

CC-101: History, Principles, and Foundation of Physical Education

Course Objectives:

1. Understand the fundamental concepts and scope of Physical Education.
2. Learn about the historical development of Physical Education in India.
3. Explore the philosophical foundations and contemporary perspectives in Physical Education.
4. Analyze the principles of Physical Education from biological, psychological, and sociological viewpoints.

Course Outcomes (COs):

1. **CO1:** Define and explain the scope, aims, and objectives of Physical Education, including its importance in modern contexts.
2. **CO2:** Describe the historical development of Physical Education in India from ancient times to the modern era.
3. **CO3:** Analyze the philosophical foundations of Physical Education and its role in fitness and wellness.
4. **CO4:** Examine the principles of Physical Education from biological, psychological, and sociological perspectives.

CC-102: Anatomy and Physiology

Course Objectives:

1. Understand the fundamental concepts of human anatomy and physiology in the context of Physical Education.
2. Explore the structure and function of the human body systems and their relevance to sports and physical activity.
3. Analyze the physiological responses and adaptations of the body to exercise and physical training.
4. Gain insights into the role of anatomy and physiology in optimizing performance and health in sports.

Course Outcomes (COs):

1. **CO1:** Describe the basic structure and function of cells, tissues, and the skeletal system, along with their role in physical activities.
2. **CO2:** Explain the circulatory, respiratory, digestive, and nervous systems and their responses during exercise.
3. **CO3:** Analyze muscular function, energy systems, and neuromuscular coordination in relation to sports performance.
4. **CO4:** Assess the physiological adaptations of different body systems during training and the implications for physical fitness and sports performance.

Subject: CC-104 Officiating and Coaching**Course Objectives (CO):**

1. Understand the concepts of officiating and coaching, their importance in sports, and the role they play in the development of athletes and teams.
2. Learn about the principles of officiating and coaching, including the relationship between officials, coaches, players, and spectators.
3. Explore the responsibilities of coaches and officials in pre, during, and post-game scenarios.
4. Develop insights into the ethical considerations, qualities, and qualifications required for becoming an effective coach and official in the sports industry.

Course Outcomes (CO):

1. **CO1:** Define officiating and coaching, explaining their significance in sports.
2. **CO2:** Discuss the principles of officiating, coaching, and the relationship between officials, coaches, and management.
3. **CO3:** Analyze the duties and responsibilities of a coach and official, including their roles in enhancing performance during competitions.
4. **CO4:** Understand the qualifications, ethics, and legal responsibilities associated with officiating and coaching in sports.

Subject: EC 103 Health Education and Environmental Studies

Course Objectives:

1. To provide an understanding of the basic principles and concepts of health education.
2. To raise awareness about the importance of health and wellness in personal, social, and educational settings.
3. To explore the concept of environmental studies and its significance in health and physical education.
4. To study the impact of environmental factors on human health and how to mitigate adverse effects for a sustainable future.

Course Outcomes (COs):

- **CO1:** Understand the basic concepts, principles, and objectives of health education and its importance in maintaining personal and community health.
- **CO2:** Learn the various dimensions of health including physical, mental, and social health, and their relation to physical education.
- **CO3:** Understand the role of environmental factors such as pollution, climate change, and waste management in influencing public health.
- **CO4:** Develop an understanding of how to promote sustainable environmental practices for health improvement in society.

Subject: CC-201: Yoga Education

Course Objectives:

1. To introduce the fundamental concepts of Yoga, its aims, and objectives.
2. To explore the philosophical foundation of Yoga through ancient texts like the Upanishads and the Yoga Sutras.
3. To understand the physiological effects of Asanas and Pranayama on the human body and their significance in physical education and sports.
4. To familiarize students with Yoga as a form of education, its research, and the role it plays in physical education and sports.

Course Outcomes (COs):

- **CO1:** Understand the meaning, definition, and historical roots of Yoga, including its relevance to physical education and sports.
- **CO2:** Describe the fundamental aspects of the Astanga Yoga and the four main paths of Yoga as outlined in the Bhagavad Gita.
- **CO3:** Explain the effect of various asanas and pranayama on the different systems of the body, and understand their classification and application in physical education.
- **CO4:** Gain an understanding of Yoga education practices, including the difference between yogic practices and physical exercises, and the role of Yoga in education

CC-203: Organization and Administration in Physical Education

Course Objectives:

1. To understand the fundamental concepts of organization and administration in physical education.
2. To explore the principles of planning, office management, and budgeting in sports programs.
3. To analyze the management of facilities, equipment, and time-table in physical education.
4. To examine the structure and organization of sports competitions and athletic meets.

Course Outcomes (COs):

- **CO1:** Understand the meaning, importance, and principles of organization and administration in physical education.
- **CO2:** Apply knowledge of office management, record-keeping, and budgeting in sports and physical education programs.
- **CO3:** Analyze the management of sports facilities, equipment, and time-table planning for effective program execution.
- **CO4:** Organize various types of tournaments and athletic meets efficiently, understanding their structures and requirements.

EC-202: Sports Nutrition and Weight Management (Elective)

Course Objectives:

1. To understand the fundamental concepts of sports nutrition and its impact on athletic performance.
2. To explore the role of macronutrients, micronutrients, and hydration in energy metabolism during exercise.
3. To analyze the principles of weight management, obesity, and its health risks.
4. To design effective nutrition plans and exercise schedules for weight management in athletes and active individuals.

Course Outcomes (COs):

- **CO1:** Understand the concepts of sports nutrition and its significance in sports performance.
- **CO2:** Analyze the role of macronutrients, micronutrients, and hydration in energy metabolism during exercise.
- **CO3:** Explain the principles of weight management, obesity, and its associated health risks.
- **CO4:** Design nutrition and exercise plans for effective weight management and healthy living.

Subject: CC-301: Sports Training

Course Objectives:

1. To understand the principles and systems of sports training and their applications in sports performance.
2. To develop skills in designing and implementing sports training programs for athletes.
3. To explore the various components of sports training, including strength, speed, endurance, flexibility, and coordination.
4. To acquire knowledge of the planning and periodization of sports training to optimize athlete performance over time.

Course Outcomes (COs):

- **CO1:** Understand the fundamentals and principles of sports training, including its objectives and systems.
- **CO2:** Identify and apply various training components such as strength, speed, endurance, coordination, and flexibility in sports training.
- **CO3:** Develop and implement training programs that address the needs of athletes at various levels of performance.
- **CO4:** Understand the process of training load, periodization, and planning, including talent identification and development for peak performance.

Subject: CC-303: Sports Psychology and Sociology

Course Objectives:

1. To understand the psychological aspects influencing sports performance and athlete behavior.
2. To explore the role of sports psychology in improving motivation, learning, and mental health of athletes.
3. To study the social aspects of sports, including its impact on society, culture, and community.
4. To analyze how sports can be used as a tool for social integration, and personal development, and the role of sports in societal change.

Course Outcomes (COs):

- **CO1:** Understand the fundamental concepts of sports psychology and their applications to enhance sports performance.
- **CO2:** Identify and apply various psychological techniques such as motivation, concentration, and mental imagery in sports.
- **CO3:** Examine the role of sports in society, including its cultural, social, and psychological impacts.
- **CO4:** Understand the influence of social factors such as culture, socialization, and social groups on physical education and sports participation.

CC-304: Sports Medicine, Physiotherapy, and Rehabilitation (Elective)

Course Objectives:

1. To understand the concepts and principles of sports medicine and its applications in injury prevention and rehabilitation.
2. To explore physiotherapy techniques and their role in the recovery and enhancement of sports performance.
3. To introduce hydrotherapy and its therapeutic benefits in physical rehabilitation.
4. To learn the principles of therapeutic exercises for effective recovery and rehabilitation in sports.

Course Outcomes (COs):

- **CO1:** Understand the basic concepts of sports medicine and the role of physical education professionals in injury prevention and care.
- **CO2:** Demonstrate knowledge of physiotherapy techniques and their application in sports injury rehabilitation.
- **CO3:** Apply hydrotherapy methods and massage techniques for physical recovery and relaxation.
- **CO4:** Execute therapeutic exercises for rehabilitation of major joints and muscles in athletes.

EC-302: Curriculum Design (Elective)

Course Objectives:

1. To understand the modern concepts of curriculum and its development in physical education.
2. To explore the guidelines for curriculum construction, focusing on content selection, socialization, and individualization.
3. To analyze the principles of curriculum planning, design, and its implementation at different educational levels.
4. To develop competencies for effective curriculum planning and execution in health and physical education programs.

Course Outcomes (COs):

- **CO1:** Understand the need, importance, and factors affecting curriculum development in physical education.

- **CO2:** Apply basic guidelines for curriculum construction, including content selection and expansion.
- **CO3:** Analyze traditional and modern concepts of curriculum planning and its principles.
- **CO4:** Design curriculum structures for undergraduate preparation in health and physical education, including practical experience and professional competencies.

CC-401 Measurement and Evaluation in Physical Education

Course Objectives:

1. To introduce students to the basic concepts of testing, measurement, and evaluation in physical education.
2. To emphasize the importance of scientific criteria for evaluating physical performance.
3. To enable students to understand and apply various physical fitness and sports skill tests.
4. To provide knowledge on the methods and administration of various tests to measure physical and sports performance effectively.

Course Outcomes (COs):

- **CO1:** Understand the meaning and importance of tests, measurements, and evaluation in physical education. (Unit I)
- **CO2:** Learn about the criteria, classification, and administration of various tests in physical education. (Unit II)
- **CO3:** Develop knowledge of various physical fitness tests and their application in evaluating physical performance. (Unit III)
- **CO4:** Gain insight into sports skill tests for different games and their significance in evaluating sports performance. (Unit IV)

CC-402 Kinesiology and Biomechanics

Course Objectives:

1. To introduce students to the fundamental concepts of kinesiology and biomechanics and their relevance to physical education and sports.

2. To understand the human body's movement, the mechanics behind it, and how these movements affect performance in various sports.
3. To study the impact of mechanical principles such as force, leverage, and motion on human movement.
4. To apply the knowledge of kinesiology and biomechanics to improve sports performance, reduce injuries, and enhance training techniques.

Course Outcomes (COs):

- **CO1:** Understand the basic principles of kinesiology and biomechanics and their application in sports.
- **CO2:** Analyze human movement in terms of mechanical principles such as force, torque, and motion.
- **CO3:** Apply the knowledge of biomechanics to improve performance and minimize the risk of injury.
- **CO4:** Understand the role of kinesiology in sports technique analysis and injury prevention.

CC-403: Research and Statistics in Physical Education

Course Objectives:

1. To understand the basic concepts of research and its significance in Physical Education and Sports.
2. To explore various methods of research, formulation of research problems, and literature surveys in sports and physical education.
3. To develop skills in statistical analysis for evaluating physical education programs and sports performance.
4. To understand statistical models and their application in research for sports science and physical education.

Course Outcomes (COs):

- **CO1:** Understand the fundamental concepts of research and its importance in Physical Education and Sports.
- **CO2:** Demonstrate the ability to survey related literature, prepare research proposals, and conduct basic research in physical education settings.

- **CO3:** Apply statistical tools for data analysis, graphical representation, and interpretation in sports and physical education.
- **CO4:** Evaluate and interpret data to make informed decisions in research projects related to sports science and physical education.

EC 402 Sports Management (ELECTIVE)

Course Objectives:

1. To introduce students to the fundamentals of sports management, including planning, organizing, and overseeing sports organizations and events.
2. To develop an understanding of the roles and responsibilities of sports managers in different settings.
3. To provide insights into the financial, marketing, and legal aspects of sports organizations.
4. To equip students with practical skills for managing sports facilities, events, and teams.

Course Outcomes (COs):

- **CO1:** Understand the principles and functions of sports management and its importance in sports organizations. (Unit I)
 - **CO2:** Learn the key elements of sports marketing, sponsorship, and media in the sports industry. (Unit II)
 - **CO3:** Understand the financial management and budgeting process for sports organizations and events. (Unit III)
 - **CO4:** Gain knowledge in event management, including planning, execution, and post-event evaluation. (Unit IV)
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