

J.J. College of Arts & Science (Autonomous), Pudukkottai

Department of Physical Education

Course Outcomes

B.Sc. Physical Education – USPE

Course Name - Foundation and History of Physical Education and Sports		Course Code - U1R1PECC1
Upon Completion of the course students would be able to		
CO 1	Know the fundamental concepts of Physical Education.	
CO 2	Learn the Historical development of Physical education in India	
CO 3	Attain knowledge about the biological formations of Physical Education.	
CO 4	Enhance Knowledge about sports organization.	
CO 5	Have a Fair idea about national sports federation/ association is a highlight.	
Course Name - Theories of Yoga and Gymnastics		Course Code - U1R1PEAC1
Upon Completion of the course students would be able to		
CO 1	Know the history of Yoga and Upanishads.	
CO 2	Study the various concepts of Yoga in eight limbs.	
CO 3	Learn the concept of Pranayama and meditation and practice it.	
CO 4	Learn about other gymnastics events.	
CO 5	Have a thorough knowledge in various aspects of gymnastics floor exercise.	
Course Name – Major Games Group - I (Practical- I) * (Basketball, Cricket Kabaddi & Kho-Kho)		Course Code – U2R1PECC2P
Upon Completion of the course students would be able to		
CO 1	Gain fundamental knowledge about the ground preparation, its dimensions and markings.	
CO 2	Know the Various physical fitness components and its types thoroughly.	
CO 3	Understand the concept of conditioning exercises and warming up.	
CO 4	Attain basic knowledge of rules and interpretation of games and sports.	
CO 5	Implement team and individual tactics in game situations.	

Course Name - Yoga and Gymnastics (Allied – Practical -I)		Course Code – U2R1PEAC2P
Upon Completion of the course students would be able to		
CO 1	Learn the technique of Suryanamaskar.	
CO 2	Attain basic knowledge of corrective Asana.	
CO 3	Have a knowledge about the relaxative, cultural and meditative asanas.	
CO 4	Gain knowledge about pranayama, meditation, kriyas and Bandhas techniques.	
CO 5	Have a fair idea about Gymnastics.	
Course Name - Sports Management		Course Code – U2R1PECC3
Upon Completion of the course students would be able to		
CO 1	Learn the importance and the principles of organisation and administration in Physical Education.	
CO 2	Know the Details and ways in competition organisation.	
CO 3	Learn how to maintain, record, register and budget	
CO 4	Learn the factors for preparing of annual budget for Physical Education .	
CO 5	Attain knowledge on facilities management.	
Course Name – Test, Measurement and Evaluation in Physical Education		Course Code – U2R1PEAC3
Upon Completion of the course students would be able to		
CO 1	Know the fundamentals of test, measurement and evaluation.	
CO 2	Learn the need and importance of test, measurements and evaluation.	
CO 3	Gain basic knowledge of criteria for administration of test.	
CO 4	Attain knowledge about classification of test.	
CO 5	Learn how to measure Physiological, Anthropometrical and Psychological aspects.	

Course Name - Methods in Physical Education		Course Code – U3R1PECC4
Upon Completion of the course students would be able to		
CO 1	Attain Fair idea about Teaching Techniques and teaching aids.	
CO 2	Gain Knowledge about Physical Activities and Indigenous Activities	
CO 3	Know how to draw Fixtures for various Tournaments.	
CO 4	Attain the basic knowledge about the teaching innovations & teaching lesson plan.	
CO 5	Elaboration of the role of educational technology and its scope & importance.	
CO 6	Attain knowledge on e-learning, evaluation system of teaching & kinds of class formation.	
Course Name - Major Games Practical Group - II (Badminton, Volleyball, Football and Hockey)		Course Code – U3R1PECC5P
Upon Completion of the course students would be able to		
CO 1	Gain fundamental knowledge about the ground preparation, its dimensions and markings.	
CO 2	Know about Various physical fitness components and its types thoroughly.	
CO 3	Understand the concept of conditioning exercises and warming up.	
CO 4	Attain basic knowledge of rules and interpretation of games and sports.	
CO 5	Implement team and individual tactics in game situations.	
Course Name – Human Anatomy and Physiology		Course Code – U3R1PEAC4
Upon Completion of the course students would be able to		
CO 1	Gain basic knowledge about the human anatomy and Physiology.	
CO 2	Know about the structure of Human body and the system.	
CO 3	Know about the various systems in the human body and their functions.	
CO 4	Highlight the need and importance of anatomy and physiology in the field of Physical Education.	
CO 5	Highlight on selected systems in the human body.	

Course Name - Evaluation Process in Physical Education (Allied Practical - II)		Course Code – U3R1PEAC5P
Upon Completion of the course students would be able to		
CO 1	Know the fundamentals of test, measurement and evaluation.	
CO 2	Learn the need and importance of test, measurements and evaluation.	
CO 3	Understand the role of measurement and evaluation in Physical Education.	
CO 4	Create an awareness on measuring the posture.	
CO 5	Implement the test involved in major sports and Games.	
Course Name - Sports Physiotherapy		Course Code – U4R1PECC6
Upon Completion of the course students would be able to		
CO 1	Gain basic knowledge about Sports Physiotherapy.	
CO 2	Learn the fundamental concepts and principles of Sports Physiotherapy.	
CO 3	Understand the concept of massage.	
CO 4	Have a fair idea about the importance of therapeutic exercise..	
CO 5	Know the fundamentals of rehabilitation.	
Course Name - Practical Mass Drill Activities (Calisthenics, Wands, Indian Clubs, March Past)		Course Code – U4R1PECC7P
Upon Completion of the course students would be able to		
CO 1	Learn the various aspects of mass drill activities.	
CO 2	Have a Fair idea about light apparatus activities.	
CO 3	Perform exercise in a continuous and rhythmic manner.	
CO 4	Gain knowledge about various rhythmic activities.	
CO 5	Gain leadership Qualities	

Course Name - Research and Statistics for Physical Education and Sports		Course Code - U4R1PEAC6
Upon Completion of the course students would be able to		
CO 1	Gain basic knowledge of Research in Physical Education.	
CO 2	Learn about the various types of Research.	
CO 3	Gain Knowledge about Preparing research proposal.	
CO 4	Attain knowledge about writing the research report.	
CO 5	Have a thorough knowledge about the fundamentals concept of statistics & Application of statistical software.	
Course Name - Theories of Track and Field		Course Code - U5R1PECC8
Upon Completion of the course students would be able to		
CO 1	Learn about the Track and Field and its organizations.	
CO 2	Gain basic knowledge about Sprint, Hurdles, Relay and Field events.	
CO 3	Attain knowledge about rules and regulation in Track and Field Events.	
CO 4	Understand the important concepts of coaching in throwing events.	
CO 5	Gain the knowledge of Marking a 200M and 400M track and all Field events.	
Course Name - Sports Psychology and Sociology		Course Code - U5R1PECC9
Upon Completion of the course students would be able to		
CO 1	Learn the importance and Scope of Sports Psychology and Sociology.	
CO 2	Understand the characteristics of personality, its dimension and types.	
CO 3	Gain a fair idea about the methods of practice in sports psychology.	
CO 4	Learned the need, importance and scope of sport sociology.	
CO 5	Have a knowledge about Leadership and Group Dynamics.	

Course Name - Health Education		Course Code - U5R1PECC10
Upon Completion of the course students would be able to		
CO 1	Learn the fundamentals and the concepts of Health Education.	
CO 2	Understand the various communicable and non-communicable diseases.	
CO 3	Attain knowledge about natural resources.	
CO 4	Have a fair idea about the awareness of Health problems in India.	
CO 5	Gain Knowledge about the social issues and environment.	
Course Name - Track & Field Events (Major Practical - IV) (Field Events and Vertical Jumps)		Course Code - U5R1PECC11P
Upon Completion of the course students would be able to		
CO 1	Know about field and jumping events.	
CO 2	Implement various techniques involved in throwing and jumping events.	
CO 3	Create awareness on assessing the performance level in jumping events.	
CO 4	Attain the knowledge of rules and regulation related to field and jumping events.	
CO 5	Understand the important concept of coaching and markings.	
Course Name - Theories of Major Games		Course Code - U6R1PECC12
Upon Completion of the course students would be able to		
CO 1	Gain knowledge about various sports and games and its organizations.	
CO 2	Have a knowledge of equipments and its specifications.	
CO 3	Gain fundamental knowledge about the ground preparation, its dimensions and markings.	
CO 4	Have a basic knowledge of rules and interpretation of games and sports.	
CO 5	Have a basic knowledge about system of officiating techniques of games and sports.	

Course Name - Sports Training		Course Code - U6R1PECC13
Upon Completion of the course students would be able to		
CO 1	Have a basic knowledge in sports training.	
CO 2	Elaborate the training components.	
CO 3	Learn about the training process, components of load and overload.	
CO 4	Attain knowledge about technical training and tactical training concept.	
CO 5	Use various methods in sports training for preparation of the sports persons.	
CO 6	Understand the training programming and planning.	
Course Name - Track & Field Events (Major Practical- V) Track Events and Horizontal Jumps		Course Code - U6R1PECC14P
Upon Completion of the course students would be able to		
CO 1	Know about field and jumping events.	
CO 2	Implement various techniques involved in throwing and jumping events.	
CO 3	Create awareness on assessing the performance level in jumping events.	
CO 4	Attain the knowledge of rules and regulation related to field and jumping events.	
CO 5	Understand the important concept of coaching and markings.	
Course Name - Major Based Elective Paper - I Sports Kinesiology		Course Code - U5R1PEMBE1
Upon Completion of the course students would be able to		
CO 1	Gain Knowledge about the human movements through Kinesiology.	
CO 2	Attain Knowledge about the joints and muscles classification.	
CO 3	Have a fair idea about the role of Kinesiology and Biomechanics in Physical Education.	
CO 4	Gain the basic knowledge on Kinetics and Kinematics.	
CO 5	Knows the mechanical advantages applied in Sports.	

Course Name - Major Based Elective Paper - II Safety Education and First Aid		Course Code - U6R1PEMBE2
Upon Completion of the course students would be able to		
CO 1	Attain basic knowledge about sports medicine.	
CO 2	Know the fundamental concepts of safety and first aid.	
CO 3	Understand the concept of fracture and injuries.	
CO 4	Have a fair idea about the importance of therapeutic exercise.	
CO 5	Gain the knowledge about fundamentals of rehabilitation.	
Course Name - Major Based Elective Paper - III Sports Bio-Mechanics		Course Code - U6R1PEMBE3
Upon Completion of the course students would be able to		
CO 1	Learn about the human movements through Biomechanics..	
CO 2	Have a fair idea about the role of Biomechanics in Physical Education.	
CO 3	Gain Knowledge about How equilibrium and Lever play a vital role in sports.	
CO 4	Have a fair idea about the basic knowledge on Kinematics and Kinetics.	
CO 5	Understand the application of Biomechanical principle in Running , walking, Jumping and Throwing.	
Course Name - Major Based Elective Paper - IV Sports Nutrition and Health Hygiene		Course Code – U6R1PEMBE4
Upon Completion of the course students would be able to		
CO 1	Know about sports nutrition, its basic guidelines and its role in sports.	
CO 2	Gain knowledge about diet analysis and planning.	
CO 3	Attain the basic knowledge of weight management in modern era.	
CO 4	Understand the concept of diet plan design.	
CO 5	Have a Fair idea about balanced diet.	

Course Name - Major Based Elective Paper - V Exercise Physiology		Course Code –U6R1PEMBE5
Upon Completion of the course students would be able to		
CO 1	Learn about the various systems in the human body and their functions.	
CO 2	Know the need and importance of exercise physiology in the field of Physical Education.	
CO 3	Highlight on selected systems changes occur during exercises.	
CO 4	Know the basic concept of balanced diet.	
CO 5	Have a fair idea about the effect of exercise and training on selected system.	
Course Name - Skill Based Elective -I Fitness and Sports Innovations		Course Code - U4R1PESBE1
Upon Completion of the course students would be able to		
CO 1	Learn about the Components of Physical Fitness and wellness.	
CO 2	Gain Knowledge about obesity, Fat Classification and Nutrition and fitness.	
CO 3	Have a Fair idea about aerobic and anaerobic exercises	
CO 4	Understand the role of NADA and WADA in Drug Abuse.	
CO 5	Know about the sports played in different surfaces.	
Course Name - Skill Based Elective Paper - II Modern Trends in Physical Education		Course Code - U5R1PESBE2
Upon Completion of the course students would be able to		
CO 1	know about the various courses offered physical education in India.	
CO 2	Attain Knowledge about the various sports organization functioning in India.	
CO 3	Learn about drug abuse influence in sports performance.	
CO 4	Gain basic knowledge on research.	
CO 5	Learn about the infra structure in Sports.	
CO 6	Gain knowledge about the different tournaments.	

Course Name - Skill Based Elective -III Teaching Practice		Course Code - U6R1PESBE3P
Upon Completion of the course students would be able to		
CO 1	Attain the basic knowledge about teaching methods and factors affecting teaching.	
CO 2	Have Knowledge about the general lesson plan and its importance.	
CO 3	Learned the types of teaching methods.	
CO 4	Understand the preparation of general lesson plan.	
CO 5	Know the various parts of general lesson plan.	
Course Name - Skill Based Elective -IV Athletic Care and Rehabilitation		Course Code - U6R1PESBE4
Upon Completion of the course students would be able to		
CO 1	Gain basic knowledge about athlete care.	
CO 2	Know the fundamental concepts of rehabilitation.	
CO 3	Understand the concept of massage.	
CO 4	Know the importance of therapeutic exercise.	
CO 5	Gain knowledge about the prevention of injuries in sports.	
CO 6	Have a fair idea about the common sports Injuries and diagnosis.	
Course Name - Skill Based Elective -V Sports Technology		Course Code –U6R1PESBE5
Upon Completion of the course students would be able to		
CO 1	Gain Knowledge about the application of sports technology..	
CO 2	Implement the basic concept of using latest sports materials. .	
CO 3	Have a knowledge about the various sports surfaces to develop performance.	
CO 4	Know the the basic idea about the training programmes.	
CO 5	Learn about the development in playing surfaces.	

Course Name - Fundamental of Yoga (IDC – I)		Course Code - U5R1PEIDC4
Upon Completion of the course students would be able to		
CO 1	Understand the fundamental concepts of yogic practice.	
CO 2	Have a fair idea about the Foundation of Yoga	
CO 3	Learn the principles of practicing asana, pranayama and meditation.	
CO 4	Learn the selected kriyas, mudras and bandhas.	
CO 5	Have a knowledge about the leading yoga school both in Indian and foreign soil.	
Course Name - Health Education and First Aid (IDC - II)		Course Code - U5R1PEIDC5
Upon Completion of the course students would be able to		
CO 1	Gain knowledge about the fundamental concepts of Health Education.	
CO 2	Understand the various communicable and non-communicable diseases.	
CO 3	Have a fair idea about the social issues and First Aid.	
CO 4	Attain knowledge about Food and nutrition	
CO 5	Gain Knowledge about First Aid and Uses of first Aid.	
Course Name - Fitness and Nutrition (IDC – III)		Course Code - U5RPEIDC6
Upon Completion of the course students would be able to		
CO 1	Gain knowledge about the concept of wellness, its dimensions and components were learned.	
CO 2	Attain knowledge about prevention and management of modern lifestyle.	
CO 3	Know the concept of designing different fitness training programme.	
CO 4	Have an Idea about the issues in Physical Education	
CO 5	Know about the body Deformities.	