



The National Council of YMCAs of India  
**Y.M.C.A. College of Physical Education**



*A Project of the National Council of YMCAs of India*  
 (Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)  
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**MASTER OF PHYSICAL EDUCATION (M.P.Ed.)**  
**2021-2023**  
**CHOICE BASED CREDIT SYSTEM & OUTCOME BASED EDUCATION**

**1. PROGRAMME EDUCATIONAL OBJECTIVES (PEOs):**

PEO 1	To impart the basic knowledge of physical education, sport sciences and related areas of studies.
PEO 2	To develop the learner into competent and efficient physical educationist/ Industry ready professionals.
PEO 3	To empower learners by communication, professional and life skills.
PEO 4	To impart Information Communication Technologies (ICTs) skills, including digital and media literacy and competencies.
PEO 5	To imbibe the culture of research, innovation, entrepreneurship and incubation.
PEO 6	To inculcate professional ethics, values of Indian and global sports culture.
PEO 7	To prepare socially responsible teaching academicians, researchers, professionals with global vision.

**2. PROGRAMME OUTCOMES (POs):**

- PO 1 Domain/ Disciplinary Knowledge: Apply the gained knowledge which may be relevant and appropriate to Physical Education and sports sciences.
- PO 2 Critical Thinking & Problem Analysis: Enable to understand analysis, analyze, and define the requirements of facts, observation to form conclusion or judgment. It enhances rational skeptical and unbiased analysis or evaluation of factual evidence.
- PO 3 Research Related Skills: Identify, formulate, search for literature collect and analyze, interpret and evaluate, substantial conclusion.
- PO 4 Communication Skill and Digital Literacy: Ability to communicate effectively through mass media among audience, stakeholders, community effectively integrate IT based/ allied sports sciences/ technological solutions to applications.
- PO 5 Team Work: Ability to lead and as an individual in interdisciplinary setting to establish a common goal.
- PO 6 Moral and Ethical Awareness: Recognize, respect the values of professional, ethical social and responsibilities in teaching, learning and evaluation.
- PO 7 Self-Directed and Lifelong Learning: Ability to identify and analyze the needs of self and take them into account in creation, evaluation and administration in Physical Education and Sports throughout their different life settings.

**3. PEO/ PO MAPPING:**

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7
PEO 1	✓		✓	✓	✓	✓	✓
PEO 2		✓	✓	✓		✓	✓
PEO 3				✓		✓	✓
PEO 4	✓	✓	✓	✓			✓
PEO 5	✓		✓	✓		✓	✓

PEO 6	✓	✓				✓	✓
PEO 7	✓			✓		✓	✓

**MCC 101**

**YOGIC SCIENCES**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To understand the basic concept of yoga and apply the underlying concepts of yogasana as exercise.
- To cultivate breath control, relaxation techniques and kinesthetic awareness.
- To apply the principles of yogasana to live healthy and active life style.
- To learn to apply the yogasana in sports performance.
- To analyze the psychological changes on sports persons during sports participation.
- To develop the knowledge through practice, participate and organize.

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

- CO1: Understand the basic and advance concepts of yoga.
- CO2: Exemplify the Kriyas, Mudras in Yoga.
- CO3: Develop the capacity to follow and comprehend yoga in sports and coaching.
- CO4: Design Yoga for injury management and for fitness.
- CO5: Apply yoga in performance enhancement.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	9	3	1	3	9	9
CO2	9	9	3	3	1	3	9
CO3	3	3	9	9	3	3	9
CO4	3	9	9	3	3	-	9
CO5	3	9	9	3	3	-	9
Weightage of the course	27	39	33	19	13	15	45
Weighted % of the course	02.86	03.05	02.58	01.50	01.84	03.40	03.50

**MCC 102**

**RESEARCH PROCESS IN PHYSICAL EDUCATION  
 AND SPORTS SCIENCE**

**L T P C**  
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**OBJECTIVES:**

- To gain knowledge about research in the field of physical education and sports.
- To understand the method of collecting related reviews.
- To understand the concept of sampling technique and population.
- To gain the knowledge about various research studies.
- To develop knowledge to find systematic and scientific solutions for the problems.
- To identify contemporary issues of research in the field of physical education and sports.
- To learn to structure the thesis in chapter wise format.
- To learn to prepare abstract and paper publication in journal and seminar.

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

- CO1: Understand the need, scope, and related to research in Physical Education & Sports.
- CO2: Identify the methods of research.
- CO3: Analyze experimental research & designs.
- CO4: Preparing and suggest methods of sampling of data collection.
- CO5: Create a project using the techniques of research and mechanics of publishing the papers.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3	9	9	9	3	1	3
CO2	9	1	1	1	-	1	-
CO3	3	9	9	3	3	1	9
CO4	3	3	9	3	9	9	3
CO5	1	9	9	9	1	1	9
Weightage of the course	19	31	37	25	16	13	24
Weighted % of the course	02.01	02.42	02.89	01.97	02.27	02.95	01.87

**MCC 103**

**PHYSIOLOGY OF EXERCISE**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To understand basic knowledge of skeletal muscle and muscle contraction.
- To gain the knowledge of bioenergetics.
- To identify different types of muscle fibers.
- To learn about the effect of exercise on various systems of the body.
- To learn to train athletes at high altitude.
- To understand the significant changes on physiology due to climatic conditions.
- To gain the knowledge about ergogenic aids in various sports.



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

- CO1: Define the form and structure of muscle and their effect due to training.
- CO2: Explain the cardiovascular system and effects due to exercise.
- CO3: Discuss the mechanics of respiratory system.
- CO4: Identify metabolism and energy transfer.
- CO5: Determine variations in temperature, humidity, ergogenic aids, and sports performance.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3	9	-	-	-	-	3
CO2	3	-	9	-	-	1	9
CO3	3	-	9	-	-	1	9
CO4	9	3	9	1	1	1	9
CO5	3	3	9	1	1	9	9
Weightage of the course	21	45	36	02	02	12	39
Weighted % of the course	02.22	03.52	02.81	00.16	00.28	02.72	03.04

**MEC 104**

**ADAPTED PHYSICAL EDUCATION**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To understand basic knowledge of special education and inclusive education.
- To gain the knowledge on goals of adapted Education.
- To understand the development of child, causes and classification of disability.
- To learn about the techniques and aids for mobility science.
- To learn to adopted major games for visually challenged.
- To understand and teach the adapted games for hearing impaired.
- To gain the knowledge about intellectual impairment, Special Olympics and Paralympics.

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

- CO1: Understand inclusive education.
- CO2: Define adapted physical education and movement educational concepts.
- CO3: Analyze disabilities.
- CO4: Design aids and techniques for orthopedic impairment.
- CO5: Create major adapted games for various disabilities and prepare for special and Paralympics.

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	3	3	9
CO2	9	9	9	3	3	3	9
CO3	9	9	3	9	3	-	9
CO4	9	3	3	9	1	1	9
CO5	9	3	3	9	1	-	9
Weightage of the course	45	33	27	33	11	07	45
Weighted % of the course	04.77	02.58	02.11	02.60	01.56	01.59	03.50

**MEC 105**

**SPORTS MANAGEMENT**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To identify the basic principles of sports management, leadership.
- To know about structure of organization.
- To learn to maintain records and registers in the field of physical education and sports.
- To identify future trends in the field of sports management.
- To know to prepare sports budget and utilization of resources like goods and human.
- To assess sports marketing needs in organization and production sector.
- To learn to organize sports event at state, national and corporate level.
- To understand and gain the knowledge of event management in sports and games.

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

- CO1: Explain sports management and personal management.
- CO2: Understand program, budgeting, and management guidelines for education and institutions.
- CO3: Planning, purchase and care of sports equipment. Develop public relation with institutions & media.
- CO4: Develop leadership in management and marketing.
- CO5: Implementing and establishing supervisory techniques.

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	3	3	9
CO2	9	9	9	3	3	3	9
CO3	9	9	3	9	3	-	9
CO4	9	3	3	9	1	1	9

CO5	9	3	3	9	1	-	9
Weightage of the course	45	33	27	33	11	07	45
Weighted % of the course	04.77	02.58	02.11	02.60	01.56	01.59	03.50

**MEC 106**

**SPORTS TECHNOLOGY**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To understand basic knowledge of technological impact on sports.
- To gain the knowledge about the science of sports materials.
- To learn about the modern surfaces of playfields.
- To gain knowledge on construction and installation of sports surfaces.
- To learn about the sports equipments with Nanotechnology.

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

- CO1: Understand technology in sports, workflow of instrumentation
- CO2: Conceive knowledge in nanotechnology, and in sports material.
- CO3: Identify, construct and installation of modern play surfaces.
- CO4: Design modern and protective equipment, textile, shoes, and guards.
- CO5: Create and manufacture sports gadgets.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	9	9	3	3	3	9
CO2	9	9	9	3	3	3	9
CO3	9	9	3	9	3	-	9
CO4	9	3	3	9	1	1	9
CO5	9	3	3	9	1	-	9
Weightage of the course	45	33	27	33	11	07	45
Weighted % of the course	04.77	02.58	02.11	02.60	01.56	01.59	03.50

**MPC 107**

**TRACK AND FIELD (THROWS) AND YOGA**

**L T P C**  
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**COURSE OUTCOMES:** At the end of the course, the student will be able to

- CO1: Describe the basics and advance concepts of throw events and Yoga.
- CO2: Apply the knowledge to skills and techniques of throwing events and asanas, kriya, and pranayamas.
- CO3: Perform the techniques in throwing events and clarify asanas, kriyas and pranayamas.
- CO4: Analyze the rules, coaching and officiating of various throw events and involve yoga in the application performance enhancement.
- CO5: Evaluate the performance in throwing events and yoga and create environment for research extension activities.

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	3
CO2	3	9	9	9	3	3	9
CO3	3	3	3	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	9	9	9	3	9	9
Weightage of the course	21	33	33	45	27	19	39
Weighted % of the course	02.22	02.58	02.58	03.55	03.82	04.31	03.04

**MPC 108                      AEROBICS AND EXERCISE PHYSIOLOGY LAB                      L    T    P    C**  
**0    2    2    3**

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

- CO1: Explain aerobics and basic concepts of measurement techniques in exercise physiology.
- CO2: Perform step aerobics & prior exercise and operate measurement devices apparatus.
- CO3: Analyze and differentiate the clarification of aerobics kick boxing and record the results from the measuring devices.
- CO4: Involve in the correction, advance, and application in performance development and compute the results from measuring devices and aerobic workout with low & high impact.
- CO5: Evaluate the performance and create environment for collection of data, research extension activities and choreograph aerobic dance with varied intensities.

Mapping Table CO's – PO's (Course Articulation Matrix)	
Course	Performance Outcomes

Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	9	3	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

**MPC 109 COACHING LESSON SPECIALIZATION 2<sup>ND</sup> BEST**      **L T P C**  
**0 0 2 3**

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

- CO1: Understand the basics concepts.
- CO2: Apply the knowledge on ruler, interpretation, court marking, and construction of courts
- CO3: Perform skills, coaching and officiating procedures.
- CO4: Analyze the fitness parameters included in the skills and techniques.
- CO5: Create and evaluate the tracing schedules and performance.

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	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

**MPC 110 COACHING LESSON SPECIALIZATION 1<sup>ST</sup> BEST**      **L T P C**  
**0 2 2 3**





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

- CO1: Understand the basics concepts.
- CO2: Apply the knowledge on ruler, interpretation, court marking, and construction of courts
- CO3: Perform skills, coaching and officiating procedures.
- CO4: Analyze the fitness parameters included in the skills and techniques.
- CO5: Create and evaluate the tracing schedules and performance.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	3	9	9	9	1	9
CO2	3	9	9	9	9	1	9
CO3	3	9	9	3	9	1	9
CO4	9	9	9	3	9	3	9
CO5	9	9	9	3	9	3	9
Weightage of the course	33	33	39	45	27	09	45
Weighted % of the course	03.50	02.58	03.04	03.55	03.82	02.04	03.50

<b>MTP 111</b>	<b>TEACHING PRACTICE AND CLASSROOM TEACHING</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
		<b>0</b>	<b>1</b>	<b>1</b>	<b>2</b>

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

- CO1: Explain the concepts of lesson plan for practical and theory.
- CO2: Determine varied methodology to execute the lesson plan.
- CO3: Suggest suitable lesson plan according to the stakeholders.
- CO4: Create and innovate teaching skills.
- CO5: Facilitate for teaching and coaching practices.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>	
<b>Course</b>	<b>Performance Outcomes</b>

Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	3	9	3	3	3
CO2	3	9	9	9	9	3	3
CO3	3	9	9	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	3	3	9	9	9	9
Weightage of the course	21	39	33	45	39	21	33
Weighted % of the course	02.22	03.05	02.58	03.55	05.52	04.76	02.57

**MCC 201**

**SPORTS PSYCHOLOGY**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To know and to understand the sportsman behavior
- To gain the knowledge to train the athletes based on sports psychology concepts
- To know the concept of various positive and negative effects of psychological variables on sports person
- To learn psychological skill training
- To know the various psychological factors affecting sport performance
- To know the relationship of the sports person with various sports settings concepts
- To understand group mechanisms and group psychology in a sports context
- To gain knowledge on motivational psychology

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

- CO1: Understand the concepts of sports psychology, motor learning, perception, and personality.
- CO2: Identify motivation, anxiety, stress, aggressive and their influence on sports performance.
- CO3: Develop goal setting, psychological skill training for relaxation and performance enhancement.
- CO4: Suggest group cohesion, women participation in sports.
- CO5: Establish socialization and leadership.

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	1	1	9
CO2	1	9	9	3	1	1	3
CO3	3	3	9	3	1	1	3

CO4	3	9	9	3	1	3	9
CO5	3	3	9	9	9	3	3
Weightage of the course	19	33	45	21	13	09	27
Weighted % of the course	02.01	02.58	03.51	01.66	01.84	02.04	02.10

<b>MCC 202</b>	<b>APPLIED STATISTICS IN PHYSICAL EDUCATION</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
		<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>

**OBJECTIVES:**

- To gain knowledge about statistics
- To test the existing theories in sports and games
- To develop systematic and scientific solution to the given problem
- To gain the knowledge to group and interpret the data

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

- CO1: Recognize types and importance of statistics.  
 CO2: Calculate measure of central tendency, desperation and scales.  
 CO3: Describe and analyze statistical data.  
 CO4: Apply probability distributions and graphs.  
 CO5: Demonstrate inferential and comparative statistics in Physical Education.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	9	9	3	-	-	3
CO2	3	9	9	9	1	-	1
CO3	1	9	9	9	-	-	1
CO4	3	9	9	3	1	-	1
CO5	3	9	9	9	-	-	3
Weightage of the course	19	45	45	33	02	00	09
Weighted % of the course	02.01	03.52	03.51	02.60	00.28	00.00	00.70



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<b>MCC 203</b>	<b>TEST, MEASUREMENT AND</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
	<b>EVALUATION</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>
	<b>IN PHYSICAL EDUCATION</b>				

**OBJECTIVES:**

- To learn to organize and administer a variety of tests
- To learn to analyze and evaluate various fitness components of sports person
- To know about the different types of test for different sports and games.
- To learn to prepare norms for the newly constructed test
- To learn to analyze the fitness and skill performance of an athlete
- To learn to keep record of pupils fitness test and norms

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

- CO1: Understand test, measurement and education.
- CO2: Explain motor fitness tests.
- CO3: Identify fitness tests.
- CO4: Suggest physiological & Anthropometric tests.
- CO5: Create and apply skill tests in Physical Education and major sports.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	9	3	3	1	1	3
CO2	3	3	3	3	1	-	3
CO3	3	9	9	3	1	-	3
CO4	1	3	9	3	1	1	3
CO5	3	9	9	3	1	1	9
Weightage of the course	19	33	33	15	05	03	21
Weighted % of the course	02.01	02.58	02.58	01.18	00.71	00.68	01.64

<b>MEC 204</b>	<b>VALUE EDUCATION</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
		<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>

**OBJECTIVES:**

- To understand the importance of values, role of values, concepts, and functions
- To gain knowledge about value education and ambition
- To understand the values of religion and human being
- To learn to teach moral classes at school based on values
- To identify psychological parameters and present scenario of value education



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

- CO1: Understand concepts of values, and value education.
- CO2: Explain the value systems.
- CO3: Identify the importance of value education.
- CO4: Prepare basic values of religion and fundamental duties.
- CO5: Predict value education in global perspective.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	9	9	9	9	9
CO2	9	3	3	3	9	9	9
CO3	9	3	9	3	3	9	9
CO4	9	3	-	3	3	9	9
CO5	3	3	9	3	3	3	9
Weightage of the course	39	21	30	21	27	39	45
Weighted % of the course	04.13	01.64	02.34	01.66	03.82	08.84	03.50

**MEC 205**

**ENVIRONMENTAL STUDIES**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To promote the knowledge of environmental education.
- To create health awareness among youth, various health problems and its impacts
- To understand the importance of environment and to create good environment
- To learn to give healthy environment to the future generation
- To learn to use resources without depleting the resources
- To understand the health problem of India and its solution
- To gain knowledge to achieve the goal of sustainable development

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

- CO1: Understand basic concepts of environmental studies.
- CO2: Explain environmental hazards and prevention.
- CO3: Discuss environmental issues and policies.
- CO4: Create environmental awareness.
- CO5: Analyze methods of teaching and apply in school curriculum.

**Mapping Table CO's – PO's (Course Articulation Matrix)**

Saidapet, Nandanam, Chennai - 600035  
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Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	9	9	9	9	9
CO2	9	3	3	3	9	9	9
CO3	9	3	9	3	3	9	9
CO4	9	3	-	3	3	9	9
CO5	3	3	9	3	3	3	9
Weightage of the course	39	21	30	21	27	39	45
Weighted % of the course	04.13	01.64	02.34	01.66	03.82	08.84	03.50

**MEC 206      SPORTS NUTRITION AND HEALTH PROMOTION      L    T    P    C**  
**3      0      0      3**

**OBJECTIVES:**

- To know nutrition ,diet chart for specific sports and diseases
- To know food labelling, pyramid and food choices.
- To know nutrition and weight management.
- To know health related diseases and management.
- To know about physical exercise for health promotion

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

- CO1: Understand sports nutrition & diet for athletes
- CO2: Identify food pyramid, sports and specific diseases.
- CO3: Analyse eating disorders, performances
- CO4: Prepare weight management.
- CO5: Create injury prevention and health promotion diet and exercise for health related disorders.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	9	9	9	9	9
CO2	9	3	3	3	9	9	9
CO3	9	3	9	3	3	9	9
CO4	9	3	-	3	3	9	9
CO5	3	3	9	3	3	3	9
Weightage of the course	39	21	30	21	27	39	45
Weighted % of the	04.13	01.64	02.34	01.66	03.82	08.84	03.50





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course							
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**MPC 207 TRACK & FIELD ( SPRINT, RELAY, HURDLE) AND GYMNASTICS**      **L T P C**  
**0 2 4 3**

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

- CO1: Illustrate basic and advance techniques in sprint, relay, hurdle and gymnastics.
- CO2: Execute the techniques.
- CO3: Distinguish scientific basis
- CO4: Involve in the error, reason and correction of techniques.
- CO5: Generate alternatives, drills, coaching methodology and participation in competitions.

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	3
CO3	9	9	9	9	3	1	9
CO4	3	9	9	9	9	3	9
CO5	3	3	9	9	9	3	9
Weightage of the course	27	27	33	45	33	11	31
Weighted % of the course	02.86	02.11	02.58	03.55	04.67	02.49	02.41

**MPC 208 INDIGENOUS ACTIVITIES AND SPORTS PSYCHOLOGY LAB**      **L T P C**  
**0 2 4 3**

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

- CO1: Describe various apparatus and exercises, techniques of assessment in psychology.
- CO2: Perform exercises based on indigenous activities, operate psychological tools.
- CO3: Analyze different indigenous activities/ games and record the results from psychological assessment tests.
- CO4: Design display of indigenous exercises and compute the results from psychological assessment test.
- CO5: Evaluate, teach, mass display with music rhythm and collect data, research

extension activities based on tests.

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	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

**MPC 209**

**COACHING LESSON & OFFICIATING  
 SPECIALIZATION 2<sup>ND</sup> BEST**

**L T P C  
 0 2 2 3**

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

- CO1: Understand the basic concepts
- CO2: Apply the knowledge on rules and interpretation construction of courts
- CO3: Perform skill, coaching and officiating procedures
- CO4: Analyze the fitness parameters involved in the skills and techniques.
- CO5: Create and evaluate the training schedules and perform

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	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50



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**MPC 210**                      **COACHING LESSON & OFFICIATING  
SPECIALIZATION 1<sup>ST</sup> BEST**                      **L    T    P    C**  
**0    2    2    3**

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

- CO1: Understand the basic concepts
- CO2: Apply the knowledge on rules and interpretation construction of courts
- CO3: Perform skill, coaching and officiating procedures
- CO4: Analyze the fitness parameters involved in the skills and techniques.
- CO5: Create and evaluate the training schedules and perform

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	3	9	9	9	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

**MTP 211**                      **TEACHING PRACTICE AND CLASSROOM  
TEACHING (EXTERNAL)**                      **L    T    P    C**  
**0    1    1    2**

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

- CO1: Explain the concepts of general and particular lesson plan for practical and theory.
- CO2: Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan.
- CO3: Develop proficiency in classroom teaching as per specialization.
- CO4: Create and innovate teaching skills.
- CO5: Facilitate for teaching and coaching practices in schools and colleges.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>

CO1	9	9	3	9	3	3	3
CO2	3	9	9	9	9	3	3
CO3	3	9	9	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	3	3	9	9	9	9
Weightage of the course	21	39	33	45	39	21	33
Weighted % of the course	02.22	03.05	02.58	03.55	05.52	04.76	02.57

<b>MCC 301</b>	<b>SCIENTIFIC PRINCIPLES OF SPORTS TRAINING</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
		<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**OBJECTIVES:**

- To know about Aim, characteristics, and loading in sports training
- To know about Strength, Endurance, Speed and their training methods
- To know about Flexibility, Coordinative abilities their characteristics, means and methods of training
- To orient with training plans.
- To gain knowledge on genetic doping and technological doping.
- Curriculum Design in Physical Education

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

- CO1: Explain sports training and overload.
- CO2: Identify the strength, speed and advance training method.
- CO3: Analyze flexibility and coordinative ability.
- CO4: Analyze periodisation and design various training plan.
- CO5: Evaluate the IOC list of doping and its effects.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	3	9	9	3	1	1	9
CO2	9	3	9	9	3	1	9
CO3	3	9	9	9	3	3	9
CO4	9	9	9	3	3	1	9
CO5	3	9	9	9	1	1	9
Weightage of the	27	39	45	33	11	07	45

course							
Weighted % of the course	02.86	03.05	03.51	02.60	01.56	01.59	03.50

<b>MCC 302</b>	<b>CURRICULUM DESIGN IN PHYSICAL EDUCATION</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
		<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>

**OBJECTIVES:**

- To know the curriculum design and curriculum framework
- To know the government policy on curriculum
- To develop the ability to frame curriculum in physical education
- To understand the factors that influences curriculum
- To gain knowledge on the integration of physical education curriculum with other subjects
- To know the grading, appraisal and evaluation techniques
- To perform curriculum research

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

- CO1: Determine the old and modern concepts of curriculum and describe curriculum.
- CO2: Identify the materials for curriculum design and activity.
- CO3: Compare the curriculum sources textbooks, journals, dictionaries, encyclopedias, magazines, and internet.
- CO4: Suggest the integration of Physical Education with other disciplines.
- CO5: Design experimental research on curriculum and evaluate the importance of curriculum.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	3	3	3	-	-	1
CO2	3	9	3	3	-	-	3
CO3	3	9	9	9	1	-	3
CO4	3	9	9	9	1	1	3
CO5	3	9	9	9	1	1	3
Weightage of the course	21	39	33	33	03	02	13
Weighted % of the course	02.22	03.05	02.58	02.60	00.42	00.45	01.01



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**KINESIOLOGY**

**3 0 0 3**

**OBJECTIVES:**

- To know Kinesiology and Biomechanics
- To know various muscle location action and insertions.
- To gain knowledge on motion, force, friction and their application in sports
- To understand projectile, stability and dynamics in sports
- To analysis sports movements.

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

- CO1: Understand the axes, planes and dynamics.
- CO2: Identify the structure and function of major skeletal muscle.
- CO3: Analyze the factors of motion and force.
- CO4: Suggest the factors of stability, leverage and aerodynamics.
- CO5: Predict the performance based on biomechanical and Kinesiological principles.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	3	9	9	9	1	-	1
CO2	3	9	9	9	-	-	3
CO3	3	9	9	9	1	1	9
CO4	3	9	9	9	1	1	9
CO5	3	3	9	9	1	1	9
Weightage of the course	15	39	45	45	04	03	31
Weighted % of the course	01.59	03.05	03.51	03.55	00.57	00.68	02.41

**MEC 304**

**ICT IN PHYSICAL EDUCATION**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To know about information and communication technology .
- To know computers and types .
- To know MS Office and application.
- To know approaches to ICT.
- To understand E-Learning and visual classroom.

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

- CO1: Understand the challenges and need of ICT in Physical Education & Sports.



- CO2: Identify the types of Computer & Viruses.  
 CO3: Analyze the use of MS Word, MS Excel, MS Access, MS Power point and MS Publisher in Physical Education.  
 CO4: Suggest the importance of Cooperative and collaborative learning.  
 CO5: Predict the use and need of e-learning, web based learning, virtual classroom in Physical Education.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	9	9	9	9	9
CO2	3	9	9	3	9	3	3
CO3	3	9	9	9	3	9	9
CO4	3	3	-	3	-	3	3
CO5	3	9	3	9	9	9	9
Weightage of the course	21	39	30	33	30	33	33
Weighted % of the course	02.22	03.05	02.34	02.60	04.25	07.48	02.57

**MEC 305**

**SPORTS SOCIOLOGY**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To know sports sociology
- Gain knowledge on culture, elements and functions
- To know social institutions, sports and politics
- To understand sports and social stratifications
- To know women and gender issues.

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

- CO1: Explain the concepts of Sports Sociology.  
 CO2: Identify the elements of physical culture and social development.  
 CO3: Analyze the relationship between sports and other social institutions.  
 CO4: Suggest the career in sports and social mobility.  
 CO5: Evaluate the women participation in sports.

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

CO3	3	9	9	9	3	9	9
CO4	3	3	-	3	-	3	3
CO5	3	9	3	9	9	9	9
Weightage of the course	21	39	30	33	30	33	33
Weighted % of the course	02.22	03.05	02.34	02.60	04.25	07.48	02.57

**MEC 306**

**SPORTS ENGINEERING**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To gain knowledge on sports engineering and technology
- Gain knowledge on mechanics of engineering materials
- To know about mechanical principles and movements
- To understand the sports dynamics
- To learn about building and maintenance
- To know about Maintenance policy and preventive measures

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

- CO1: Explain the sports related instrumentation and measurement.  
 CO2: Identify the various posture and its mechanical principles.  
 CO3: Analyze the Newton's Law of motion and its application in human body movement.  
 CO4: Suggest the techniques to maintain the sports infrastructure and equipment.  
 CO5: Predict the maintenance, total life, capital and energy cost of sports (facility) infrastructure.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	9	9	9	9	9	9
CO2	3	9	9	3	9	3	3
CO3	3	9	9	9	3	9	9
CO4	3	3	-	3	-	3	3
CO5	3	9	3	9	9	9	9
Weightage of the course	21	39	30	33	30	33	33
Weighted % of the course	02.22	03.05	02.34	02.60	04.25	07.48	02.57



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**MPC 307 TRACK AND FIELD (JUMPS) AND SWIMMING**      **L T P C**  
**0 2 2 3**

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

- CO1: Describe the fundamental and advance concepts of Jump events and swimming.
- CO2: Apply the knowledge of skills and techniques of jumps and swimming.
- CO3: Exhibit the techniques in jump events and swimming.
- CO4: Analyze the rules of coaching and officiating in jumping events and swimming.
- CO5: Evaluate the training programme and performance in jumping events and swimming.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	3	2	9	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	3	3	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	9	9	9	3	9	9
Weightage of the course	21	33	32	45	27	19	39
Weighted % of the course	02.22	02.58	02.50	03.55	03.82	04.31	03.04

**MPC 308 MARTIAL ARTS AND BIOMECHANICS AND KINESIOLOGY LAB**      **L T P C**  
**0 2 2 3**

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

- CO1: Learning the basis of Karate and Concepts of measuring techniques in biomechanics and kinesiology
- CO2: Perform self defence and operate devices.
- CO3: Differentiate the advance movements of leg techniques in karate and record.
- CO4: Involve in teaching practice of karate skills and compute the results form kinesiology & biomechanical variables.
- CO5: Demonstrate the mass display and demonstrate and create the environment for research extension activities.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>	
<b>Course</b>	<b>Performance Outcomes</b>

Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	9	3	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

**MPC 309**      **COACHING LESSON AND OFFICIATING IN T & F**      **L 0**    **T 2**    **P 2**    **C 3**

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

- CO1: Understand the basic concepts
- CO2: Apply the knowledge on rules and interpretation construction of courts
- CO3: Perform skill, coaching and officiating procedures
- CO4: Analyze the fitness parameters involved in the skills and techniques.
- CO5: Create and evaluate the training schedules and perform

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	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

**MPC 310**      **COACHING LESSON AND OFFICIATING SPECIALIZATION 1<sup>ST</sup> BEST**      **L 0**    **T 4**    **P 4**    **C 6**

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

- CO1: Understand the basic concepts
- CO2: Apply the knowledge on rules and interpretation construction of courts
- CO3: Perform skill, coaching and officiating procedures
- CO4: Analyse the fitness parameters involved in the skills and techniques.
- CO5: Create and evaluate the training schedules and perform

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	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

**MTP 311**

**INTERNSHIP IN COACHING LESSON**

**L T P C**  
**0 1 1 3**

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

- CO1: Explain the concepts of lesson plan for practical and theory.
- CO2: Determine varied methodology to execute the lesson plan.
- CO3: Suggest suitable lesson plan according to the stakeholders.
- CO4: Create and innovate teaching skills.
- CO5: Facilitate for teaching and coaching practices.

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	3	3
CO2	3	9	9	9	9	3	3
CO3	3	9	9	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	3	3	9	9	9	9
Weightage of the course	21	39	33	45	39	21	33
Weighted	02.22	03.05	02.58	03.55	05.52	04.76	02.57

% of the course							
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<b>MCC 401</b>	<b>PREVENTION AND MANAGEMENT OF SPORTS TRAUMA</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
		<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**OBJECTIVES:**

- To understand sports medicine and the causes of sports injuries
- To understand stretching and the advantages and dangers of stretching.
- To understand rehabilitation injuries and their methods of management
- To know different manipulative techniques, modalities of electrotherapy
- strapping and techniques of taping in different regions

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

CO1: Understand sports medicine, therapeutic exercise, posture and posture test.

CO2: Determine normal curve of spine and corrective exercises.

CO3: Differentiate rehabilitation exercises and stretches.

CO4: Suggest massage and manipulative techniques for injured athletes.

CO5: Create sports injuries care, treatment and support.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	3	3	3	1	-	9
CO2	9	3	3	9	3	3	9
CO3	3	9	9	9	1	3	9
CO4	3	9	9	9	3	9	9
CO5	3	9	9	9	9	9	9
Weightage of the course	27	33	33	39	17	24	45
Weighted % of the course	02.86	02.58	02.58	03.08	02.41	05.44	03.50

<b>MCC 402</b>	<b>RULES OF SPORTS AND GAMES</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
		<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>

**OBJECTIVES:**

- To know the Planning, Construction, Marking of courts and track and field events
- To know the duties of various officials.
- To know the rules and interpretations
- To know the mechanism of officiating.
- To know the latest changes and techniques.





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

- CO1: Understand the Philosophy and Mechanism of officiating.
- CO2: Execute dimensions of play field of sports/ games.
- CO3: Analyze and implement rules and interpretation of games and Track & field event.
- CO4: Create lead up games to improve skill technique.

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	3	9
CO2	9	9	9	9	1	1	9
CO3	9	3	9	9	3	1	9
CO4	3	9	9	9	9	9	9
Weightage of the course	30	24	30	36	16	14	36
Weighted % of the course	03.18	01.88	02.34	02.84	02.27	03.17	02.80

**MCC 403**      **PROFESSIONAL PREPARATION FOR NET/ SET/ TRB/ TNPSC**      **L 3**      **T 0**      **P 0**      **C 3**

**OBJECTIVES:**

- Acquisition of knowledge and understanding
- Development of conceptual. Intellectual and subject specific skills
- Understand the basic concepts of quantitative ability
- Understand the basic concepts of logical reasoning Skills
- Acquire satisfactory competency in use of verbal reasoning
- Solve campus placements aptitude papers covering Quantitative Ability, Logical Reasoning and Verbal Ability
- To make students eligible for the post of assistant professor and/or Junior Research Fellowship award in Indian universities and colleges.

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

- CO1: Understand and prepare for TRB/ TNPSC/ SET/ NET/ Competitive Examinations
- CO2: Identify about professional preparation.
- CO3: Distinguish syllabus based concepts
- CO4: Prepare MCQ reasoning, assertion, Matching type, comprehension
- CO5: Create Sample Question paper for competitive

Mapping Table CO's – PO's (Course Articulation Matrix)	
Course	Performance Outcomes

Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	1	-	9	-	3
CO2	3	9	1	3	1	-	9
CO3	3	9	9	3	1	-	9
CO4	9	9	3	9	1	1	9
CO5	9	9	9	9	1	1	3
Weightage of the course	33	45	23	24	13	02	33
Weighted % of the course	03.50	03.52	01.80	01.89	01.84	00.45	02.57

**MCC 404**

**DISSERTATION**

**L T P C**  
**3 0 0 3**

**OBJECTIVES:**

- To orient student to prepare topic for research
- To learn how to review the literature online and offline.
- To design and collect the samples
- To analyze the data using statistical tool.
- To prepare conclusion and summary.

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

- CO1: Understand the concept of research problem.  
 CO2: Form a title under the supervisor and prepare the research proposal  
 CO3: Analyze the methods of research and collection interpretation of data and conclusion.  
 CO4: Prepare the dissertation and suggest the recommendations.  
 CO5: Create the research work for vivavoce and publications.

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	3	9	9	9	3	1	3
CO2	9	1	1	1	-	1	-
CO3	3	9	9	3	3	1	9
CO4	3	3	9	3	9	9	3
CO5	1	9	9	9	1	1	9
Weightage of the course	19	31	28	25	16	13	24
Weighted	02.01	02.42	02.19	01.97	02.27	02.95	01.87

% of the course							
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**MPC 405 TRACK & FIELD (MIDDLE AND LONG DISTANCE) AND TRAINING METHODS. L T P C**  
**0 2 4 3**

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

- CO1: Describe the techniques in middle and long distance and training principles.
- CO2: Identify the knowledge to skill and techniques.
- CO3: Distinguish the middle and long distance events rules and interpretation and phases of periodization.
- CO4: Analyze errors, reasons, and correction based on the training principles and mechanical principles.
- CO5: Evaluate the training load, overload, and relate with physical fitness components and measure the performance in middle and long distance events.

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	1	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	39	39	39	45	27	09	45
Weighted % of the course	04.13	03.05	03.04	03.55	03.82	02.04	03.50

**MPC 406 MASS DRILL AND SPORTS INJURY AND REHABILITATION LAB L T P C**  
**0 2 4 3**

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

- CO1: Understand light apparatus based on verbal command and counts basic concepts of sports injuries.
- CO2: Perform the mass drills based on music and assess the athletic injury and causes.
- CO3: Choreograph exercises and methods of management of athletic injuries.
- CO4: Design and display mass drills and involve in management of electrotherapy, massage and rehabilitation.
- CO5: Organize mass drill competition – demonstrate the athletics return to sports with

proper testing and assessment.

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	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

**MPC 407 COACHING LESSON AND OFFICIATING IN T & F (EXTERNAL)**      **L T P C**  
**0 2 2 3**

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

- CO1: Understand the basic concepts
- CO2: Apply the knowledge on rules and interpretation construction of courts
- CO3: Perform skill, coaching and officiating procedures
- CO4: Analyse the fitness parameters involved in the skills and techniques.
- CO5: Create and evaluate the training schedules and perform

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	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50



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**MPC 408 COACHING LESSON AND OFFICIATING L T P C**  
**SPECIALIZATION 1<sup>ST</sup> BEST 0 4 4 6**

### COURSE OUTCOMES

**At the end of the course, the student will be able to**

- CO1: Understand the basic concepts
- CO2: Apply the knowledge on rules and interpretation construction of courts
- CO3: Perform skill, coaching and officiating procedures
- CO4: Analyze the fitness parameters involved in the skills and techniques.
- CO5: Create and evaluate the training schedules and perform

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	3	9	9	9	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50



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**MPC 408**      **COACHING LESSON AND OFFICIATING**      **L**      **T**      **P**      **C**  
**SPECIALIZATION 1<sup>ST</sup> BEST**      **0**      **4**      **4**      **6**

**COURSE OUTCOMES**

**At the end of the course, the student will be able to**

- CO1: Understand the basic concepts
- CO2: Apply the knowledge on rules and interpretation construction of courts
- CO3: Perform skill, coaching and officiating procedures
- CO4: Analyze the fitness parameters involved in the skills and techniques.
- CO5: Create and evaluate the training schedules and perform

<b>Mapping Table CO's – PO's (Course Articulation Matrix)</b>							
<b>Course Outcomes</b>	<b>Performance Outcomes</b>						
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>
CO1	9	3	9	9	9	1	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	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

Principal (i/c)

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