



P.P.N. (P.G.) College, Kanpur

96@12 Mahatma Gandhi Marg, Kanpur -208001

•Tele fax: (05 12)2361924 • Website: www.ppncollege.org•
•em ail:ppncollegekanpur@gmail.com•

UG PHYSICAL EDUCATION

COURSE OUTCOMES (COs) CERTIFICATE IN PHYSICAL EDUCATION

FIRST YEAR	SEMESTER - I	Elements of Physical education		CODE: E020101T	THEORY	CREDIT: 04	
		CO 1	Students should demonstrate a comprehensive understanding of the principles Physical Education				
		CO 2	Be familiar with, history, philosophy, and objectives of physical education. This includes knowledge of the role of physical education in promoting health, wellness, and overall physical fitness				
		CO 3	Understanding of Global Perspectives: Students should develop an understanding of physical education practices in different cultures and countries.				
		CO 4	Students should reflect on the historical development of physical education and consider its implications for current practices.				
		CO 5	evaluating the strengths and limitations of historical approaches and applying historical knowledge to inform contemporary physical education programs.				
		CO 6	Understand the ancient Olympics and modern Olympics				
		CO 7	Be familiar with the practicing health and hygiene in their life.				
	CO 8	Understand the concept of wellness					
	Fitness and Yoga		CODE: E020102P	PRACTICAL	CREDIT: 02		
	CO 1	Understand the concept of Fitness					
	CO 2	Learn warming –up and cooling down before and after physical activity					
	CO 3	Strength training and physical conditioning					
	CO 4	Introduction to Yoga					
	CO 5	Yoga in relation with mental health and value education					
	CO 6	Practicing Asanas					
	SEMESTER – II	Sports Organization and Management		CODE: E020201T	THEORY	CREDIT: 04	
		CO 1	Program planning and development: Students will acquire skills in program planning and development, including curriculum design, scheduling, and evaluation. They will learn how to align program goals with educational standards, develop age-appropriate activities, and adapt programs to meet the needs of diverse populations.				
CO 2		Facility and equipment management: Students will gain an understanding of facility and equipment management principles in physical education. They will learn how to assess and maintain facilities, ensure the safety and functionality of equipment, and make informed decisions regarding the acquisition and allocation of resources.					
CO 3		Staff management and professional development: Students will learn how to effectively manage and support physical education staff. They will gain knowledge of recruitment and hiring practices, staff supervision and evaluation, and strategies for professional development and growth					
CO 4		Budgeting and financial management: Students will develop skills in budgeting and financial management specific to physical education programs. They will learn how to allocate resources, manage expenditures, and make financial decisions that align with program goals and priorities.					
Sports Event and Track & Field		CODE: E020202P	PRACTICAL	CREDIT: 02			
CO 1	Understand the basic make plans to organize tournaments and sports events						
CO 2	Organize Intra-murals tournaments						



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	CO 3	Study how to prepare college time-table
	CO 4	Prepare budget and list of consumable and non-consumable items
	CO 5	History of Track and Field
	CO 6	Develop skills in conducting Track & field events

COURSE OUTCOMES (COs) DIPLOMA IN PHYSICAL EDUCATION

SECOND YEAR	SEMESTER - III	Anatomy and Exercise Physiology		CODE: E020301T	THEORY	CREDIT: 04	
		CO 1	Knowledge of Human Anatomy: Students will develop a comprehensive understanding of the structure and organization of the human body.				
		CO 2	Understanding Physiological Processes: Students will gain knowledge of physiological processes such as muscle contraction, energy metabolism, cardiovascular responses, respiratory adaptations, and neuromuscular coordination.				
		CO 3	Application of Anatomy and Physiology to Physical Activity: Students will learn how to apply their knowledge of anatomy and physiology to various physical activities.				
		CO 4	Injury Prevention and Rehabilitation: Students will gain an understanding of common sports-related injuries and how they relate to anatomy and physiology.				
		CO 5	Performance Enhancement: Students will learn how anatomy and physiology impact physical performance.				
		Health and Physiology		CODE: E020103P	PRACTICAL	CREDIT: 02	
		CO 1	Develop an understanding of the various body organ and system with the help of model				
		CO 2	Learn how to calculate BMI index.				
		CO 3	Learn how to calculate Blood Pressure.				
		CO 4	Learn about school health services				
	CO 5	Learn to use Rehabilitation modalities heat cold and water					
	CO 6	Learn First-Aid techniques					
	SEMESTER - IV	Sports Psychology and recreational activities		CODE: E020401T	THEORY	CREDIT: 04	
		CO 1	Understanding of Motivation: Students can gain an understanding of the psychological factors that influence motivation in the context of physical activity.				
		CO 2	Improved Performance: By studying psychological principles related to performance enhancement, students can learn techniques to enhance their own athletic performance or that of others.				
		CO 3	Enhanced Teaching and Coaching Skills: For students interested in becoming physical education teachers or coaches, a psychological basis course can provide valuable insights into effective teaching and coaching methods.				
		CO 4	Increased Self-Awareness: Exploring psychological concepts in the context of physical education can lead to increased self-awareness among students.				
CO 5		Learn about play theories and understand recreational activities					
CO 6		Recognize traditional games of India					
Sports Psychology		CODE: E020402P	PRACTICAL	CREDIT: 02			



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	CO 1	Measurement of personality and personality profile
	CO 2	Assessment of sports anxiety
	CO 3	Measurement of motivation
	CO 4	Learn Goal setting techniques
	CO 5	Happiness scale and self-esteem scale
	CO 6	Learn various recreational techniques to develop different cognitive abilities

COURSE OUTCOMES (COs) DEGREE IN BACHELOR OF ARTS

THIRD YEAR	SEMESTER - V	Athletic Injuries & Physiotherapy		CODE: E020501T	THEORY	CREDIT: 04	
		CO 1	Understanding of Sports Injuries: Students will gain knowledge about common sports injuries, their causes, and risk factors.				
		CO 2	They will learn to identify and diagnose different types of injuries, including sprains, strains, fractures, and overuse injuries.				
		CO 3	Injury Prevention Strategies: Students will learn about various preventive measures to reduce the risk of sports injuries.				
		CO 4	Students will acquire skills in providing immediate care and first aid for sports injuries. They will learn how to manage acute injuries, control bleeding, immobilize fractures, and handle common emergencies that may occur during sporting activities.				
		CO 5	Different rehabilitation techniques used in the recovery and rehabilitation of sports injuries. Students will learn about therapeutic exercises, range-of-motion activities, stretching routines, and modalities like heat, cold, and electrical stimulation.				
		CO 6	Students will learn to create treatment plans based on the severity and nature of the injury, considering factors such as pain management, functional limitations, and individual athlete needs.				
		Kinesiology and Biomechanics in sports		CODE: E020502T	THEORY	CREDIT: 04	
		CO 1	Understanding Human Movement: Kinesiology and biomechanics help students comprehend how the body moves and functions during different physical activities.				
		CO 2	This knowledge enhances their awareness of proper body mechanics and efficient movement patterns.				
		CO 3	Learning about biomechanics allows students to understand the mechanisms of injury and identify potential risks associated with various physical activities.				
		CO 4	They can learn techniques to maximize efficiency, power, and accuracy, leading to improved athletic performance.				
		CO 5	Kinesiology and biomechanics provide a scientific foundation for skill acquisition.				
		CO 6	This knowledge facilitates effective teaching and learning of motor skills.				
		Rehabilitation and sports		CODE: E020503P	PRACTICAL	CREDIT: 02	
		CO 1	Educational tour to Physiotherapy lab to understand about physiotherapy				
		CO 2	Practice for massage techniques				



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	CO 3	Understand the principles of therapeutic Exercises			
	CO 4	Understand the Stretching and mobilizing Exercise			
SEMESTER - VI	Research Methods		CODE: E020601T	THEORY	CREDIT:04
	CO 1	Develop an understanding about research			
	CO 2	Gain an understanding of different types of research			
	CO 3	Make understanding with hypothesis in research			
	CO 4	How to identify and formulate research topic			
	CO 5	Learn different ways to collect data for survey research			
	CO 6	Introduction about basic statistics			
	Physical Education for Divyang		CODE: E020602T	THEORY	CREDIT:04
	CO 1	Understanding about physical education for DIVYANG			
	CO 2	Develop an understanding of the Physical Disabilities			
	CO 3	Develop an understanding of the Mental Disabilities.			
	CO 4	Evaluate & design outdoor activities for DIVYANG.			
	CO 5	Learn aquatic activities for DIVYANG.			
	CO 6	Personality development programs for DIVYANG			
	CO 7	Explore recreational games for DIVYANG			
	Research in Physical Education		CODE: E020603P	PRACTICAL	CREDIT:02
	CO 1	Research perspective to learn the advanced skill of selected team game			

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(Coordinator)
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IQAC

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