

DEPARTMENT OF PHYSICAL EDUCATION
COURSE OUTCOMES 2024-25

SEM	COURSE TYPE	COURSE NAME	COURSE OUTCOMES
I	GE	Fitness and Wellness	<p>After successful completion of this course, the learner will be able to:</p> <p>CO1: Explain the meaning, concept, components, and significance of fitness and wellness, and relate their importance to contemporary health and lifestyle challenges.</p> <p>CO2: Differentiate between health-related and skill-related fitness, and apply the principles of physical fitness for the development and maintenance of overall fitness.</p> <p>CO3: Analyse factors influencing wellness and lifestyle behaviours, and demonstrate strategies for developing and maintaining holistic wellness.</p> <p>CO4: Identify barriers to change, explain the stages of behaviour change using the SMART approach, and evaluate the hazards of physical inactivity.</p> <p>CO5: Demonstrate practical competencies by testing and evaluating fitness components, designing appropriate warm-up and cool-down routines, and preparing a safe and effective fitness program for daily life.</p>
II	GE	Professional Preparation and Career Avenues in Physical Education & Sports	<p>After successful completion of this course, the learner will be able to:</p> <p>CO1: Describe the historical development of professional preparation in physical education in India, including pre-independence and post-independence perspectives.</p> <p>CO2: Explain the importance, objectives, and characteristics of professional preparation programmes in physical education and sports, and identify various courses offered in the field.</p> <p>CO3: Analyze the role of physical education teachers and institutes in professional preparation programmes and evaluate physical education as a profession and professionalism.</p> <p>CO4: Assess the challenges faced by the physical education profession and examine career avenues and job opportunities at different academic and professional levels.</p> <p>CO5: Apply career planning skills and professional knowledge by conducting case studies on national sports and education policies and preparing analytical reports on physical education institutions in India.</p>

III	GE	Olympic Education	<p>After successful completion of this course, the learner will be able to:</p> <p>CO1: Explain the concept, historical evolution, aims, symbols, and philosophy of the Olympic Movement, including the Ancient and Modern Olympic Games.</p> <p>CO2: Describe the organizational structure of the Olympic Movement, including the roles and functions of the International Olympic Committee (IOC), National Olympic Committees (NOCs), and International and National Sports Federations.</p> <p>CO3: Analyze the organization of the Olympic Games, the host city selection process, and the role of women in sports within the Olympic framework.</p> <p>CO4: Evaluate key IOC programmes such as Olympic Solidarity, Paralympic Games, volunteerism, and anti-doping initiatives in promoting fair play and inclusive sports culture.</p> <p>CO5: Demonstrate applied learning by preparing analytical reports on the origin of the Olympic Movement, Olympic education programmes, Olympic sports in India, and achievements of Olympic medallists at national and international levels.</p>
IV	GE	Introduction to Injury Prevention and Rehabilitation	<p>After successful completion of this course, the learner will be able to:</p> <p>CO1: Explain the concept, definition, and significance of sports injuries, and describe the principles of injury prevention and rehabilitation in sports and physical activity.</p> <p>CO2: Identify and classify common sports injuries, analyze their causes and risk factors, and demonstrate basic knowledge of first aid management.</p> <p>CO3: Apply injury prevention strategies such as appropriate warm-up and cool-down protocols, correct techniques, and nutritional considerations to minimize injury risk.</p> <p>CO4: Describe the rehabilitation process, goals, and selected rehabilitation modalities, and evaluate the psychological impact of sports injuries on athletes.</p> <p>CO5: Demonstrate practical skills by preparing a first aid box, applying PRICE principles, and designing general warm-up and cool-down exercises for injury prevention.</p>

I & III	VAC	Fit India	<p>After successful completion of this course, the learner will be able to:</p> <p>CO1: Demonstrate active participation in physical activities by performing Fit India Protocol exercises, aerobic workouts, cardiorespiratory endurance tests, and recreational games to enhance overall fitness.</p> <p>CO2: Develop, test, and evaluate health-related fitness components including flexibility, muscular strength and endurance, and body composition using standard field-based fitness tests.</p> <p>CO3: Apply principles of energy equilibrium by planning a balanced diet, maintaining hydration, and preparing a daily diet-energy expenditure chart to promote a healthy gut and body.</p> <p>CO4: Perform appropriate warm-up and cool-down routines, yogic asanas, and practices beneficial for the digestive and excretory systems to support recovery and wellness.</p> <p>CO5: Demonstrate proficiency in the Yoga Protocol for 18–35 years by practicing Surya Namaskar, asanas, kriyas, pranayama, and meditation for physical, mental, and emotional well-being.</p>
II & IV	VAC	Sports for Life-I	<p>After successful completion of this course, the learner will be able to:</p> <p>CO1: Demonstrate correct understanding and application of rules, techniques, and instructional methods of the concerned sport through skill learning and on-field practice.</p> <p>CO2: Develop and apply components of physical fitness—strength, speed, endurance, flexibility, and coordinative abilities—through regular participation in sports, group games, and fitness activities.</p> <p>CO3: Analyze and experience the physiological effects of exercise, and apply knowledge of balanced nutrition in relation to sports performance and overall fitness.</p> <p>CO4: Organize and actively participate in sports competitions, group activities, relays, and intramural events to promote teamwork, leadership, and sportsmanship.</p> <p>CO5: Demonstrate improved sport-specific skills, capacity building, and consistent participation in contemporary sports and physical activities for lifelong fitness and wellness.</p>