# Programme Outcome

**PO:** Define learning outcomes for Bachelor Physical Education which encourages a holistic approach based on a socio-ecological perspective. Promote greater integration and balance between the social and physical sciences. Contextualize physical education with a set of attitudes and values that signify the importance of movement as a valued human practice. Centralize and acknowledge that the individual, in his/her search for personal meaning, once educated in Health and Physical Education, would be able to make positive contributions to the Enhancement of Society. Promote the learning of new skills. Enhance, extend, inform and critique the deliberate use of exercise, play, sport and other forms of physical activity within and individual and societal context.

<table>
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<tr>
<th>Name of Course</th>
<th>Outcomes</th>
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| Anatomy & Physiology | Students know about:-  
  **CO1:** The anatomy, physiology and functions of various tissues and cell, organization of cellular system.  
  **CO2:** Classify different types of tissue and explain anatomy and physiology of skeletal system and joints  
  **CO3:** Haemopoetic and lymphatic system homeostatic and its altered physiology  
  **CO4:** The Anatomy and Physiology of cardiovascular and respiratory system and its disorders  
  **CO5:** Anatomy and Physiology of digestive, nervous, urinary and reproductive system and its disorders  
  **CO6:** Anatomy and Physiology of endocrine system and sense organs and its disorders  
  **CO7:** Physiology of muscle contraction and its disorders  
  **CO8:** Sport physiology, drugs and athletics |
| Educational Technology and Methods of Teaching in Physical Education | **CO:** To provide opportunity to faculty and students of the department for their self-evaluations, accountability, autonomy and innovations in the area of physical education and sports. |
| Officiating and Coaching | **CO:** To generate employment in the fields of Health Fitness and Gym-Management, Physiotherapy, Journalism, Aquatics and Yoga. |
| Swimming, Gymnastics | **CO1:** Improve general and swimming fitness levels for maintaining lifelong health fitness.  
  **CO2:** Develop apply and improve swimming skills and techniques for life long enjoyment of swimming.  
  **CO3:** Apply knowledge and respect for universal water safety and rules around the pool environment.  
  **CO4:** Students learn about practices foundation positions  
  **CO5:** Students also learn about practices line exercise and walking exercise. |
| Track and Field (Sprints, | **CO1:** To provide opportunity to talented students to excel in sports |
| Shot-Put, Long Jump, Relays | and become outstanding  
**CO2**- Sports persons.  
**CO3**- Explain running variations and motion skills. |
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| **Basketball, Football, Kabaddi, Kho-Kho** | **CO1**- Understand basic basketball rules, terminology and safety concerns.  
**CO2**- Demonstrate the six basic basketball skills of Running, Jumping, Passing, Catching, Dribbling and shooting.  
**CO3**- Students Will be able to explain the basic features of soccer sport branch.  
**CO4**- Student will be able to explain the definition of football sports  
**CO5**- Student will be able to examine the development of football sport in Turkey.  
**CO6**- Student will be able to describe the development of football sport in the world.  
**CO7**- Kabbadi Course will helps players to enhance their pro activeness, presence of mind, multi-tasking skills, team spirit and crisis management.  
**CO8**- Kho-Kho Course will help to Students to gain requires endurance and speed.  
**CO9**- It’s most important skill used in running.  
**CO10**- Dodging is given by jerky movement of the body. |
| **Yoga Education** | Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:  
**CO1**- To enable the student to have good health.  
**CO2**- To practice mental hygiene.  
**CO3**- To possess emotional stability.  
**CO4**- To integrate moral values.  
**CO5**- To attain higher level of consciousness. |
| **Health Education and Environmental Studies** | After studying this course, you should be able to:  
**CO1**- Define and use, or recognize definitions and applications of, each of the terms in bold in the text  
**CO2**- Understand the complexity of the interdependence between organisms and their environment  
**CO3**- Describe some of the consequences for health of pollution  
**CO4**- Explain why it is difficult to gain international agreements to secure biodiversity and reduce pollution. |
| **Sports Nutrition and Weight Management** | Students will learn:  
**CO1**- What’s new regarding sports nutrition and training information  
**CO2**- How to understand the interactions between nutrition and exercise training  
**CO3**- Practical counseling tips you can immediately put into practice  
**CO4**- Insights into how to coach clients on weight and body image issues  
**CO5**- How to improve your business and professional activities |