



## Programme Specific Outcomes (PSOs) and Course Outcomes (COs)

**Name of the Department: Physical Education**

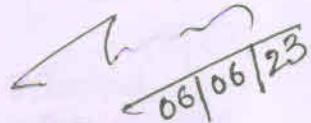
### Programme Specific Outcomes (PSOs)

Programme offered by the Department	Outcomes
B.A./B.Sc Programme Course (General)	<p>On completion of the Programme, the students would be able to (in 150 words):</p> <p>PSO1: Students will develop critical-thinking skills necessary to understand, analyze, and produce knowledge specific to Physical Education, Health and Sports Science.</p> <p>PSO2: Select and create learning experiences that are appropriate for curriculum goals, relevant to learner, show evidence of sequential learning in corporate modifications for variations in learning styles and performance based on the principles of effective learning.</p> <p>PSO3: Competence in movement skills, analyze the performance of motor skills particularly team and individual sports activities and rhythms.</p> <p>PSO4: To describe and apply physiological and biomechanical concept related to skillful movement, movement patterns, motor development and motor learning.</p> <p>PSO5: To maintain a health enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data.</p>

'Outcomes' means the kind of knowledge and skill acquired by the students on completion of the Programme.


### B.A./B.Sc Programme (General)

Semester	Course Code	Course Title	Outcomes (in 100 words)
I	DSC1	Foundation and History of Physical Education	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the meaning, nature, scope and aims of Physical education.</li> <li>• Discuss the meaning and scope of Physical educational &amp; Sports.</li> </ul>

  
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			<ul style="list-style-type: none"><li>• Explain the factors of Physical education and their relationships.</li><li>• Explain the concept of growth development.</li><li>• State the educational Philosophies of Yoga Pranayama, Hatha yoga &amp; Patanjali yoga sutras</li></ul>
II	DSC2	Management of Physical Education and Sports	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"><li>• Explain the meaning, nature, scope and aims of Sports Management</li><li>• Define the types of tournaments.</li><li>• Explain the method of calculation of Athletic Track and field</li><li>• Explain the concept of importance, care and maintenance of sports equipments.</li><li>• Define leadership &amp; qualities of good leader in Physical Education.</li></ul>
III	DSC3	Anatomy, Physiology and Exercise Physiology	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"><li>• Explain the meaning, scope and aim of Anatomy, Physiology and Exercise Physiology.</li><li>• Classify the location of bones and joints, Anatomical differences between male and female.</li><li>• Explain the mechanism of blood circulation through heart.</li><li>• Explain the factors of blood pressure, Athletic Heart and Bradycardia</li><li>• Explain the concept of effect of exercise on respiratory system.</li></ul>
IV	DSC4	Health Education, Physical Fitness and Wellness	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"><li>• Explain the meaning, nature, scope of dimension of Health.</li><li>• Discuss the meaning and scope of objectives and principles of Health Education.</li><li>• Explain the factors of Nutritional requirements for daily living, Balanced diet &amp; Athletic diet.</li><li>• Explain the concept of management of sports injuries- Sprain, Strain, Fracture and Dislocation.</li></ul>

  
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			<ul style="list-style-type: none"> <li>• Explain the concept of management of sports injuries through the application of Hydro-therapy and Thermo- therapy.</li> </ul>
V	DSE1	<p>a) Tests, Measurements and Evaluation in Physical Education</p> <p style="text-align: center;">OR</p> <p>b) Sports Training</p>	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the Concept of test, measurement &amp; Evaluation.</li> <li>• Discuss the meaning and scope of Criteria of good test.</li> <li>• Explain the Concept of method of measurement of body Fat.</li> <li>• Explain the concept of Kraus- Weber Muscular Strength Test.</li> <li>• Discuss the method of Lockhart and McPherson Badminton Skill Test</li> </ul> <p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the Aim and characteristics of Sports Training.</li> <li>• Discuss the Training Methods i.e; Circuit Training, Interval Training &amp; Weight Training.</li> <li>• Explain the factors of training load.</li> <li>• Explain the causes, symptoms and tackling of over load.</li> <li>• Describe the means and methods of strength development.</li> </ul>
	GE Paper 1	Modern trends in Physical Education and Sports Sciences	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the meaning, nature, scope and aims of Physical education.</li> <li>• Discuss the Difference between physical fitness and motor fitness.</li> <li>• Explain the factors affecting growth and development.</li> <li>• Explain the concept of Social values and their Importance of Socialization through Sports</li> <li>• Discuss the effects of short and long term exercise on Circulatory System.</li> </ul>

  
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			<ul style="list-style-type: none"><li>• Perform Service: Under arm service, Side arm service, Tennis service, Floating service Pass: Under arm pass, Over head pass. Spiking and Blocking.</li><li>• Perform Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line.</li><li>• Perform Skills in Chasing: Sit on the box (Parallel &amp; Bullet toe method), Get up from the box (Proximal &amp; Distal foot method), Give Kho (Simple, Early, Late &amp; Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.</li><li>• Perform Basic Knowledge: Various parts of the Racket and Grip. Service: Short service, Long service, Long-high service.</li><li>• Perform Basic Knowledge: Various parts of the Racket and Grip (Shake Hand &amp; Pen Hold Grip). Stance: Alternate &amp; Parallel.</li></ul>
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‘Outcomes’ means the kind of knowledge and skill acquired by the students after learning the particular paper. ‘Rows’ may be added if various options are offered in a paper.

  
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