



## **PROGRAMME OUTCOMES**

**PO- 1. Knowledge and Understanding:** Graduates will possess a comprehensive understanding of the theories, principles, and concepts related to physical education, sports, exercise science, and coaching.

**PO-2. Skill Development:** Graduates will demonstrate proficiency in various physical activities, sports, and fitness techniques, enabling them to effectively teach and guide individuals and teams.

**PO- 3. Teaching and Instruction:** Graduates will be able to design and deliver effective physical education and sports instruction, catering to diverse populations and adapting to different learning styles and abilities.

**PO- 4. Coaching Expertise:** Graduates will acquire advanced coaching skills, including the ability to analyze performance, develop training plans, and provide constructive feedback to athletes for improved performance.

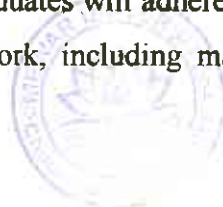
**PO- 5. Leadership and Management:** Graduates will possess leadership qualities and management skills necessary to organize and supervise sports programs, events, and facilities.

**PO- 6. Health and Wellness Promotion:** Graduates will have a comprehensive understanding of health promotion, fitness assessment, and exercise prescription, enabling them to promote healthy lifestyles among individuals and communities.

**PO-7. Sports Psychology:** Graduates will gain knowledge of psychological principles and techniques applicable to sports and physical education, enhancing their ability to motivate athletes, manage stress, and foster a positive sports environment.

**PO- 8. Sports Science and Research:** Graduates will develop skills in conducting research, analyzing data, and applying evidence-based practices in physical education, sports training, and performance enhancement.

**PO- 9. Ethical and Professional Conduct:** Graduates will adhere to ethical standards and demonstrate professional behavior in all aspects of their work, including maintaining confidentiality, respecting diversity, and promoting fairness and integrity.





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**PO- 10. Lifelong Learning:** Graduates will recognize the importance of continuing professional development, staying updated with the latest trends and advancements in physical education, sports, and related fields through ongoing learning and self-improvement.





## **Program-Specific Outcomes**

**PSO-1:** Demonstrate comprehensive knowledge and understanding of the principles, theories, and concepts related to physical education, sports science, and exercise physiology.

**PSO-2:** Apply practical skills and techniques in various physical activities, sports, and fitness training programs to enhance individual and group performance.

**PSO-3:** Design and implement effective physical education curricula, lesson plans, and coaching strategies to promote physical fitness, skill development, and overall well-being among diverse populations.

**PSO-4:** Analyze and evaluate individual and team performances in different sports and physical activities, employing appropriate assessment tools and techniques.

**PSO-5:** Exhibit effective leadership, communication, and interpersonal skills while collaborating with athletes, students, colleagues, and community members to foster an inclusive and supportive learning environment.





## COURSE OUTCOMES

### **CC-101 HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION:**

- CO-1:** Demonstrate knowledge of the historical development and evolution of physical education.
- CO-2:** Apply the principles and philosophies underlying physical education.
- CO-3:** Analyze the role of physical education in promoting overall health and well-being.
- CO-4:** Evaluate the impact of societal and cultural factors on physical education practices.
- CO-5:** Communicate effectively about the importance and benefits of physical education.

### **CC-102 ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION:**

- CO-1:** Explain the structure and functions of the human body systems relevant to physical education.
- CO-2:** Apply knowledge of physiological responses and adaptations to exercise and physical activity.
- CO-3:** Develop safe and effective exercise programs using anatomy and physiology principles.
- CO-4:** Promote health education by sharing accurate information about wellness and lifestyle choices.
- CO-5:** Assess and monitor individual health and fitness levels effectively.

### **CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES:**

- CO-1:** Identify key concepts and principles relevant to health education and environmental studies.
- CO-2:** Design appropriate educational programs based on individual and community health needs.
- CO-3:** Recognize the relationship between health, lifestyle, and the environment.
- CO-4:** Advocate for sustainable practices and environmental conservation.
- CO-5:** Demonstrate effective communication and leadership skills in health education contexts.

### **EC-101 OLYMPIC MOVEMENT:**

- CO-1:** Describe the historical origins and development of the Olympic Movement.
- CO-2:** Analyze the values, principles, and ideals embodied by the Olympic Movement.
- CO-3:** Understand the organization and functioning of the International Olympic Committee (IOC).
- CO-4:** Evaluate the social, cultural, and economic impact of hosting Olympic Games.
- CO-5:** Apply knowledge of the Olympic Movement to promote sportsmanship, fair play, and global understanding.





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**EC-102 OFFICIATING AND COACHING PROGRAM:**

- CO-1:** Interpret the rules, regulations, and officiating principles in various sports.
- CO-2:** Utilize officiating techniques and strategies to ensure fair play and maintain game integrity.
- CO-3:** Develop coaching skills and strategies for individual and team sports.
- CO-4:** Demonstrate effective communication and leadership skills in coaching settings.
- CO-5:** Evaluate and provide constructive feedback to enhance athlete performance and development.

**PC-101 Track and Field (Running Events):**

- CO-1:** Demonstrate proficient running techniques and proper form in various track and field events.
- CO-2:** Apply principles of speed, agility, and endurance to enhance performance in running events.
- CO-3:** Analyze and evaluate individual and team performances in track and field events.
- CO-4:** Apply strategies for race planning, pacing, and tactical decision-making in running events.
- CO-5:** Demonstrate understanding of the rules, regulations, and safety measures associated with track and field competitions.

**PC-102 Swimming/Gymnastics/Shooting:**

- CO-1:** Demonstrate proficient swimming techniques, including different strokes and diving techniques.
- CO-2:** Execute basic gymnastics movements and routines, showcasing flexibility, balance, and strength.
- CO-3:** Apply shooting skills and techniques, including aiming, breath control, and firearm safety.
- CO-4:** Analyze and evaluate individual and team performances in swimming, gymnastics, and shooting.
- CO-5:** Demonstrate knowledge of training methods, rules, and equipment used in swimming, gymnastics, and shooting.

**PC-103 Indigenous Sports: Kabaddi/Malkhambh/Lezim/March Past:**

- CO-1:** Demonstrate proficiency in the skills and techniques specific to Kabaddi, including raiding, defending, and teamwork.
- CO-2:** Execute various movements and poses in Malkhambh, displaying strength, flexibility, and control.
- CO-3:** Perform traditional Lezim routines with precision, coordination, and rhythmic movements.
- CO-4:** Participate effectively in March Past formations, showcasing discipline, synchronization, and teamwork.
- CO-5:** Identify the historical and cultural significance of indigenous sports and their contribution to physical education.





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**PC-104 Mass Demonstration Activities: Kho-Kho/Dumbbells/Tipri/Wand/Hoop/Umbrella:**

**CO-1:** Execute effective strategies and tactics in Kho-Kho, including chasing, defending, and teamwork.

**CO-2:** Perform various exercises and movements using dumbbells, improving strength, endurance, and coordination.

**CO-3:** Demonstrate skillful manipulation of the Tipri, Wand, Hoop, and Umbrella, displaying coordination and control.

**CO-4:** Analyze and evaluate individual and group performances in mass demonstration activities.

**CO-5:** Analyze the importance of mass demonstration activities in promoting teamwork, discipline, and physical fitness.

**SEMESTER-II**

**CC-201 YOGA EDUCATION:**

**CO-1:** Demonstrate a comprehensive understanding of the principles, philosophies, and techniques of yoga.

**CO-2:** Apply various yoga postures, breathing exercises, and relaxation techniques for physical and mental well-being.

**CO-3:** Analyze the historical and cultural significance of yoga and its relevance in contemporary society.

**CO-4:** Develop the skills to design and conduct yoga sessions for individuals and groups.

**CO-5:** Evaluate the effects of yoga on physical fitness, stress management, and overall health.

**CC-202 EDUCATION TECHNOLOGY & METHODS OF TEACHING IN PHYSICAL EDUCATION:**

**CO-1:** Utilize educational technology tools effectively to enhance teaching and learning in physical education.

**CO-2:** Apply different instructional methods and strategies for effective physical education instruction.

**CO-3:** Design and implement developmentally appropriate physical education lesson plans.

**CO-4:** Evaluate student learning and provide constructive feedback in physical education settings.

**CO-5:** Demonstrate knowledge of current trends and issues in physical education and their impact on teaching practices.







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**CC-203 ORGANIZATION, ADMINISTRATION:**

**CO-1:** Identify the principles and theories of organization and administration in the context of physical education.

**CO-2:** Analyze the role and responsibilities of administrators in physical education programs.

**CO-3:** Develop skills in planning, organizing, and managing physical education programs and facilities.

**CO-4:** Evaluate policies and procedures related to the effective management of physical education departments.

**CO-5:** Demonstrate knowledge of legal and ethical considerations in physical education administration.

**EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS, WELLNESS:**

**CO-1:** Identify and analyze current issues and trends in physical education, fitness, and wellness.

**CO-2:** the importance of promoting lifelong physical activity and healthy lifestyle choices.

**CO-3:** Evaluate the impact of societal factors on physical education and wellness programs.

**CO-4:** Develop strategies for creating inclusive and culturally responsive physical education environments.

**CO-5:** Demonstrate effective communication and advocacy skills for promoting physical education and wellness.

**EC-202 SPORTS NUTRITION & WEIGHT MANAGEMENT:**

**CO-1:** identify the principles of sports nutrition and their application to athletic performance.

**CO-2:** Evaluate the nutritional needs of athletes and design appropriate dietary plans.

**CO-3:** Analyze the relationship between nutrition, weight management, and sports performance.

**CO-4:** Apply strategies for promoting healthy eating habits and preventing nutritional deficiencies in athletes.

**CO-5:** Critically assess the impact of dietary supplements and ergogenic aids on athletic performance and health.





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**PC-201 Track and Field (Jumping Events):**

**CO-1:** Demonstrate proficiency in various jumping techniques used in track and field events.

**CO-2:** Apply principles of biomechanics and body mechanics to optimize performance in jumping events.

**CO-3:** Develop strength, power, and flexibility required for successful performance in jumping events.

**CO-4:** Analyze and assess individual performance in jumping events and identify areas for improvement.

**CO-5:** Apply strategies for injury prevention and recovery specific to jumping events in track and field.

**PC-202 Yoga/Aerobics/Gymnastics/Swimming:**

**CO-1:** Demonstrate proficiency in performing various yoga, aerobics, gymnastics, and swimming techniques.

**CO-2:** Apply principles of body awareness, breathing, and relaxation techniques in yoga and aerobics sessions.

**CO-3:** Develop strength, flexibility, and endurance through regular practice of yoga, aerobics, gymnastics, and swimming.

**CO-4:** Analyze and evaluate individual performance in yoga, aerobics, gymnastics, and swimming and suggest improvements.

**CO-5:** analysis the importance of maintaining a healthy lifestyle and promoting physical fitness through yoga, aerobics, gymnastics, and swimming.

**PC-203 Racket Sports: Badminton/Table Tennis/Squash/Tennis:**

**CO-1:** Demonstrate proficiency in the fundamental skills and techniques of badminton, table tennis, squash, and tennis.

**CO-2:** Apply strategies and tactics specific to each racket sport to optimize performance during matches.

**CO-3:** Develop physical fitness, hand-eye coordination, agility, and footwork required for successful participation in racket sports.

**CO-4:** Analyze and assess individual performance in racket sports and identify areas for skill improvement.

**CO-5:** Identify and adhere to the rules, etiquette, and sportsmanship principles of racket sports.







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**TP-201 Teaching Practices (05 lessons in classroom teaching & 05 lessons in outdoor activities):**

- CO-1:** Plan and deliver effective classroom lessons using appropriate teaching methods and instructional materials.
- CO-2:** Apply different assessment techniques to evaluate students' learning and provide constructive feedback.
- CO-3:** Demonstrate effective classroom management skills to create a conducive learning environment.
- CO-4:** Design and conduct outdoor activities that promote experiential learning and enhance students' understanding of concepts.
- CO-5:** Reflect on teaching experiences, identify areas for professional growth, and develop strategies for continuous improvement in teaching practices.

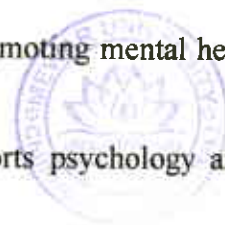
**SEMESTER- III**

**CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION:**

- CO-1:** Demonstrate proficiency in using computer applications relevant to physical education, such as data analysis software, multimedia tools, and online resources.
- CO-2:** Apply computer-based techniques to enhance teaching, coaching, and performance analysis in physical education and sports.
- CO-3:** Utilize computer applications to create and manage fitness programs, training schedules, and performance tracking systems.
- CO-4:** identify the ethical considerations and challenges related to the use of technology in physical education and sports.
- CO-5:** Develop critical thinking and problem-solving skills through the application of computer-based tools and resources in physical education contexts.

**CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY:**

- CO-1:** Analyze the psychological factors influencing sports performance, including motivation, arousal, anxiety, attention, and goal setting.
- CO-2:** Evaluate the impact of social and cultural factors on individual and group behavior in sports, such as teamwork, leadership, communication, and socialization.
- CO-3:** Apply psychological and sociological principles to enhance coaching strategies, athlete development, and sports performance.
- CO-4:** Recognize the role of sports psychology and sociology in promoting mental health, well-being, and ethical conduct in sports.
- CO-5:** Critically analyze case studies and research findings in sports psychology and sociology to inform decision-making and practice in sports.





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**For PC-302: Combative Sports (Martial Art/Karate/Judo/Fencing/Boxing/Taekwondo/Wrestling):**

**CO-1:** Demonstrate proficiency in the selected combative sport techniques, including strikes, blocks, kicks, throws, and submissions.

**CO-2:** Apply the principles of strategy, timing, and distancing in the chosen combative sport to gain a competitive advantage.

**CO-3:** Develop physical fitness, strength, agility, and flexibility through regular training and conditioning exercises specific to the selected combative sport.

**CO-4:** Identify and follow the rules, regulations, and etiquette associated with the chosen combative sport during training and competitive settings.

**CO-5:** Demonstrate sportsmanship, discipline, and respect for opponents, instructors, and fellow practitioners in the combative sport environment.

**PC-303: Team**

**Games**

**(Baseball/Cricket/Football/Hockey/Softball/Volleyball/Handball/Basketball/Netball):**

**CO-1:** Apply the fundamental skills and techniques required in the selected team games, such as passing, shooting, dribbling, fielding, catching, and throwing.

**CO-2:** Demonstrate effective teamwork, communication, and cooperation with teammates to achieve common objectives in the chosen team games.

**CO-3:** Identify and apply the strategies, tactics, and rules of the selected team games to make informed decisions during gameplay.

**CO-4:** Enhance physical fitness components, including endurance, speed, agility, and coordination, through regular training and practice in the chosen team games.

**CO-5:** Develop an appreciation for fair play, sportsmanship, and ethical behavior while participating in competitive team game environments.





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**For TP-301: Teaching Practice (Teaching Lesson Plans for Racket Sport/Team Games/Indigenous Sports):**

**CO-1:** Design and implement effective lesson plans for teaching racket sports, incorporating appropriate warm-up exercises, skill development activities, and game-based drills.

**CO-2:** Demonstrate instructional competence by effectively communicating and demonstrating the rules, techniques, and strategies of racket sports, team games, or indigenous sports to students.

**CO-3:** Utilize various teaching methodologies, instructional aids, and technology to enhance student engagement and learning outcomes in the selected sports disciplines.

**CO-4:** Assess and evaluate student performance and progress in racket sports, team games, or indigenous sports, providing constructive feedback and guidance for improvement.

**CO-5:** Reflect on teaching experiences, identify areas for professional growth, and adapt teaching strategies to cater to the diverse learning needs and abilities of students.





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**SEMESTER- IV**

**CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION:**

**CO-1:** Demonstrate an understanding of various measurement techniques and tools used in physical education.

**CO-2:** Apply appropriate evaluation methods to assess individual and group performance in physical education activities.

**CO-3:** Analyze and interpret data collected from measurements and evaluations to identify areas of improvement in physical education programs.

**CO-4:** Design and implement effective assessment strategies to evaluate learning outcomes in physical education.

**CO-5:** Develop and communicate comprehensive reports based on measurement and evaluation results to inform decision-making in physical education settings.

**CC-402 KINESIOLOGY AND BIOMECHANICS:**

**CO-1:** Explain the fundamental principles and concepts of kinesiology and biomechanics.

**CO-2:** Analyze human movement patterns and biomechanical principles to understand the efficiency and effectiveness of different physical activities.

**CO-3:** Apply knowledge of kinesiology and biomechanics to enhance performance and prevent injuries in physical education and sports.

**CO-4:** Evaluate and interpret biomechanical data to assess movement patterns and identify areas for improvement.

**CO-5:** Design appropriate exercise and training programs based on biomechanical principles to optimize performance and minimize the risk of injuries.

**CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION:**

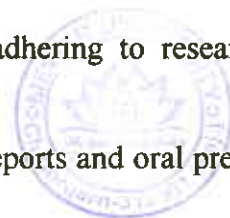
**CO-1:** Develop research questions and design appropriate research methodologies for investigating topics related to physical education.

**CO-2:** Collect, analyze, and interpret quantitative and qualitative data using appropriate statistical techniques in the context of physical education research.

**CO-3:** Critically evaluate research studies and apply research findings to enhance teaching and learning practices in physical education.

**CO-4:** Demonstrate ethical conduct in conducting research and adhering to research protocols in physical education.

**CO-5:** Communicate research findings effectively through written reports and oral presentations in the field of physical education.





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**EC-401 THEORY OF SPORTS & GAMES:**

**CO-1:** Explain the historical development, rules, and strategies of various sports and games.

**CO-2:** Analyze the physiological, psychological, and sociological aspects of sports and games.

**CO-3:** Evaluate and apply different coaching techniques and training methods for specific sports and games.

**CO-4:** Design and implement lesson plans that integrate theoretical knowledge with practical application in sports and games.

**CO-5:** Critically analyze current trends and issues in the field of sports and games and propose innovative approaches for improvement.

**EC-402 SPORTS MANAGEMENT:**

**CO-1:** Demonstrate an understanding of the principles and concepts of sports management.

**CO-2:** Apply management techniques to plan, organize, and administer sports events and programs.

**CO-3:** Analyze financial, legal, and ethical aspects related to sports management.

**CO-4:** Develop effective marketing and promotional strategies for sports events and organizations.

**CO-5:** Evaluate and implement strategies for managing human resources and fostering leadership in sports organizations.

**PC-401 Track & Field/Swimming/Gymnastics (Choose one):**

**CO-1:** Demonstrate proficiency in the chosen sport by executing fundamental techniques and skills.

**CO-2:** Apply knowledge of training principles and strategies to enhance performance in the chosen sport.

**CO-3:** Analyze and evaluate individual and team performance in the chosen sport, identifying areas for improvement.

**CO-4:** Understand and adhere to the rules, regulations, and safety guidelines specific to the chosen sport.

**CO-5:** Develop physical fitness, coordination, and agility through regular practice and training sessions in the chosen sport.





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**Course- PC-402 Kabaddi/Kho-**

**Kho/Baseball/Cricket/Football/Hockey/Softball/Volleyball/Handball/Basketball/Netball/Badminton/Table Tennis/Squash/Tennis (Choose two):**

. **CO-1:** Demonstrate proficiency in the chosen sports by executing fundamental techniques, strategies, and game skills.

**CO-2:** Apply knowledge of team dynamics, tactics, and rules to contribute effectively to team performance.

. **CO-3:** Develop physical fitness, endurance, coordination, and agility specific to the chosen sports.

**CO-4:** Evaluate and analyze individual and team performance in the chosen sports, identifying strengths and areas for improvement.

**CO-5:** Demonstrate sportsmanship, fair play, and ethical behavior while participating in the chosen sports.

**TP-401 Sports Specialization: Coaching Lesson Plans (One sport, 5 lessons):**

**CO-1:** Design a comprehensive coaching plan for the chosen sport, including warm-up routines, skill development drills, and conditioning exercises.

**CO-2:** Demonstrate effective teaching methodologies and communication skills to deliver engaging coaching sessions.

**CO-3:** Evaluate and provide constructive feedback to athletes on their performance, technique, and progress.

**CO-4:** Adapt coaching strategies and lesson plans to accommodate individual differences and skill levels of athletes.

**CO-5:** Reflect on coaching experiences and make informed adjustments to lesson plans to enhance athlete learning and development.

**TP-402 Games Specialization: Coaching Lesson Plans (One game, 5 lessons):**

. **CO-1:** Develop a comprehensive coaching plan for the chosen game, incorporating game-specific skills, tactics, and strategies.

**CO-2:** Utilize effective teaching methods and communication techniques to deliver engaging coaching sessions.

**CO-3:** Assess and provide constructive feedback to athletes on their performance, game understanding, and teamwork.

**CO-4:** Modify coaching approaches and lesson plans to cater to the diverse needs and abilities of athletes.

**CO-5:** Reflect on coaching experiences, identify areas for improvement, and adjust lesson plans to optimize athlete learning and game performance.

