Department of Physical Education
Mugberia Gangadhar Mahavidyalaya

Course Outcomes

After the completion of the course, the student trainees will be able to:

Title of the Course	No.	Course Outcomes
Foundations of Physical Education	CO1	To understand the meaning of physical education
	CO2	Understand the foundation of physical education
	CO3	To know about allied sciences, camping and recreation.
	CO4	To learn history of Olympics and physical education.
	CO5	To know the contribution of various agencies, awards and scholarships.
Management of Physical Education and Sports	CO6	Concept and definition of Sports Management. Purpose of Sports Management, Importance of Sports Management, Principles of Sports Management. Sports Manager and his duties.
	CO7	Tournaments: Meaning and definition, and types of tournaments (Knock-out, League, Combination, Challenge). Procedure of drawing fixture. . Method of organizing Annual Athletic Meet and Play Day, Method of organizing of Intramural and Extramural competition.
	CO8	Method of calculation of Standard Athletic Track marking. Care and maintenance of play ground and gymnasium. Importance, care and maintenance of sports equipment. Time Table: Meaning, importance and factors affecting school Physical Education Time Table.
	CO9	Meaning and definition of leadership. Qualities of good leader in Physical Education. Types of Leadership, Principles of leadership activities.
	CO10	Lay out knowledge and Officiating ability of Track and field events, Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho- Kho,Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis. Gymnastic and Yoga Scoring
Human anatomy and Physiology	CO11	Meaning and definition of Human Anatomy, Physiology and Exercise Physiology. Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education. Cell- Structure and function. Tissue- Types and functions.
	CO12	Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female. Muscular System- Type, location, function and structure of muscle. Types of muscular contraction. Effect of exercise and training on muscular system.
	CO13	Blood- Composition and function. Heart- Structure and functions. Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycardia. Effect of exercise and training on circulatory system.
	CO14	Structure and function of Respiratory organs. Mechanism of Respiration. Vital Capacity, O2 Debt and Second Wind. Effect of exercise and training on respiratory system.
	CO15	Assessment of BMI, and WHR. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.

Health Education, Physical Fitness and Wellness	CO16	Concept, definition and dimension of Health. Definition, aims, objectives and principles of Health Education. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF) School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Personal hygiene.
	CO17	Communicable Diseases- Malaria, Dengue and Chicken Pox and Diarrhea. Non-Communicable Diseases- Obesity, Diabetes and Asthma. Nutrition- Nutritional requirements for daily living. Preparation and Principles of Balance Diet. Health disorders due to deficiencies of Protein, Vitamins and Minerals. Postural deformities- Causes and corrective exercises of Kyphosis, Lordosis, Scoliosis, Knock Knee, Flat Foot and Bow Legs.
	CO18	Physical Fitness- Meaning, definition and importance of Physical Fitness. Components of Physical Fitness- Health and performance related Physical Fitness. Concept of Wellness. Relationship between physical activities and wellness. Ageing- Physical activities and its importance.
	CO19	First aid- Meaning, definition, importance and golden rules of First-aid. Concept of sports injuries- Sprain, Strain, Facture, Dislocation and Wound. Management of sports injuries through the application of Hydro-therapy and Thermo- therapy. Physiotherapy: Basic concept, types & principles. Management of sports injuries through the application of exercise and massage therapy.
	CO20	First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.
Tests, Measurements and Evaluation in Physical Education	CO21	Concept of test, measurement & evaluation.Criteria of good test. Principles of evaluation. Importance of Test, Measurement and Evaluation in Physical Education and Sports.
	CO22	Body Mass Index (BMI) - Concept and method of measurement. Body Fat - Concept and method of measurement. Lean Body Mass (LBM) - Concept and method of measurement. Somatotype- Concept and method of measurement.
	CO23	Kraus-Weber Muscular Strength Test AAHPER Youth Fitness Test, Queens College Step Test, Harvard Step Test
	CO24	Lockhart and McPherson Badminton Skill Test, Johnson Basketball Test Battery, McDonald Soccer Test, Brady Volleyball Test
	CO25	Assessment of somatotype and Body fat percentage (%), Assessment of AAHPER Youth Fitness Test and Harvard Step Test.
Sports Training	CO26	Meaning and definition of Sports Training. Aim and characteristics of Sports Training. Principles of Sports Training. Importance of Sports Training.
	CO2	Warming up and cooling down- Meaning, types and methods. Conditioning - Concept of Conditioning and its principles. Training Methods- Circuit Training, Interval Training, Weight Training. Periodisation- Meaning, types, aim and contents of different periods.
	CO28	Training Load - Meaning, definition, types and factors of training

		load. Components of training load.Over Load - Meaning, causes, symptoms and tackling of over load. Adaptation - Meaning and conditions of adaptation.
	CO29	Strength - Means, types and methods of strength development. Speed - Means, types and methods of speed development. Endurance - Means, types and methods of endurance development. Flexibility - Means, types and methods of flexibility development.
	CO30	Practical Experience of Weight Training and Circuit Training. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.
Track and field (Running, Throwing and Jumping)	CO31	To learn the techniques of Running, Throwing and Jumping
Basic knowledge Kho-Kho, Kabaddi, Basketball, Football, Badminton, Volleyball, Yoga and Gymnastics	CO32	To learn the fundamentals of major games.
	CO33	To learn the rules of the games for efficient officiating
	CO34	To know the various drills for optimum skill development.

Programme Outcomes

PO1. Present day technological developments have paved a clear way to the sports performance enhancement. Hence the Foundation of Physical education is introduced to the students. The history of both physical education and Olympics helps the students to know the background of the events. Towards the further improvement, it is appropriate to say that Young Men Christian Association (YMCA), Sports Authority of India (SAI), National and International competitions and sports festivals contribute to the present day sports performance improvement.

PO2. Anatomy and Physiology are the sports science subjects deal with the structure and functions of the human body. Since, the knowledge about human body is very essential to understand the muscular and skeletal involvements of various joints, the students learn this mechanism with lot of interest to perfect the sports movements. It is useful to learn about the internal organs like heart, lungs and nervous system as they are the primary supporters of all body movements. This knowledge will assure the students the ratio of physical work and recovery.

PO3. Health education is another branch of science that gives knowledge about the personal health and safety education. The students show a lot of interest to know the meaning, principles, components of personal and community hygiene. By understanding the communicable diseases, the students are able to lead a diseases free life. As they are involved in regular physical training, safety education plays a dominant role. They also learn to be safe at home, on the play field, inside a gym and in the public. They act as health ambassadors and carry the adage namely “Prevention is better than cure”.

PO4. The practical knowledge of Track and Field events helps the students to learn the various techniques along with the international rules of the events. Since they learn the rules, they can become qualified state, national and international officials. This definitely will elevate their professional career. They will be of great demand in their professional circle.

PO5. All students understood that Gymnastics is the mother of all sports. Hence they learn all gymnastic movements and will teach the same to the children at an early age. The process of transferring the knowledge will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility. They also learn to use different gymnastic apparatus along with the rules to use them efficiently.

PO6. The study of Foundation of Yoga helps the students to understand the historical background, need and importance. This branch of knowledge helps to know the various limbs of yoga, asanas, paranayama, kriyas and banda.

PO7. Another branch of sports science is “Tests and Measurements”. Students understand the meaning and importance of this science. They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports persons.

PO8. The sport science subject namely "Psychology" has found a very important place in sports training. Students become familiar with laws of learning, theories of learning and learning curve. Students are also aware of the relationship with others, leadership qualities and their own personality improvement.

PO9. The practical classes in Track and Field events help the students to learn the various techniques of performing competitive track and field events. Students who are able to improve their sports specific performance will continue their practice to improve their competitive performance in their specialized events.

PO10. The knowledge of Gymnastics helps the students the process of transferring the knowledge in a practical way. This will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility.

Programme Specific Outcomes

PSO1. The knowledge of track and field elevates the professional competency.

PSO2. To understand the progressive development of physical education and Olympics.

PSO3. To understand the Rules, basic skills and their drills of Kabaddi, Kho-Kho, Track and Field Yoga, Gymnastics, Badminton Basketball, football, and volleyball etc.

PSO4. Understanding anatomy and physiology helps to learn sports movements correctly and execute them in a perfect way.

PSO5. To be aware of diseases and to lead a healthy life.

PSO6. Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility.

PSO7. Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.

PSO8. To execute the sports movements with accurate and appropriate body mechanics.

PSO9. The knowledge of nutrition will definitely improve the health of the sports persons, family health and in turn the health of the whole society.

PSO10. All the students learn the various sports training methodology which could be used to develop all the fitness components and sports performance.

PSO11. The Students are aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement.

PSO12. Personality development and career guidance: This subject caters to the need of the present day students because they are in need of acceptable personality development and appropriate career guidance.

PSO13. The understanding of "First aid" along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.

PSO14. Students learn all the techniques to perform all the competitive track and field events along with the international rules. This helps them to prepare for becoming officials of state, national and international levels.

PSO15. Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility which help them to stabilize other competitive techniques of games and track and field events.

CO & PO Mapping

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	Average
CO1	3	2	2	2	3	3	3	2	2	3	2.5
CO2	2	3	2	2	2	2	3	3	3	2	2.4
CO3	3	1	1	1	2	3	2	3	1	1	1.8
CO4	3	2	3	3	3	1	1	1	2	2	2.1
CO5	1	3	1	2	3	3	3	2	2	2	2.2
CO6	2	3	2	2	2	2	3	3	3	2	2.4
CO7	2	1	3	2	1	3	2	3	2	1	2
CO8	2	1	1	1	2	3	2	3	1	1	1.7
CO9	3	2	3	3	3	1	1	1	2	2	2.1
CO10	2	3	1	2	3	3	3	2	2	2	2.3
CO11	2	3	2	2	2	2	3	3	3	2	2.4
CO12	3	1	1	1	2	3	2	3	1	1	1.8
CO13	3	2	3	3	3	1	1	1	2	2	2.1
CO14	2	3	1	2	3	3	3	2	2	2	2.3
CO15	3	3	2	2	2	2	3	3	3	2	2.5
CO16	1	1	3	2	1	3	2	3	2	1	1.9
CO17	2	1	1	1	2	3	2	3	1	1	1.7
CO18	3	2	3	3	3	1	1	1	2	2	2.1
CO19	2	3	1	2	3	3	3	2	2	2	2.3
CO20	3	3	2	2	2	2	3	3	3	2	2.5
CO21	1	2	3	3	3	1	1	1	2	2	1.9
CO22	2	3	1	2	3	3	3	2	2	2	2.3
CO23	3	3	2	2	2	2	3	3	3	2	2.5
CO24	2	1	3	2	1	3	2	3	2	1	2
CO25	2	1	1	1	2	3	2	3	1	1	1.7
CO26	3	2	3	3	3	1	1	1	2	2	2.1
CO27	3	2	3	3	3	1	1	1	2	2	2.1
CO28	2	3	1	2	3	3	3	2	2	2	2.3
CO29	3	3	2	2	2	2	3	3	3	2	2.5
CO30	1	1	3	2	1	3	2	3	2	1	1.9
CO31	2	1	1	1	2	3	2	3	1	1	1.7
CO32	3	2	3	3	3	1	1	1	2	2	2.1
CO33	2	2	1	3	3	2	1	1	3	2	2
CO34	1	1	3	1	2	2	3	3	2	1	1.9

Mapping Correlation

1	2	3
Low	**Medium**	**High**