

<b>Semester – I</b>				
<b>Course Code</b>	<b>CORE COUSE - I</b>	<b>T/P</b>	<b>C</b>	<b>H/W</b>
<b>22BPE1C1</b>	<b>FOUNDATION OF PHYSICAL EDUCATION AND SPORTS</b>	<b>T</b>	<b>5</b>	<b>5</b>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ The pass out would be able to compare the relationship between general education and Physical education.</li> <li>➤ He would be able to if identify and relate with the history of physical education.</li> <li>➤ He would able to identify the words of philosophers of education and physical education.</li> </ul>			

<b>Semester - I</b>				
<b>Course Code:</b>	<b>Core Course – II</b>	<b>T/P</b>	<b>C</b>	<b>H/W</b>
<b>22BPE1C2</b>	<b>ANATOMY AND PHYSIOLOGY</b>	<b>T</b>	<b>4</b>	<b>4</b>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.</li> <li>➤ He would be able to relate and interpret the role of exercise on body systems and its relation to well being, through literature reviews and physical exercises.</li> <li>➤ Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.</li> </ul>			

<b>Semester - I</b>				
<b>Course Code:</b>	<b>Core Course – III</b>	<b>T/P</b>	<b>C</b>	<b>H/W</b>
<b>22BPE2C1</b>	<b>ORGANIZATION ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION</b>	<b>T</b>	<b>5</b>	<b>5</b>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ He will able to organize various physical educations Programme.</li> <li>➤ The students would understand the importance of methods of physical education.</li> </ul>			

<b>Semester - I I</b>				
<b>Course Code</b>	<b>Core Practical I</b>	<b>T/P</b>	<b>C</b>	<b>H/W</b>
<b>22BPE 2P1</b>	<b>THEORIES OF MAJOR GAMES – I AND TRACK &amp; FIELD – I</b>	<b>P</b>	<b>4</b>	<b>4</b>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ To understand basic skills of the game.</li> <li>➤ To learn officiating and coaching in the game.</li> </ul>			

<b>Semester - III</b>				
<b>Course Code</b>	<b>Core Course – IV</b>	<b>T/P</b>	<b>C</b>	<b>H/W</b>
<b>22BPE 3C1</b>	<b>YOGA EDUCATION</b>	<b>T</b>	<b>3</b>	<b>3</b>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ The study would orient the student in basic concept of yoga education.</li> <li>➤ The study would orient aim is setting through with the yogic techniques.</li> </ul>			

Semester - III				
Course Code 22BPE 3C2	Core Course – V SCIENTIFIC PRINCIPLES OF SPORTS TRAINING	T/P	C	H/W
		T	3	3
Outcomes	<ul style="list-style-type: none"> <li>➤ To learn the principles of sports training.</li> <li>➤ To learn the techniques preparation of sports training.</li> </ul>			

Semester - III				
Course Code 22BPE 3C3	Core Course – VI TEST AND MEASUREMENT & EVALUATION	T/P	C	H/W
		T	3	3
Outcomes	<ul style="list-style-type: none"> <li>➤ The students will be able to construct and conduct the physical fitness and sports skill test.</li> <li>➤ The students will be able to implement the criteria of test selection.</li> </ul>			

Semester - IV				
Course Code 22BPE 4C1	Core Course – VII EXERCISE PHYSIOLOGY	T/P	C	H/W
		T	4	4
Outcomes	<ul style="list-style-type: none"> <li>➤ To enrich the knowledge of physiological functions.</li> <li>➤ To understand the systems and functions of the body.</li> </ul>			

Semester - IV				
Course Code 22BPE4C2	Core Course – VIII THEORIES OF MAJOR GAMES – I AND TRACK & FIELD – II (Major Games : Football, Basket Ball & Volleyball Track & Field: Sprint, Middle Distance and Long Distance Race)	T/P	C	H/W
		T	4	4
Outcomes	<ul style="list-style-type: none"> <li>➤ To develop the Basic skills of the Game.</li> <li>➤ To enrich the knowledge of rules of the game and their interpretation.</li> </ul>			

Semester - IV				
Course Code 22BPE4P1	Core Practical – II THEORIES OF MAJOR GAMES – I AND TRACK & FIELD – II (Major Games : Football, Basket Ball & Volleyball Track & Field: Sprint, Middle Distance and Long Distance Race)	T/P	C	H/W
		P	3	3
Outcomes	<ul style="list-style-type: none"> <li>➤ To develop the Basic skills of the Game.</li> <li>➤ To enrich the knowledge of rules of the game and their interpretation.</li> </ul>			

Semester - IV				
Course Code	Core Course – IX	T/P	C	H/W
22BPE 5C1	<b>SPORTS BIOMECHANICS &amp; KINESIOLOGY</b>	T	4	4
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ The student would be oriented with them skeletal structure of human body by identifying the origin and insertion of various muscles.</li> <li>➤ Orient the students in basic structure and functions of primary joints of the body.</li> <li>➤ Relate and interpret the role of various mechanical principles in human movement.</li> </ul>			

Semester - IV				
Course Code	Core Course – X	T/P	C	H/W
22BPE 5C2	<b>SPORTS PSYCHOLOGY &amp; SOCIOLOGY</b>	T	4	4
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ The study would orient the student in basic concepts of psychology.</li> <li>➤ The student would be oriented in identifying factors determining one's overall personality.</li> <li>➤ He would understand various laws learning and their relevance on teaching learning process.</li> </ul>			

Semester - V				
Course Code	Core Course – XI	T/P	C	H/W
22BPE 5C3	<b>COMPUTER APPLICATION IN PHYSICAL EDUCATION</b>	T	4	4
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ The student will be oriented with the basic knowledge of computer applications.</li> <li>➤ The student will be able to apply the knowledge in the framing of training programs.</li> <li>➤ The outcome of this course will help him in gathering, storage and processing of huge information in relation to inputs, outputs and feedback of sports training programs.</li> </ul>			

Semester - V				
Course Code	Core Course – XIV	T/P	C	H/W
22BPE 5C4	<b>RESEARCH AND ELEMENTARY STATISTIC</b>	T	4	4
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Knowledge of Research and advances statistics in Physical Education.</li> </ul>			

Semester - V				
Course Code	Core Course – XIV	T/P	C	H/W
22BPE 5C6	<b>SPORTS NUTRITION</b>	T	4	6
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ Will develop skills to establish daily caloric requirement and to design the diet plan.</li> <li>➤ Will orient the student to the role of food on physical performance.</li> <li>➤ Would make the student understand and prepare weight management plans.</li> <li>➤ Will acquaint student with principles of sports nutrition.</li> </ul>			

Semester - VI				
Course Code	DSE-1	T/P	C	H/W
22BPE 6E1	<b>SPORTS MANAGEMENT</b>	T	6	6
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ The students would understand the importance of management of physical education.</li> <li>➤ He will be able to organize various physical education programs.</li> <li>➤ He would know about various schemes and policies of state &amp; central management.</li> <li>➤ He would know about planning of facility and financial management.</li> </ul>			

Semester - VI				
Course Code	DSE-2	T/P	C	H/W
22BPE 6E2	<b>HEALTH EDUCATION AND FIRST AID</b>	T	6	6

Semester - VI				
Course Code	DSE-3	T/P	C	H/W
22BPE 6E3	<b>THEORIES OF MAJOR GAMES AND TRACK &amp; FIELD – III</b> (Major Games: Basket ball, Cricket, Hockey and Kho-Kho)	T	6	6
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ To develop the Basic skills of the Game.</li> <li>➤ To enrich the knowledge of rules of the game and their interpretation</li> </ul>			

Semester - VI				
Course Code	DSE-4	T/P	C	H/W
22BPE 6E4	<b>PRACTICAL III –THEORIES OF MAJOR GAMES II AND TRACK &amp; FIELD III</b> (Major Games: Basket ball, Cricket, Hockey and Kho-Kho)	T	6	6
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ To develop the Basic skills of the Game.</li> <li>➤ To enrich the knowledge of rules of the game and their interpretation</li> </ul>			

Semester - VI				
Course Code	DSE-5	T/P	C	H/W
22BPE 6E5	<b>CARE AND PREVENTION OF ATHLETIC INJURIES</b>	T	6	6
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>➤ To develop the Basic skills of the Game.</li> <li>➤ To enrich the knowledge of rules of the game and their interpretation</li> </ul>			