

J.J. College of Arts and Science (Autonomous), Pudukkottai
Department of Physical Education
Course Outcomes (2023 – 2024)
B.Sc. Physical Education, Health Education & Sports– USPE

Course Name - Foundation of Physical Education and sports		Course Code - U1R3PECC1	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be able Role of Physical Education		K2
CO2	He would be able to identify and relate with the History of Physical Education		K2
CO3	He would be able to comprehend the relationship between Philosophy, Education and Physical Education.		K5
CO4	He would able to identify the works of Philosophers of Education and Physical Education.		K3
CO5	He would know recent developments and academic foundation of Physical Education.		K6

Course Name – Theories of Games and Sports – I (Basketball, Kabaddi, Badminton)		Course Code -: U1R3PECC2	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be oriented with the rules regulations of the chosen game		K1
CO2	The pass out would be able to lay out and mark the dimensions of the court		K3
CO3	He would be able to organize the concerned sports event and officiate in it		K6
CO4	He would be oriented in the art of coaching the sports team		K3
CO5	He shall also be able to organize Matches for respective games		K5



Course Name - Health Education and First Aid		Course Code - U1R3PEDSE1:1	Knowledge Level
After completion of this course, students would be able to			
CO1	The student will be able to identify and synthesize the factors that influence health		K2
CO2	The student will be able to recognize the health related challenges in current time and able to apply the preventive measures.		K2
CO3	The student will be able to identify the role of peers, community and media in health promotion and protection		K3
CO4	The student will be able to demonstrate the expertise in above stated domains in a school setup.		K5
CO5	The student will be able provide first aid in times of Emergency		K6

Course Name – Sport Journalism		Course Code - U1R3PEDSE1:2	Knowledge Level
After completion of this course, students would be able to			
CO1	The students will be oriented in basic art of mass communication and reporting of sports events through various mediums.		K2
CO2	Know how to seek accreditation to sports events and to report on such events		K3
CO3	Analysis of how sports is covered in modern media – newspaper, radio, TV, internet		K4
CO4	Demonstrate analytic skills in relation to sporting events		K6
CO5	Helps in the method of interviewing in different ways		K5

Course Name -Practical – Games and Sports – I (Basketball, Kabaddi, Badminton)		Course Code - U1R3PEFCP	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be oriented with the rules regulations of the chosen game		K1
CO2	The pass out would be able to lay out and mark the dimensions of the court		K3
CO3	He would be able to organize the concerned sports event and officiate in it		K6
CO4	He would be oriented in the art of coaching the sports team		K3
CO5	He shall also be able to organize Matches for respective games		K5



Course Name - Organization , Administration in Physical Education		Course Code - U2R3PECC3	Knowledge Level
After completion of this course, students would be able to			
CO1	Understand the Principles and Process of Administration and Management		K2
CO2	Administer Physical Education and Sports Programme in Schools		K3
CO3	Develop appropriate Physical Education Curriculum, Tools and Budget to manage School Programmes.		K3
CO4	Apprise and Manage Physical education Facilities and timetable management in school		K3
CO5	Know the various methods in supervision.		K2

Course Name - Anatomy and Physiology		Course Code - U2R3PECC4	Knowledge Level
After completion of this course, students would be able to			
CO1	The student will be oriented with the basic structure and function of human body		K2
CO2	He would be able to Relate and interpret the role of exercise on Body systems		K3
CO3	Adapt the art to apply the knowledge of anatomy and physiology		K3
CO4	Construct anatomy and physiology related pedagogical materials exploring their creative imaginations		K6
CO5	Knows the need and importance of anatomy and physiology in the field of Physical Education		K4

Course Name - Theories of Games and Sports – II (Volleyball, Kho-Kho, Football)		Course Code - U2R3PEDSE2	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be oriented with the rules regulations of the games		K1
CO2	The pass out would be able to lay out and mark the dimensions of the court		K3
CO3	He would be able to organize the concerned sports event and officiate in it		K6
CO4	He would be oriented in the art of coaching the sports team		K3
CO5	He shall also be able to organize Matches for respective games		K5



Course Name - Practical – Games and Sports – II (Volleyball, Kho-Kho, Football)		Course Code - U2R3PESEC3P	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be oriented with the rules regulations of games		K1
CO2	The pass out would be able to lay out and mark the dimensions of the court		K3
CO3	He would be able to organize the concerned sports event and officiate in it		K6
CO4	He would be oriented in the art of coaching the sports team		K3
CO5	He shall also be able to organize Matches for respective games		K5

Course Name - Theories of Track and Field		Course Code - U3R3PECC5	Knowledge Level
After completion of this course, students would be able to			
CO1	Learned about the Track and Field and its organizations.		K1
CO2	Provided basic knowledge about Sprint, Hurdles, Relay races		K2
CO3	Attained the knowledge about Techniques of Field Events		K4
CO4	Understood the important concepts of Track Markings		K5
CO5	Attained the knowledge about Markings for Field Events		K6

Course Name - Track and Field Practical – I (Track, Hurdles, Relay and Combined Events)		Course Code - U3R3PECC6P	Knowledge Level
After completion of this course, students would be able to			
CO1	Learned to mark and officiate Track and Field Events		K1
CO2	Gained knowledge about Rules of Track events.		K2
CO3	Attained the knowledge of Middle and Long Distance events		K4
CO4	Understood the important concept in Combined events		K5
CO5	Gained the knowledge about the techniques in Relay and hurdles		K6



Course Name - Basic Biomechanics in Sports		Course Code - U3R3PEDSE3:1	Knowledge Level
After completion of this course, students would be able to			
CO1	The student would be Oriented with the basics of Sports Biomechanics		K1
CO2	The student gains knowledge about the mechanical concepts of Biomechanics		K2
CO3	The student gains knowledge about the implication of biomechanics in sports		K3
CO4	Relate and interpret the role of various mechanical principles in human movement		K4
CO5	Gained knowledge to imply Biomechanical aspects in sports		K5

Course Name - Essentials of Exercise Physiology		Course Code - U3R3PEDSE3:2	Knowledge Level
After completion of this course, students would be able to			
CO1	Learned about the Exercise Physiology and its Importance.		K1
CO2	Attaining the basic concept about metabolism and energy transfer		K2
CO3	Studied the effects of exercises on muscular system		K1
CO4	Gain knowledge effects of exercises on various systems of body		K6
CO5	Understood about ergogenic aids climatic conditions & sports performance		K5

Course Name – Sports first aid		Course Code – U3R3PESEC4:1	Knowledge Level
After completion of this course, students would be able to			
CO1	Able to understand the concepts of first aid		K2
CO2	Gains knowledge of various bandages slings and dressing techniques		K3
CO3	Able to identify and recognize possibilities of Injuries and its management		K2
CO4	Understands the concept of injuries management.		K5
CO5	Learned the Care and Prevention of sports Injuries		K2



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Course Name – Gym management		Course Code - U3R3PESEC4:2	Knowledge Level
After completion of this course, students would be able to			
CO1	To make student to use competencies and skills needed for becoming an effective gym instructor		K1
CO2	Attained knowledge about gym scheduling and class bookings		K3
CO3	Attained knowledge about Equipment Handling		K2
CO4	Attained knowledge about Financial Insights		K4
CO5	Attained knowledge about Improved Member Experience.		K6

Course Name - Methods in Physical Education		Course Code - U4R3PECC7	Knowledge Level
After completion of this course, students would be able to			
CO1	Fair idea about Teaching Technique was gained		K2.
CO2	Learned the various kinds of Indigenous activities		K3
CO3	Focused on teaching lesson plan in detail.		K4
CO4	Able to put fixtures for matches		K6
CO5	Can conduct Intramural and Extramural Sports Competition.		K5

Course Name - - TRACK AND FIELD -II PRACTICAL (Jumps & Throws)		Course Code - U4R3PECC8P	Knowledge Level
After completion of this course, students would be able to			
CO1	Learned about the Long jump and High Jump		K1
CO2	Provided basic knowledge about Triple Jump events.		K2
CO3	Attained the knowledge of rules and regulation about Shot put		K4
CO4	Understood the important concept in Hammer Throw		K5
CO5	Attained the knowledge about Discus techniques		K6



Course Name - Test and Measurement in Physical Education		Course Code - U4R3PEDSE4:1	Knowledge Level
After completion of this course, students would be able to			
CO1	The students will be able to recognize and relate the concept of test, Measurement and evaluation in the context of Physical Education.		K2
CO2	The students will be able to construct and conduct the physical fitness test		K3
CO3	The students will be able to implement the Skill Test		K4
CO4	The syllabus would orient the students in the art of applications of Skill Test		K5
CO5	Students developed the knowledge of measuring Physiological Measurements		K6

Course Name – Advancements of Sports Technology		Course Code - U4R3PEDSE4:2	Knowledge Level
After completion of this course, students would be able to			
CO1	Studied the application of sports technology		K1
CO2	The basic concept of using latest sports materials..		K2
CO3	Provided the knowledge about the various sports surfaces to develop Performance.		K4
CO4	Learned the basic idea about the training programmes.		K5
CO5	Studied the different types of Training Gadgets and its advantages		K4

Course Name - SPORTS NUTRITION AND WEIGHT MANAGEMENT		Course Code - U4R3PESEC5:1	Knowledge Level
After completion of this course, students would be able to			
CO1	Gained Knowledge about the role of Nutrition in Sports		K2
CO2	Learned to Sketch the basic classification, functions and utilization of nutrients.		K1
CO3	Have Knowledge about Obesity Problem.		K4
CO4	Able to evaluate the factors weight management and solutions for obesity		K5
CO5	Can Design caloric requirements for various sports and age groups.		K6



Course Name – ADAPTED PHYSICAL EDUCATION		Course Code - U4R3PESEC5:2	Knowledge Level
After completion of this course, students would be able to			
CO1	Facilitate the student's independent function and two decreases the effect of the child's disability		K2
CO2	Gain Benefit from the special education process		K3
CO3	Enhance their self-esteem and self-image		K4
CO4	Promote physical activity as part of an active lifestyle it develops their fundamental motor skills		K5
CO5	promoting physical activity as part of an active lifestyle it develops their fundamental motor skills		K2

Course Name - Test and Measurement in Physical Education (Practical)		Course Code - U4R3PESEC6P	Knowledge Level
After completion of this course, students would be able to			
CO1	The students will be able to recognize and relate the concept of Test, measurement and evaluation in the context of Physical Education		K2
CO2	The students will be able to construct and conduct the physical fitness and sports skill test.		K3
CO3	The students will be able to implement the criteria of test selection		K4
CO4	The syllabus would orient the students in the art of applications of test, measurement and evaluation in physical and sports activities		K5
CO5	Students developed the knowledge of practical competency in conducting physical fitness and sports skill tests		K6

Course Name - Fundamentals of Research and Statistics		Course Code - U5R3PECC9	Knowledge Level
After completion of this course, students would be able to			
CO1	Gains the basic knowledge of Research in Physical Education.		K1
CO2	Will be able to Prepare research proposal for higher education		K3
CO3	Attained basic knowledge about Statistics.		K6
CO4	Learned the fundamentals concept of statistical techniques		K4
CO5	Learned the techniques of grouping data.		K5



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Course Name - Basics of Sports Physiotherapy		Course Code - U5R3PECC10	Knowledge Level
After completion of this course, students would be able to			
CO1	Understands the need and importance of Sports Physiotherapy.		K1
CO2	Learned about posture and spinal Deformities		K3
CO3	Gained Knowledge about the usage of Physiotherapy Modalities		K2
CO4	Attained knowledge about basic usage of massage manipulation		K5
CO5	Understood about rehabilitation and therapeutic exercises		K4

Course Name - Theories of Games and Sports – III (Hockey, Table Tennis, Tennis)		Course Code - U5R3PECC11	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be oriented with the rules regulations of the chosen game		K1
CO2	The pass out would be able to lay out and mark the dimensions of the court		K3
CO3	He would be able to organize the concerned sports event and officiate in it		K6
CO4	He would be oriented in the art of coaching the sports team		K3
CO5	He shall also be able to organize Matches for respective games		K5

Course Name – Games and Sports – Practical III (Hockey, Table tennis, Handball)		Course Code - U5R3PECC12P	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be oriented with the rules regulations of games		K1
CO2	The pass out would be able to lay out and mark the dimensions of the court		K3
CO3	He would be able to organize the concerned sports event and officiate in it		K6
CO4	He would be oriented in the art of coaching the sports team		K3
CO5	He shall also be able to organize Matches for respective games		K5



Course Name - Sports Injury Management		Course Code - U5R3PEDSE5:1	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be oriented with the Need for sports Injury Management		K1
CO2	The pass out would be able to know about sports specific injuries		K3
CO3	He would be oriented about the classification of Injuries		K3
CO4	He would be able to identify the regional injuries of body in sports		K6
CO5	He shall also be able to understand the prevention of sports injuries		K5

Course Name – Sports Kinesiology		Course Code - U5R3PEDSE5:2	Knowledge Level
After completion of this course, students would be able to			
CO1	Studied the importance of Kinesiology in Physical Education and sports.		K1
CO2	Learned about planes and Axis		K2
CO3	Provided the basic knowledge of joints and its classification		K4
CO4	Known the Types of bones and movement of joints		K3
CO5	Gained knowledge about the major muscles of the human body		K5

Course Name – Indigenous Activities (Mass Demonstration) Practical		Course Code - U5R3PEDSE6P	Knowledge Level
After completion of this course, students would be able to			
CO1	Studied the various aspects of mass drill activities.		K2
CO2	Fair idea about light apparatus activities.		K1
CO3	Provided the practice in count vise exercise.		K3
CO4	Gain knowledge of the various rhythmic activities.		K2
CO5	Fair idea about indigenous activities to build a career		K6



Course Name - Principles Sports Training		Course Code - U6R3PECC13	Knowledge Level
After completion of this course, students would be able to			
CO1	The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.		K1
CO2	The learners will be able to demonstrate the skills to train different fitness components and related planning.		K3
CO3	The learners will be able to understand the organization to achieve high Performance in sports.		K6
CO4	The learners will be able to fine the concept of technical and tactical training.		K4
CO5	Help the learners to know about training process , components of load And over load		K5

Course Name - Sports Psychology and Sociology		Course Code - U6R3PECC14	Knowledge Level
After completion of this course, students would be able to			
CO1	The study would orient the student in basic concepts of psychology.		K2
CO2	The student would be oriented in identifying factors determining one's overall personality		K4
CO3	He would understand various laws of learning and their relevance in teaching learning process		K5
CO4	The study would orient him in getting through with the psychology of sports person		K3
CO5	The student would understand the effects of emotional factors on Sports performance.		K5

Course Name - Project meet		Course Code - U6R3PECC15PW	Knowledge Level
After completion of this course, students would be able to			
CO1	Gain the knowledge conducting Sports meet		K6
CO2	Provided the basic knowledge of Pre meet work.		K3
CO3	Understood the meet work.		K3
CO4	Fair idea about the Post meet work		K3
CO5	Gains Knowledge about Report writing		K5



Course Name – Modern Trends in Physical Education		Course Code - U6R3PEDSE7:1	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out would be able to compare the various courses offered physical education		K2
CO2	He would be able to comprehend about drug abuses for developing performance		K5
CO3	He would be able to use the basic knowledge on research for further studies		K3
CO4	He would know recent developments of the latest sports equipment		K6
CO5	He would be able to identify various sports organization functioning in India		K2

Course Name - Contemporary Issues in Physical Education		Course Code - U6R3PEDSE7:2	Knowledge Level
After completion of this course, students would be able to			
CO1	Understood the Concept of Physical Education and Fitness.		K3
CO2	Learned About Physical activity and its health benefits		K2
CO3	Gained Knowledge about Exercise Programs		K3
CO4	Enhanced with the knowledge about Safety Education		K5
CO5	Gain knowledge about Sports Nutrition and Supplementary diets		K4

Course Name – Theories of Yoga		Course Code - U6R3PEDSE8:1	Knowledge Level
After completion of this course, students would be able to			
CO1	Understood the historical background of yoga.		K2
CO2	Provide the basic knowledge of corrective asanas		K3
CO3	Gain knowledge in pranayama, meditation, kriyas and Bandhas techniques		K3
CO4	Attain knowledge of the relaxative, cultural and meditative asanas		K5
CO5	Understand the Development of Yoga in National and International Level.		K4



Course Name – Career Opportunities in Physical Education		Course Code - U6R3PEDSE8:2	Knowledge Level
After completion of this course, students would be able to			
CO1	Have Studied the Importance of Career for development		K1
CO2	Learned to prepare a curriculum vitae		K2
CO3	Learn Career opportunities in other sectors		K2
CO4	Attained knowledge about the various Career opportunities.		K4
CO5	Gain knowledge about Task achievement through Career development		K5

Course Name – Yogic Practices- Practical		Course Code - U6R3PESEC7P	Knowledge Level
After completion of this course, students would be able to			
CO1	Understood the historical background of yoga.		K2
CO2	Provide the basic knowledge of corrective asana		K3
CO3	Gain knowledge in pranayama, meditation, kriyas and Bandhas techniques		K3
CO4	Attain knowledge of the relaxative, cultural and meditative asana.		K5
CO5	Understand the Development of Yoga in National and International Level		K4

Course Name – Yoga Education		Course Code - U1R3PESEC1:1	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out understand the importance of yoga in physical education and sports.		K2
CO2	Gain Knowledge about Physical Fitness Components and Wellness Components		K2
CO3	He would be able to know the various school of yoga..		K2
CO4	He would be able learn the technique of asana, pranayama on various systems of the body.		K5
CO5	He would able learn the techniques and benefits of bandhas, kriyas and mudras		K3



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Course Name – Lifestyle Disorders		Course Code - U1R3PESEC1:2	Knowledge Level
After completion of this course, students would be able to			
CO1	The pass out understands the causes of Life style Disorder		K2
CO2	Gain Knowledge about Postural Deformities and their corrective exercises		K2
CO3	He would have a thorough Knowledge about Obesity Management		K2
CO4	The pass out would be able to understand about various heart diseases		K5
CO5	He would learn about causes symptom of Diabetes mellitus		K3

Course Name - Nutrition for Healthy life		Course Code - U2R3PESEC2:1(NME)	Knowledge Level
After completion of this course, students would be able to			
CO1	Learned about nutrition, its basic guidelines and its role		K1
CO2	Gain the knowledge about Nutritional deficiency		K2
CO3	Provided the basic knowledge of weight management in modern era.		K3
CO4	Understood the concept of design diet plan for all age groups		K5
CO5	Fair idea about the nutritional problem faced by the community.		K4

Course Name - Safety education and first aid		Course Code - U2R3PESEC2:2(NME)	Knowledge Level
After completion of this course, students would be able to			
CO1	Provided the basic knowledge about sports medicine.		K1
CO2	Gains a knowledge about safety measures in different environment		K2
CO3	Learned the fundamental concepts of safety and first aid		K3
CO4	Understands the concept of injuries management		K4
CO5	Understands the concept of Health problem management		K5


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