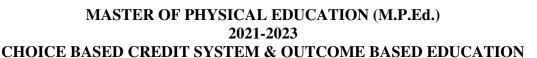


## Y.M.C.A. College of Physical Education



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

1. 11(	TORAMME EDUCATIONAL OBJECTIVES (LEOS):
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	1		1	1	1	1	1
PEO 2		1	1	1		1	1
PEO 3				1		1	1
PEO 4	1	1	1	1			1
PEO 5	1		1	1		1	1



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PEO 6	1	1		1	1
PEO 7	1		1	1	1

**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.

	Mapping Table CO's – PO's (Course Articulation Matrix)									
Course			Perfori	nance Outo	comes					
Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7			
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 4 0 0 4



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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	g Table CO	's – PO's (0	Course Arti	culation M	atrix)	
Course			Perfori	nance Outo	comes		
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.

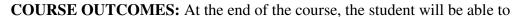


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CO1: Define the form and structure of muscle and their effect due to training.

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			Perfori	nance Outo	comes				
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.



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	Mapping Table CO's – PO's (Course Articulation Matrix)								
Course			Perfori	nance Outo	comes				
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			Perfori	nance Outo	comes				
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		



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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.

	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	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

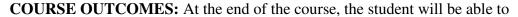
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- CO1: Describe the basics and advance concepts of throw events and Yoga.
- CO2: Apply the knowledge to skills and techniques of throwing events and asanas, kriya, and pranayamas.
- CO3: Perform the techniques in throwing events and clarify asanas, 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			Perfori	mance Outo	comes				
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								



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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.

**MPC 110** 

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		Performance Outcomes									
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				

COACHING LESSON SPECIALIZATION 1ST 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.

	Mapping	Table CO	's – PO's (0	Course Arti	culation M	atrix)					
Course		Performance Outcomes									
Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7				
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				

MTP 111 TEACHING PRACTICE AND CLASSROOM L T P C TEACHING 0 1 1 2

**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	Performance Outcomes				



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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		Performance Outcomes									
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				



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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

MCC 202	APPLIED STATISTICS IN PHYSICAL		P	$\mathbf{C}$	
MCC 202	<b>EDUCATION</b>	3	0	0	3

#### **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.

	Mapping	Table C	O's – PO	's (Cour	se Articu	lation Matrix)	
Course			Per	rformano	e Outcor	nes	
Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
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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MCC 203

TEST, MEASUREMENT AND

EVALUATION
IN PHYSICAL EDUCATION

L T P C
4 0 0 4

#### **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.

	Mapping	Table C	O's – PO	's (Cour	se Articu	lation Matrix)	
Course			Per	rformanc	e Outcor	nes	
Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7
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

**MEC 204** 

**VALUE EDUCATION** 

L T P C 3 0 0 3

### **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	Performance Outcomes										
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**

### **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)**



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Course		Performance Outcomes										
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 $\begin{pmatrix} L & T & P & C \\ 3 & 0 & 0 & 3 \end{pmatrix}$

#### **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.

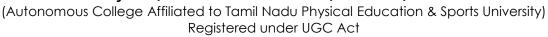
CO5: Create injury prevention and health promotion diet and exercise for health related disorders.

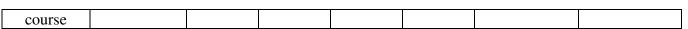
	Mappi	ing Table (	CO's – PO'	s (Course	Articulatio	n Matrix)						
Course	Performance Outcomes											
Outcomes	PO1	PO1 PO2 PO3 PO4 PO5 PO6 PO7										
CO1	9	9	9	9	9	9	9					
CO2	9	3	3	3	9	9	9					
CO3	9	3	9	3	3	9	9					
CO4	9	3	-	3	3	9	9					
CO5	3	3	9	3	3	3	9					
Weightage of the course	39	21	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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MPC 207 TRACK & FIELD (SPRINT, RELAY, HURDLE) AND L T P C GYMNASTICS 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		Performance Outcomes									
Outcomes	PO1	PO1 PO2 PO3 PO4 PO5 PO6 I									
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 L T P C PSYCHOLOGY LAB 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.

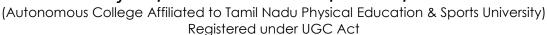
CO4: Design display of indigenous exercises and compute the results from psychological assessment test.

CO5: Evaluate, teach, mass display with music rhythm and collect data, research



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extension activities based on tests.

	Mapping Table CO's – PO's (Course Articulation Matrix)											
Course		Performance Outcomes										
Outcomes	PO1	PO1 PO2 PO3 PO4 PO5 PO6 PO										
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 L T P C SPECIALIZATION  $2^{ND}$  BEST 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	O's – PO's	(Course A	rticulatio	n Matrix)							
Course	Performance Outcomes												
Outcomes	PO1	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 210** 

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COACHING LESSON & OFFICIATING L T P C SPECIALIZATION 1<sup>ST</sup> BEST 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	O's – PO'	s (Course	Articulat	ion Matrix)						
Course		Performance Outcomes										
Outcomes	PO1	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 211 TEACHING PRACTICE AND CLASSROOM L T P C TEACHING (EXTERNAL) 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.

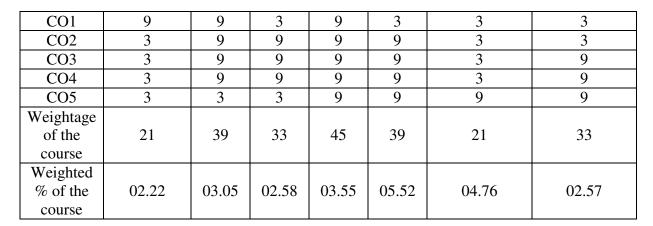
Mapping Table CO's – PO's (Course Articulation Matrix)									
Course	Course Performance Outcomes								
Outcomes	PO1	PO2	PO3	PO4	PO5	PO6	PO7		



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MCC 301 SCIENTIFIC PRINCIPLES OF SPORTS L T P C TRAINING 4 0 0 4

#### **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.

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



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course							
Weighted	02.06	02.05	02.51	02.60	01.56	01.70	02.50
% of the	02.86	03.05	03.51	02.60	01.56	01.59	03.50
course							

## MCC 302 CURRICULUM DESIGN IN PHYSICAL EDUCATION $\begin{pmatrix} L & T & P & O \\ 3 & 0 & 0 \end{pmatrix}$

#### **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.

	Mapping Table CO's – PO's (Course Articulation Matrix)											
Course		Performance Outcomes										
Outcomes	PO1	PO1 PO2 PO3 PO4 PO5										
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					

**MCC 303** 

SPORTS BIOMECHANICS AND APPLIED

L T P C



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### KINESIOLOGY

3 0 0 3

#### **OBJECTIVES:**

- > To know Kinesiology and Biomechanics
- > To know various muscle location action and insertions.
- > To again 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.

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



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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 A	Articulatio	on Matrix)						
Course		Performance Outcomes										
Outcomes	PO1	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	Performance Outcomes										
Outcomes	PO1	PO1 PO2 PO3 PO4 PO5 PO6 PO7									
CO1	9	9 9 9 9 9									
CO2	3	9	9	3	9	3	3				



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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

#### **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.

	Mapping	Table Co	O's - PO's	s (Course	Articulat	ion Matrix)					
Course		Performance Outcomes									
Outcomes	PO1	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				



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## MPC 307 TRACK AND FIELD (JUMPS) AND SWIMMING $\begin{pmatrix} L & T & P & C \\ 0 & 2 & 2 & 3 \end{pmatrix}$

**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 braining programme and performance in jumping events and

swimming.

Mapping Table CO's – PO's (Course Articulation Matrix)											
Course		Performance Outcomes									
Outcomes	PO1	PO1 PO2 PO3 PO4 PO5 PO6									
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 L T P C KINESIOLOGY LAB 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.

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



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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 & L T P C F 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		Performance Outcomes									
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				

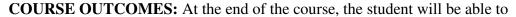


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CO1: Understand the basic concepts

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 C	O's – PO	's (Cour	se Articu	lation Matrix)					
Course		Performance Outcomes									
Outcomes	PO1	PO1									
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 $\begin{pmatrix} L & T & P & C \\ 0 & 1 & 1 & 3 \end{pmatrix}$

**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		Performance Outcomes									
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				



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**MCC 401** 

# PREVENTION AND MANAGEMENT OF SPORTS TRAUMA

L T P C 4 0 0 4

### **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 tapping 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.

	Mapping Table CO's – PO's (Course Articulation Matrix)										
Course	Performance Outcomes										
Outcomes	PO1	PO1 PO2 PO3 PO4 PO5 PO6 H									
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				

**MCC 402** 

#### **RULES OF SPORTS AND GAMES**

L T P C 3 0 0 3

### **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		Performance Outcomes									
Outcomes	PO1	PO2	PO3	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/ L T P C SET/TRB/TNPSC 3 0 0 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



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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.

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



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% of the				
course				

MPC 405 TRACK & FIELD (MIDDLE AND LONG DISTANCE) L T P C 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	Course Performance Outcomes								
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 L T P C REHABILITATION LAB 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.

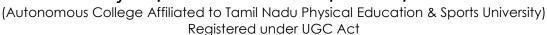
CO4: Design and display mass drills and involve in management of electrotherapy, massage and rehabilitation.

CO5: Organize mass drill competition – demonstrate the athletics return to sports with



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proper testing and assessment.

	Mapping Table CO's – PO's (Course Articulation Matrix)										
Course	ourse Performance Outcomes										
Outcomes	PO1	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 L T P C T & F (EXTERNAL) 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			Per	formance	e Outcom	ies				
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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COACHING LESSON AND OFFICIATING L T P C SPECIALIZATION  $1^{ST}$  BEST 0 4 4 6

#### **COURSE OUTCOMES**

**MPC 408** 

### 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			Per	rforman	ce Outcor	mes				
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 SPECIALIZATION 1<sup>ST</sup> BEST 0 4

C

#### **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	Performance Outcomes								
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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