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)
Registered under UGC Act

PROGRAMME OUTCOMES (POs)

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

1. PROGRAMME EDUCATIONAL OBJECTIVES (PEOs):

PEO 1	To teach the elementary acquaintance of physical education, sport sciences and associated areas of studies.
PEO 2	To progress the student into knowledgeable and resourceful physical educationist.
PEO 3	To endow students by communication, specialised and life -skills.
PEO 4	To impart Information Communication Technologies (ICTs) skills, with digital and media literacy and abilities.
PEO 5	To imbibe the philosophy of teaching and coaching, discovery, entrepreneurship and development.
PEO 6	To train professional beliefs, values of national and international culture.
PEO 7	To prepare socially accountable teaching academicians, professionals with global visualization.

2. PROGRAMME OUTCOMES (POs):

PO 1 **Disciplinary Knowledge:** Apply the gained knowledge appropriate to PE and Sports Sciences.

PO 2 **Problem Solving and Critical Thinking:** Indentify and formulate problems and define the requirements to form conclusions. It enhances unbiased solution or evaluation of factual evidence.

PO 3 **Effective communication and digital literacy:** Inter and Intra Digital communication thing social media with applicable knowledge skill in regional/ any Indian languages.

PO 4 **Reasoning and scientific application:** Rationalize through process, figure out fact and apply systematic and procedure.

PO 5 **Effective Citizenship, Social interaction and Teamwork:** demonstrate social and gender concern, equity centred national development and practice

PO 6 **Self Directed and Lifelong learning:** Identify and analyze the needs of self and take them into account in organization in PE and sports throughout their life settings.

PO 7 **Global Perspective:** Acknowledge the social, economic and cultural connections that bridge the universe nations and people.

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		✓	✓	✓			✓

Principal (i/c)
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NANDANAM, CHENNAI-600 035

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

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

Objectives: After studying this paper the student teachers will be able
- To Know about the importance of biological Principles
- To know about the importance of Psychological principles
- To know about the importance of Sociological principles
- To know about the importance of Educational Psychology
- To know about Guidance and Counseling

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand Physical Education, Educational Physiology & Sociology
CO2: Explain the Principles of P.E
CO3: Discuss the theories, laws and effect of Educational Psychology
CO4: Apply effect of Physical Education various steps of growth and development
CO5: Determine the impact of P.E. on Psychological, Biological and Sociological aspects.

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

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

Objectives: After studying this paper the student teachers will be able
- To know about Anatomy of Human Body
- To Know about Circulatory and Respiratory System
- To know about Digestive and Excretory System
- To know about Endocrine glands and Nervous system
- To know about Human Physiology and Exercise on various systems

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

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

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

BCC103 **YOGA EDUCATION**

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

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

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

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

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

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

CO5	-	-	9	9	3	9	3
Weightage of the course	14	18	27	28	15	45	15
Weighted % of the course	01.70	01.87	02.35	02.50	02.29	04.04	03.01

BDE104 **EDUCATIONAL TECHNOLOGY AND SPORTS JOURNALISM AND TOURISM** **L T P C**
1 0 0 1

Objectives: After studying this paper the student teachers will be able.
- To know about Education, Education Technology and types Education.
- To know about Fundamentals of Journalism
- To know about Sports Bulletins.
- To know about News reporting.
- To aware about sports Tourism in India.

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand Education, Education Technology, Sports Journalism and Sports Tourism
CO2: Apply the ethics and canons of Journalism
CO3: Analyse the sports tourism in India
CO4: Evaluate the importance of Journalism and tourism in sports
CO5: Creating the knowledge in preparing the report and bulletin on sporting events

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

BDE105 **DISABILITIES AND INCLUSIVE EDUCATION** **L T P C**
1 0 0 1

Objectives: After studying this paper the student teachers will be able.
- To know about Special Education

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

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

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

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

BPC106 CALISTHENICS, MINOR GAMES, DRILLS AND AEROBICS

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

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

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

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

course							
Weighted % of the course	04.74	02.49	03.91	00.54	05.05	04.04	01.80

BPC107 **BADMINTON, BALL BADMINTON, SOFTBALL, TABLE TENNIS, CHESS AND CARROM** **L T P C 0 2 4 4**

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand grip, Stands and strokes of racquet games
CO2: Identify the system of play
CO3: Analyse rules and interpretation
CO4: Suggest training schedule
CO5: Participate and Organize competitions and tournaments

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

BPC108 **TRACK & EVENTS** **L T P C 0 2 6 5**

- Starting techniques: Sprint, Standing start, Crouch start and its Variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Marking, Rules and Officiating
- Hurdles, Middle, Long distance running
- Fundamental Skills - Starting, Clearance and Landing Techniques.
- Types of Hurdles - Ground Marking and Officiating.
- Various patterns of Baton Exchange - Understanding of Relay Zones
- Ground Marking - Middle and long distance
- Interpretation of Rules and Officiating.

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

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

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

BTC109 **TEACHING PRACTICE (GENERAL LESSON)**

L	**T**	**P**	**C**
0	**2**	**6**	**5**

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Explain the concept of general lesson
CO2: Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan
CO3: Develop proficiency in class management
CO4: Create and inculcate ICT in teaching
CO5: Facilitate teaching under actual situation

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

BCC201	HISTORY OF PHYSICAL EDUCATION, RECREATION, CAMPING, GUIDANCE & COUNSELING	L	T	P	C
		4	0	0	4

Objectives: After studying this paper the student teachers will be able
- To know about the growth and development of Physical in India
- To know about the growth and development of Physical in Greece
- To know about origin and development of Olympics games
- To know about Recreation and Camping
- To know about the importance of Sociology

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand the history of PE in India, Greece, Rome and Germany
CO2: Illustrate the various associations and various awards for PE and Sports
CO3: Analyze the various tournaments and competitions worldwide
CO4: Apply Recreation, camping, Guidance and Counseling
CO5: Evaluate the various recreational progammes, types of guidance and role of teacher as a counselor

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	-	-	-	3	9	3
CO2	1	-	-	-	3	3	3
CO3	1	9	9	3	9	9	9
CO4	3	9	9	9	3	9	3
CO5	3	9	9	9	3	9	3
Weightage of the course	17	27	27	21	21	36	21
Weighted % of the course	02.07	02.81	02.35	01.88	03.21	03.23	04.21

BCC202	ORGANIZATION, ADMINISTRATION, AND METHODS IN PHYSICAL EDUCATION	L	T	P	C
		4	0	0	4

Objectives: After studying this paper the student teachers will be able
- To know about structure of organization and administration
- To know about function of organization and administration
- To know about Competition organization
- To know about Teaching Technique and Teaching aids
- To know about Lesson plan and Teaching Innovations

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand the structure , and the Principles of functions
CO2: Apply Infrastructure, Equipment and Timetable management

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

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

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

Objectives: After studying this paper the student teachers will be able
- To know about Philosophy of officiating and mechanism of officiating
- To learn about dimensions and layout of playfield
- To know about Rules and Interpretation of Various games
- To know about Specification of equipments
- To know about Lead up games

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand duties and powers of officiating
CO2: Apply the rules and interpretation of track and field events
CO3: Analyse rules specific to track and field events
CO4: Evaluate the construction of track and field events arena
CO5: Explore combined events and race walking

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

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

BGE204 COMPUTER APPLICATION IN PHYSICAL EDUCATION

L	T	P	C
1	0	0	1

Objectives: After studying this paper the student teachers will be able
- To know about information and communication technology
- To understand and use MS word - Word processor
- To understand and MS Excel Spread sheet
- To understand and use MS Power point Presentation programme
- To access the internet

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Explain computer information communication technology and machine languages
CO2: Estimate the need and importance of ICT in the field of physical education
CO3: The components and application of software in computer application
CO4: Infer the usage of internet in the field of Physical Education
CO5: Create ICT handouts

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

BGE205 ELEMENTARY STATISTICS

L	T	P	C
1	0	0	1

Objectives: After studying this paper the student teachers will be able
- To understand the basics of Statistics
- To know about frequency distribution
- To know the graphical representation of data
- To know the measures of central tendency
- To know the measures of variation/ dispersion

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

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

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

BPC206 **DHANDS AND BAITHAKS LIGHT APPARATUS YOGA AND SILAMBAM** **L T P C**
0 2 4 4

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

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

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

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

BPC207 BASKETBALL, VOLLEYBALL, FOOTBALL AND THROWBALL

L	T	P	C
0	2	6	4

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

CO1: Understand fundamental skills, techniques and tactics of various games
CO2: Identify the system of play
CO3: Analyse rules and interpretation
CO4: Suggest training schedule
CO5: Participate and Organize competitions and tournaments

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

BPC208 FIELD EVENTS (JUMPS)

L	T	P	C
0	1	6	5

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

CO1: Illustrate basic and advance techniques in field events
CO2: Execute the techniques
CO3: Differentiate the scientific basis of jumps
CO4: Infer error, reason and correction of techniques
CO5: Generate alternatives and interpretation of the rules and officiating

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

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

BTP209 **TEACHING PRACTICE (PARTICULAR LESSON)** **L T P C**
0 1 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Explain the concept of particular lesson
CO2: Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan
CO3: Develop proficiency in class management
CO4: Create and inculcate ICT in teaching
CO5: Facilitate teaching under actual situation

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

BTP210 **EXTERNAL TEACHING PRACTICE (GENERAL & PARTICULAR)** **L T P C**
0 1 6 5

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand the competency in teaching general and particular lesson
CO2: Identify and prepare methods of lesson plan
CO3: Presentation of innovative method of execution
CO4: Evaluate the impact teaching and learning
CO5: Create and predict teaching under most desirable teaching situation

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

BCC301 **SPORTS TRAINING**

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

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

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

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

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

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

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

Objectives: After studying this paper the student teachers will be able
- To know about health and personal hygiene
- To know about the health problems and services in India
- To understand the connection between life and environment
- To know about the natural resources and sustenance
- To know about pollution and its control

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand Hygiene and Natural resources
CO2: Identify the health problems and services in India
CO3: Analyse the scope, importance and need of health and environmental studies
CO4: Explore the environmental conversation and sustainable development
CO5: Apply the knowledge in preserving the natural resources and controlling the pollution

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

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

Objectives: After studying this paper the student teachers will be able
- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand the Philosophy of Officiating
CO2: Apply dimensions, layout of play fields and specification of equipment.
CO3: Analyse rules and their interpretations

CO4: Evaluate skills and technique
CO5: Create drills, lead-up, coaching and the officiating.

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

BSE304 **SPORTS MANAGEMENT**

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

Objectives: After studying this paper the student teachers will be able
- To know about the concept and purpose of sports management
- To know about Leadership
- To know about Sports management in School, College and University
- To know about maintaining records
- To know about financial management.

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Identify meaning Nature, Concept, scope and purpose of sports management
CO2: Apply Leadership styles and their impact
CO3: Analyse the sports programmes in schools, colleges and universities
CO4: Develop various types of records registers and maintenance
CO5: Implement the financial management in Physical Education and sports

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

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

BSE305 **FITNESS, WELLNESS & SPORTS NUTRITION** **L T P C**
1 0 0 1

Objectives: After studying this paper the student teachers will be able
- To define fitness, wellness, and interdisciplinary concept.
- To understand metabolism and health benefits.
- To apply principles of exercise and design fitness performance.
- To apply the components of food and their role in performance.
- To analyse the acquired knowledge of nutrition in weight management and specific sports.

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand fitness, wellness, and nutrition.
CO2: Apply fitness, wellness, and physical activities to Health and lifestyle
CO3: Analyse preventive measures of lifestyle management through exercise and diet.
CO4: Apply the components of food and their role in performance.
CO5: Analyse the acquired knowledge of nutrition in weight management.

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

BPC306 **LEZIUM, KUNG FU, SWISSBALL AND CORE BOARD TRAINING AND TENNIKOITS** **L T P C**
0 2 4 4

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

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

BPC307 **CRICKET, ARCHERY, HOCKEY AND NETBALL**

L	T	P	C
0	2	4	4

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

CO1: Understand fundamental skills, techniques and tactics of various games
CO2: Identify the system of play
CO3: Analyse rules and interpretation
CO4: Suggest training schedule
CO5: Participate and Organize competitions and tournaments

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

BPC308 **FIELD EVENTS (THROWS)**

L	T	P	C
0	2	6	5

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

CO1: Illustrate basic and advance techniques in field events
CO2: Execute the techniques

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

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

BTP309 **COACHING LESSON AND OFFICIATING**

L	**T**	**P**	**C**
0	**2**	**6**	**5**

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

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

BCC401 TEST AND MEASUREMENT IN PHYSICAL EDUCATION

L	T	P	C
4	0	0	4

Objectives: After studying this paper the student teachers will be able
- To know the importance of test and measurement in physical education
- To know the types of test and their administration
- To understand the different physical fitness tests
- To understand the health related physical fitness tests
- To know the skill tests of different sports

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand test measurement importance and principles
CO2: Identify the criteria, classification and administration of test
CO3: Discuss the skill and health related fitness tests
CO4: Prepare the health and skill related fitness tests
CO5: Apply the knowledge in conducting the tests

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

BCC402 KINESIOLOGY AND BIOMECHANICS

L	T	P	C
4	0	0	4

Objectives: After studying this paper the student teachers will be able
- To know the basics of kinesiology & Biomechanics and their importance in Physical Education
- To understand the classification of joints and muscles
- To understand the mechanical concepts
- To know about the human movements
- To analyze the human movements mechanically

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand the fundamentals of movements
CO2: Determine the causes and corrective measures of posture
CO3: Analyse the classification of joints and muscles and their contribution to movements in sports and games

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

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

BCC403 **PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING** **L T P C**
4 0 0 4

Objectives: After studying this paper the student teachers will be able
- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand the Philosophy of Officiating
CO2: Apply dimensions, layout of play fields and specification of equipment.
CO3: Analyse rules and their interpretations
CO4: Evaluate skills and technique
CO5: Create drills, lead-up, coaching and the officiating.

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

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

BAE404 **SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION** **L T P C**
1 0 0 1

Objectives: After studying this paper the student teachers will be able
- To understand about need and importance of sports medicine
- To know about Prevention of injures in sports and First Aid
- To know about the importance of Physiotherapy
- To know about Hydrotherapy
- To know about Therapeutic exercises

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Define Sports Nutrition, Nutrition guidelines , Role of Nutrition in sports, Nutrition Plan
CO2: Apply about the components of food and their role.
CO3: Analyse the acquired knowledge of Nutrition in weight management.
CO4: Evaluate the role of Nutrition on health
CO5: Explain the create preventive measures of lifestyle management

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

BPC406 **MALKHAMB AND PYRAMID, THERABAND LADDER TRAINING AND GYMNASTICS** **L T P C**
0 2 4 4

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Understand malkhamb, Rope makhamb and pyramid with precautions and safety measures
CO2: Apply fundamental skills rules, interpretation and officiating technique
CO3: Analyse for postural development and rehabilitation exercise using theraband
CO4: Execute variations in ladder training for fundamental and sports specific
CO5: Perform floor exercises, vaulting horse, pommel horse and other exercises gracefully and rhythmically

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

BPC407 **KABBADDI, HANDBALL, KHO-KHO AND SWIMMING** **L T P C** **0 2 4 4**

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

CO1: Understand fundamental skills, techniques and tactics of various games
CO2: Identify the system of play
CO3: Analyse rules and interpretation
CO4: Suggest training schedule
CO5: Participate and Organize competitions and tournaments

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

BTP408 **EXTERNAL COACHING LESSON AND OFFICIATING (TRACK & FIELD AND SPECIALIZATION)** **L T P C** **0 2 6 5**

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

CO1: Understand the basic concept

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

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

BTP409 **INTENSIVE TEACHING PRACTICE**

L	**T**	**P**	**C**
0	**0**	**20**	**5**

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Determine more effectively the lessons adhered during each class
CO2: Enhance meaningful concept in teaching
CO3: Develop essential components, resources, procedure and evaluation techniques
CO4: Provide right information related sports , games indigenous activities and minor games
CO5: Create structural learning outcomes

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

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

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

BTP409 **INTENSIVE TEACHING PRACTICE** **L T P C**
0 0 20 5

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Determine more effectively the lessons adhered during each class
CO2: Enhance meaningful concept in teaching
CO3: Develop essential components, resources, procedure and evaluation techniques
CO4: Provide right information related sports , games indigenous activities and minor games
CO5: Create structural learning outcomes

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

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YMCA COLLEGE OF PHYSICAL EDUCATION
NANDANAM, CHENNAI-600 035

PROGRAMME OUTCOMES (POs)

MASTER OF PHYSICAL EDUCATION (M.P.Ed.) – Two years

CBCS and OBE System: The CBCS provides students with the opportunity to choose courses from a prescribed list, including core, elective, and skill-based courses. These courses will be evaluated using a grading system, which benefits students when transferring between institutions in India and abroad. To ensure uniformity in the evaluation system and the computation of the Cumulative Grade Point Average (CGPA) based on students' performance in examinations, guidelines have been formulated.

LEARNING OUTCOME-BASED APPROACH: The nature of outcome-based education (OBE) revolves around defining the competencies students should demonstrate upon completing their educational program. Consequently, the outcomes or competencies dictate curriculum content and organization, teaching methods and strategies, course offerings, the educational environment, and assessment strategies. All curriculum and teaching decisions are made with the aim of facilitating the desired final outcomes.

COURSE: The term "course," often referred to as "paper," is a component of a program. All courses include various learning objectives and learning outcomes, such as coursework, fieldwork, outreach activities, project work, vocational training, viva, seminars, term papers, assignments, presentations, self-study, or a combination thereof.

i. **Core Course:** A Core Course is required in every semester and is compulsory for students to fulfill the program requirements.
ii. **Elective Course:** An Elective Course can be chosen from a pool of options.

PROGRAM EDUCATIONAL OUTCOMES (PEOs): The overall objective of the Learning Outcomes-based Curriculum Framework (LOCF) for a Master of Physical Education (M.P.Ed.) degree is as follows:

1. PEO-1: To provide fundamental knowledge in physical education, sports sciences, and related fields of study.
2. PEO-2: To cultivate learners into competent and proficient physical education professionals ready for the industry.
3. PEO-3: To empower learners with communication, professional, and life skills.
4. PEO-4: To impart Information Communication Technologies (ICTs) skills, including digital and media literacy.
5. PEO-5: To instill a culture of research, innovation, entrepreneurship, and incubation.
6. PEO-6: To inculcate professional ethics and values from both Indian and global perspectives.
7. PEO-7: To prepare socially responsible teaching academicians, researchers, and professionals with a global vision.

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PROGRAMME LEARNING OUTCOMES (PLOs): The key outcomes planned in this Master of Physical Education degree program are further reinforced as follows:

Upon completing this Master's degree program, a learner:

i. Shall acquire fundamental knowledge in Physical education, sports sciences, and related study areas.
ii. Shall acquire knowledge related to physical education, sports, and their impact.
iii. Shall be competent enough to undertake professional roles as demanded by the physical education and fitness industry.
iv. Shall empower themselves with communication, professional, and life skills.
v. Shall be capable of enhancing leadership abilities.
vi. Shall become socially responsible citizens with a global perspective.
vii. Shall be equipped with ICT competencies, including digital literacy.
viii. Shall become ethically committed physical education professionals and entrepreneurs, adhering to human values, Indian culture, and global culture.
ix. Shall have an understanding of the importance of lifelong learning.
x. Shall acquire primary research skills; understand the significance of innovation, entrepreneurship, and incubation abilities.
xi. Shall understand the importance of cooperation and teamwork.

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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.

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

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.

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.

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

MPC 107 **TRACK AND FIELD (THROWS) AND YOGA**

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 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 2ND 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 1ST 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 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	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 TEACHING** **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 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 % 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

MCC 202	**APPLIED STATISTICS IN PHYSICAL EDUCATION**	**L**	**T**	**P**	**C**
		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 CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance 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

		L	T	P	C
MCC 203	**TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**	**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 CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance 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

		L	T	P	C
MEC 204	**VALUE EDUCATION**	**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

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)

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

course							

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 2ND 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

		L	T	P	C
MPC 210	**COACHING LESSON & OFFICIATING SPECIALIZATION 1ST 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'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

		L	T	P	C
MTP 211	**TEACHING PRACTICE AND CLASSROOM 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 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 % of the course	02.22	03.05	02.58	03.55	05.52	04.76	02.57

MCC 301	SCIENTIFIC PRINCIPLES OF SPORTS TRAINING	L	T	P	C
		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 Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
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

MCC 302 CURRICULUM DESIGN IN PHYSICAL EDUCATION **L T P C**
3 0 0 3

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 Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
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**

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 Outcomes	**Performance Outcomes**						
	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.

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.

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

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 braining programme and performance in jumping events and swimming.

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

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

		L	T	P	C
MPC 309	**COACHING LESSON AND OFFICIATING IN T & 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 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

		L	T	P	C
MPC 310	**COACHING LESSON AND OFFICIATING SPECIALIZATION 1ST 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: 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							

MCC 401 **PREVENTION AND MANAGEMENT OF SPORTS TRAUMA** **L 4 T 0 P 0 C 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 Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
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 3 T 0 P 0 C 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.

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**	**T**	**P**	**C**
		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**

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 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							

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

MPC 408	COACHING LESSON AND OFFICIATING SPECIALIZATION 1ST BEST	L	T	P	C
		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

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
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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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