

COURSE OUTCOMES (COs)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

BCC101	PRINCIPLES OF PHYSICAL EDUCATION, PHYSIOLOGY & SOCIOLOGY	L	T	P	C
		4	0	0	4

Objectives: After studying this paper the student teachers will be able

- To Know about the importance of biological Principles
- To know about the importance of Psychological principles
- To know about the importance of Sociological principles
- To know about the importance of Educational Psychology
- To know about Guidance and Counseling

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand Physical Education, Educational Physiology & Sociology
- CO2: Explain the Principles of P.E
- CO3: Discuss the theories, laws and effect of Educational Psychology
- CO4: Apply effect of Physical Education various steps of growth and development
- CO5: Determine the impact of P.E. on Psychological, Biological and Sociological aspects.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	-	-	3	3	3
CO2	3	3	3	3	3	3	3
CO3	3	3	3	9	-	3	3
CO4	-	3	-	9	3	9	3
CO5	-	3	3	9	3	9	9
Weightage of the course	15	12	9	30	12	27	21
Weighted % of the course	01.82	01.25	00.78	02.68	01.83	02.42	04.21

BCC102	ANATOMY AND PHYSIOLOGY	L	T	P	C
		4	0	0	4

Objectives: After studying this paper the student teachers will be able

- To know about Anatomy of Human Body
- To Know about Circulatory and Respiratory System
- To know about Digestive and Excretory System
- To know about Endocrine glands and Nervous system
- To know about Human Physiology and Exercise on various systems

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand Anatomy, Physiology, and Joints. Muscles and various systems of our body.
- CO2: Apply the importance of various organs and systems of our body.
- CO3: Analyse the Physiology of various systems of our body.
- CO4: Evaluate the effect of exercise on various systems of our body.
- CO5: The importance of exercise to human body - formulate.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	3	1	-	9	1
CO2	3	9	3	9	3	9	3
CO3	3	9	3	9	3	9	3
CO4	1	9	3	9	3	9	3
CO5	-	-	-	3	3	9	3
Weightage of the course	16	27	12	31	12	45	13
Weighted % of the course	01.94	02.81	01.04	02.77	01.83	04.04	02.61

BCC103

YOGA EDUCATION

L T P C
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To aware about meaning, definition and need of Yoga
- To know about foundation Yoga
- To understand about various Asanas, Bandhas, Mudras and Kriyas
- To know about Yoga Education
- To know about Yoga for fitness

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand Yoga, history, need and importance of Yoga in Physical Education.
- CO2: Apply the schools of Yoga
- CO3: Analyse various asanas and their effects.
- CO4: Evaluate the learnt yogic practices in Research
- CO5: Develop yogic practices in healthy living.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	-	3	9	3
CO2	3	9	9	1	3	9	3
CO3	1	3	3	9	3	9	3
CO4	1	3	3	9	3	9	3

- To know about Adapted Physical Education
- To understand the development of a child
- To know the causes of disability
- To know the types of disability

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand special inclusive and adapted Physical Education
- CO2: Determine the pre and post natal development and motor movements
- CO3: Differentiate the causes of disability
- CO4: Infer the challenges and issues of the children with disabilities
- CO5: Create the knowledge in designing adapted physical education programme

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	1	3	3	3
CO2	3	3	9	3	9	9	3
CO3	3	3	3	9	9	9	3
CO4	3	3	9	9	9	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	27	18	39	22	33	39	15
Weighted % of the course	03.28	01.87	03.39	01.96	05.05	03.50	03.01

BPC106 CALISTHENICS, MINOR GAMES, DRILLS AND AEROBICS

L T P C
0 2 4 4

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand rhythm and various series of calisthenics exercises
- CO2: Apply various types of minor games
- CO3: Analyse commands, marching and lessons
- CO4: Prepare schedule of low medium and high impact aerobic dance
- CO5: Create display of calisthenics, aerobics, figure marching and kick boxing

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	-	3	9	3
CO2	9	3	9	-	9	9	1
CO3	3	9	9	-	3	9	1
CO4	9	9	9	3	9	9	3
CO5	9	3	9	3	9	9	1
Weightage of the	39	24	45	6	33	45	9

- CO2: Execute the techniques
 CO3: Differentiate the scientific basis of sprint, hurdle , events ,middle and long distance events
 CO4: Infer error , reason and correction of techniques
 CO5: Generate alternatives and interpretation of the rules and officiating

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1
CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage of the course	27	27	33	45	24	31	5
Weighted % of the course	03.28	02.81	02.87	04.02	03.67	02.78	01.00

BTC109

TEACHING PRACTICE (GENERAL LESSON)

L T P C
0 2 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Explain the concept of general lesson
 CO2: Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan
 CO3: Develop proficiency in class management
 CO4: Create and inculcate ICT in teaching
 CO5: Facilitate teaching under actual situation

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weighted % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

A Project of the National Council of YMCAs of India(Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)
Registered under UGC Act**BCC201****HISTORY OF PHYSICAL EDUCATION, RECREATION,
CAMPING, GUIDANCE & COUNSELING****L T P C**
4 0 0 4**Objectives:** After studying this paper the student teachers will be able

- To know about the growth and development of Physical in India
- To know about the growth and development of Physical in Greece
- To know about origin and development of Olympics games
- To know about Recreation and Camping
- To know about the importance of Sociology

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand the history of PE in India, Greece, Rome and Germany
- CO2: Illustrate the various associations and various awards for PE and Sports
- CO3: Analyze the various tournaments and competitions worldwide
- CO4: Apply Recreation, camping, Guidance and Counseling
- CO5: Evaluate the various recreational programmes, types of guidance and role of teacher as a counselor

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	-	-	3	9	3
CO2	1	-	-	-	3	3	3
CO3	1	9	9	3	9	9	9
CO4	3	9	9	9	3	9	3
CO5	3	9	9	9	3	9	3
Weightage of the course	17	27	27	21	21	36	21
Weighted % of the course	02.07	02.81	02.35	01.88	03.21	03.23	04.21

BCC202**ORGANIZATION, ADMINISTRATION, AND METHODS IN
PHYSICAL EDUCATION****L T P C**
4 0 0 4**Objectives:** After studying this paper the student teachers will be able

- To know about structure of organization and administration
- To know about function of organization and administration
- To know about Competition organization
- To know about Teaching Technique and Teaching aids
- To know about Lesson plan and Teaching Innovations

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand the structure, and the Principles of functions
- CO2: Apply Infrastructure, Equipment and Timetable management

- CO3: Analyse the different types of tournaments, fixtures merits and demerits
 CO4: Evaluate various techniques and aids for teaching physical activities
 CO5: Apply the learnt techniques in preparing lesson plan and teaching innovations

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	1	3	1	9	3
CO2	1	9	3	3	3	9	1
CO3	-	9	9	3	3	9	3
CO4	1	9	9	9	3	9	3
CO5	1	9	9	9	3	9	3
Weightage of the course	12	39	31	27	13	45	13
Weighted % of the course	01.46	04.05	02.70	02.41	01.99	04.04	02.61

BCC203 **PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING (TRACK & FIELD)** **L T P C**
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To know about Philosophy of officiating and mechanism of officiating
- To learn about dimensions and layout of playfield
- To know about Rules and Interpretation of Various games
- To know about Specification of equipments
- To know about Lead up games

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand duties and powers of officiating
 CO2: Apply the rules and interpretation of track and field events
 CO3: Analyse rules specific to track and field events
 CO4: Evaluate the construction of track and field events arena
 CO5: Explore combined events and race walking

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	1	3	1
CO2	3	9	9	3	1	3	1
CO3	1	3	9	9	3	9	1
CO4	-	1	9	9	-	9	1
CO5	3	9	9	3	1	9	1
Weightage of the	16	25	39	27	6	24	5

course							
Weighted % of the course	01.94	02.60	03.39	02.41	00.92	02.15	01.00

BGE204 **COMPUTER APPLICATION IN PHYSICAL EDUCATION** **L T P C**
1 0 0 1

Objectives: After studying this paper the student teachers will be able

- To know about information and communication technology
- To understand and use MS word - Word processor
- To understand and MS Excel Spread sheet
- To understand and use MS Power point Presentation programme
- To access the internet

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Explain computer information communication technology and machine languages
- CO2: Estimate the need and importance of ICT in the field of physical education
- CO3: The components and application of software in computer application
- CO4: Infer the usage of internet in the field of Physical Education
- CO5: Create ICT handouts

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	3	3	9	1
CO2	3	3	9	9	3	9	1
CO3	3	9	9	9	-	9	3
CO4	3	9	9	9	3	9	1
CO5	9	3	9	3	1	9	3
Weightage of the course	27	27	45	33	10	45	9
Weighted % of the course	03.28	02.81	03.91	02.95	01.53	04.04	01.80

BGE205 **ELEMENTARY STATISTICS** **L T P C**
1 0 0 1

Objectives: After studying this paper the student teachers will be able

- To understand the basics of Statistics
- To know about frequency distribution
- To know the graphical representation of data
- To know the measures of central tendency
- To know the measures of variation/ dispersion

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand the meaning nature importance and types of statistics
- CO2: Identity the various statistical techniques
- CO3: Apply in calculation of grouped and ungrouped data
- CO4: Infer the advantage disadvantage and calculation of grouped and ungrouped data
- CO5: Create the knowledge in analysis and interpretations of the located problem

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	3	3	9	1
CO2	3	3	9	9	3	9	1
CO3	3	9	9	9	-	9	3
CO4	3	9	9	9	3	9	1
CO5	9	3	9	3	1	9	3
Weightage of the course	27	27	45	33	10	45	9
Weighted % of the course	03.28	02.81	03.91	02.95	01.53	04.04	01.80

BPC206

DHANDS AND BAITHAKS LIGHT APPARATUS YOGA AND SILAMBAM

L T P C
0 2 4 4

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand the essential ingredients for controlled and essential movement
- CO2: Apply the command, count and rhythm
- CO3: Analyse the stability in transforming throughout the balance and force in progression of movement
- CO4: Prepare sequences designed to improve varieties in mass display
- CO5: Create mass display of Dhands, Baithaks, Light apparatus, Yoga and Silambam inter music and rhythm

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1
CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage	27	27	33	45	24	31	5

of the course							
Weighted % of the course	03.28	02.81	02.87	04.02	03.67	02.78	01.00

BPC207 BASKETBALL, VOLLEYBALL, FOOTBALL AND THROWBALL **L T P C**
0 2 6 4

COURSE OUTCOMES: At the end of the course, the student will be able to
 CO1: Understand fundamental skills, techniques and tactics of various games
 CO2: Identify the system of play
 CO3: Analyse rules and interpretation
 CO4: Suggest training schedule
 CO5: Participate and Organize competitions and tournaments

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	9	3	9	1
CO2	3	9	9	9	3	3	1
CO3	3	9	9	9	3	1	1
CO4	3	9	9	9	3	9	3
CO5	3	3	9	3	3	9	1
Weightage of the course	21	30	45	39	15	31	7
Weighted % of the course	02.55	03.12	03.91	03.48	02.29	02.78	01.40

BPC208 FIELD EVENTS (JUMPS) **L T P C**
0 1 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to
 CO1: Illustrate basic and advance techniques in field events
 CO2: Execute the techniques
 CO3: Differentiate the scientific basis of jumps
 CO4: Infer error, reason and correction of techniques
 CO5: Generate alternatives and interpretation of the rules and officiating

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1

CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage of the course	27	27	33	45	33	31	5
Weighted % of the course	03.28	02.81	02.87	04.02	05.05	02.78	01.00

BTP209

TEACHING PRACTICE (PARTICULAR LESSON)

L T P C
0 1 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain the concept of particular lesson

CO2: Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan

CO3: Develop proficiency in class management

CO4: Create and inculcate ICT in teaching

CO5: Facilitate teaching under actual situation

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weighted % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

BTP210

EXTERNAL TEACHING PRACTICE (GENERAL & PARTICULAR)

L T P C
0 1 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the competency in teaching general and particular lesson

CO2: Identify and prepare methods of lesson plan

CO3: Presentation of innovative method of execution

CO4: Evaluate the impact teaching and learning

CO5: Create and predict teaching under most desirable teaching situation

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weighted % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

BCC301

SPORTS TRAINING

L T P C
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To know the importance of sports training on performance
- To know the means and methods of developing the fitness components
- To know about the process of training
- To design a training schedule for specific sport
- To select a team for different levels of competition

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand Sports Training, motor components, Load and Periodization
- CO2: Identity the means and methods of Training motor components
- CO3: Infer the process technical and tactical training
- CO4: Evaluate training programme and planning
- CO5: Create coaching and training programme and talent in identification

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	1	3	3	9	3
CO2	3	3	3	9	3	9	3
CO3	3	9	9	9	3	9	3
CO4	3	9	3	9	3	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	27	30	25	39	15	45	15
Weighted % of the course	03.28	03.12	02.17	03.48	02.29	04.04	03.01



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BCC302 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES **L T P C**
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To know about health and personal hygiene
- To know about the health problems and services in India
- To understand the connection between life and environment
- To know about the natural resources and sustenance
- To know about pollution and its control

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand Hygiene and Natural resources
- CO2: Identify the health problems and services in India
- CO3: Analyse the scope, importance and need of health and environmental studies
- CO4: Explore the environmental conversation and sustainable development
- CO5: Apply the knowledge in preserving the natural resources and controlling the pollution

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	-	9	3
CO2	3	9	9	9	3	3	3
CO3	3	9	3	9	3	3	3
CO4	9	9	3	9	1	9	3
CO5	9	9	3	9	9	9	3
Weightage of the course	27	39	21	39	16	24	15
Weighted % of the course	03.28	04.05	01.83	03.48	02.45	02.15	03.01

BCC303 PRINCIPLES AND TECHNIQUES OF OFFICIATING & COACHING **L T P C**
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand the Philosophy of Officiating
- CO2: Apply dimensions, layout of play fields and specification of equipment.
- CO3: Analyse rules and their interpretations

CO4: Evaluate skills and technique

CO5: Create drills, lead-up, coaching and the officiating.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	3	3	3	3
CO2	9	9	9	3	3	9	3
CO3	3	9	9	9	3	9	9
CO4	3	9	9	3	9	9	3
CO5	3	9	9	9	3	9	3
Weightage of the course	27	39	45	27	21	39	21
Weighted % of the course	03.28	04.05	03.91	02.41	03.21	03.50	04.21

BSE304

SPORTS MANAGEMENT

L T P C
1 0 0 1

Objectives: After studying this paper the student teachers will be able

- To know about the concept and purpose of sports management
- To know about Leadership
- To know about Sports management in School, College and University
- To know about maintaining records
- To know about financial management.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Identify meaning Nature, Concept, scope and purpose of sports management

CO2: Apply Leadership styles and their impact

CO3: Analyse the sports programmes in schools, colleges and universities

CO4: Develop various types of records registers and maintenance

CO5: Implement the financial management in Physical Education and sports

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	3	-	3	3	3
CO2	3	9	9	9	3	9	3
CO3	3	9	9	9	3	9	3
CO4	3	3	9	3	3	9	3
CO5	3	9	9	3	9	9	3
Weightage of the course	21	30	39	24	21	39	15

Weighted % of the course	02.55	03.12	03.39	02.14	03.21	03.50	03.01
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BSE305

FITNESS, WELLNESS & SPORTS NUTRITION

L T P C
1 0 0 1

Objectives: After studying this paper the student teachers will be able

- To define fitness, wellness, and interdisciplinary concept.
- To understand metabolism and health benefits.
- To apply principles of exercise and design fitness performance.
- To apply the components of food and their role in performance.
- To analyse the acquired knowledge of nutrition in weight management and specific sports.

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand fitness, wellness, and nutrition.
- CO2: Apply fitness, wellness, and physical activities to Health and lifestyle
- CO3: Analyse preventive measures of lifestyle management through exercise and diet.
- CO4: Apply the components of food and their role in performance.
- CO5: Analyse the acquired knowledge of nutrition in weight management.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	3	-	3	3	3
CO2	3	9	9	9	3	9	3
CO3	3	9	9	9	3	9	3
CO4	3	3	9	3	3	9	3
CO5	3	9	9	3	9	9	3
Weightage of the course	21	30	39	24	21	39	15
Weighted % of the course	02.55	03.12	03.39	02.14	03.21	03.50	03.01

BPC306

LEZIUM, KUNG FU, SWISSBALL AND CORE BOARD TRAINING AND TENNIKOITS

L T P C
0 2 4 4

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand various series of lezium with music
- CO2: Apply technique for self-protection through martial art- Kungfu
- CO3: Analyse warm up strengthening total body workout and functional workout
- CO4: Prepare balance, core stability, drills with dumbbells and medicines
- CO5: Create functional set skills for better social life

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	-	3	9	3
CO2	9	3	9	-	9	9	1
CO3	3	9	9	-	3	9	1
CO4	9	9	9	3	9	9	3
CO5	9	3	9	3	9	9	1
Weightage of the course	39	24	45	6	24	45	9
Weighted % of the course	04.74	02.49	03.91	00.54	03.67	04.04	01.80

BPC307

CRICKET, ARCHERY, HOCKEY AND NETBALL

L T P C
0 2 4 4

COURSE OUTCOMES: At the end of the course, the student will be able to
 CO1: Understand fundamental skills, techniques and tactics of various games
 CO2: Identify the system of play
 CO3: Analyse rules and interpretation
 CO4: Suggest training schedule
 CO5: Participate and Organize competitions and tournaments

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	9	3	9	1
CO2	3	9	9	9	3	3	1
CO3	3	9	9	9	3	1	1
CO4	3	9	9	9	3	9	3
CO5	3	3	9	3	3	9	1
Weightage of the course	21	21	45	39	15	31	7
Weighted % of the course	02.55	02.18	03.91	03.48	02.29	02.78	01.40

BPC308

FIELD EVENTS (THROWS)

L T P C
0 2 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to
 CO1: Illustrate basic and advance techniques in field events
 CO2: Execute the techniques

- CO3: Differentiate the scientific basis of throws
 CO4: Infer error, reason and correction of techniques
 CO5: Generate alternatives and interpretation of the rules and officiating

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1
CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage of the course	27	27	33	45	33	31	5
Weighted % of the course	03.28	02.81	02.87	04.02	05.05	02.78	01.00

BTP309

COACHING LESSON AND OFFICIATING

L T P C
0 2 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand components of coaching lesson in sports and games and track and field
 CO2: Apply the concrete direction of planning and implementation
 CO3: Analyze each step in creation deeper and detailed procedure of coaching and officiating
 CO4: Accomplish goals within a learning environment on short and long term basis
 CO5: Create the value of envisioning success in class room setting

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	1
CO2	3	9	3	9	9	9	1
CO3	3	9	9	9	3	9	1
CO4	9	9	9	9	3	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	24	39	39	45	27	45	9
Weighted % of the course	02.92	04.05	03.39	04.02	04.13	04.04	01.80

BCC401 TEST AND MEASUREMENT IN PHYSICAL EDUCATION **L T P C**
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To know the importance of test and measurement in physical education
- To know the types of test and their administration
- To understand the different physical fitness tests
- To understand the health related physical fitness tests
- To know the skill tests of different sports

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand test measurement importance and principles
 CO2: Identify the criteria, classification and administration of test
 CO3: Discuss the skill and health related fitness tests
 CO4: Prepare the health and skill related fitness tests
 CO5: Apply the knowledge in conducting the tests

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	3	9	3
CO2	3	9	9	9	3	3	3
CO3	1	3	9	9	3	3	1
CO4	9	9	3	9	3	9	3
CO5	3	9	3	9	3	9	1
Weightage of the course	25	24	27	39	15	24	11
Weighted % of the course	03.04	02.49	02.35	03.48	02.29	02.15	02.20

BCC402 KINESIOLOGY AND BIOMECHANICS **L T P C**
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To know the basics of kinesiology & Biomechanics and their importance in Physical Education
- To understand the classification of joints and muscles
- To understand the mechanical concepts
- To know about the human movements
- To analyze the human movements mechanically

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand the fundamentals of movements
 CO2: Determine the causes and corrective measures of posture
 CO3: Analyse the classification of joints and muscles and their contribution to movements in sports and games

- CO4: Evaluate the kinetic and kinematic principles of human movement
 CO5: Predict the knowledge in motor movements for better performance

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	1	3	1
CO2	3	9	1	9	-	9	1
CO3	3	9	3	9	-	9	1
CO4	3	9	9	9	1	9	1
CO5	3	3	9	9	-	3	1
Weightage of the course	21	33	25	45	2	33	5
Weighted % of the course	02.55	03.43	02.17	04.02	00.31	02.96	01.00

BCC403

PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING

L T P C
4 0 0 4

Objectives: After studying this paper the student teachers will be able

- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand the Philosophy of Officiating
 CO2: Apply dimensions, layout of play fields and specification of equipment.
 CO3: Analyse rules and their interpretations
 CO4: Evaluate skills and technique
 CO5: Create drills, lead-up, coaching and the officiating.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	1	3	1
CO2	3	9	9	3	1	3	1
CO3	1	3	9	9	3	9	1
CO4	-	1	9	9	-	9	1
CO5	3	9	9	3	1	9	1
Weightage of the course	16	25	39	27	6	24	5

Weighted % of the course	01.94	02.60	03.39	02.41	00.92	02.15	01.00
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BAE404

**SPORTS MEDICINE, PHYSIOTHERAPY AND
REHABILITATION**

**L T P C
1 0 0 1**

Objectives: After studying this paper the student teachers will be able

- To understand about need and importance of sports medicine
- To know about Prevention of injuries in sports and First Aid
- To know about the importance of Physiotherapy
- To know about Hydrotherapy
- To know about Therapeutic exercises

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Define Sports Nutrition, Nutrition guidelines, Role of Nutrition in sports, Nutrition Plan
CO2: Apply about the components of food and their role.
CO3: Analyse the acquired knowledge of Nutrition in weight management.
CO4: Evaluate the role of Nutrition on health
CO5: Explain the create preventive measures of lifestyle management

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	1	1	1	3	3
CO2	3	9	3	9	3	9	3
CO3	1	3	3	9	3	9	3
CO4	1	3	9	9	9	9	9
CO5	3	9	3	9	3	9	9
Weightage of the course	17	24	19	37	19	39	27
Weighted % of the course	02.07	02.49	01.65	03.30	02.91	03.50	05.41

BPC406

**MALKHAMB AND PYRAMID, THERABAND LADDER
TRAINING AND GYMNASTICS**

**L T P C
0 2 4 4**

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Understand malkhamb, Rope malkhamb and pyramid with precautions and safety measures
CO2: Apply fundamental skills rules, interpretation and officiating technique
CO3: Analyse for postural development and rehabilitation exercise using theraband
CO4: Execute variations in ladder training for fundamental and sports specific
CO5: Perform floor exercises, vaulting horse, pommel horse and other exercises gracefully and rhythmically

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	-	3	9	3
CO2	9	3	9	-	9	9	1
CO3	3	9	9	-	3	9	1
CO4	9	9	9	3	9	9	3
CO5	9	3	9	3	9	9	1
Weightage of the course	39	24	45	6	24	45	9
Weighted % of the course	04.74	02.49	03.91	00.54	03.67	04.04	01.80

BPC407

KABBADDI, HANDBALL, KHO-KHO AND SWIMMING

L T P C
0 2 4 4

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand fundamental skills, techniques and tactics of various games

CO2: Identify the system of play

CO3: Analyse rules and interpretation

CO4: Suggest training schedule

CO5: Participate and Organize competitions and tournaments

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	9	3	9	1
CO2	3	9	9	9	3	3	1
CO3	3	9	9	9	3	1	1
CO4	3	9	9	9	3	9	3
CO5	3	3	9	3	3	9	1
Weightage of the course	21	30	45	39	15	31	7
Weighted % of the course	02.55	03.12	03.91	03.48	02.29	02.78	01.40

BTP408

**EXTERNAL COACHING LESSON AND OFFICIATING
 (TRACK & FIELD AND SPECIALIZATION)**

L T P C
0 2 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basic concept

- CO2: Apply the knowledge of rules and regulations and interpretation
 CO3: Skills, Coaching and officiating procedure
 CO4: Analyse the skills and technique
 CO5: Develop proficiency in Coaching and officiating

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	1
CO2	3	9	3	9	9	9	1
CO3	3	9	9	9	3	9	1
CO4	9	9	9	9	3	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	33	39	39	45	27	45	9
Weighted % of the course	04.01	04.05	03.39	04.02	04.13	04.04	01.80

BTP409

INTENSIVE TEACHING PRACTICE

L T P C
0 0 20 5

COURSE OUTCOMES: At the end of the course, the student will be able to

- CO1: Determine more effectively the lessons adhered during each class
 CO2: Enhance meaningful concept in teaching
 CO3: Develop essential components, resources, procedure and evaluation techniques
 CO4: Provide right information related sports , games indigenous activities and minor games
 CO5: Create structural learning outcomes

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weighted % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

CO2: Apply the knowledge of rules and regulations and interpretation

CO3: Skills, Coaching and officiating procedure

CO4: Analyse the skills and technique

CO5: Develop proficiency in Coaching and officiating

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	1
CO2	3	9	3	9	9	9	1
CO3	3	9	9	9	3	9	1
CO4	9	9	9	9	3	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	33	39	39	45	27	45	9
Weighted % of the course	04.01	04.05	03.39	04.02	04.13	04.04	01.80

BTP409

INTENSIVE TEACHING PRACTICE

L T P C
0 0 20 5

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Determine more effectively the lessons adhered during each class

CO2: Enhance meaningful concept in teaching

CO3: Develop essential components, resources, procedure and evaluation techniques

CO4: Provide right information related sports , games indigenous activities and minor games

CO5: Create structural learning outcomes

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weighted % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

Principal (i/c)

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