

PROGRAM OUTCOMES (POS) PHYSICAL EDUCATION

PO1 Current technological advancements have opened up a straightforward path to enhancing sports performance. As a result, students are introduced to the History, Principles, and Foundation of Physical Education. Studying the history of both physical education and the Olympics assists students in understanding the background of these events.

PO2: To understanding about the basic skill and benefits of pranayama and asana on health of the Athletes. Understanding about the scientific aspects about the benefits of kriya and mudra of Yoga.

PO4: To maintain health and follow proper routine in daily life. To understand the development of physical education and various policies of government for the development of and to organize physical activities for specially abled people.

PO5: To keep up a healthy lifestyle and aware students in order to compete at a better level.

PO1: Recognize the basic concepts, theories, and principles of training the human body for sports performance. Show proficiency in training various fitness components and in related planning. Comprehend the organization required to attain high performance in sports.

PO2: Gain an understanding of fundamental psychology concepts. Learn to identify factors that influence overall personality. Understand the laws of learning and their application in teaching and learning. Understanding insight into the psychology of competitors.

PO3: Understanding of the fundamentals of leadership and sports management. To study the various levels of the modern curriculum.

PO4: Students will learn about the significance of adapted physical education, how to classify disabilities, and the facilities and equipment needed for adapted sports activities. They will also learn how to organize adapted games and sports for people with disabilities. Additionally, they will gain the ability to provide academic instructions, adaptations, and modifications in inclusive education settings.

PROGRAM SPECIFIC OUTCOMES (PSOS)

PSO1. Foundation of physical education: To understand the progressive development of physical education and Olympics.

PSO2. Will be able To understand the meaning of Physical Education and aims & objective. To understand the development of Physical Education in India.

PSO3. To recognize the value of wellbeing and physical health in life. to comprehend the different aspects of physical fitness. To comprehend the different approaches for preventing health-related issues. To comprehend the various elements of a positive lifestyle.

PSO4. The understanding of “First aid” along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.

PSO5. Apply knowledge of biological foundation, Philosophical foundation, psychological foundation and sociological foundation.

PSO6. Apply knowledge of Safety and concepts of health.

PSO7. Evaluate and analyze the Health and Safety Education with reference to Physical Education.

4 YEAR B.A/B.SC STRUCTURE OF SYLLABUS UNDER NEP

SEMESTER-I

Course Code	Course Title	Course Type	Credit	Marks				Total Marks
				Theory		Practical		
UMJPET-101	FOUNDATION OF PHYSICAL EDUCATION	Major	04	Mid Sem: 15 marks	End Exam: 60	Assessment: 10 Marks	Exam: 15 Marks	100
UMIPET-102	BASICS OF PHYSICAL EDUCATION	Minor	04	Mid Sem: 15 marks	End Exam: 60	Assessment: 10 Marks	Exam: 15 Marks	100
UMDPET-103	INTRODUCTION TO PHYSICAL EDUCATION	Multidisciplinary	03	Mid Sem: 15 marks	End Exam: 60	-----	-----	75
USEPET-104	FIRST AID AND SPORTS INJURY	Skill	02	Mid Sem: 25 marks	End Exam: 60	-----	-----	50
SEMESTER TOTAL			13					

COURSE OUTCOMES

FOUNDATION OF PHYSICAL EDUCATION

CO1: To understand and maintain a health-enhancing level of physical fitness.

CO2: To understand the basic principles and practices of Physical Education, Sports and Yoga.

CO3: To instruct the Physical Activities, Sports and Yoga practices for Healthy Living.

BASICS OF PHYSICAL EDUCATION

CO1. To understand how and why movements are done in a variety of situations and use this information to enhance their own skills.

CO2: To understand and maintain a health-enhancing level of physical fitness.

CO3: To understand the basic principles and practices of Physical Education, Sports and Yoga.

CO4: To instruct the Physical Activities, Sports and Yoga practices for Healthy Living.

CO5: To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools, colleges and community.

INTRODUCTION TO PHYSICAL EDUCATION

CO1. A variety of motor skills and abilities related to lifetime leisure activities.

CO2. Improved understanding of the importance of maintaining a healthy lifestyle.

CO3. Improved understanding of movement and the human body.

CO4. Improved knowledge of rules and strategies of particular games and sports.

FIRST AID AND SPORTS INJURY

CO1: To learn the meaning and values of first aid.

CO2: To learn the meaning, importance and classification of wound.

CO3: To learn the system of specific injury management namely muscle cramp, fracture, bleeding and heart attack.

CO4: To learn the system of specific injury management namely poisoning, drowning, dog bite, snake bite, fainting and burns.

CO5: To learn the meaning and classification of various therapy techniques namely hydrotherapy, thermotherapy and cryotherapy.

SEMESTER-2

Course Code	Course Title	Course Type	Credit	Marks				Total Marks
				Theory		Practical		
UMJPET-201	HEALTH AND PHYSICAL EDUCATION	Major	04	Mid Sem: 15 marks	End Exam: 60	Assessment: 10 Marks	Exam: 15 Marks	100
UMIPET-202	BASICS OF HEALTH EDUCATION	Minor	04	Mid Sem: 15 marks	End Exam: 60	Assessment: 10 Marks	Exam: 15 Marks	100
UMDPET-203	SPORTS COMPETITIONS AND PARTICIPATION	Multidisciplinary	03	Mid Sem: 15 marks	End Exam: 60	-----	-----	75
USEPET-204	SPORTS COMPETITIONS AND PARTICIPATION	Skill	02	Mid Sem: 25 marks	End Exam: 60	-----	-----	50
SEMESTER TOTAL			13					

COURSE OUTCOMES

HEALTH AND PHYSICAL EDUCATION (MAJOR)

CO1: Apply the knowledge in the field of physical education and movement activity.

CO2: Analyze the practical knowledge during the practical situation.

CO3: To list and summarize the variables that affect health, as well as the issues that are relevant today and how to implement preventive measures.

BASICS OF HEALTH EDUCATION (MINOR)

CO1: To become aware of a positive attitude about health.

CO2: To acquire the knowledge of safety education.

CO3: To know about communicable and non-communicable diseases.

CO4: To learn principles and importance of safety.

SPORTS COMPETITIONS AND PARTICIPATION (MD)

CO1: gaining personal experience with scheduling, managing sporting events, contests, and extramural sports.

CO2: Acquiring knowledge of the rules, regulations, and strategies of various sports.

CO3: Developing skills in sportsmanship, teamwork, and leadership.

CO4: Learning how to organize and manage sports events.

SPORTS COMPETITIONS AND PARTICIPATION (SKILL)

CO1: To know an introduction of Physical fitness.

CO2: To know nutrition for fitness.

CO3: To understand about Aerobic exercise.

CO4: To understand about Anaerobic exercise.

SEMESTER-3

Course Code	Course Title	Course Type	Credit	MARKS				Total Marks
				Theory		Practical		
UMJPET-301	MODERN CONCEPT OF PHYSICAL EDUCATION	Major-I	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
UMJPET-302	BASIC OF YOGA	Major-II	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
UMIPET-303	MODERN CONCEPT OF PHY EDUCATION	Minor	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
UMDPET-304	CONCEPT AND TRENDS IN PHYSICAL EDUCATION	MD	03	Mid Sem: 15 marks	End Exam: 60 marks	----	----	75
USEPET-305	YOGIC SCIENCES	Skill	02	Mid Sem: 5 marks	End Exam: 20 marks	Assessment: 5 Marks	Exam: 20 Marks	50
SEMESTER TOTAL			17					

COURSE OUTCOMES

MODERN CONCEPT OF PHYSICAL EDUCATION

CO1: Create learning experiences aligned with curriculum goals and tailored to learners, incorporating modifications for different learning styles.

CO2: Demonstrate proficiency in movement skills, analyze motor skill performance, and develop lesson plans addressing student learning and assessment of motor skills.

CO3: Apply physiological and biomechanical concepts to movement, motor development, and learning.

CO4: Plan instruction for diverse student needs, including accommodations for exceptionalities.

BASIC OF YOGA

CO1: Understand the basic Concepts of Yoga

CO2: Apply the principles of Yoga to live healthy and active life style.

CO3: Promote the awareness of health through yoga

CO4: Analyze the techniques and of body posture to bring out healthy change.

CO5: Able to execute loosening exercise, Asanas, Pranayama and Shatkriyas.

MODERN CONCEPT OF PHYSICAL EDUCATION

CO1: Understanding the importance of physical activity for overall health and well-being.

CO2: Recognizing the role of physical education in developing physical, mental, and social skills.

CO3: Demonstrating proficiency in various physical activities and sports.

CO4: Understanding the principles of exercise science and their application to physical education.

CO5: To develop an appreciation for lifelong physical activity and fitness and to understand the importance of fair play, teamwork, and sportsmanship.

CONCEPT AND TRENDS IN PHYSICAL EDUCATION (MD)

CO1: Understanding the historical and philosophical foundations of physical education.

CO2: Recognizing the role of physical education in promoting lifelong health and wellness.

CO3: Understanding current trends and issues in physical education, such as inclusive practices and technology integration.

CO4: Developing skills in planning and implementing effective physical education programs.

CO5: Demonstrating knowledge of assessment techniques relevant to physical education.

YOGIC SCIENCES (SKILL)

CO1: Understand the basic Concepts of Yoga

CO2: Apply the principles of Yoga to live healthy and active life style.

CO3: Promote the awareness of health through yoga

CO4: Analyze the techniques and of body posture to bring out healthy change.

CO5: Develop the knowledge through practice, participate and organize.

SEMESTER-4

Course Code	Course Title	Course Type	Credit	MARKS				Total Marks
				Theory		Practical		
UMJPET-401	SPORTS TRAINING	Major	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
UMJPET-402	SPORTS PSYCHOLOGY	Major-II	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
UMJPET-403	SPORTS MANAGEMENT	Major-III	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
UMJPET-404	ADAPTED PHYSICAL EDUCATION	Major-IV	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
UMIPET-405	SPORTS TRAINING	Minor	04	Mid Sem: 15 marks	End Exam: 60 marks	Assessment: 10 Marks	Exam: 15 Marks	100
SEMESTER TOTAL			20					

COURSE OUTCOMES

SPORTS TRAINING:

CO1: To learn the aim, meaning and principles of sports training.

CO2: To learn the meaning, types and principles of training lode.

CO3: To learn the types and methods to develop strength and endurance.

CO4: To learn the types and methods to develop speed, flexibility and coordinative abilities.

CO5: To understand the types of training plans, types of periodization, techniques, tactics and strategy.

SPORTS PSYCHOLOGY:

CO1: To understand the Psychological concepts.

CO2: To understand about motivation.

CO3: To know about Goal setting.

SPORTS MANAGEMENT:

CO1: To know the concepts of sports management.

CO2: To understand the program management.

CO3: To understand the basics of sports management, leadership and its forms.

CO4: Know sports management and employ principles of strategic planning, and financial and human resource management.

ADAPTED PHYSICAL EDUCATION:

CO1: Know the importance of the adapted physical education

CO2: Know the classification of disability.

CO3: Know the facilities and equipments for adapted sports activities.

CO4: Know the adapted games and sports for persons with disabilities.

CO5: Understand the academic instructions, adaptations and modifications in inclusive education.

SPORTS TRAINING:

CO1: To learn the aim, meaning and principles of sports training.

CO2: To learn the meaning, types and principles of training load.

CO3: To learn the types and methods to develop strength and endurance.

CO4: To learn the types and methods to develop speed, flexibility and coordinative abilities.

CO5: To understand the types of training plans, types of periodization, techniques, tactics and strategy.