

PROGRAMME OUTCOMES (POS)

To gain knowledge in the field of physical education and various sports skills in winning ways, the student teacher expected to undergo these skills.

PO 1: To get the knowledge of multi lingual language both in reading and writing in prose and poetry, such as, Tamil and English.

PO 2: To get the general knowledge in the field of physical education during the ancient period and present era.

PO 3: To apply the knowledge of fitness and wellness with various types of training on different types of physical fitness components and the physiological system through exercise with nutritional values.

PO 4: Implementing the knowledge on organizing various sports and games, drawing fixtures, supervising and administering various play fields. To apply the knowledge of various test and measurement of games and sports and analysis of evaluation of the outcome of the test.

PO 5: To attain the knowledge of various yogic methods, such as, asanas, pranayama, bandhas and kriyas and their role in ancient and modern periods.

PO 6: To apply the general science knowledge, anatomy, physiology in the field of physical education and apply knowledge of human body motion and uses of various joints. Trauma management with care and prevention.

PO 7: To construct and marking of various play field and standard and non-standard track, update the rules of sports, such as, Athletics and cross country, football, badminton, tennis, badminton, kabaddi, hockey, handball, cricket, volleyball, kho-kho, table tennis and throw ball and apply the rules in various events such as, inter-class, inter-college, inter- university etc.

PO 8: To attain and implement the knowledge on various statistical tool in the field of physical education with the uses of computers.

PO 9: To use knowledge of various natural resources, various terrains eco system and biodiversity and conservation methods.

PO 10: To apply the sports psychological and sociological knowledge during play situation

COURSE OUTCOME AND PROGRAMME SPECIFIC OBJECTIVES

BPE 101 ANATOMY AND FIRST AID

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand Need and Importance of Anatomy
- ✓ CO2 Apply knowledge of Physiology of Skeletal Systems
- ✓ CO3 Learn the structure and Functions of the Human Heart
- ✓ CO4 Evaluate the Human Nervous System
- ✓ CO5 Remember the basic structure and functions of Urinary System

Programme Specific Objectives:

- ✓ PSO1 Understand Need and Importance of Anatomy
- ✓ PSO2 Apply knowledge of Physiology of Skeletal and circulatory Systems
- ✓ PSO3 Remember the basic structure and functions of the Nervous and Urinary Systems

BPE 102 INTRODUCTION TO EDUCATION AND PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): Students completing this course were able to

- ✓ CO1 To acquire the meaning, aims and objectives of education and importance of education in modern era
- ✓ CO2 To acquire the meaning, aims and objectives of physical education and mis-concept of physical education
- ✓ CO3 To understand the biological foundation, Philosophical foundation, psychological foundation and sociological foundation.
- ✓ CO4 To get knowledge of sports and physical education institution in India

Programme Specific Objectives:

- ✓ PSO1 Understand Need and Importance of education and physical Education
- ✓ PSO2 Apply knowledge of biological foundation, Philosophical foundation, psychological foundation and sociological foundation.

BPE 103 HISTORY OF PHYSICAL EDUCATION

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand the basics of History of Physical Education
- ✓ CO2 Apply knowledge on Foundations of Physical Education
- ✓ CO3 Evaluate History with reference to the Foundations of Physical Education
- ✓ CO4 Analyze knowledge on the concepts different Foundations of Physical Education
- ✓ CO5 Create and apply the values of History and Foundations

Programme Specific Objectives:

- ✓ PSO1 Apply knowledge on Foundations of Physical Education
- ✓ PSO2 Analyze knowledge on the concepts different Foundations of Physical Education
- ✓ PSO3 Create and apply the values of History and Foundations

BPE 104 METHODS OF PHYSICAL EDUCATION

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand the basics of Fixtures
- ✓ CO2 Apply knowledge of Methods
- ✓ CO3 Analyze the concepts of Methods
- ✓ CO4 Evaluate Methods with reference to Physical Education

- ✓ CO5 Remember the different Methods followed in Physical Education

Programme Specific Objectives:

- ✓ PSO1 Analyze the concepts of Methods
- ✓ PSO2 Apply knowledge of Methods
- ✓ PSO3 Remember the different Methods followed in Physical Education

BPE 105 ENGLISH AND GENRAL KNOWLEDGE OF SPORTS PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): Students completing this course were able to

- ✓ CO1 After learning this course, the student will acquire reading ability of English literature and understand English constructs.
- ✓ CO2 The ability to understand the poems and know information on poets and authors, know about well-known English novels

Programme Specific Objectives:

- ✓ PSO1 Learn the concepts of English in their life
- ✓ PSO2 Apply knowledge of English in physical education
- ✓ PSO3 Learn general knowledge in sports and Physical Education

BPE 106 ENVIORNMENTAL SCIENCE

COURSE OUTCOMES (Cos): After Completing the course, the students will be able to:

- ✓ CO1 Understand about the concept of health and health education.
- ✓ CO2 Understand the health problems in India.
- ✓ CO3 Understand about hygiene, nutritional aspects and prevention and control of communicable and non communicable diseases.
- ✓ CO4 Apply the comprehensive knowledge of the concept of health education, school health services and prevention of the environment related problems.
- ✓ CO5 Realize the value of environmental science.
- ✓ CO6 To look at the natural resources and related environmental issues.
- ✓ CO7 Develop an understanding about the environment.

Programme Specific Objectives:

- ✓ PO1 To bring awareness & understanding about environment & basic aspect.
- ✓ PO2 To provide knowledge about various National Environmental Policies (NEP).
- ✓ PO3 To bring awareness about conserve natural resources.
- ✓ PO4 To bring awareness about the social issues of environment on human health

BPE 107 PHYSIOLOGY

COURSE OUTCOMES (Cos): Students completing this course were able to

- ✓ CO1 Be aware of the Meaning and Importance Exercises
- ✓ CO2 Comprehend the Meaning and Importance of Physiology
- ✓ CO3 Recognize the Nerve control of muscular activity
- ✓ CO4 Understand the Effect of Exercise on the various systems of the body
- ✓ CO5 Acquire knowledge of Metabolism

Programme Specific Objectives:

- ✓ PSO1 Be aware of the Meaning and Importance Exercises and Physiology
- ✓ PSO2 Comprehend the Meaning and Importance of Physiology
- ✓ PSO3 Understand the Effect of Exercise on the various systems of the body

BPE 108 HEALTH EDUCATION

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand the basics of Health
- ✓ CO2 Apply knowledge of Safety
- ✓ CO3 Analyze the concepts of Health
- ✓ CO4 Evaluate Health and Safety Education with reference to Physical Education
- ✓ CO5 Remember the different applications of Health and Safety followed in Physical Education

Programme Specific Objectives:

- ✓ PSO1 Apply knowledge of Safety
- ✓ PSO2 Analyze the concepts of Health
- ✓ PSO3 Evaluate Health and Safety Education with reference to Physical Education

BPE 109 INTRODUCTION TO SOCIOAL SCIENCE

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 To gain the knowledge of concept, importance scope of social science.
- ✓ CO2 To understand the relations of sports and society.
- ✓ CO3 To acquire the knowledge of social factors concerning sports in society.
- ✓ CO4 To understand the relation of sport and the life cycle.

Programme Specific Objectives:

- ✓ PSO1 Apply knowledge and experience of Social science in society
- ✓ PSO2 Analyse the person in sports and society
- ✓ PSO3 Evaluate social factors in sports and society with reference to Physical Education

BPE 110 EUDCATIONAL PSYCHOLOGY

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Be aware of the Meaning and Importance of Sports Psychology
- ✓ CO2 Recognize the different Laws of Learning
- ✓ CO4 Understand the effects Motivation on learning

Programme Specific Objectives:

- ✓ PSO1 Be aware of the Meaning and Importance of Sports Psychology
- ✓ PSO2 Recognize the different Laws of Learning and effect of Motivation on learning

BPE 111 KINESIOLOGY

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Be aware of the Meaning, Importance and objectives of Kinesiology
- ✓ CO2 Comprehend the Origin and Insertion of the Muscles
- ✓ CO3 Understand the Angular Kinematics
- ✓ CO4 Acquire knowledge of Linear Kinematics

Programme Specific Objectives:

- ✓ PSO1 Comprehend the Origin and Insertion of the Muscles
- ✓ PSO2 Acquire knowledge of Angular and Linear Kinematics

BPE 112 FOUNDATION OF PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): After Completing the course, the students will be able to:

- ✓ CO1 They will develop the basic biological foundation in the field of physical education.
- ✓ CO2 They develop the basic psychological foundation in the field of physical education.
- ✓ CO3 They will develop the basic Philosophical foundation in the field of physical education.

Programme Specific Objectives:

- ✓ PO1 To develop the basic biological foundation in the field of physical education.
- ✓ PO2 To develop the basic psychological foundation in the field of physical education.
- ✓ PO3 To develop the basic Philosophical foundation in the field of physical education.
- ✓ PO4 To develop the basic Sociological foundation in the field of physical education

BPE 113 CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION

COURSE OUTCOMES (Cos): After Completing the course, the students will be able to:

- ✓ CO1 Students will be understand Various common sports injuries and their Rehabilitation.
- ✓ CO2 Students will know prevent and management of various postural deformities.
- ✓ CO3 Students will be understand applications of Various therapeutic modalities.

Programme Specific Objectives:

- ✓ PO1 To bring out knowledge about the Correctives & Rehabilitation.
- ✓ PO2 To understand the various Sports Injuries.
- ✓ PO3 To understand the Therapeutical modalities.

BPE 114 PROFESSIONAL PREPARATION

COURSE OUTCOMES (Cos) : After Completing the course, the students will be able to:

- ✓ CO1 Understand the concept of professional preparation.
- ✓ CO2 Describe the historical perspective of professional preparation at Indian and Abroad.
- ✓ CO3 Classify and identify the basic knowledge of preparation.

Programme Specific Objectives:

- ✓ PO1 To develop professional personnel.
- ✓ PO2 To give knowledge about Historical development of Physical Education in India.
- ✓ PO3 To give the knowledge about basic and effective teaching and training.

BPE 115 TESTS AND MEASUREMENTS

COURSE OUTCOMES (Cos) : Students completing this course were able to

- ✓ CO1 Understand Need and Importance Tests
- ✓ CO2 Apply knowledge of Measurement and Evaluation
- ✓ CO3 Learn the Techniques of Evaluation
- ✓ CO4 Evaluate Tests with Measurements and Evaluation
- ✓ CO5 Remember the Importance of Measurements and Evaluation of Tests

Programme Specific Objectives:

- ✓ PSO1 Understand Need and Importance Tests
- ✓ PSO2 Apply knowledge of Measurement and Evaluation