



## PART V- PHYSICAL EDUCATION

### PROGRAMME OUTCOME

On successful completion of **Physical Education** Programme, the students will

<b>PSO1:</b>	Acquire practical and Theoretical Yoga knowledge about Physical Education & spent and prepare the segments appear the competitive exams in fitness tests
<b>PSO2:</b>	Teach them to acquire knowledge about health education and the effect of drugs and alcohol abuse.

### COURSE OUTCOMES

#### PAPER 1

**I year- Foundation of Physical Education Sports.**

**Subject Code: U2PS1**

**In this course, the students will**

<b>CO1:</b>	Get a brief introduction about Physical education sports Olympic games.
<b>CO2:</b>	Gain a fundamental knowledge about yoga.
<b>CO3:</b>	Get an essential knowledge in Track and field.
<b>CO4:</b>	Get an idea in the Job opportunities in the field of sports & physical education.
<b>CO5:</b>	Learn the fundamental Skills and basic rules and regulations of volley ball & Badminton.

#### PAPER 2

**II year- Sports Physiology & Health Education.**

**Subject Code: U2PS1**

**In this course, the students will**

<b>CO1:</b>	Get the general ideas of human physiology and the effect of exercise on it.
<b>CO2:</b>	Know about importance of health and factors effect the health.
<b>CO3:</b>	Have more knowledge about ill effects of alcogel, smoking & drugs
<b>CO4:</b>	Know about the first aid and & its importance
<b>CO5:</b>	Learn the fundamental skills and basic rules and regulations of Basketball and kabaddi.
<b>CO6:</b>	Undergo the performance related tests & skills. Which are useful to them to attend the selection trials in police, and Judge his own potential