



Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION

(Affiliated to the Tamil Nadu Physical Education & Sports University, Chennai)

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B.P.Ed

1. History, Principles and Foundation of Physical Education

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Discuss the aim, objectives and importance of physical education	K1, K2
CO 2	Summarize the historical development of physical education in India	K1, K2
CO 3	Explain fitness and wellness in the contemporary perspectives	K1, K3
CO 4	Point out the human growth and development and anthropometrical differences	K2, K3
CO 5	Define psychology and sociology and classify the laws and principles of learning	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	L	L	S	L	L	M	L	L	L	S	S	S
CO 2	S	L	L	L	M	L	M	L	L	M	S	S	S
CO 3	S	S	S	M	S	L	M	M	M	L	S	S	S
CO 4	S	S	M	M	M	L	L	M	M	L	S	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	S	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

2. Anatomy and Physiology

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the importance of anatomy and physiology in the field of physical education	K1, K2
CO 2	Describe the structure and functions of various organs of the human body	K1, K2
CO 3	Classify the cell, bones, joints, and explain the circulatory system, respiratory system, digestive system, excretory system and nervous system	K1, K3
CO 4	Sketch and point out the organs of the human body	K2, K3
CO 5	Analyse and interpret the effect of exercise on various systems of the human body	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	S	M	L	S	S	L	M	S	L	M	M	L
CO 2	S	S	M	L	S	S	L	M	S	L	L	M	L
CO 3	S	S	M	L	S	S	L	M	S	L	L	M	L
CO 4	S	S	M	L	M	M	L	M	L	L	L	M	L
CO 5	S	S	M	L	S	S	L	M	S	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

3. Yoga Education

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the aims & objectives and need & importance of yoga	K1, K2,
CO 2	Categorise various types and eight limbs of yoga	K1, K2
CO 3	Demonstrate various yogic practices of asana, pranayama and bandhas	K1, K2, K3
CO 4	Practice various types of Kriyas and mudras	K1, K2, K3
CO 5	Compare among yogic diet, three Gunas and five koshas	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	S	L	L	L	L	M	M	M
CO 2	L	L	L	L	L	S	L	L	L	L	M	M	M
CO 3	M	M	S	L	L	S	L	L	M	L	S	S	S
CO 4	M	M	S	L	L	S	L	L	M	L	S	S	S
CO 5	M	M	S	L	L	S	L	L	M	L	S	S	S

4. Olympic Movement

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Generalise the significant stages of the Olympic movement	K1, K2
CO 2	Express and outline the Olympic flag, rings and protocol	K1, K2, K3
CO 3	Distinguish and report on summer and winter Olympics	K1, K3
CO 4	Compare the functions of special Olympics, Paralympics and Deaflympics	K1, K3
CO 5	Discuss the functions and formulation of IOA, IOC and other national sports committees	K1, K3
K1 - Understand	K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	L	L	M	L	L	L	L	L	L	M	M	M
CO 2	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 3	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

5. Sports Training

Expected Course Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Facilitate the basics principles and importance of sports training	K1, K2
CO 2	Explain the concept of training components	K1, K2, K3
CO 3	Define training load and explain principles of training load	K1, K2, K3
CO 4	Illustrate the various training plan for different sports and games	K1, K2, K3
CO 5	Describe various types of training methods	K1, K2, K3,
K1 - Understand	K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 2	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 3	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 4	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 5	S	S	S	S	M	M	S	S	S	M	S	S	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

6. Organization and Administration and Methods in Physical Education

Expected Course Learning Outcomes			
On the successful completion of the course, the student will be able to:			
CO 1	Define and distinguish between organization & administration in physical education		K1, K2, K3
CO 2	Describe the functions of office management and prepare the record, register, budget		K1, K2
CO 3	Manage indoor and outdoor play facilities and prepare a suitable timetable for physical education classes		K1, K2, K3
CO 4	Organize various intramural and extramural competitions and prepare different fixtures		K1, K2, K3
CO 5	Plan to conduct Bharathiar day games and Republic Day games and other similar sports		K1, K2, K3
K1 - Understand		K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	M	M	M	S	M	S	M	M	L
CO 2	L	L	L	L	M	M	M	S	M	S	M	M	L
CO 3	L	L	L	L	M	M	M	S	M	S	M	M	L
CO 4	L	L	L	L	M	M	M	S	M	S	M	M	L
CO 5	L	L	L	L	M	M	M	S	M	S	M	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

7. Theories of Sports & Games and Officiating & Coaching Part – I

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Draw athletics track and interpret the rules and regulations of selected track events	K1, K2, K3
CO 2	Draw the jumping events and throwing events arena and interpret the rules and regulations of selected field events	K1, K2, K3
CO 3	Sketch the basketball, badminton and ball badminton court and interpret the rules and regulations	K1, K2, K3
CO 4	Outline the hockey, tennis and table tennis court and interpret the rules and regulations	K1, K2, K3
CO 5	Generalize the qualities and qualifications of a coach	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 2	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 3	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 4	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

8. Educational Technology and Computer Application in Physical Education

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarize and classify education, educational technology and methods of teaching	K1, K2
CO 2	Differentiate various methods of teaching techniques	K1, K2, K3
CO 3	Describe and list the criteria & types of teaching aids	K1, K2, K3
CO 4	Explain and categorize the types & principles of the lesson plan	K1, K2, K3
CO 5	Demonstrate fundamental movement skills among students	K1, K2, K3
K1 - Understand		K2 - Apply
K3 - Analyse		

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	M	M	M	M	M	M	M	M	S	S	S
CO 2	M	M	S	M	M	S	M	S	M	S	S	S	S
CO 3	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	S	S	S	S	M	S	S	S	S	M	M	S	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

9. Measurement and Evaluation in Physical Education

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Establish the principles of test, measurement and evaluation in physical education and sports	K1, K2, K3
CO 2	Classify and administer the criteria of tests	K1, K2
CO 3	Demonstrate and experiment with the various physical fitness tests	K1, K2, K3
CO 4	Measure Badminton, Basketball and Soccer skills by using standardized skill tests	K1, K2, K3
CO 5	Analyse the basic playing abilities in the game of Volleyball, Hockey and Tennis	K1, K2, K3
K1 - Understand		K3 - Analyse
K2 - Apply		

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	L	L	M	L	L	M	S	M	M	L	M	L
CO 2	S	L	L	M	L	L	M	S	M	M	L	M	L
CO 3	S	S	L	M	L	L	S	S	S	S	M	M	L
CO 4	S	L	L	M	L	L	M	S	M	M	L	M	L
CO 5	S	L	L	M	L	L	M	S	M	M	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

10. Research and Statistics in Physical Education

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the need and importance of research in physical education and classify the research	K1, K2
CO 2	Differentiate the types of research and formulate the hypothesis	K1, K2
CO 3	Classify the chapters in a project report	K1, K2, K3
CO 4	Define statistics and explain graphical representation	K1, K2, K3
CO 5	Illustrate measures of central tendency and variability	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	S	M	S	L	M	M	M	M
CO 2	L	L	L	L	L	S	M	S	L	M	M	M	M
CO 3	L	L	L	L	L	S	M	S	L	M	M	M	M
CO 4	L	L	L	L	L	S	M	S	L	M	M	M	M
CO 5	L	L	L	L	L	S	M	S	L	M	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

11. Sports Psychology and Sociology

Expected Course Learning Outcomes			
On the successful completion of the course, the student will be able to:			
CO 1	Define Educational psychology and Sports psychology and explain the Psycho-sociological aspects of human behaviour	K1, K2	
CO 2	Point out the types of learning and dimension of personality	K1, K2	
CO 3	Explain the concepts of motivation, aggression and stress	K1, K2, K3	
CO 4	Interpret the relationship between sociology and physical education	K1, K2	
CO 5	Estimate the significance of cultural exchanges through participation in sports	K1, K2, K3	
K1 - Understand		K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 2	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 3	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 4	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 5	L	L	M	L	M	M	M	M	L	S	S	S	S

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

12. Contemporary Issues in Physical Education, Fitness and Wellness

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Describe the components of fitness and wellness	K1, K2,
CO 2	Conclude the issues & challenges in physical education	K1, K2
CO 3	Transform the moral and social disciplines among students	K1, K2
CO 4	Evaluate the health issues and hypokinetic diseases in the current scenario	K1, K2, K3
CO 5	Establish weight management and stress management	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	P O 8	P O 9	PO 10	PS O 11	PS O 12	PS O 13
CO 1	S	M	S	M	M	L	S	M	L	L	M	S	L
CO 2	M	M	M	M	M	L	M	M	L	L	M	M	L
CO 3	L	L	M	M	M	L	L	L	L	L	S	S	S
CO 4	L	M	L	L	S	L	L	L	S	M	S	S	M
CO 5	L	L	M	M	S	L	L	L	M	L	S	S	L

13. Theories of Sports & Games and Officiating & Coaching Part - II

Expected Course Learning Outcomes			
On the successful completion of the course, the student will be able to:			
CO 1	Draw Kho-Kho, Kabaddi and Throw ball courts and explain the rules and regulations of the games		K1, K2, K3
CO 2	Draw Handball and Volleyball courts and discuss the rules and regulations of the games		K1, K2, K3
CO 3	Sketch the Cricket pitch and Football field and interpret the rules and regulations		K1, K2, K3
CO 4	Outline the Tennikoit court and interpret the rules and regulations of Carrom and Chess		K1, K2, K3
CO 5	Generalize the responsibilities of a coach and describe the officiating ethics		K1, K2, K3
K1 - Understand		K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 2	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 3	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 4	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

14. Kinesiology and Biomechanics

Expected Course Outcomes													
On the successful completion of the course, the student will be able to:													
CO 1	Explain the importance of biomechanics & kinesiology in physical education, fundamental concepts in sports biomechanics										K1, K2		
CO 2	Categorise the types of muscle contractions and posture										K1, K2		
CO 3	List the origin, insertion and action of various muscles										K1, K2, K3		
CO 4	Interpret the mechanical concepts in sports										K1, K2, K3		

CO 5	Distinguish linear kinematics, angular kinematics and linear kinetics	K1, K2, K3,
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 2	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 3	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 4	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 5	S	S	S	S	M	M	M	M	S	M	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

15. Sports Management, Recreation and Camping

Expected Course Learning Outcomes			
On the successful completion of the course, the student will be able to:			
CO 1	Summarise the concept of sports management and establish event management in physical education and sports		K1, K2
CO 2	Identify the qualities of the administrative leader		K1, K2
CO 3	List out the sports management skills to organize the programme in educational institutions		K1, K2,K3
CO 4	Express the modern concept of physical education curriculum		K1, K2
CO 5	Design an innovative physical education curriculum according to the student's participation		K1, K2,K3
K1 - Understand		K2 - Apply	K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	M	L	M	L	L	S	S	S	S	L
CO 2	L	L	M	M	L	L	L	M	S	S	S	S	S
CO 3	L	L	M	M	L	L	L	M	S	S	S	S	S
CO 4	M	M	M	M	M	M	M	M	M	M	S	S	S
CO 5	M	M	M	M	M	M	M	M	M	M	S	S	S

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

16. Sports Medicine Athletic care and Rehabilitation

Expected Course Outcomes													
On the successful completion of the course, the student will be able to:													
CO 1	Outline the basic concepts of sports medicine, rehabilitation and injuries										K1, K2		
CO 2	Explain the advantages of hydrotherapy and electrotherapy										K1, K2, K3		
CO 3	Relate the importance of massage for the sports persons and demonstrate various massages										K1, K2, K3		

CO 4	Manage first aid for sports injuries and use various bandages for different injuries	K1, K2, K3
CO 5	Facilitate various therapeutic exercises and stretching exercises for rehabilitation	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	M	M	S	M	M	M	M	M	M	L	M	L	L
CO 2	M	M	S	S	M	M	S	S	M	M	M	S	M
CO 3	M	M	S	S	M	M	S	S	M	M	M	S	M
CO 4	M	M	M	L	L	M	M	L	L	L	M	S	M
CO 5	M	M	S	S	M	M	S	S	M	M	M	S	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low