

## Course specific outcome:

Course	Expected outcome
PEDGCOR01T	Students will be able to get an idea with <ul style="list-style-type: none"> <li>• Modern and changing concepts of physical education</li> <li>• Biological, Sociological and Philosophical foundations of physical education.</li> </ul>
PEDGCOR02T	Familiarity with <ul style="list-style-type: none"> <li>• Importance of sports management.</li> <li>• Purpose of sports management.</li> <li>• Procedure of drawing fixture.</li> <li>• Method organizing of intramural and extramural competition.</li> </ul>
PEDGCOR03T	Introduction to <ul style="list-style-type: none"> <li>• Anatomy and Physiology and Exercise Physiology.</li> <li>• Musculo-skeletal System.</li> </ul>
PEDGCOR04T	Familiarity with <ul style="list-style-type: none"> <li>• Concept of Test, Measurement and Evaluation</li> <li>• Body Mass Index (BMI)</li> <li>• Lean Body Mass (LBM)</li> <li>• Somatotype</li> </ul>
PEDGDSE01T / PEDGDSE02T	Students will know about <ul style="list-style-type: none"> <li>• Training Load and Adaptation.</li> <li>• Mechanical Principles applied to sports.</li> <li>• Therapeutic Aspect of Physical Activities.</li> <li>• Methods of Physiotherapy.</li> </ul>
PEDGGEC01T	Introduction to <ul style="list-style-type: none"> <li>• Physical Fitness and Motor Fitness.</li> <li>• Objectives and Scope of Physical Education.</li> <li>• Growth and Development.</li> <li>• Social Values</li> </ul>
PEDGDSE03T/ PEDGDSE04T	Familiarity with <ul style="list-style-type: none"> <li>• Motivation.</li> <li>• Emotion.</li> <li>• Personality.</li> <li>• Stress and Anxiety.</li> </ul>
PEDGGEC02T	Students will know about <ul style="list-style-type: none"> <li>• First-aid and its management.</li> <li>• Body Mass Index (BMI)</li> <li>• Somatotype- concept and method of assessment.</li> </ul>
PEDGCOR01P	<ul style="list-style-type: none"> <li>• Development of Physical fitness through Marching.</li> <li>• Familiarity with Callisthenics.</li> </ul>

PEDGCOR02P	<ul style="list-style-type: none"> <li>• Students will get knowledge of Football, Kabaddi and Kho-kho.</li> <li>• Skill development in Football, Kabaddi and Kho-kho.</li> <li>• Officiating ability</li> </ul>
PEDGCOR03P	<p>Acquisition of experimental knowledge in</p> <ul style="list-style-type: none"> <li>• BMI</li> <li>• Heart rate</li> <li>• Blood Pressure</li> <li>• Respiratory Rate</li> <li>• Pick Flow Rate and Vital Capacity</li> </ul>
PEDSSEC01M	<p>Acquisition of practical knowledge in</p> <ul style="list-style-type: none"> <li>• Long Jump and High Jump</li> <li>• Shot Put, Discus Throw and Javelin Throw</li> </ul>
PEDGCOR04P	<p>Students will gain knowledge of</p> <ul style="list-style-type: none"> <li>• Lockhart and McPherson Badminton Skill Test</li> <li>• Johnson Basketball Test Battery</li> <li>• McDonald Soccer Test</li> <li>• Brady Volleyball Test</li> </ul>
PEDSSEC02M	<p>Practical knowledge of the following Gymnastics</p> <ul style="list-style-type: none"> <li>• Forward Roll</li> <li>• T-Balance</li> <li>• Forward Roll with Split leg</li> <li>• Backward Roll</li> <li>• Cart-Wheel</li> <li>• Dive and Forward Roll</li> <li>• Summersault</li> </ul>
PEDSSEC03M	<ul style="list-style-type: none"> <li>• Fundamental skills development in Kabaddi and familiarity with rules and duties of the officials.</li> <li>• Fundamental skills development in Kho-kho and familiarity with rules and duties of the officials.</li> </ul>
PEDSSEC04M	<p>Skill development in</p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Handball</li> <li>• Cricket</li> </ul>

Course	Expected outcome
PEDGCOR01T	<p>Students will acquire knowledge of</p> <ul style="list-style-type: none"> <li>• History of Physical Education</li> <li>• Yoga Education</li> </ul>
PEDGCOR02T	<p>Familiarity with</p> <ul style="list-style-type: none"> <li>• Method of calculation of standard athletic track and field marking.</li> <li>• Basic rules of Football, Kabaddi, Kho-kho,</li> </ul>

	<p>Badminton and Volleyball</p> <ul style="list-style-type: none"> <li>• Leadership</li> </ul>
PEDGCOR03T	<p>Introduction to</p> <ul style="list-style-type: none"> <li>• Circulatory and Respiratory System</li> <li>• Nervous and Endocrine System</li> </ul>
PEDGCOR04T	<p>Familiarity with</p> <ul style="list-style-type: none"> <li>• Objective and Principle of Health Education.</li> <li>• School Health Program.</li> <li>• Communicable and Non-communicable diseases.</li> <li>• Basic nutrients.</li> <li>• Health and First-aid management..</li> </ul>
PEDGDSE01T / PEDGDSE02T	<p>Students will know about</p> <ul style="list-style-type: none"> <li>• Aim and Characteristics of Sports Training</li> <li>• Various Training Methods</li> <li>• Training Techniques</li> <li>• Various Therapies- Physiotherapy, Massage Therapy etc.</li> <li>• Therapeutic aspects of Physical Activities.</li> </ul>
PEDGGEC01T	<p>Introduction to</p> <ul style="list-style-type: none"> <li>• History of Physical Education</li> <li>• Exercise Sciences</li> </ul>
PEDGDSE03T/ PEDGDSE04T	<p>Familiarity with</p> <ul style="list-style-type: none"> <li>• Sports Psychology</li> <li>• Theories of learning and Laws of learning</li> <li>• Learning curve</li> </ul>
PEDGGEC02T	<p>Students will know about</p> <ul style="list-style-type: none"> <li>• Various Health Agencies</li> <li>• Principles of Health Education</li> <li>• Health and First-aid manangement.</li> </ul>
PEDGCOR01P	<ul style="list-style-type: none"> <li>• Development in physical fitness and coordination through aerobics..</li> </ul>
PEDGCOR02P	<ul style="list-style-type: none"> <li>• Practical knowledge of numerous Track and Field events</li> </ul>
PEDGCOR03P	<p>Acquisition of experimental knowledge in</p> <ul style="list-style-type: none"> <li>• Anthropometric measurement</li> <li>• Body fat %</li> </ul>
PEDSSEC01M	<p>Acquisition of practical knowledge in</p> <ul style="list-style-type: none"> <li>• Starting and Finishing Techniques in Track Events</li> <li>• Relay Race</li> </ul>
PEDGCOR04P	<p>Students will gain knowledge of</p> <ul style="list-style-type: none"> <li>• Kraus-Weber Muscular Strength Test</li> <li>• AAHPER Youth Fitness Test</li> <li>• Queens College Step Test</li> <li>• Harvard Step Test</li> <li>• Assessment of % body fat</li> </ul>

PEDSSEC02M	Acquisition of practical knowledge in <ul style="list-style-type: none"><li>• Various Asanas</li><li>• Pranayama</li></ul>
PEDSSEC03M	<ul style="list-style-type: none"><li>• Fundamental skills development in</li><li>• Badminton and familiarity with rules and duties of the officials.</li><li>• Fundamental skills development in Table Tennis and familiarity with rules and duties of the officials.</li></ul>
PEDSSEC04M	Skill development in <ul style="list-style-type: none"><li>• Volleyball</li><li>• Netball</li><li>• Throwball</li></ul>