

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

**PROGRAMME OUTCOMES (POS)**

PO 1: To get the knowledge of physical education during the ancient period and present era. Attain the basic knowledge of foundation of Physical Education.

PO 2: To apply the knowledge of anatomy, physiology, sports medicine, physiotherapy, rehabilitation, sports nutrition, kinesiology and biomechanics, including function of the skeleton system, physiological system, kinetic and kinematic movement of the human body and forces, levers and law of motion of the body. To get the knowledge of various health problems, diseases of the people and their environment.

PO 3: To know the function planning, programme planning, organizing the tournaments for able and disabled students and their classification and adaptation of motor ability. To get the knowledge of drawing the budget, maintain records, how to handle the teaching techniques and aids, lesson plans etc.

PO 4: To attain the knowledge of various yogic methods, such as, asanas, pranayama, bandhas and kriyas and their role in ancient and modern periods.

PO 5: To use sociological and psychological foundations, philosophies, and biological foundations of physical education and know the uses of various techniques in theories and types of learning of the individual and know how to transfer of learning.

PO 6: To construct and marking of various play field and standard and non-standard track, update the rules of sports and games, such as, Volleyball, Handball, Badminton, Soft-ball, Cricket, Hockey, Football, Kho-Kho, Kabaddi, Ball badminton and Athletics and apply it in various types of tournaments, like inter-class, inter-college, inter-university etc.

PO 7: To know the various issues in curriculum, physical activity and wellness, upgrade the nutritional knowledge, types of tools to improve the fitness and wellness, guidance and its perspective, contribution of various leaders in guidance and counseling and its contribution in the field of physical education.

PO 8: To set up the knowledge of various types of sports training, its various periods, various components of training etc. To apply the knowledge of various test and measurement of games and sports and analysis of evaluation of the outcome of the test.

PO 9: To attain the practical knowledge of educational technology, teaching technique, introduction of computer applications etc.

PO 10: To attain the psychological knowledge and know and solve the psychological disorders of sports person.

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

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

(THREE YEARS)

### **Programme Outcomes (POS)**

To gain knowledge in the field of physical education and various sports skills in winning ways, the student teacher expected to undergo these skills.

PO 1: To get the knowledge of multi lingual language both in reading and writing in prose and poetry, such as, Tamil and English.

PO 2: To get the general knowledge in the field of physical education during the ancient period and present era.

PO 3: To apply the knowledge of fitness and wellness with various types of training on different types of physical fitness components and the physiological system through exercise with nutritional values.

PO 4: Implementing the knowledge on organizing various sports and games, drawing fixtures, supervising and administering various play fields. To apply the knowledge of various test and measurement of games and sports and analysis of evaluation of the outcome of the test.

PO 5: To attain the knowledge of various yogic methods, such as, asanas, pranayama, bandhas and kriyas and their role in ancient and modern periods.

PO 6: To apply the general science knowledge, anatomy, physiology in the field of physical education and apply knowledge of human body motion and uses of various joints. Trauma management with care and prevention.

PO 7: To construct and marking of various play field and standard and non-standard track, update the rules of sports, such as, Athletics and cross country, football, ball badminton, tennis, tennikoit, basketball, badminton, kabaddi, softball hockey, handball, cricket, netball, volleyball kho-kho, table tennis and throw ball and apply the rules in various events such as, inter-class, inter-college, inter-university etc.

PO 8: To attain and implement the knowledge on various statistical tool in the field of physical education with the uses of computers.

PO 9: To use knowledge of various natural resources, various terrains eco system and bio-diversity and conservation methods.

PO 10: To apply the sports psychological and sociological knowledge during play situation.

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

**Programme Outcomes (POS)**

To gain knowledge in the field of physical education and various sports skills in winning ways, the student teacher expected to undergo these skills.

PO 1: To use various techniques in test and measurement of games and sports and apply the evaluation technique on test and measurement.

PO 2: To apply the knowledge of psychology and sociology and imply the motor activities, types of motivation, administering various equipments, applying social stratification and group cohesion.

PO 3: To apply various technological methods such as, instructional design, goal setting, contextual analysis and evaluation techniques and their historical development.

PO 4: To apply the knowledge of sports medicine, athletic care and rehabilitation, health education and nutrition.

PO 5: To implement the practical knowledge on sports biomechanics and kinesiology, including function of the skeleton system, physiological system, forces, levers and law of motion of the body.

PO 6: To insist the knowledge on physiology of exercise and sports nutrition,

PO 7: To set up the knowledge of various types of sports training, various components of physical fitness training, training plan, awareness of doping.

PO 8: To use knowledge of research in physical education and applying various statistical tools in research, selecting the problem, methods of research, experimental research, various sampling technique and writing the research proposal and report.

PO 9: To apply various management skills, like sport management, programme management, designing the curriculum and attaining various curriculum sources.

PO 10: To apply the computer knowledge with fundamentals of computers and MS Office, E-Learning and web based learning