

Name of department: Physical Education

Part I: Course outcome

Name of Programme	Course/Paper	Name of course/Paper	Course outcome (should include one point for each unit of the paper)
P.G. Diploma in Yoga Education and Philosophy Semester - I	Paper I	Theoretical Yoga Vijnan	Understand the yoga importance and their uses of our daily life
	Paper II	Applied Yoga Vijnan	Understand the health, life pattern of yoga, human body, mind and yogic management
	Practical - 1	Practice teaching (Indoor) Asanas, Kriyas, Pranayamas, Class arrangement, Meditation	Learn and develop to teaching skills, steps of yoga and their benefits
	Practical - 2	Pawanmuktasana part-1,2&3 Asanas, Nadishodhan and Pranayamas, Mudra, Bandha, Shawaasana	Learn and develop to given yoga activities
P.G. Diploma in Yoga Education and Philosophy Semester - II	Paper I	Yoga Philosophy	Understand the yoga philosophy, yoga sutra, kinds of yoga and psychometric disorder and its yogic management
	Paper II	Hatha Yoga	Gain the knowledge of ancient yogic text with scientific explanation of yoga
	Practical - 1	Practice teaching (Indoor) Asanas, Kriyas, Pranayamas, Class arrangement, Meditation	Learn and develop to teaching skills, steps of yoga and their benefits
	Practical - 2	Balancing asanas, Asanas of higher group, Surya namaskar, Pranayama, Bandha, Mudra, Shatkarma, Dhyana & Yoganidra	Learn and develop to given yoga activities

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B.P.Ed. I semester	Paper I	History, principles and foundation of physical education	Understand the History, principles and foundation of physical education
	Paper II	Anatomy and physiology	Understand the human body and its structure and functions
	Paper III	Health education and Environment studies	Understand the health problems and their sources
	Paper IV	Officiating and Coaching	Understand the duties of officials and coaches and their qualities
	Practical -1	Track and field (running events)	Understand the skills, rules and their interpretation
	Practical -2	Swimming / Gymnastics / Shooting	Understand the skills, rules and their interpretation
	Practical -3	Indigenous sports: Kabaddi / Malkhambh / lezim / March past	Understand the skills, rules and their interpretation
	Practical -4	Mass demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop/ umbrella	Understand the skills, rules and their interpretation
B.P.Ed. II semester	Paper I	Yoga education	Understand the yoga, importance and their uses our daily life and sports
	Paper II	Educational technology and methods of teaching in P.E.	Understand the teaching technique, aids and methods
	Paper III	Organization and Administration in Phy. Edu.	Understand the concept of organization and administration in sports and phy. Edu.
	Paper IV	Sports Nutrition and weight management	Understand the basic nutrition and sports nutrition and planning of weight management
	Practical -1	Track and field (jumping events)	Understand the skills, rules and their interpretation
	Practical -2	Yoga / aerobics / Swimming / Gymnastics (any one)	Understand the skills, rules and their interpretation
	Practical -3	Racket sports: Badminton/ Table tennis/ Squash/ Tennis	Understand the skills, rules and their interpretation
	Practical -4	Teaching practice (classroom and outdoor)	Learn and develop to teaching skills and techniques

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B.P.Ed. III semester	Paper I	Sports Training	Understand the training components, process and planning in sports
	Paper II	Computer application in Phy. Edu.	Understand the computer and uses application (MS office)
	Paper III	Sports psychology and sociology	Understand the sports psychology and sociology in different games or areas
	Paper IV	Sports medicine, physiotherapy and rehanlitation	Understand the how to use different type of medicines and therapies in sports
	Practical -1	Track and field (throwing events)	Understand the skills, rules and their interpritation
	Practical -2	Combative sports: Martial art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (any two)	Understand the skills, rules and their interpritation
	Practical -3	Team game: Baseball, Cricket, football, Hockey, softball, Volleyball, Handball, Basketball, Netball (any two)	Understand the skills, rules and their interpritation
	Practical -4	Teaching practice (teaching lesson plans for Racket game/ team game/ indigenous game)	Learn and develop to teaching skills and techniques
B.P.Ed. IV semester	Paper I	Measurment and Evaluation in Phy. Edu.	Understand the Measurment and Evaluation of physical fitness and
	Paper II	Kinsiology and Biomechanics	Understand the Mechanical concept, kinematics and kinetics of
	Paper III	Research and Statistics in Phy. Edu.	Understand the Research proccess, Statistics and basics of
	Paper IV	Sports management	Understand the concept, leadership qualities of sports management and sports management in school, college and University
	Practical -1	Track and field/ Swimming/ Gymnstics (any one)	Understand the skills, rules and their interpritation
	Practical -2	Kabaddi, Kho-Kho, Baseball, Cricket, Football, Hockey, softball, Volleyball, Handball, Basketball, Netball, Badminton, Table tennis, Squash, Tennis (any one)	Understand the skills, rules and their interpritation
	Practical -3	Sports specialization: coaching lesson plan Track and field/ Swimming/ Gymnastics (any one)	Learn and develop to teaching skills and techniques
	Practical -4	Sports specialization: coaching lesson plan Kabaddi, Kho-Kho, Baseball, Cricket, Football, Hockey, softball, Volleyball, Handball, Basketball, Netball, Badminton, Table tennis, Squash, Tennis (any one)	Learn and develop to teaching skills and techniques


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