

**J.J. College of Arts & Science (Autonomous), Pudukkottai**  
**Department of Physical Education**

**B.Sc. Physical Education - USPE**

<b>Programme Specific Outcomes</b>	
<b>Upon Completion of the course students would be able to</b>	
<b>PSO 1</b>	<b>Become Physically, Mentally, Emotionally and Socially strong individual to the society.</b>
<b>PSO 2</b>	<b>Utilize the Physical Activities as a tool to manage stress in their life.</b>
<b>PSO 3</b>	<b>Basic knowledge on Human Anatomy and Physiology, Bio - Mechanics, Training Methods and various areas in Physical Education.</b>
<b>PSO 4</b>	<b>Capability to get employment opportunities in uniform service jobs.</b>
<b>PSO 5</b>	<b>Study the teaching oriented Physical Education courses.</b>