

Course specific outcome:

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

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

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

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

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