RULES OF GAMES SPORTS -  
PART – III  
(BASKETBALL, BADMINTON,  
KABADDI & SOFTBALL)**

**Course outcome**

- CO1** To Learn about the prerequisites of officials-philosophy of officiating of above listed four games.
- CO2** To know the history, development, national, international set-up and tournaments of above listed four games.
- CO3** To gain knowledge about principles and mechanism officiating- duties and powers of officials of above listed four games.
- CO4** To familiar in marking of of above listed four games.
- CO5** To appraise the rules, regulation and interpretation of above listed four

**19BPES-505**

**ENVIRONMENTAL  
STUDIES**

**Course outcome**

- CO1** To realise the value, scope and multidisciplinary nature of environmental science.
- CO2** To gain knowledge about meaning structure and function of various ecosystem.
- CO3** To look at the renewable and non-renewable resources.
- CO4** To learn about levels of biodiversity and conservation.
- CO5** To understand the various types of environmental pollution.

**19BPES-601**

**CARE AND PREVENTION OF  
SPORTS TRAUMA**

**Course outcome**

- CO1** To acquire knowledge about objectives of corrective physical education, Posture and body mechanics.
- CO2** To get knowledge about finding the defects in body posture and corrective methods.
- CO3** Apply the concept of various rehabilitation exercise in post injury care.
- CO4** To learn various types of massages and its application to the injured sportsperson.
- CO5** To update the knowledge in the field of treatment with various types of

**19BPES-602**

**FUNDAMENTALS OF  
SPORTS PSYCHOLOGY AND  
SOCIOLOGY**

**Course outcome**

- CO1** To describe the nature, scope and importance of psychology, relationship of sports

with psychology.

- CO2** To apply various types of motivational methods to sportsperson.
- CO3** To develop adjustment qualities among individuals and distinguish the influence of intelligence.
- CO4** To describe the nature, scope and importance of sociology, relationship of sports with sociology.
- CO5** To understand socialization through participation in Physical Education

### **19BPES-603**

#### **RULES OF GAMES AND SPORTS - PART -IV (HOCKEY, HANDBALL, CRICKET, NETBALL)**

##### **Course outcome**

- CO1** To Learn about the prerequisites of officials-philosophy of officiating of above listed four games.
- CO2** To know the history, development, national, international set-up and tournaments of above listed four games.
- CO3** To gain knowledge about principles and mechanism officiating- duties and powers of officials of above listed four games.
- CO4** To familiar in marking of above listed four games.
- CO5** To appraise the rules, regulation and interpretation of above listed four

### **19BPES-604**

#### **RULES OF GAMES AND SPORTS - V (VOLLEYBALL, KHO-KHO, TABLE TENNIS & THROWBALL)**

##### **Course outcome**

- CO1** To Learn about the prerequisites of officials-philosophy of officiating of above listed four games.
- CO2** To know the history, development, national, international set-up and tournaments of above listed four games.
- CO3** To gain knowledge about principles and mechanism officiating- duties and powers of officials of above listed four games.
- CO4** To familiar in marking of above listed four games.
- CO5** To appraise the rules, regulation and interpretation of above listed four

### **19BPES-605**

#### **COMPUTING SKILLS**

##### **Course outcome**

- CO1** To understand the introduction of computer with all parts, soft and hard wares.
- CO2** To understand the knowledge of Microsoft word

- C03** To recognise the knowledge of Microsoft excel
- C04** To familiar the knowledge of Microsoft power point
- C05** To gain knowledge about internet usages and Learn to create, format and edit features of MS word, MS excel and MS power point.

**DEPARTMENT OF PHYSICAL EDUCATION**  
**M.P.Ed Degree Course**  
**(Two Years)**

**SEMESTER – I**

**191MPEC-101 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

**COURSE OUTCOME:**

- CO1**-Understand concept of criteria of selection of test
- CO2**-Understand motor fitness and motor ability test
- CO3**-Understand physical fitness and cardio vascular test
- CO4**-Know the procedures of aerobic, anaerobic and anthropometric test.
- CO5**-Know the sports skill tests

**19MPEC-102 SPORTS PSYCHOLOGY AND SOCIOLOGY**

**COURSE OUTCOME:**

- CO1**-Understand concept of sports psychology and sociology
- CO2**-understand the types of motivation and impact on sports performance
- CO3**-Analyze the Process of Goal Setting in Physical Education and Sports.
- CO4**-Know the Types of Psychological Test.
- CO5**-Know about Sports Women in our Society

**19MPEC-103 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION**

**COURSE OUTCOME:**

- CO1**-Understand concept of computer application in physical education field
- CO2**-Analyze sporting data of various types via astute use of statistical packages.
- CO3**-Practice mathematics, statistics, information technology in sport technology related problems.
- CO4**-Offer hands on knowledge in computer application and software
- CO5**-knowledge on recent advances in Educational technology

**SEMESTER – II**

**19MPEC-201 SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION**

**COURSE OUTCOME:**

- CO1**- To understand various methods of therapeutic exercise in sports medicine
- CO2**-Educate the various spine injury and its anomalies
- CO3**-To know the various massage manipulation.
- CO4**-To know the exercises involved in Rehabilitation.
- CO5**- To educate the care and treatment of sports injuries.

**19MPEC-202 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

**COURSE OUTCOME:**

- CO1**-Understand concept of specificity, overload and reversibility
- CO2**-Understand the knowledge of various factors of sports training
- CO3**-To know the concept of periodization.
- CO4**-Understand the micro, meso and macro cycles.
- CO5**-To Know about ergogenic aids and its effects.

### **19MPEC-203 INFORMATION COMMUNICATION AND TECHNOLOGY IN PHYSICAL EDUCATION**

#### **COURSE OUTCOME:**

- CO1**-Understand concept of Communication Barriers & Facilitators of communication
- CO2**-Need and importance of Information, communication and technology
- CO3**-To know the MS office applications
- CO4**-To know the role of computer Education in sports
- CO5**-To educate advance learning methods using computer technology

### **SEMESTER – III**

### **19MPEC-301 RESEARCH PROCESS AND STATISTICS IN PHYSICAL EDUCATION**

#### **COURSE OUTCOME:**

- CO1:** Classifications of research and location of research
- CO2:** To know Methods of research.
- CO3:** know the about experimental design
- CO4:** know the Advantages and disadvantages of measures of central tendency.
- CO5:** To know the concept of ANOVA and ANCOVA

### **19MPEC-302 PHYSIOLOGY OF EXERCISE**

#### **COURSE OUTCOME:**

- CO1**-Understand structure and function of skeletal muscles
- CO2**-Know the Effect of Exercise on Circulatory system
- CO3**-To understand the Physiology and mechanism of breathing.
- CO4**-Understand the aerobic and anaerobic metabolism.
- CO5**-Know the sports performance in hot climate and cold climate.

### **19MPEC-303 HEALTH EDUCATION AND SPORTS NUTRITION**

#### **COURSE OUTCOME:**

- CO1**-Understand the Concept of health education, health supervision, and health instruction
- CO2**-Illustrate the common communicable and non-communicable diseases
- CO3**-Procedure to manage the hypertension and maintain health hygiene
- CO4**-To know the role of nutrition in sports
- CO5**-To know Weight management program for sporty child



## **SEMESTER – IV**

### **19MPEC-401 SPORTS BIOMECHANICS AND APPLIED KINESIOLOGY**

#### **COURSE OUTCOME:**

- CO1-**Understand the need and importance of biomechanics
- CO2-**Illustrate the concept of kinetics and kinematics
- CO3-**To Know the Role of Kinesiology in physical education and sports
- CO4-** To understand the muscle action in relation to posture
- CO5-** To Know the Anatomy of Muscle

### **19MPEC-402 SPORTS MANAGEMENT AND CURRICULUM DESIGN**

#### **COURSE OUTCOME:**

- CO1-**To understand the importance and procedure of sports management
- CO2-**Understand the factors influencing sports management in schools and community
- CO3-**To Know care and maintenance of supplies and equipments
- CO4-**To know the different approaches and principles of Curriculum design.
- CO5-**To Know the Importance of Curriculum research