

DEPARTMENT OF SPORTS AND PHYSICAL EDUCATION

PROGRAMME OUTCOMES

PO1. Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.

PO2. Problem analysis: Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.

PO3. Design/Development of Solutions: Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.

PO4. Individual and team work: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.

PO5. Ethics:. Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.

PO6. Communication: Ability to communicate effectively among a range of audiences/ stakeholders

PO7 Impact: Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society. .

PO8 Professional Development: Recognition of the need for and an ability to engage in continuing professional development

PO9 Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

PO10 Integration: Ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications

YOGIC SCIENCES

Learning outcomes

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga

4. Analyse the techniques and of body posture to bring out healthy change.
5. Develop the knowledge through practice, participate and organize.

SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

Learning outcomes

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognize and appropriately treat common sports injuries and conditions from onset through rehabilitation.
4. Identify and apply knowledge of anatomy to the design and execution of research studies.

PHYSIOLOGY OF EXERCISE

Learning outcomes

1. Understand the basic principles of physiology and Exercise Physiology
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of physiology and co-relate the principles of physiology.
5. Appraise the effects during the training and practical sessions

GENDER STUDIES

Learning Outcome

1. Able to explain and understand the concepts of gender studies
2. Able to interpret and identify the gender issues and problems