



Course Outcomes – PHYSICAL EDUCATION

I B.Sc. PHYSICAL EDUCATION

SEMESTER I

FUNDAMENTALS OF PHYSICAL EDUCATION AND SPORTS

SUBJECT CODE: U22PEC11

COs	CO Statement
CO1	Understand the curriculum of Physical Education and Physical Exercise.
CO2	Know the importance of Physical Fitness.
CO3	Analyze the Olympic and International Sports activities.
CO4	Gain the knowledge of Youth welfare and Indian Sports activities.
CO5	Understand the curriculum of Physical Education and Physical Exercise.

GAME OF SPECIALIZATION – I (BASKETBALL, KABADDI, TENNIS AND VOLLEYBALL)

SUBJECT CODE: U22PEC12

COs	CO Statement
CO1	Analyze the History of all Games.
CO2	Know the values of every games and Sports activity.
CO3	Understand the Indian game of Kabaddi.
CO4	Investigate the latest changes in Rules and Regulation International Sports and Tournaments.
CO5	Analyze the History of all Games.

RULES AND REGULATIONS OF TRACK & FIELD EVENTS – I AND

GYMNASTICS

SUBJECT CODE: U22PEA11

COs	CO Statement
CO1	Critically reflect on IAAF Events.
CO2	CO 2: Identify and triggering out the best Sports persons.
CO3	CO 3: Define and apply specific techniques for all the Track and Field events.
CO4	CO 4: Strengthen and deepen critical Running, Jumping and Throwing through Athletic practices
CO5	Critically reflect on IAAF Events.



SEMESTER II

GAME OF SPECIALIZATION – II (FOOTBALL, HANDBALL, HOCKEY AND KHO KHO)
SUBJECT CODE: U22PEC21

COs	CO Statement
CO1	Analyze the History of all Games.
CO2	Know the values of every games and Sports activities.
CO3	Understand the Indian game of Kabaddi.
CO4	Investigate the latest changes in Rules and Regulation International Sports and Tournaments.
CO5	To study the hierarchical memory system including cache memories and virtual memory.

LAB: GAME OF SPECIALIZATION SUBJECT CODE: U22PECP21/U19PEP21

COs	CO Statement
CO1	Gain the practical application during the competitive period Sports events.
CO2	Identify and put them in the right way of Physical performance.
CO3	Define and apply specific techniques for all the Team events.
CO4	Enhance the advanced skills and techniques through the practice of Sports activities.

LAB: TRACK AND FIELD EVENT-I AND GYMNASTICS

SUBJECT CODE: U22PEAP21/U19PEP22

COs	CO Statement
CO1	Understand the strategy and tactics of Track and Field events.
CO2	Specify and pick them from the rural for appropriate sports.
CO3	Efficacy and hid ended talent bringing out for their high performance in the Sports arena through regular specific physical exercises.
CO4	Enhance total Physical Fitness components due to regular practice of Gymnastics



COURSE OUTCOME

SEMESTER III

HUMAN ANATOMY

Subject Code: U19PEC31

- CO1: Understand the basic concept of Anatomy and Physiology
- CO2: Know about structure and function of muscles and bones
- CO3: Learn the structure and functions of heart and lungs
- CO4: Know about the structure of brain and glands
- CO5: Acquire knowledge about digestive and excretory systems.

ALLIED - FUNDAMENTALS OF TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Subject Code: U19PEA31

- CO1: Understand the concept of test and measurement
- CO2: Obtain the procedure of physical fitness tests
- CO3: Learn the procedure for measuring various sports skill tests
- CO4: Acquire the procedure for identifying the sports performance
- CO5: To discriminate the performance based on the fitness and skill tests score.

ELECTIVE - HEALTH EDUCATION

Subject Code: U19PEE31

- CO1: Understand the various dimensions of Health and Health Education
- CO2: Acquire the knowledge of personal hygiene and mental health
- CO3: Understand the causes of communicable and non-communicable diseases
- CO4: Know about the family life education.
- CO5: Get knowledge on safety education.

SKILL BASED - INTRODUCTION TO YOGA

Subject Code: U19PES31

- CO1: Understand the concept of yoga
- CO2: Acquire the procedure of doing asana
- CO3: Gain the knowledge about the procedure and physiology of bandhas and dristi
- CO4: Know the procedure of Pranayama
- CO5: Know the procedure of Dharana



TRACK AND FIELD

Subject Code: U19PES3P

- CO1: Be familiar with the procedure of track event markings.
- CO2: Be familiar with the procedure of field event markings.
- CO3: Be familiar with method of officiating in track events.
- CO4: Acquire the knowledge on the method of officiating in field events
- CO5: Know the scoring system of track and field events.

SEMESTER IV

THEORY OF GAMES AND SPORTS –I

Subject Code: U19PEC41

- CO1: History of Ball Badminton, working Federations, fundamental skills and Techniques
- CO2: History of Badminton, working Federations and fundamental skills and Techniques
- CO3: History of Cricket, working Federations and fundamental skills and Techniques
- CO4: History of Swimming, working Federations and fundamental skills and Techniques

FITNESS AND WELLNESS

Subject Code: U19PEE41

1. Understand the essentials of lifelong wellness
2. Overcome fitness barriers and involve in physical movement pursuits
3. Learn and excel in Track and Field sports events

GAME OF SPECIALIZATION

Subject Code: U19PEP41

- CO1: Be familiar with techniques and tactics in Basketball and Kabaddi
- CO2: Obtain the experience in advanced skill in Tennis and Volleyball
- CO3: Obtain the tactical knowledge in advanced skill in Football and Handball
- CO4: Understand the strategies in Hockey and Kho-Kho



INTRODUCTION TO YOGA

Subject Code: U19PES4P

CO1: Acquire practical knowledge on asanas

CO2: Obtain the experience in Bandhas, Kriyas and pranayama

TRACK AND FIELD EVENTS – II AND GYMNASTICS

Subject Code: U19PEP42

CO1: Be familiar with the strategy and tactics in sports

CO2: Develop various skills in track and field events

CO3: Learn the various skills in gymnastics events

CO4: Acquire the knowledge of fundamental movements in track and field. gymnastic events

CO5: Obtain the knowledge of rules and regulations, and learn methods of gymnastics



COURSE OUTCOMES

UNDERGRADUATE

I - Semester

Value Education

Subject Code: U1VE11

In this course, the students will

CO1:	Learn to choose their own personal moral and spiritual values.
CO2:	Learn to become responsible citizens.
CO3:	Get sensitized to value formation.