Programme Outcomes (PO)

1. The theoretical knowledge of track and field events helps the students to learn the various techniques along with the international rules of the events. Since they learn the rules, they can become qualified state, national and international officials. This definitely will elevate their professional career. They will be of great demand in their professional circle.

2. Present day technological developments have paved a clear way to the sports performance enhancement. Hence the Foundation of Physical education is introduced to the students. The history of both physical education and the Olympics helps the students to know the background of the events. Towards the further improvement, it is apt to say that Young Men Christian Association (YMCA), Sports Authority of India (SAI), Sports Development Authority of Tamil Nadu (SDAT), National and International competitions and sports festivals contribute to the present day sports performance improvement..

3. Anatomy and Physiology are the sports science subjects that deal with the structure and functions of the human body. Since, the knowledge about the human body is very essential to understand the muscular and skeletal involvements of various joints, the students learn this mechanism with lot of interest to perfect the sports movements. It is useful to learn about the internal organs like heart, lungs and nervous system as they are the primary supporters of all body movements. This knowledge will assure the students the ratio of physical work and recovery.

4. Health and safety education is another branch of science that gives knowledge about personal health and safety education. The students show a lot of interest to know the meaning, principles, components of personal and community hygiene. By understanding communicable diseases, the students

are able to lead a disease free life. As they are involved in regular physical training, safety education plays a dominant role. They also learn to be safe at home, on the play field, inside a gym and in the public. They act as health ambassadors and carry the adage namely "Prevention is better than cure".

5. All students understood that Gymnastics is the mother of all sports. Hence they learn all gymnastic movements and will teach the same to the children at an early age. The process of transferring the knowledge will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility. They also learn to use different gymnastic apparatus along with the rules to use them efficiently.

6. PO7. The study of the foundation of yoga helps the students to understand the historical background, need and importance. This branch of knowledge helps to know the various limbs of yoga, asanas, paranayama, kriyas and banda.

7. The branch of science namely biomechanics and kinesiology deal with movements of the human body using mechanical principles. The competitive techniques of various games and sports activities demand for perfect movements. In order to enhance sports performance, it is necessary to execute the movements with accurate and appropriate body mechanics. That's why students show a great deal of importance to learn this subject.

8. Methods of physical education deals with appropriate methods to present the scientific inputs effectively. Serious planning is required for teaching various sports techniques effectively. The scientific inputs will reach the students fully when the teacher uses appropriate teaching methods. All the students learn from this branch of science the system of conducting intramural and extramural competitions. This knowledge will widen the scope of the future teacher's professional career.

9. The subject namely "Nutrition" gives scope to the students to understand "healthy diet". Students also learn the importance of vitamins and minerals.

This knowledge will definitely improve the health of the sports persons, family health and in turn the health of the whole society.

10. The branch of science namely General Theory and Methods of Sports Training (GTMT) imparts scientific knowledge about training of sports persons. The general and specific fitness is the outcome of sports training. The students learn various sports training methodology which could be used to develop all the fitness components and sports performance. Students also find this science to be very useful to prepare short, medium and long term training plans.
11. Another branch of sports science is "Tests and Measurements". Students understand the meaning and importance of this science. They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports persons.
12. The sport science subject namely "Psychology and Sociology" has found a very important place in sports training. Students become familiar with laws of learning, theories of learning and learning curve. Students are also aware of the relationship with others, leadership qualities and their own personality improvement.

13. The understanding of "First aid" along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management.

14. The practical classes in track and field events help the students to learn the various techniques of performing competitive track and field events. Students who are able to improve their sports specific performance will continue their practice to improve their competitive performance in their specialized events.

15. The knowledge of gymnastics helps the students in the process of transferring the knowledge in a practical way. This will definitely help the children to improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility.

16. The learning of major games (practical) namely Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball helps to stabilize the fundamental skills by doing drills for development. They can also learn the rules of the games for efficient teaching and officiating.

17. By learning this subject namely care and maintenance, all the students learn the methods to maintain the play fields, playing kits and playing equipments.

18. Unified play day celebration is one of the interesting activities in our curriculum and by which students get an opportunity to guide intellectually disabled persons, to improve their understanding and communicating process so as to help the disabled students to attain individual wholesome development and improve their life skills.

19. Studying and understanding the science of Yoga helps the students to become familiarized with asanas, pranayama, Kriyas, mudras and bandhas. Learning and practicing yoga bring the mind and body together and to lead a whole, healthy and disease free life.

20. The special practical program in our curriculum namely Leadership camp which is conducted regularly in a natural environment away from our campus and that will develop leadership qualities by self-involvement and being friendly with nature.

Programme Specific Outcomes

1. Track and Field: The knowledge of track and field elevates the professional competency.

2. Foundation of physical education: To understand the progressive development of physical education and Olympics.
3. Theories of specialization games: To understand the Rules, their interpretations, basic skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball.
4. Anatomy and Physiology: Understanding anatomy and physiology helps to learn sports movements correctly and execute them in a perfect way.
5. Health education and safety education: To be aware of diseases and to lead a healthy life.
6. Gymnastics: Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility.
7. Foundation of Yoga: Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.
8. Biomechanics and Kinesiology: To execute the sports movements with accurate and appropriate body mechanics.
9. Methods of physical education: To improve the ability to use appropriate teaching methods for effective teaching and to organize sports and games competitions flawlessly.
10. Nutrition: The knowledge of nutrition will definitely improve the health of the sports persons, family health and in turn the health of the whole society.
11. General theory and methods of sports training: All the students learn the various sports training methodology which could be used to develop all the fitness components and sports performance.
    Test and measurements: The students use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation for both sports persons and non-sports persons.
12. Psychology and Sociology: The Students are aware of a balanced mind and body development. They also develop social relationships with others, leadership qualities and their own personality improvement.
13. First Aid: The understanding of “First aid” along with its meaning, values and uses give the students a broad knowledge to use this technology on and off the field injury management. Practical:
14. Track and Field (6 Semesters): Students learn all the techniques to perform all the competitive track and field events along with the international rules.

This helps them to prepare for becoming officials of state, national and international levels.

15. Gymnastics (2 Semesters): Learning gymnastics will improve sensory motor balance, neuromuscular coordination, muscular agility and joint mobility which help them to stabilize other competitive techniques of games and track and field events.
16. Specialization games: To understand the Rules, their interpretations, basic skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball. The students may become efficient coaches in these games.
17. Unified play day: This event has proved its efficacy in improving social interaction, confidence and self-esteem of special children. A normal child is motivated to team up with a special child and carry out all activities as a joint enterprise. This helps to attain individual development and improve their own lifestyle modifications.
18. Yoga: To become familiarized with asanas, pranayama Kriyas, mudras and bandas. Learning and practicing yoga bring the mind and body together and to lead a whole disease free life.
19. Project sports meet: To get firsthand knowledge about planning and organizing sports meet.
20. Care and Maintenance: To learn the methods to maintain the play field and playing equipment.

COURSE OUTCOMES (CO)

After the completion of the course, the student trainees will be able to:

Foundations of physical education

CO1.To understand the meaning of physical education
CO2.Understand the foundation of physical education
CO3.To know about allied sciences, camping and recreation.
CO4.To learn the history of Olympics and physical education.

CO5.To know the contribution of various agencies, awards and scholarships.

Track and Field -

CO1.To learn the rules and techniques of Sprint events.
CO2.To learn the rules and techniques of middle distance events.
CO3.To learn the rules and techniques of Long jump.
CO4.To learn the rules and techniques of High jump.
CO5.To learn the rules and techniques of Shot put.

To become familiarized with floor and bar exercises. Specialization Games (Basketball, Football, Hockey, **Kabaddi, Tennis and Volleyball)**

CO1.To learn the fundamental skills of major games
CO2.To learn the rules of the games for efficient officiating
CO3.To know the various drills for optimum skill development.
To get firsthand knowledge about planning and organizing Project sport meet
CO1.sports meet.Care and maintenance
CO1.To learn the methods to maintain the play fields.
CO2.To learn the methods to maintain the playing equipments.

Theory of specialization game

CO1.To learn the history of basketball, football, hockey, kabaddi, tennis and volleyball.
CO2.To understand layout of play fields and major trophies of basketball, football, hockey, kabaddi, tennis and volleyball.
CO3.To understand the Rules and their interpretations of basketball, football, hockey, kabaddi, tennis and volleyball.
CO4.To learn the Basics skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball.
CO5.Duties of officials and officiating mechanism of basketball,football, hockey, kabaddi, tennis and volleyball.

Human anatomy and Physiology

CO1.To understand the need and importance of Anatomy and Physiology.

CO2.To understand the Classification and functions of skeleton
CO3.To understand the structure and function of heart and lungs.
CO4.To learn the structure and functions of digestive and nervous systems.
CO5.To get familiarized with different glands and their functions in the body.

The technique of Sprinting, Jumping and Shot putting Gymnastics (Floor exercise, Rhythmic exercise)

CO1.To learn the fundamentals of major games.Games (Basketball, Football, Hockey, Kabaddi, Tennisand Volleyball)
CO2.To learn the rules of the games for efficient officiating
CO3.To know the various drills for optimum skill development.

Unified Play day (UPD)
CO1.To get an opportunity to guide intellectually disabled persons.
CO2.To help the intellectually disabled persons to improve their understanding and communicating process.
CO3.To attain individual whole some development.

Project sport meet
CO1.To get firsthand knowledge about planning and organizing sports meet.
Care and maintenance
CO2.To learn the methods to maintain the play fields.
CO3.To learn the methods to maintain the playing equipment.

Health education
CO1.To become aware of a positive attitude about health.
CO2.To acquire the knowledge of safety education.
CO3.To know about communicable and non-communicable diseases.
CO4.To learn principles and importance of health education.
CO5.To learn safety at home, Swimming pool, Gymnasium, play field and use of play equipments.

Track and field

CO1.To know about starting techniques of all track events.
CO2.To learn the rules and their interpretation of 800m, 1500m 3000m, 5000m, 10,000m, marathon and race walking.
CO3.To learn the rules and their interpretations of long jump, triple jump, high jump and pole vault.
CO4.To learn the rules and interpretations of heptathlon and decathlon.
CO5.To know the records of all events in national andinternational levels.

Yoga (Basic level asanas, Pranayamaand Mudras)

CO1.To become familiarized with basic level asanas, pranayama and mudras.

Care and maintenance
CO1.To learn the methods to maintain the play fields.
CO2.To learn the methods to maintain the playing equipments.

Gymnastics
CO1.To learn history, meaning and classifications of gymnastics.
CO2.To learn about artistic gymnastics.
CO3.To understand rhythmic gymnastics.
CO4.To learn rights and duties of gymnasts, judges and coaches.
CO5.To evaluate the degree of difficulty of various exercises and the rules of using equipments.

Foundation of yoga
CO1.To know the need and importance of different types of yoga.
CO2.To understand the eight limbs of yoga.
CO3.To understand the correct procedure of doing asanas
CO4.To understand the correct procedure of doing pranayama.
CO5.To gain knowledge about kriyas.

Specialization Games (Basketball, Football, Hockey, Kabaddi, Tennis and Volleyball)

CO1.To learn the fundamentals of major games.
CO2.To learn the rules of the games for efficient officiating
CO3.To know the various drills for optimum skill development

Nutrition

CO1.To learn the balanced diet and importance of carbohydrates for various sports and games.
CO2.To learn the importance and sources of protein.
CO3.To learn the types, importance and sources of fat.
CO4.To learn the types, importance and sources of vitamins.
CO5.To learn the types, importance and sources of minerals.

National service scheme (NSS)

CO1.To understand the origin and development of NSS.
CO2.To learn the administrative set-up of NSS.
CO3.To develop personality awareness and improve social service attitude.
Track and field (Hammer throw, Javelin throw, Pole vault and Hurdles)

General theory and methods of sports training

CO1.To learn the aim, meaning and principles of sports training.
CO2.To learn the meaning, types and principles of training lode.
CO3.To learn the types and methods to develop strength and endurance.
CO4.To learn the types and methods to develop speed, flexibility and coordination abilities.
CO5.To understand the types of training plans, types of prioritization, techniques, tactics and strategy.

Tests and measurements

CO1.To learn the meaning, need and importance of tests, measurements and evaluation.
CO2.To learn the criteria of test selection, classification of tests, rating scales and test administration.
CO3.To learn motor fitness, cardio vascular, strength and postural tests.
CO4 To learn SDAT tests.

CO5.To learn and use games skill tests in Basketball, Hockey, Soccer, Volleyball, Badminton and Tennis

Psychology and sociology

CO1.Understand the importance of psychology and sports psychology.
CO2.Understand the theories and laws of learning.
CO3.Importance of perception and motivation.
CO4.Types of anxiety, aggression and personality.
CO5.Role of sociology in physical education and sports

First aid

CO1.To learn the meaning, importance and classification of wound.
CO2.To learn the system of specific injury management namely muscle cramp, fracture, bleeding.
CO3.To learn the meaning and classification of various therapy techniques namely hydrotherapy, thermotherapy and cryotherapy.