

B. Sc., PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (PHS)

PROGRAMME OUTCOMES (PO)

PO1: Students will be familiar with sports skills, rules and regulations of the games and healthy life.

PO2: Students will gain innovative ideas to face various challenges in the society and ability to apply the knowledge of Physical Education, sports and health in the field of sports.

PO3: Competency to choose a prominent career in fitness centre, schools, police and military and Students will acquire creative thinking to face various competitive examinations.

PO4: Students are able to enhance their writing and reading skills through reading short stories.

PO5: Students are able to develop their listening and speaking skills by practising public speeches.

PROGRAMME SPECIFIC OUTCOMES (PSO)

PSO1: Students will be exposed to a wide range of games, basic science and health and also they will understand the rules and regulation of games like cricket, football, basket ball, etc...

PSO2: Students will obtain skills to improve health and fitness by understanding the concepts of physical education that provides a strong foundation for the development their career.

PSO3: Students will identify the talent and train them in concerned sports and games.

PSO4: Students are able to enhance their skill of writing and reading letters, sports reports and articles

PSO5: Students are able to improve their soft skills and communication through listening to famous speeches and practising public speaking skills.

CourseTitle: CORE-1- FOUNDATIONS OF PHYSICAL EDUCATION**Course Code: 20UPE1C01****COURSE OUTCOMES:**

After learning the course, the students will be able to

CO1	Understand the meaning, nature, need and scope of physical Education and sports	K3
CO2	Be familiar with the scientific principles from various allied subjects in the field of Physical Education and sports.	K3
CO3	Knowledge about the national coaching scheme and awards in India	K3
CO4	Knowledge of the various Olympic movements to the international understanding	K4
CO5	Impart the historical review of Physical Education and sports in Indian heritage.	K2

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	L	L	S		S	S	L	L	S
CO4	S	L	S	S	S		S	L	S	S	S
CO5	L	L	L	L	L		L	L	L	L	L

S- Strong; M- Medium; L-Low

Course Name: CORE-2- THEORIES OF GAMES**Course Code: 20UPE1C02****COURSE OUTCOMES:**

After learning the course, the students will be able to

CO1	Know the history and working federations of the games	K3
CO2	To know the methods of lay-outing the play fields and their maintenance	K3
CO3	To obtain the knowledge of specification	K3
CO4	Develop the various fundamental and techniques in volleyball, kabaddi, kho kho and throw ball	K4
CO5	Learn about the officiating & scoring skills in volleyball, kabaddi, kho kho and throw ball.	K2

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	L	M	M		S	L	L	M	M
CO2	S	S	S	M	L		S	S	S	M	L
CO3	S	S	S	S	S		S	S	S	S	S
CO4	S	M	L	S	S		S	M	L	S	S
CO5	S	M	M	S	S		S	M	M	S	S

S- Strong; M- Medium; L-Low

Course Name: ALLIED-1- Sports Psychology and Sociology Course Code: 20UPE1AL1

COURSE OUTCOMES:

After learning the course, the students will be able to

CO1	Able to understand various theories of learning	K2
CO2	Ability to apply psychological and sociological principals in game situations	K3
CO3	To learn motivation and factors affecting motivation	K4
CO4	Ability to apply personality and aggression	K2
CO5	Able to understand anxiety and leadership in sports	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	S	S	M	S		L	S	S	M	S
CO2	M	M	L	L	M		M	M	L	L	M
CO3	S	S	S	S	L		S	S	S	S	L
CO4	S	M	M	L	M		S	M	M	L	M
CO5	M	M	L	S	S		M	M	L	S	S

S- Strong; M- Medium; L-Low

Course Name: CORE-3- Anatomy and Physiology

Course Code: 20UPE2C03

COURSE OUTCOMES:

After learning the course, the students will be able to

CO1	Understand the basic concepts of anatomy and physiology	K2
CO2	Imparting the knowledge of structure and function of the skeletal system	K2
CO3	Learn about the structure and function of circulatory and respiratory system	K3
CO4	Importance of knowing the structure of kidney, brain and sensory system	K2
CO5	Acquire the knowledge about anatomical structure of endocrine system and reproductive system	K2

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	S	L	M		S	L	S	L	M
CO2	L	S	L	M	L		L	S	L	M	L
CO3	M	L	S	L	S		M	L	S	L	S
CO4	L	M	L	S	L		L	M	L	S	L
CO5	M	L	M	L	S		M	L	M	L	S

S- Strong; M- Medium; L-Low

COURSE OUTCOMES:

After learning the course, the students will be able to

CO1	Know the history and working federations of the games	K2
CO2	To know the methods of lay-outing the play fields and their maintenance	K3
CO3	To obtain the knowledge of specification	K3
CO4	Develop the various fundamental and techniques in hand ball, basket ball, badminton, ball badminton	K4
CO5	Learn about the officiating & scoring skills in hand ball, basket ball, badminton, ball badminton.	K3

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	S	M	M	S	S	S	M	M
CO2	M	L	M	L	S	M	L	M	L	S
CO3	S	M	S	S	M	S	M	S	S	M
CO4	M	L	S	M	S	M	L	S	M	S
CO5	S	S	L	S	L	S	S	L	S	L

S- Strong M- Medium L-Low

Course Name: Allied-2-Test, Measurement and Evaluation in Physical Education

Course Code: 20UPE2AL2

COURSE OUTCOMES:

After learning the course, the students will be able to

CO1	Ability to conduct tests for measuring fitness components.	K4
CO2	Ability to organize skill tests in various games.	K3
CO3	Able to understand the physical fitness test	K2
CO4	To know about the games skill test	K3
CO5	Development of the various fundamental fitness and skill test	K3

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	L	M	S	S	L	L	M
CO2	L	S	S	M	L	L	S	S	M	L
CO3	M	L	S	S	S	M	L	S	S	S
CO4	S	M	M	S	M	S	M	M	S	M
CO5	M	S	S	M	S	M	S	S	M	S

S- Strong; M- Medium; L-Low

Course Name: Core- 5 Organization and Administration in Physical Education
Course Code: 20UPE3C05

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Understand the concepts of organization, administration in physical education	K3
CO2	Acquire the organization scheme of physical education at various levels	K3
CO3	Know about the qualification of teachers, various physical education periods	K4
CO4	Understand the Preparation and Administration of a Budget	K2
CO5	Able to understand awards	K2

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	L	M		S	S	L	L	M
CO2	L	S	S	M	L		L	S	S	M	L
CO3	M	L	S	S	S		M	L	S	S	S
CO4	S	M	M	S	M		S	M	M	S	M
CO5	M	S	S	M	S		M	S	S	M	S

S- Strong M- Medium L-Low

Course Name: CORE-6- THEORIES OF GAMES – III Course Code: 20UPE3C06

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Know the history and working federations of the games	K2
CO2	To know the methods of lay-outing the play fields and their maintenance	K3
CO3	To obtain the knowledge of specification	K2
CO4	Develop the various fundamental and techniques in foot ball, hockey, tennis and table tennis.	K4
CO5	Learn about the officiating & scoring skills in foot ball, hockey, tennis and table tennis	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	L	M	M		S	L	L	M	M
CO2	S	S	S	M	L		S	S	S	M	L
CO3	S	M	S	S	S		S	M	S	S	S
CO4	S	M	L	S	S		S	M	L	S	S
CO5	S	M	M	S	S		S	M	M	S	S

S- Strong; M- Medium; L-Low

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Understand about the Sports technologies.	K2
CO2	About the fundamental concepts of Sports technologies.	K2
CO3	Know about the various types' sports materials and its importance in the sports.	K3
CO4	Know about the various play fields.	K3
CO5	To learn the advanced sports technology	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	S	L	S		S	S	S	L	S
CO4	S	S	L	S	S		S	S	L	S	S
CO5	L	M	L	L	L		L	M	L	L	L

S- Strong; M- Medium; L-Low

Course Name: NME-1-PC Software

Course Code: 20UPE3NME1

To develop the presentation Skills COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Learn and Understanding the concepts of Basic Computer Skills, Internet	K1, K2
CO2	Ability to perform documentation skills	K2 , K3
CO3	Applying knowledge in Spreadsheet and Presentation Skills	K3, K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	S	S		S	L	M	L	L
CO2	S	M	S	S	S		S	L	M	L	L
CO3	S	M	S	S	S		S	L	M	L	L

S- Strong; M- Medium; L-Low

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Understand the concepts of physical activities	K2
CO2	know about the methods of drawing fixtures	K3
CO3	Know about the various competitions and organizing methods	K2
CO4	Understand the various methods of organization and conduct	K3
CO5	Know about the Method of organizing and conducting sports.	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	S	L	S		S	S	S	L	S
CO4	S	S	L	S	S		S	S	L	S	S
CO5	L	M	L	L	L		L	M	L	L	L

S- Strong; M- Medium; L-Low

Course Name: Core-8-Theories of Games – IV (Cricket, Soft Ball and Gymnastics)

Course Code: 20UPE4C08

COURSE OUTCOMES:

After learning the course, the students will be able to

CO1	Know the history and working federations of the games	K3
CO2	To know the methods of lay-outing the play fields and their maintenance	K3
CO3	To obtain the knowledge of specification	K3
CO4	Develop the various fundamental and techniques in cricket, soft ball and gymnastics	K4
CO5	Learn about the officiating & scoring skills in cricket, soft ball and gymnastics	K2

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	L	M	M		S	L	L	M	M
CO2	S	S	S	M	L		S	S	S	M	L
CO3	S	S	S	S	S		S	S	S	S	S
CO4	S	M	L	S	S		S	M	L	S	S
CO5	S	M	M	S	S		S	M	M	S	S

S- Strong; M- Medium; L-Low

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Understand the concept of yoga.	K2
CO2	Acquire the procedure of doing asana.	K3
CO3	Know about the concepts of pranayama	K2
CO4	To able to foundation of yoga and benefits'	K3
CO5	Know about the yoga therapy and effectics of yogic practice	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	S	L	S		S	S	S	L	S
CO4	S	S	L	S	S		S	S	L	S	S
CO5	L	M	L	L	L		L	M	L	L	L

S- Strong; M- Medium; L-Low

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	know about the value of fitness.	K1
CO2	knowledge about the fitness	K2
CO3	Know about the endocrine system of the human body function	K3
CO4	portance of knowing the nutritional values of a food	K2
CO5	Know the energy requirements and weight lose techniques of an individual.	K3

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	S	L	S		S	S	S	L	S
CO4	S	S	L	S	S		S	S	L	S	S
CO5	L	M	L	L	L		L	M	L	L	L

S- Strong; M- Medium; L-Low

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	know about the value of fitness.	K1
CO2	knowledge about the fitness	K2
CO3	Know about the endocrine system of the human body function	K3
CO4	portance of knowing the nutritional values of a food	K2
CO5	Know the energy requirements and weight lose techniques of an individual.	K3

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	S	L	S		S	S	S	L	S
CO4	S	S	L	S	S		S	S	L	S	S
CO5	L	M	L	L	L		L	M	L	L	L

S- Strong; M- Medium; L-Low

Course Name: Core-10-Theories of Track Events

COURSEOUT COMES:

After learning the course, the students will be able to

CO1	know the history and working federations of the Athletics	K3
CO2	To know the methods of lay-outing the track and their maintenance	K3
CO3	To obtain the knowledge of specification	K3
CO4	Develop the various fundamental of track events.	K4
CO5	Learn about the officiating and scoring of track events	K2

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	L	M	M		S	L	L	M	M
CO2	S	S	S	M	L		S	S	S	M	L
CO3	S	S	S	S	S		S	S	S	S	S
CO4	S	M	L	S	S		S	M	L	S	S
CO5	S	M	M	S	S		S	M	M	S	S

S- Strong; M- Medium; L-Low

Course Name: Core-11-Health Education and Safety Education
Course Code: 20UPE5C11

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Understand the concepts of health.	K2
CO2	Know about the need and importance of physical fitness.	K2
CO3	Know about the various types of communicable diseases	K2
CO4	Understand the various safety measures in sports fields	K3
CO5	Know about the Importance of Personal hygiene and environmental hygiene	K3

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	S	L	S		S	S	S	L	S
CO4	S	S	L	S	S		S	S	L	S	S
CO5	L	M	L	L	L		L	M	L	L	L

S- Strong; M- Medium; L-Low

Course Name: Elective-1- Sports Journalism And Mass Media
Course Code: 20UPE5EA1 / 6EA2

COURSEOUT COMES:

After learning the course, the students will be able to

CO1	understand the meaning, nature, need and scope of journalism and mass media in physical Education and sports	K1
CO2	To know the role of advertisement in sports	K2
CO3	To understand the report writing in sports	K2
CO4	To know the prepare report of annual sports meet	K3
CO5	To know the interview with elite players	K3

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	M	S		S	M	S	M	S
CO2	M	M	M	S	M		M	M	M	S	M
CO3	S	S	S	M	S		S	S	S	M	S
CO4	S	L	S	M	S		S	L	S	M	S
CO5	L	M	L	S	L		L	M	L	S	L

S- Strong; M- Medium; L-Low

Course Name: Elective-1 Physical Education For Person With Disability

Course Code: 20UPE5EB1 / 6EB2

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	To get the knowledge about adapted physical Education	K2
CO2	To learnt about Special Olympics and para Olympics	K2
CO3	To get knowledge about the adapted motor activities	K3
CO4	Adapted sports for the different people	K3
CO5	To get knowledge about the inclusive education	K4

K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	M	S		S	M	S	M	S
CO2	M	M	M	S	M		M	M	M	S	M
CO3	S	S	S	M	S		S	S	S	M	S
CO4	S	L	S	M	S		S	L	S	M	S
CO5	L	M	L	S	L		L	M	L	S	L

S- Strong; M- Medium; L-Low

Course Name: Elective-1- Obesity and Weight Management

Course Code: 20UPE5EC1 / 6EC2

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Restate the role of nutrients and caloric requirement	K2
CO2	Sketch the basic classification, functions and utilization of nutrients	K2
CO3	Point out diet for various competitions and nutrient supplements for performance.	K3
CO4	Evaluate the factors affects weight management and solutions for obesity	K4
CO5	Design caloric requirements for various sports and age groups.	K3

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	M	S		S	M	S	M	S
CO2	M	M	M	S	M		M	M	M	S	M
CO3	S	S	S	M	S		S	S	S	M	S
CO4	S	L	S	M	S		S	L	S	M	S
CO5	L	M	L	S	L		L	M	L	S	L

S- Strong; M- Medium; L-Low

Course Name: Core-12-Fundamentals of Sports Training

Course Code: 20UPE6C12

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Understand the meaning, aim and objectives of sports training.	K2
CO2	Know about the methods of sports training.	K2
CO3	Know about the various types of training for various sports activities.	K3
CO4	Understand the fundamental concepts and knowledge about planning the Training schedule.	K4
CO5	Know about the Technical and Tactical Training in sports.	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5		PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S		S	S	L	M	S
CO2	M	L	S	S	M		M	L	S	S	M
CO3	S	S	S	L	S		S	S	S	L	S
CO4	S	S	L	S	S		S	S	L	S	S
CO5	L	M	L	L	L		L	M	L	L	L

S- Strong; M- Medium; L-Low

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Know the various fundamental skills of field and combined events.	K2
CO2	Acquiring the various skills in field and combined events.	K3
CO3	Know about the rules and regulations, and learn the method of officiating for all field and combined events	K3
CO4	Acquire the basic knowledge of technique and method of jumps and throws.	K4
CO5	Able to understand track and field events rules and regulations	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	L	M	M	S	L	L	M	M
CO2	S	S	S	M	L	S	S	S	M	L
CO3	S	S	S	S	S	S	S	S	S	S
CO4	S	M	L	S	S	S	M	L	S	S
CO5	S	M	M	S	S	S	M	M	S	S

S- Strong; M- Medium; L-Low

COURSEOUTCOMES:

After learning the course, the students will be able to

CO1	Know the various types of sports injuries	K2
CO2	Know about the principles of treatment of injuries.	K3
CO3	Learning the various rehabilitation methods	K3
CO4	Acquire the various Therapeutic modalities and Exercises.	K3
CO5	Know the various types of massage and physiological effects	K4

K1- Remember; K2 – Understand; K3 – Apply; K4- Analyze

	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	M	S	S	S	L	M	S
CO2	M	L	S	S	M	M	L	S	S	M
CO3	S	S	S	L	S	S	S	S	L	S
CO4	S	S	L	S	S	S	S	L	S	S
CO5	L	M	L	L	L	L	M	L	L	L

S- Strong; M- Medium; L-Low



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