

**Department of Physical Education**  
**Nesamony Memorial Christian College, Marthandam**  
**B. Sc. Physical Education**  
**Course Outcome**

<b>Semester – I      B.SC. Physical Educaion</b>					
<b>Part</b>	<b>Course Name</b>	<b>Course Code</b>	<b>Credit</b>	<b>Hours</b>	<b>Course Outcome</b>
Part - III	Core Course-1: <b>Foundation of Physical Education and Sports</b>	FCPE11	5	5	<b>CO1</b> Discus the historical review of physical education and sports activities of Indian Heritage <b>CO2</b> Understand the basic principles and foundation of physical <b>CO3</b> Identify and relate with the History of Physical Education. <b>CO4</b> Describe the History of Sports. <b>CO5</b> Estimate the Recent development in India
	Core Course -11: <b>Theories of Major Games-I (Kabaddi, Kho-Kho)</b>	FCPE12	5	5	<b>CO1</b> Find the basic rules and regulations of various games <b>CO2</b> Demonstrate the basic skills of various games <b>CO3</b> Motivate himself towards international level <b>CO4</b> Estimate the performance of the players <b>CO5</b> Construct the play fields of various games
Part - IV	Elective – I: <b>Anatomy and Physiology</b>	FEPE11	3	4	<b>CO1</b> Indicate the different parts of human body <b>CO2</b> Demonstrate the functions of the human body <b>CO3</b> Inspect the different systems of the human body <b>CO4</b> Classify the physiological fitness of the human body <b>CO5</b> Report the structures functions and its parts
	SEC-1: <b>Major Games-I (Kabaddi, Kho-Kho)</b>	FSPEP1	2	2	<b>CO1</b> Find the basic General and Specific Conditioning Exercises <b>CO2</b> Demonstrate the basic skills of various games <b>CO3</b> Motivate himself towards international level <b>CO4</b> Estimate the performance of the players <b>CO5</b> Construct the playfields of various games
	<b>Foundation Course Kin anthropometry</b>	FFPEP1	2	2	<b>CO1</b> Learn the palpation technique of bones, bony land marks, skeletal muscles and tendons of human body <b>CO2</b> Understand the concepts of human body measurement

					<b>CO3</b> Identify the body and marks of human body <b>CO4</b> Acquire the technique of measuring human body segments length, girth, and breadth <b>CO5</b> Learn the technique of measuring percent body fat using skin fold measurement
<b>Semester – II                      B.SC. Physical Educaion</b>					
	<b>Core Course :111- Organization, Administration and Methods in Physical Education</b>	FCPE21	5	5	<b>CO1</b> Learn organization and administration strategies in physical education. <b>CO2</b> Learn to know various playfield in sports and games. <b>CO3</b> Know the various methods in supervision. <b>CO4</b> Learn the efficiency in class management and equipment maintains. <b>CO5</b> Prepare a good budget with the sources of income and expenditure.
	<b>CoreCourse -1V: Theories of Major Games-II (Badminton, Ball Badminton)</b>	FCPE22	5	5	<b>CO1</b> Learn the fundamental skills, rules and regulation in various games and sports. <b>CO2</b> Know to prepare and maintain of various play field and specification <b>CO3</b> Learn to adapt team tactics and techniques of various sports. <b>CO4</b> Develop evaluation of skills and performance of the players. <b>CO5</b> Learn the rules and regulations and current interpretation of new changes in the games
Part - IV	<b>Elective – II: Health Education, Safety Education and First aid</b>	FEPE21	3	4	<b>CO1</b> Explain the factors influencing health and safety <b>CO2</b> Build the knowledge on hygiene and various health programme <b>CO3</b> Analyze the pollutions, various diseases and find their remedies <b>CO4</b> Assess the mental health, community health and family life education <b>CO5</b> Build and follow the principles of health education and safety measures
	<b>SEC -2: Major Games-II (Badminton, Ball Badminton)</b>	FSPEP2	1	2	<b>CO1</b> Learn the fundamental skills, rules and regulation in various Games and sports <b>CO2</b> Know to prepare and maintain of various play field and specification <b>CO3</b> Learn to adapt team tactics and techniques of various sports. <b>CO4</b> Develop evaluation of skills and performance of the players. <b>CO5</b> Learn the rules and regulations and current interpretation of new changes in
	<b>SEC -3: Fundamental Movement Skills</b>	FSPE21	1	2	<b>CO1</b> Detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle; <b>CO2</b> Apply a teaching process to fundamental movement skills; <b>CO3</b> Adapt fundamental movement skills for participants with intellectual, physical, sensory or behavioural disabilities <b>CO4</b> Lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others; and <b>CO5</b> Provide stage-appropriate feedback to encourage and develop fundamental movement skills in

					participants.
	<b>NaanMudhalvan Course / Yoga Education</b>		2	2	<b>CO1</b> Understand the fundamental skills and history of Yoga <b>CO2</b> To attain the knowledge about various Asanas and Medication <b>CO3</b> Develop the muscles and the body, mainly to the internal organs and glands <b>CO4</b> Develops agility, balance, endurance and greater vitality <b>CO5</b> Helps to develop sound health and eternal peace of mind
<b>Semester – III B.SC. Physical Educaion</b>					
Part - III	Core Course –V1: <b>Sports Psychology and Sociology</b>	EMPE31	5	4	<b>CO1</b> Understand the basic knowledge of sports psychology. <b>CO2</b> Learn the principles of motivation and theories of learning. <b>CO3</b> Understand the psychological factors important of sports performance. <b>CO4</b> Learn the need and importance of social wellbeing. <b>CO5</b> Understand the game knowledge the role of media in sports.
	Core Course –V11: <b>Sports Biomechanics And Kinesiology</b>	EMPE32	5	4	<b>CO1</b> Know the need of kinesiology in sports training. <b>CO2</b> Understand the mechanism of joints and muscles movements <b>CO3</b> Understand the need of biomechanics prevention of injuries <b>CO4</b> Learn the concepts of mechanical principles and its field <b>CO5</b> Understand the application of mechanical principles in sports
	Elective –III: <b>Teaching Practice</b>	EEPE31	3	4	<b>CO1</b> Understand varied responsibilities of a teacher. <b>CO2</b> Understand the concept of teaching styles, methods, & approaches and to Blend them judiciously in the teaching. <b>CO3</b> Understand methods of communication &its effective use in the teaching process. <b>CO4</b> Understand the importance & steps of planning. General lesson Plan and Particular Lesson Plan. <b>CO5</b> Understand the Lesson Planning
Part - IV	SEC -4: <b>Applied Sports Psychology</b>	ESPE31	1	2	<b>CO1</b> Understand the basic knowledge of sports psychology. <b>CO2</b> Learn the principles of motivation and theories of learning. <b>CO3</b> Understand the psychological factors important of sports performance. <b>CO4</b> Learn the need and importance of social wellbeing. <b>CO5</b> Understand the game knowledge the role of media in sports

	<b>Naan Mudhalvan Course / Fitness and Wellness*</b>		2	2	<b>CO1</b> Understand the basic knowledge of fitness and wellness. <b>CO2</b> Demonstrate an awareness of fact and fiction with regard to relationships between people's health, Activity and fitness <b>CO3</b> Adapt the concept of skill and the range of techniques needed in physical training. <b>CO4</b> Learn the need and importance of social wellbeing. <b>CO5</b> Demonstrate an understanding of health problems associated with in adequate fitness levels.
	<b>EVS</b>	EEVS31	2	2	
<b>Semester – IV B.SC. Physical Educaion</b>					
Part - III	Core Course–VIII: <b>Computer Application in Physical Education</b>	EMPE41	5	4	<b>CO1</b> Appraise the application of MS Office in Physical Education. <b>CO2</b> Compare the computer application in Physical Education and its influence in Sports Achievements <b>CO3</b> Gain knowledge about Format and Editing features. <b>CO4</b> Gain knowledge about MS Power Point <b>CO5</b> Students will be able to make ppt. file.
	Core Course –IX: <b>Principles of Sports Training</b>	EMPE42	5	4	<b>CO1</b> Understand the characteristics of sports training. <b>CO2</b> Learn the various components of sports training. <b>CO3</b> Apply the principles of the training load. <b>CO4</b> Learn to plan the training program for different sports. <b>CO5</b> Identify the talent, techniques and tactics of training
	Elective – IV: <b>Applied Principles ForSportsTraining</b>	EEPE41	3	4	<b>CO1</b> Understand the characteristics of sports training. <b>CO2</b> Learn the various components of sports training. <b>CO3</b> Apply the principles of the training load. <b>CO4</b> Learn to plan the training program for different sports. <b>CO5</b> Identify the talent, techniques and tactics of training.
	SEC -5: <b>Computer Applications in Physical Education</b>	ESPE41	1	2	<b>CO1</b> Appraise the application of MS Office in Physical Education. <b>CO2</b> Compare the computer application in Physical Education and its influence in Sports Achievements <b>CO3</b> Gain knowledge about Format and Editing features. <b>CO4</b> Gain knowledge about MS Power Point <b>CO5</b> Students will be able to make ppt. file.
	<b>Naan Mudhalvan Course /Olympic Movement *</b>		2	2	<b>CO1</b> Discus the historical review of physical education and sports activities of Indian heritage <b>CO2</b> Understand the basic principles and foundation of physical <b>CO3</b> Identify and relate with the History of Physical Education. <b>CO4</b> Describe the History of Sports. <b>CO5</b> Estimate the Recent development in India

Part - IV	VBE	EVBE41	2	2	
<b>Semester – V B.SC. Physical Educaion</b>					
Part - III	Core Course –X1 : <b>Exercise Physiology</b>	CMPE51	4	5	<b>CO1</b> Find the functional changes in human body <b>CO2</b> Develop the physiological fitness of sports persons. <b>CO3</b> Analyze the effects of exercise on various systems of human body. <b>CO4</b> Compare the functions of human body before and after exercise <b>CO5</b> Design the physiological concepts of physical fitness.
	Core Course -X11: <b>Sports Nutrition</b>	CMPE52	4	5	<b>CO1</b> Understand the role of nutrition and weight management on sports. <b>CO2</b> Learn the importance of carbohydrates, fat and protein during <b>CO3</b> Learn the health risks and solutions for overcoming obesity. <b>CO4</b> Know to design diet plan for weight gain and weight loss. <b>CO5</b> Understand the role of physical activity in weight management.
	Core Course- X111: <b>Theories of Track and Field</b>	CMPE53	4	5	<b>CO1</b> Find the rules and regulation of track and field events <b>CO2</b> Apply the fundamental techniques of track and field events in physical Education and sports <b>CO3</b> Distinguish the outstanding players from beginners <b>CO4</b> Judge the performance of athletes <b>CO5</b> Adapt with the new trends in track and field events
	Core Elective I a. <b>Principles of Motor Development</b>	CEPE51	4	5	<b>CO1</b> Define motor learning and its relationship to other related disciplines <b>CO2</b> Define motor control, motor development, motor behaviors, and motor performance <b>CO3</b> Understand how learned motor learning principles can be applied to various professions such as physical education, exercise and sports science, sports coaching, physical therapy, the military, police and Special forces, ballet and other dance forms, recreational activities, etc. <b>CO4</b> Understand the importance of using new technology or training methods for the enhancement of the motor learning process <b>CO5</b> Understand the factors contributing to motor learning performance
	Core Practical –V: <b>Track and Field Events</b>	CMPEP5	2	4	<b>CO1</b> Develop the understanding and knowledge regarding the Running Event: Running technique and starting techniques :running ABC,Standingstart,Crouchstartanditsvariations,Properuseofblocks,Finishingtechniques:Run Through, Forward lunging, Shoulder Shrug <b>CO2</b> Develop the understanding and knowledge of Track & FieldMarking(400meter&200metertrackmarking,placementofhurdlesfor),RulesandOfficiating <b>CO3</b> Gain knowledge of Hurdles: Fundamental Skills-Starting,

					ClearanceandLandingTechniques,TypesofHurdles,HighandLowHurdlesTechnique,GroundMarking And Officiating <b>CO4</b> Gain knowledge of Relays: Fundamental Skills ,Various patterns of Baton Exchange, Understanding of Relay Zones, Ground Marking, Interpretation of Rules and Officiating <b>CO5</b> Adapt with the new trends in the field of track and field events
	Core Practical –VI: <b>Measurement and Evaluation in Human Performance</b>	CMPEP6	2	4	<b>CO1</b> Relate the different types of tests and measurement in physical education <b>CO2</b> Identify the sports performance using different sports skill tests <b>CO3</b> Compare and contrast the results of different test measurements <b>CO4</b> Determine the value of sports skill tests <b>CO5</b> Improve and modify the existing skill test using computer application
Part - IV	<b>Skill Based Common Personality Development</b>	CCSB51	2	2	
<b>Semester – VI      B.SC. Physical Educaion</b>					
	Core Course –X: <b>Athletic Care, Sports Injuries and Rehabilitation</b>	CMPE61	4	5	<b>CO1</b> Relate the different types of tests and measurement in physical education <b>CO2</b> Identify the sports performance using different sports skill tests <b>CO3</b> Compare and contrast the results of different test measurements <b>CO4</b> Determine the value of sports skill tests <b>CO5</b> Improve and modify the existing skill test using computer application
Part - III	Core Course –XI: <b>Theory of Games – III (Basketball, Football, Hockey, Cricket, Volleyball)</b>	CMPE62	4	5	<b>CO1</b> Know the fundamental of all the games and sports <b>CO2</b> Understand the rules of all the games and sports <b>CO3</b> Preparing the students for the competition <b>CO4</b> Classify the students accordingly for various games and sports. <b>CO5</b> Design and practice the new methods of technique and training
	Core Course –XII: <b>Elementary Statistics in Physical Education</b>	CMPE63	4	5	<b>CO1</b> Understand the importance of statistics in physical education. <b>CO2</b> Understand and apply the statistics in research. <b>CO3</b> Understand and apply the basics of statistics in research <b>CO4</b> Learn the basic and advanced statistics. <b>CO5</b> Know the graphical representation of statistics

	Core Elective –II: <b>Sports Nutrition</b>	CEPE61	4	5	<b>CO1</b> Understand the role of nutrition and weight management on sports. <b>CO2</b> Learn the importance of carbohydrates, fat and protein during <b>CO3</b> Learn the health risks and solutions for overcoming obesity. <b>CO4</b> know to design diet plan for weight gain and weight loss. <b>CO5</b> Understand the role of physical activity in weight management.
	<b>Project &amp; Viva</b> <b>Project &amp; Viva -</b> <b>State/National</b> <b>Level</b> <b>Tournament (Or)</b> <b>Study Tour</b>	CMPE6P	2	5	
	Core Practical:- VII <b>Games of</b> <b>Specialization</b> <b>(Basketball,</b> <b>Football, Hockey,</b> <b>Cricket,</b> <b>Volleyball)</b>	CMPEP7	2	5	<b>CO1</b> Understand the criteria for participation in District, State, National and International competitions. <b>CO2</b> Learn the mechanical principles of various drills of sports and <b>CO3</b> Learn the training methods to develop the team tactics and strategies <b>CO4</b> Learn to prepare profiles for players with respect to the sports and <b>CO5</b> Learn to layout and maintain various playfield