

- **Department of Physical education**

Programme Outcome (PO)of the Department

Programme Outcome	Particulars
PO₁	To give basic knowledge and introduce about Physical Education its meaning, scope in present scenario and importance in our society.
PO₂	Give basic knowledge about Health & Hygiene and, how : Meaning, definition, importance of Health & Hygiene in life, Factors influencing Health and Hygiene of various body parts.
PO₃	Ability to Understand Yoga and mainly Astang Yoga and Pranayama
PO₄	To make basic Understanding of students about Human Anatomy and Physiology and also to give knowledge about Cell: Meaning, definition, Importance of Human Anatomy and Physiology in Physical Education and Definition of Cell, Tissue, Organ and System, Structure and Properties of Cell.
PO₅	Understand and give knowledge Health Education & First Aid: Definition, Aim, Objectives, Scope, and importance of Health Education. Understand First Aid: Meaning, Aim, Objectives, General Principles of First Aid and First Aid for Bleeding, Burns, Electric Shock, and Common injuries.
PO₆	To make able the students to understand the Historical Prospects of Physical Education: Pre-independence and Post – independence historical development of Physical Education in India, Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India, Sports Policy India.
PO₇	To make able the students to understand Physical Fitness: Meaning, definition, importance, Components, Principles, Factors influencing of Physical Fitness. Meaning of Isometric, Isotonic and Isokinetic exercises.
PO₈	To give knowledge to the students to understand Human Bone Anatomy and Physiology: Human Bone, Types and Function of bones in Human Body. Meaning and types of joints in Human Body.
PO₉	Make able to play and understand: kho–kho, Badminton and Cricket games with ground specifications, general rules and general skills. Name and identification of bones in Human Body Understand Athletics: Shot Put (Measurements & Basic Techniques) Types of Starts - Crouch Start and standing starts (Basic Technique)

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PO₁₀	To Understand Safety Education and sports injuries: Meaning, need and importance of Safety Education, understand types, causes, Principles, General treatment for sports Injuries i.e. Abrasion, Contusion, Sprain , Strain, Fracture and Dislocation of joints
PO₁₁	To give knowledge of Common communicable Diseases: Meaning of Communicable and Non-communicable diseases, Modes of transmission, prevention and control of communicable diseases i.e. Malaria, Influenza, obesity
PO₁₂	Ability to understand Balanced Diet: Meaning, importance, Components, sources and Factors affecting balanced diet
PO₁₃	Ability to understand Anatomy and Physiology of Circulatory System: Structure, Function of Heart, Systemic and Pulmonary Circulation and Effects of exercise on Circulatory System.
PO₁₄	Ability to understand Warming Up and Cooling Down: Meaning, types, significance, Methods and Physiological aspects of warming up and cooling down.
PO₁₅	Understand Psychological aspects of Physical Education: Meaning Need and importance of Psychology and sports Psychology Understand meaning, laws of Learning and Learning curve
PO₁₆	Understand Major Sports Events: Ancient, Modern Olympic Games, Asian Games and Common Wealth Games.
PO₁₇	Ability to understand Anatomy and Physiology of Respiratory system: Respiratory Organs, Physiology of respiratory System, Effect of exercise on respiratory System and Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity.
PO₁₈	Understand and Practical knowledge of Measurement of Body Mass Index, Games and Athletics: Normal Range of B.M.I for (Children, Women and Men), , Football, Kabaddi Game (With ground specifications, general rules and skills) and Athletics; Discus throw and Long Jump (Specifications, general rules and general skills)
PO₁₉	Understand Growth & Development: Meaning and definition, Stages, Principles and factors influencing of Growth and Development and Age and sex difference in relation to physical activities and sports.

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<p>PO₂₀</p>	<p>To give knowledge about Sports Organization and Administration: Meaning, Principles, importance, Intramural and Extramural activities of organization and administration in Physical Education and Sports. Tournaments and their types (League and Knock out)</p>
<p>PO₂₁</p>	<p>To give knowledge about good and bad Body Posture: Meaning, importance of good posture, Causes of poor posture, Symptoms, causes of Postural Deformities i.e., Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs, Precautions and Remedies for postural deformities.</p>
<p>PO₂₂</p>	<p>Understand and get basic knowledge of Anatomy and Physiology of muscle and Blood: Types of Muscles in human body and Effects of exercise on it and Composition and functions of Human Blood.</p>
<p>PO₂₃</p>	<p>Understand in detail about Motivation and Socialization in sports: Meaning, definition, types and importance of motivation in sports. Understand meaning of Socialization and Socialization through sports .</p>
<p>PO₂₄</p>	<p>Understand different types of Sports Training: Meaning, definition, factors affecting sports training and types of sports training: Circuit training, Interval Training and Continuous Training. Understand Doping: Meaning, types and its effects on health.</p>
<p>PO₂₅</p>	<p>Understand basic knowledge of Sports Biomechanics: Meaning, definition, Importance of sports biomechanics. Understand Newton's Laws of motion and their application in sports. Understand Levers: Meaning, types and their application in Sports</p>
<p>PO₂₆</p>	<p>Helps to understand Anatomy and Physiology of Digestive system: Organs, Structure of Digestive System and Mechanism of food digestion and effects of exercise on Digestive System.</p>
<p>PO₂₇</p>	<p>Helps to understand types of Pranayam and basic knowledge about different games: Bhramari, Anulom Vilom and Kapal Bhati. Volleyball/ Hockey/Judo/Boxing/Wrestling/Self-defense game tactics, Ground Specifications, General rules and General Skill. Understand and give practical knowledge about Bandages its types and Arm Slings First Aid: First aid for different injuries and circumstances, items of first aid box and their uses.</p>

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Programmed-Specific Outcome (PSO) of the Department

Programmed-Specific Outcome	Particulars
PSO ₁	Understand the Physical Education its area, aim, objectives and importance in our daily life and eliminate the Misconceptions about it.
PSO ₂	Understand Health education, Personal Hygiene and healthful living with healthy habits in our life.
PSO ₃	Understand History of Indian Science Yoga and pranayama and its contribution in our busy life.
PSO ₄	Understand Human Anatomy and Physiology and basic unit of life „cell“
PSO ₅	Understand how to use First Aid and How it can save our life.
PSO ₆	Understand the Historical and present institution/ sports policies of India which helps to promote sports.
PSO ₇	Understand Physical Fitness and its components.
PSO ₈	Understand Human Anatomy and Physiology of osteology and arthrology in Human Body.
PSO ₉	Understand and playing experience of kho–kho, Badminton, Cricket games and Athletics with ground specifications, general rules and general skills.
PSO ₁₀	Understand and playing experience of kho–kho, Badminton, Cricket games and Athletics with ground specifications, general rules and general skills.
PSO ₁₁	Understand Communicable Diseases. its Modes of transmission, prevention and control.
PSO ₁₂	Understand Balanced Diet its components and Junk Food effects on our body.
PSO ₁₃	Understand Anatomy and Physiology of Circulatory System its organs and how exercise increase its efficiency.
PSO ₁₄	Understand Warming Up and Cooling Down and its physiological aspects on body.
PSO ₁₅	Understand Psychological aspects i.e., learning in Physical Education and sports.

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PSO ₁₆	Understand Major Sports Events of world i.e., Ancient, Modern Olympic Games, Asian Games and Common Wealth Games.
PSO ₁₇	Understand Anatomy and Physiology of Respiratory system its organ and exercise benefits on it.
PO ₁₈	Understand and Practical knowledge of Measurement of Body Mass Index and Kho-Kho, Football, Kabaddi, Badminton, Volleyball Game and Athletics.
PO ₁₉	Understand Growth & Development in different stages of life in relation to sports.
PO ₂₀	Understand Sports Organization, Administration and tournament with fixture specification.
PO ₂₁	Understand Body good and bed Posture and Remedies exercises for postural deformities
PO ₂₂	Understand Anatomy and Physiology of muscle and Blood with their functions in body.
PO ₂₃	Understand Motivation and Socialization in sports and how sports working as socialization agency.
PO ₂₄	Understand different types of Sports Training and Doping in sports.
PO ₂₅	Understand Sports Biomechanics and how it is giving help in the enhancements in sports.
PO ₂₆	Understand Anatomy and Physiology of Digestive system and its organ
PO ₂₇	Understand types of Pranayam in detail i.e., Bhramari, Anulom Vilom and Kapal Bhati.