

Methodology to Evaluate Course & Program Outcomes

Direct Assessment (External + Internal)	70%
Indirect Assessment (AT +Assignment+ TA)	30%

Direct Assessment Benchmark 40%

Level 1	60%	60% Students secure more than 40% marks	Points	1
Level 2	70%	70% Students secure more than 40% marks	Points	2
Level 3	80%	80% Students secure more than 40% marks	Points	3

Indirect Assessment Benchmark 40%

Level 1	60%	60% Students secure more than 40% marks	Points	1
Level 2	70%	70% Students secure more than 40% marks	Points	2
Level 3	80%	80% Students secure more than 40% marks	Points	3

Program Outcomes (POs) [For Engg. and Technical Courses]

PO 1 Engineering knowledge: Apply the knowledge of mathematics, science, engineering fundamentals, and an engineering specialization to the solution of complex engineering problems.

PO 2 Problem analysis: Identify, formulate, review research literature, and analyze complex engineering problems reaching substantiated conclusions using first principles of mathematics, natural sciences, and engineering sciences.

PO 3 Design/development of solutions: Design solutions for complex engineering problems and design system components or processes that meet the specified needs with appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.

PO 4 Conduct investigations of complex problems: Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.

PO 5 Modern tool usage: Create, select, and apply appropriate techniques, resources, and modern engineering and IT tools including prediction and modelling to complex engineering activities with an understanding of the limitations.

PO 6 The engineer and society: Apply reasoning informed by the contextual knowledge to assess societal, health, safety, legal and cultural issues and the consequent responsibilities relevant to the professional engineering practice.

PO 7 Environment and sustainability: Understand the impact of the professional engineering solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development.

PO 8 Ethics: Apply ethical principles and commit to professional ethics and responsibilities and norms of the engineering practice.

PO 9 Individual and team work: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.

PO 10 Communication: Communicate effectively on complex engineering activities with the engineering community and with society at large, such as, being able to comprehend and write effective reports and design documentation, make effective presentations, and give and receive clear instructions.

PO 11 Project management and finance: Demonstrate knowledge and understanding of the engineering and management principles and apply these to one's own work, as a member and leader in a team, to manage projects and in multidisciplinary environments.

PO 12 Life-long learning: Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change.

Program Outcomes (POs) [For Traditional Courses]

PO1.Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

PO2.Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

PO3.Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

PO4.Effective Citizenship: Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

- PO5. **Ethics:** Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
- PO6. **Environment and Sustainability:** Understand the issues of environmental contexts and sustainable development.
- PO7. **Self-directed and Life-long Learning:** Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes

Assessing Total Attainment for given Subject:

Direct Assessment (70%) University Exams & Internal Exams	(70%):	70% of (1 or 2 or 3) eg. 70% of 3 is 2.1
Indirect Assessment (30%) Attendance + Assignment/Presentation+ TA	(30%):	30% of (1 or 2 or 3) eg. 30% of 3 is 0.9

Therefore Total Attainment for Subject Name (Sub code :) is $(2.1+0.9) = 3.0$

Assessing PO attainment through CO's:

Formula for Computation: Total Attainment for Subject X AVG of POi

Shri Ram College, Muzaffarnagar

Department of Physical Education

Introduction

Program outcomes examine what a program or process is to do, achieve, or accomplish for its own improvement and/or in support of institutional or divisional goals: generally numbers, needs, or satisfaction driven.

Physical Education is a form of one of the most effective means of education imparted through physical exercises, recreational activities and sports. It is an integral part of education. Which by mere participation in it gives the outcomes. These outcomes are both instant as well as have strong carry over values in the life. The children as well as the adults and the old enjoy physical activities & sports and gets benefit in the form of stronger muscles and bones, increased energy, coordination level and most importantly the decreased risk of developing chronic diseases.

Physical Education is an integral part of the total education process. India has a great tradition in physical education as a means of ensuring physical development, martial velour and recreational competence and the Indian system of exercises include a variety of physical activities such as dands, haithaks, nanwskars, yogicasanas, etc, which formed the integral part of physical education such as Kho - Kho and Kabbadi now promoted as National Games.

Programme Offered

P1: B. VOC. (Yogic Science)-3 Year (Semester System)

P2: Bachelor of Physical education and sports (BPES) - 3 Year (Semester System)

P3: Bachelor of Physical education (B. P. Ed) - 2 Year (Annual System)

P4: Master of Physical Education (M. P. Ed) - 2 Year (Semester System)

P1: B. VOC. (Yogic Science)-3 Year Semester System

Programme Outcomes (POs)

Yoga is one of the oldest sciences of the world which originated in India. It is considered as to be as old as the Indian Civilization. The course focuses to teach it as a complete scientific system. Yoga can be applied to one's life irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be made part of every human endeavour – personal, professional, social, family and spiritual. The theoretical and practical aspects of Yoga are taught

in the course. This course introduces the general framework of Indian philosophy and basic concepts of Yoga based on Patanjali's Yoga Sutras.

This course focuses on the foundations of both the theoretical and practical aspects of Yoga, one of the oldest sciences of the world. Yoga being a way of life, the learner will be able to apply its insights irrespective of age, gender, profession, state, conditions, problems and sufferings in any human endeavour – personal, professional, social, family and spiritual. The course will contribute considerably to future career prospects and research in Yoga.

Programme Specific Outcomes (PSO)

After completion of the program, the student must be able to:

- ✓ The job opportunities are very good for this yoga course. Students can get various job opportunities such as Programme Officer, Yoga Instructor, Assistant Research Officer Publication Officer (Yoga), etc after completing a Yoga course.
- ✓ Various companies come for recruitment for pursuing admission in Yoga course. Students get to enroll in Colleges, Hospitals, Fitness Centres, Wellness Centres, etc.
- ✓ Once a student pursues this course, they will learn to balance their mental illness in a good way.
- ✓ Health is wealth, this Yoga course is very necessary for a fit and fine body. Students can be able to fit physically after a diploma in Yoga course.
- ✓ Students can get both psychological and physiological aspects of Yoga once they pursue a diploma in Yoga course.

Course outcome (COs)

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.

S. No.	Course	Out come
1	Foundation of Yoga	Students will know the exact face of yoga and will not mislead the society by gaining correct knowledge about origin of yoga.

2	Hathyoga	Students would know how to define Hathyoga and would be able to choose right time, place and season for starting the practice of Yoga
3	Anatomy and Physiology	Learn about the anatomy of human body from the cell structure to the major systems of the body Understand the physiology, unique anatomical features, and the functions of the major systems of the body Insight into the effect of yogic practices on each individual systems of the body
4	Human Consciousness and Yoga	Student would know the meaning, definition and concept of Human Consciousness. Student would be able understand the need of study of Human Consciousness. Student would be able to know to different mysteries of Human Consciousness.
5	English Language	After studying this course, you should be able to: understand how the English language has changed over time from its origins to the present day. understand the relationship between the history of the English language and social and political processes.
6	Geeta	Student would be able to introduce the Bhagvad Geeta. Student would be able to understand the major concepts given/ described in Bhagvad Geeta.
7	General Awareness	Develop general awareness related to the world and their surroundings.
8	Computer Application	The student will be oriented with the basic knowledge of computer applications.
9	Patanjali Yoga	Student would be able to know the introduction of Patanjali Yoga Sutras. Student would be able to know eight steps yoga- Astana Yoga.
10	Swasthviritta	Definition of swastha & swasthya and swasthavritta. Arogya lakshana, swasthavritta prayojanam, WHO definition of health. Dimensions of health-Physical,Mental,Social. Concept of wellbeing- objective, subjective, standard of living, quality of life.

11	Yoga Therapy	Student would understand the value of the guidance and counseling for enhancing the skills in Yoga.
12	Communicative English	Develop an understanding of nature of language system and methods of teaching English. Understand the role and importance of English and its cultural background. Use and apply this knowledge in the world of work.
13	Principles of Naturopathy	Student would be able to understand the root reason on which naturopathy work to heat the human body. Student would be able to know the miracles of mud therapy, sun and air therapy and student would also be able to heat patients by applying these therapies. Student would be able to apply fasting without any misconception and would restrain him and others from harmful side effects. In this course, students will learn about non-invasive and cost-effective, and drugless therapy.
14	Alternative Therapies – II/ Marma, Pranic Healing	Gain knowledge about the concepts and principles of yoga therapy, Ayurveda, siddha, naturopathy, acupuncture, acupressure, and physiotherapy Understand the treatment modalities in yoga therapy, Ayurveda, and siddha for lifestyle disorders
15	Diet and Nutrition	Student will learn to apply good habits in his daily routine, which in result improve the health status. Student would be able to design a healthy diet plan which helps in getting all the necessary nutrients for the body.
16	General Hindi	<ol style="list-style-type: none"> 1. To strengthen oral communication skills in Hindi 2. To develop the knowledge of written in Hindi 3. To improve vocabulary in Hindi/ Regional Language. 4. To enrich the knowledge of synonyms, antonyms, idioms and phrases. 5. To inculcate the knowledge of grammar in Hindi
17	Self Management and Yoga	In this course, students will learn about how Yoga helps to Self Management.
18	Yoga and Mental	Student would be able to understand the concept of

	Health	Mental Health. In this course, students will learn about how Yoga helps to balance their mental health.
19	Yoga and Personality Development	Student would understand the different psychological theories.
20	Value Education (भारतीय संस्कृति एवं राष्ट्रीय गौरव)	Understand and accept the importance of harmonious living in a diverse society. Understand the need and importance for Value Based Living. Set realistic goals in life and start working towards them. Realize the value of human life.
21	Introduction of Herbs	Student would be able to characterize the different types of herbs and would know their benefits.
22	Yoga and Allied Science(Physical Education , Psychology, Ayurved	Student would be able to manage and heat the stress through yoga. Understanding the philosophy, principles, and concepts of Ayurveda, Introduced to basic Ayurveda texts and authors Learn the various treatment modalities of diseases through Ayurveda
23	Teaching Methodology in Yoga	Student would know the concept and importance of teaching.
24	Internship/ Project	Each student has to collect initial and final data of atleast six patients treated by the student under the guidance of the faculty.
25	चिकित्सीय परियोजना	मृत्यु के कारणों का चिकित्सीय प्रमाणीकरण योजना के तहत चिकित्सा अधिकारियों और कोड कर्ताओं के लिए प्रशिक्षण का आयोजन
26	Computer Practical	Develop theoretical and practical aspects of MS Word, Excel, PowerPoint and Internet Ability to apply these applications in thesis and record preparation, and during presentations and demonstrations
27	Aasana	Student would learn the technique of the different type of Asanas. Student would be familiarize with the benefits to mind-body of the Asanas.

28	Pranayama	Students would be familiar with the different techniques and benefits of Pranayama as per Hathyoga such as Nadishodhan, Shetalee, Sheetkari.
29	Bandh and Mudra	Student would be familiarize with the different Bandhas and Mudras
30	Acupressure	Student would also be able to use the treatment such as Racky and Equpressure therapy.
31	Magnet Therapy	Student will understand the magnet therapy and get to know its positive effect on human body.
32	Pathological Test	Student will understand the Pathology tests that help determine the cause and nature of diseases by testing samples of body tissues and body fluids. The results from these pathology tests help doctors diagnose the diseases and provide treatments accordingly.
33	Pranik Healing	It is based on the fundamental principle that the body is a self repairing entity that possesses the innate ability to heal itself. Pranic Healing works on the understanding that the healing process is accelerated by increasing the life force or vital energy to the affected part of the body.
34	Herbs	Student would be able to characterize the different types of herbs and would know their benefits.
35	Teaching Lesson Plan	Experience in designing yogic programmes for various age groups Practical teaching of yogic practices based on the needs and requirement of the subjects

P2: Bachelor of Physical education and sports (BPES) - 3 Year (Semester System)

Programme Outcomes (POs)

Physical Education and Sports is the study, Practice and appreciation of the Art and Science of human movement. While movement is both innate and essential to an individual's growth and development, it is the role of physical education to provide instructional activities that not only promote skill development and proficiency but also enhance an individual's over health. Physical education not only fulfils a unique role in education but is also an integrate part of the whole education process. To develop a comprehensive outlook of an individual with a strong civic position moral qualities, sense of

responsibilities, an independent, initiative, tolerant person who is able to successfully socialize and to use different forms of physical education and sports in daily life to protect his or her own health and promote effective professional activities.

The graduate level course in Physical Education and Sports contains subjects varying from foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teachings etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers etc. During their course of education the students also develops the expertise to establish their own business as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management etc.

This programme is designed for students to gain specialized knowledge in the areas of physical education and sports. The programme helps you chalk out your pathway to becoming an innovator in the exciting world of physical education and sports.

Programme Specific Outcomes (PSO)

After successful completion of program the Graduates will be able to;

- Pursue higher education (PG) from India or abroad.
- Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.
- Demonstrate knowledge and competency of movement patterns and strategies needed to perform a variety of physical activities.
- Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- A variety of motor skills and abilities related to lifetime leisure activities
- Improved understanding of the importance of maintaining a healthy lifestyle
- Improved understanding of movement and the human body
- Improved knowledge of rules and strategies of particular games and sports
- Self-confidence and self-worth as they relate to physical education recreation programs.

Course outcome (COs)

1. This would lead the students to understand historical concept of physical education and relationship between Philosophy, Education and Physical Education. The student would further understand the theoretical implications of philosophies of physical education with modern development and social aspects of Physical Education.

2. The curriculum would enable the pass out to select the inherited talented children for various sports activities.
3. The pass out shall be able to orient children in schools with the fundamental skills of selected sports as per their inherited potential.
4. The pass out shall be able to devise training program for athletes engaged in different sports activities
5. The curriculum shall enable them to officiate, supervise various sports tournaments and orient them in organizing sports events at all levels.
6. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, spa etc) and device appropriate fitness program for different genders and age groups of people.
7. The curriculum would enable the pass out to devise training program for physically challenged peoples.

S. No.	Course	Out come
1	Hindi	<ol style="list-style-type: none"> 1. To strengthen oral communication skills in Hindi/ Regional Language. 2. To develop the knowledge of written in Hindi/ Regional Language. 3. To improve vocabulary in Hindi/ Regional Language. 4. To enrich the knowledge of synonyms, antonyms, idioms and phrases. 5. To inculcate the knowledge of grammar in Hindi/ Regional Language.
	English	<ol style="list-style-type: none"> 1. Students would be able to create linguistic skills. 2. Students would be able to understand the societal cultural perspectives. 3. Students would be able to inculcate the knowledge of compositional and comprehension skills. 4. Students would be able to develop the knowledge of various forms of English literature.
2	Principles and History of Physical Education	The students can better understand the importance of physical education by studying the history.
3	Foundations Of Physical	This subject helps the students to understand the values

	Education	and ethics of life and personality development.
4	Olympic Study	<ol style="list-style-type: none"> 1. Understand the Educational and cultural values of Olympic movement. 2. Analyze the Modern Olympic Games and Rules of Eligibility for Competition. 3. Know about The organizational structure and functions of Para Olympic Games 4. Analyze the Achievement of India in Team Games and Individual Sports.
5	Anatomy and Physiology	By learning the subject the students will be aware of the various anatomical structures present and functions of Human body.
6	Yoga	The students will be introduced to the essential elements of a yogic life style
7	Kinesiology	To understand the various movements and muscles of the body.
8	Sports Nutrition	To understand Macronutrients and their primary functions and to Gain basic knowledge of the different nutrients and their role in maintaining health of the community
9	Health Education	To understand the concept of optimal health in developing a personal view of health. The history of national disease prevention and health promotion activities
10	Sports Psychology	Understand and explanation of various psychological and behaviourist theories.
11	Physiology of Exercise	<ol style="list-style-type: none"> 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
12	Management in Physical Education	<ol style="list-style-type: none"> 1. Know sports management and employ principles of strategic planning, and financial and human resource management. 2. Assess marketing needs and formulate short term and long term solutions.

		3. Develop critical thinking in analysing sport management issues and in managerial planning and decision making.
13	Fundamental of Computer and its use in Physical & Sport	1. The student will be oriented with the basic knowledge of computer applications. 2. The student will be able to apply the knowledge in the framing of training programs. 3. 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.
14	Basic principles of Sports Training	1. Understand training as performance based science 2. Explain different means and methods of various training 3. Prepare training schedule for various sports and games 4. Appraise types of periodization for performance development 5. Create various training facilities and plans for novice to advance performers
15	Recreation	1. Able to organize recreational camp and activities.
16	Adapted Physical Education	1. Understand about classification of Disabilities. 2. Understand adopted games for disability persons. 3. Known the benefits of exercise for disability persons.
17	Sports Sociology	Analyze the social structure of education and society.
18	Method of Physical Education	1. Develop a positive attitude towards life and teaching profession. 2. Use the collaborative learning into a course in a way that aligns with students learning objectives and intended outcomes. 3. Critically analyse the classroom teaching learning and the ability to observe classroom behaviour.
19	Remedial and Corrective Physical Education	
20	Test and Measurement in Physical Education	1. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness. 2. Know about the different types of test for different sports and games.
21	Professional Preparation	Professional preparation programs in Physical

	in Physical Education & Sports	education are necessary to provide dynamic leadership in the field in order to help individuals and groups-the consumers-improve their own physical education.
22	Educational Technology	Demonstrate knowledge, attitudes, and skills of digital age work and learning. Plan, design, and assess effective learning environments and experiences. Implement curriculum methods and strategies that use technology to maximize student learning. Develop technology-enabled assessment and evaluation strategies.
23	Officiating and Coaching	<ol style="list-style-type: none"> 1. The pass out would be oriented with the rules regulations of the chosen game. 2. The pass out would be able to lay-out and mark the dimensions of the play court. 3. Students would be able to organize the concerned sports event and officiate in it. 4. Students would be oriented in the art of coaching the sports team. 5. Students shall also be able to organize and officiate in yogic events.
24	Fitness & Wellness	Students will be able to explain the process to become physically fit and They will also understand how food affects your personal well-being and learn how to make smart choices.
25	Class Room Teaching	Understand the needs to address the children with diversities in classroom.
26	Game Specialization	<ol style="list-style-type: none"> 1. Know the fundamental of all the games and sports 2. Understand the rules of all the games and sports 3. Preparing the students for the competition 4. Classify the students accordingly for various games and sports. 5. Design and practice the new methods of technique and training.
27	Athletics	To equip the students to learn fundamental skills and techniques of Athletics events.

28	Project Organized	By carrying out a intensive project work in an organization, the students would be able to have hands on experience in identifying the real time problem in the organization and analyzing the same using relevant methods and reaching to logical conclusions.
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P3: Bachelor of Physical education (B. P. Ed) - 2 Year (Annual System)

Programme Outcomes (POs)

The Bachelor of Physical Education (B. P. Ed.) Programme is a professional Programme meant for preparing physical education teacher for high school (classes I to X) level. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

Programme Specific Outcomes (PSO)

After successful completion of program the Graduates will be able to

Career as a coach or a physical education instructor is the main option in the field. Their job entails selecting potential players and then teaching them the rules of the game, demonstrate various techniques, ways to plan a game and devise strategy. They also observe players and offer them guidance and helpful criticism. They accompany players for competitions and motivate them so as to bring out the best in them.

One can also join one of the many health centers that are opening in clubs and hotels as fitness experts and have a respectable job and a handsome pay package. Experienced coaches are in great demand at all the training centers set up by SAI and by state and central sports bodies. Besides sports clubs, schools and colleges, they can also work as in - house coaches for corporate sports teams. Opportunity after B. P. Ed course-Physical Education Teacher, Insurance agencies, Steel authority of India, Banks, Indian Oil Corporation and Food Corporation are appointing sportspersons for jobs, Experienced sportsperson can work as coach, fitness instructor, team manager, umpire or referee, Class XII - any subject with physical education, Graduate degree in Physical education; in Physical education. Jobs as Physical education trainers/educators/therapists/coaches.

Course Outcome Cos

S. No.	Course	Out come
1	History, Principles and Foundation of Physical Education	<ol style="list-style-type: none"> 1. Know the origin and development of Physical Education 2. Apply the knowledge of Olympism in organizing various sport activities. 3. Distinguish the functional operations on National and International Olympic Federations. 4. Analyze the concepts and issues pertaining to Physical Education. 5. Formulate the principles, philosophy and concepts about Physical Education
2	Anatomy and Physiology	<ol style="list-style-type: none"> 1. Learn about the anatomy of human body from the cell structure to the major systems of the body 2. Understand the physiology, unique anatomical features, and the functions of the major systems of the body
3	Health Education and Environmental Studies	<ol style="list-style-type: none"> 1. To understand the concept of optimal health in developing a personal view of health. 2. The history of national disease prevention and health promotion activities.
4	Yoga Education	<ol style="list-style-type: none"> 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. Analyze the techniques and of body posture to bring out healthy change. 5. Able to execute loosening exercise, Asanas, Pranayama and Shatkriyas.
5	Educational Technology and Methods of Teaching in Physical Education	<ol style="list-style-type: none"> 1. Demonstrate knowledge, attitudes, and skills of digital age work and learning. Plan, design, and assess effective learning environments and experiences. 2. Implement curriculum methods

		<p>and strategies that use technology to maximize student learning.</p> <ol style="list-style-type: none"> 3. Develop technology-enabled assessment and evaluation strategies. 4. Develop a positive attitude towards life and teaching profession. 5. Use the collaborative learning into a course in a way that aligns with students learning objectives and intended outcomes. 6. Critically analyse the classroom teaching learning and the ability to observe classroom behaviour.
6	Organization and Administration	<ol style="list-style-type: none"> 1. Understand the principles and process of Administration and Management 2. Administer physical education and sports programs in schools. 3. Develop appropriate physical education curriculum, tools and budget to manage school programs 4. Appraise and manage physical education facilities and personnel in school 5. Design tournament fixtures and structures to organize competitions
7	Officiating and Coaching	<ol style="list-style-type: none"> 1. Able to mark Track and Field and Officiate 2. Able to understand the rules of the games and sports 3. Able to give seeding and Heats in Track and Field. Combined Events. 4. Design and practice the new methods of technique of officiating
8	Sports Nutrition and Weight Management	<ol style="list-style-type: none"> 1. Restate the role of nutrients and caloric requirements 2. Sketch the basic classification, functions and utilization of nutrients. 3. Point out diet for various competitions and

		<p>nutrient supplements for performance.</p> <p>4. Evaluate the factors affects weight management and solutions for obesity.</p> <p>5. Design caloric requirements for various sports and age group</p>
9	Sports Training	<p>1. Understand training as performance based science</p> <p>2. Explain different means and methods of various training</p> <p>3. Prepare training schedule for various sports and games</p> <p>4. Appraise types of periodization for performance development</p> <p>5. Create various training facilities and plans for novice to advance performers</p>
10	Computer Applications in Physical Education	<p>1. The student will be oriented with the basic knowledge of computer applications. 2. The student will be able to apply the knowledge in the framing of training programs. 3. 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.</p>
11	Sports Psychology and Sociology	<p>1. Explain group mechanisms and group psychology in a sports context</p> <p>2. Reflect upon motivational psychology as applied to sports activities</p> <p>3. Formulate relevant constructs of exercise psychology</p> <p>4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.</p> <p>5. To apply core sociological theories to specific social problems in order to analyses social problems.</p>
12	Measurement and Evaluation in	<p>1. Understand the Measurement and Evaluation in</p>

	Physical Education.	<p>physical education, Health and Fitness.</p> <p>2. Know about the different types of test for different sports and games.</p>
13	Kinesiology and Biomechanics	<p>1. Analyze and explain the mechanisms underlying biomechanical, physiological and psychological changes that occur during after acute and chronic exercise.</p> <p>2. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.</p> <p>3. Know effectiveness of human movement using mechanical principles.</p>
14	Research and Statistics in Physical Education	<p>1. Identify the research problem in the field of physical Education and sports</p> <p>2. Know to Summarize the various research literature</p> <p>3. Understand and apply the basics of statistics in research.</p> <p>4. Organize the samples and sampling techniques which is relevant to the study.</p>
15	Sports Medicine, Physiotherapy and Rehabilitation.	<p>1. Perform and report on the exploratory analysis of data collected using sports technology</p> <p>2. Analyze sporting data of various types via astute use of statistical packages.</p> <p>3. Practice mathematics, statistics, and information technology in sport technology related problems.</p> <p>4. Support a conclusion based upon quantitative prediction, performance and analysis of a sporting team, code, or gaming environment.</p> <p>5. Offer Hands on Knowledge in sports Technology</p>
16	Sports Management.	<p>1. Know sports management and employ principles</p>

		<p>of strategic planning, and financial and human resource management.</p> <p>2. Assess marketing needs and formulate short term and long term solutions.</p> <p>3. Conceive, plan, execute, and evaluate a sports event.</p>
17	Teaching Practices/Internship Teaching	Experience in designing Physical Education programmes for various age groups
18	Track and Field	<p>1. To equip the students to learn fundamental skills and techniques of track and field events.</p> <p>2. To familiarize with mechanical principles involved in skills and technique track and field events.</p> <p>3. To understand and conduct the qualitative and quantitative analysis in track and field events</p>
19	Games And Sports	<p>1. Know the fundamental of all the games and sports</p> <p>2. Understand the rules of all the games and sports</p> <p>3. Preparing the students for the competition</p> <p>4. Classify the students accordingly for various games and sports.</p> <p>5. Design and practice the new methods of technique and training.</p>

P4: Master of Physical Education (M. P. Ed) - 2 Year (Semester System)

Programme Outcomes (POs)

The Master of Physical Education (M.P.Ed.) Programme is a professional Programme meant for preparing physical education teacher for senior secondary (classes XI and XII) level as well as assistant professor / directors / sports officers in colleges /universities and teacher educators in college of physical education and university departments of physical education. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as

they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes

Programme Specific Outcomes PSO

After successful completion of program the will be able to;

1. **Physical Education Instructors :**

- ✓ Conducting physical training classes, organising games and coaching students in games and athletics.
- ✓ Training students in callisthenics, gymnastics and other physical exercises to promote strength and gracefulness, or to correct body posture.
- ✓ Organising and instructing or refereeing for games such as hockey, basketball, football etc.
- ✓ Assuming responsibility for the maintenance of gymnasiums and sports equipment.
- ✓ Physical Education teachers also supervise games in junior classes.

2. **Coaches :**

- ✓ There are coaches for each game and athletic event.
- ✓ Selecting potential players
- ✓ Giving them instructions about the rules of the games, planning and precision of movements.
- ✓ Demonstrating techniques of play, drilling them in fundamentals until players become familiar with them.
- ✓ Observe players in action, and offer helpful criticism and corrective methods.
- ✓ Accompany the player during tournaments and provide the necessary guidance as well as boost up the morale of the players.

3. **Umpire/Referee :**

This job requires knowledge of the rules of the game one is refereeing. Recognised state or national bodies appoint or reward certification of umpires/referees. Their job is to conduct the games and sports in accordance with rules and regulations. Inspecting sports equipment, the ground, and enforcing compliance of schedules and rules is part of their job.

4. **Professional players :**

Professional players are selected from amongst those who show record performance in a number of tournaments played at various levels. Selections are conducted at the institutional

level, district level, regional level and national level. Outstanding performers represent the country at the international level.

5. **Sport and leisure club managers**

6. **Administrative and sports duties.**

Office work, e.g., manage accounts, formulate plans, make timetables for schools, clubs and the general public and arrange for specialised coaches. Ensure that health and safety regulations are adhered to. Ensure that the premises, the swimming pool and equipment such as badminton nets, mats are in good condition. Sports for physical fitness and therapy: Sport and health are being recognised as related concepts. In India there is a growing interest in health and fitness, particularly among conscious adults.

7. **Sports and business marketing :**

The marketing of sports goods, research and development also need the involvement of sports persons.

8. **Sports journalism :**

Columnists, feature writers, commentators, programme producers, directors and presenters are involved in preparing and presenting sports programmes for viewers.

9. **Sports photojournalists :**

Cover sports events for newspaper and magazines.

10. **Sports administration :**

The government sponsored sports institutions have officials to manage the work at various levels.

11. **Physical Education Instructors :**

✓ Conducting physical training classes, organising games and coaching students in games and athletics.

✓ Training students in callisthenics, gymnastics and other physical exercises to promote strength and gracefulness, or to correct body posture.

✓ Organising and instructing or refereeing for games such as hockey, basketball, football etc.

✓ Assuming responsibility for the maintenance of gymnasiums and sports equipment.

✓ Physical Education teachers also supervise games in junior classes.

12. **Coaches :**

✓ There are coaches for each game and athletic event.

- ✓ Selecting potential players
- ✓ Giving them instructions about the rules of the games, planning and precision of movements.
- ✓ Demonstrating techniques of play, drilling them in fundamentals until players become familiar with them.
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Professional players are selected from amongst those who show record performance in a number of tournaments played at various levels. Selections are conducted at the institutional level, district level, regional level and national level. Outstanding performers represent the country at the international level.

15. **Sport and leisure club managers:**

16. **Administrative and sports duties.**

Office work, e.g., manage accounts, formulate plans, make timetables for schools, clubs and the general public and arrange for specialised coaches. Ensure that health and safety regulations are adhered to. Ensure that the premises, the swimming pool and equipment such as badminton nets, mats are in good condition. Sports for physical fitness and therapy: Sport and health are being recognised as related concepts. In India there is a growing interest in health and fitness, particularly among conscious adults.

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Cover sports events for newspaper and magazines.

20. **Sports administration :**

The government sponsored sports institutions have officials to manage the work at various levels.

Course outcome (COs)

S. No.	Course	Out come
1	Research Process in Physical Education & Sports Sciences	<ol style="list-style-type: none">1. To equip students with a basic concepts of research.2. To enable the students to learn the sampling techniques.3. To enable students to chose the most appropriate research method / design to address a particular research question.4. To equip the students to prepare a research proposal for grants.5. To enable the students to prepare a research thesis/report/article for a journal.6. To enable the students to learn the basic concepts of statistics.7. To acquire the skills of parametric and non parametric statistical methods and apply the appropriate technique for a research data analysis.
2	Physiology of Exercise.	This course presents the study of develop basic understanding of the human anatomy, the human physiology and a deeper understanding of the human systems.
3	Management in Physical Education	Management in sport organizations provide sports development, general planning activities in the field of sports, organizes all relevant resources, processes and functions, exercised a policy of human resources development, organized sports and business functions.

4	Sports Biomechanics & Kinesiology	<ol style="list-style-type: none"> 1. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance. 2. Analyze and explain the mechanisms underlying biomechanical, physiological and psychological changes that occur during after acute and chronic exercise. 3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance 4. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury. 5. Know effectiveness of human movement using mechanical principles.
5	Sports Engineering	<ol style="list-style-type: none"> 1. Apply the knowledge of science, mathematics, and engineering principles for developing problem solving attitude 2. Identify, formulate and solve engineering problems in the domain of sports engineering field. 3. Use different software tools for Analysis and Design sports engineering domain.
6	Applied Statistics in Physical Education & Sports Science	<ul style="list-style-type: none"> • Understand and apply the statistics in research. • Organize the samples and sampling techniques which is relevant to the study. • Apply the statistics in research thesis for evaluation
7	Sports Psychology	<ol style="list-style-type: none"> 1. To make the students familiarise with concept of psychology applied in sports performance. 2. To integrate personal relevance of the selected theories, techniques, and skills to one's own sport experiences

		<p>3. To develop an understanding of how psychological factors influence performance in sport and physical activity settings</p> <p>4. To develop the ability to think critically about issues in sport and physical activity.</p>
8	Tests, Measurement and Evaluation in Physical Education	<p>1. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.</p> <p>2. Know about the different types of test for different sports and games.</p> <p>3. Apply the tests in minor research areas.</p> <p>4. Analyse the performance and movements in the field of sports.</p>
9	Sports Journalism and Mass Media	<p>1. To understand the basics of reporting</p> <p>2. To familiarize the students with different types of reporting.</p> <p>3. To create understanding of specialized reporting.</p> <p>4. To develop the general understanding of art culture and sports reporting.</p>
10	Curriculum designs in Physical Education.	<p>1. Introduce the teaching and curriculum objectives and course module design.</p> <p>2. Analyze the planning strategies, teaching, learning and assessment</p>
11	Scientific Principles of Sports Training	<p>1. Understand training as performance based science</p> <p>2. Explain different means and methods of various training</p> <p>3. Prepare training schedule for various sports and games</p> <p>4. Appraise types of periodization for performance development</p> <p>5. Create various training facilities and plans for novice to advance performers</p>

12	Sports Medicine	<ol style="list-style-type: none"> 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. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation
13	Health Education and Sports Nutrition	<ol style="list-style-type: none"> 1. To understand the concept of optimal health in developing a personal view of health. 3. The history of national disease prevention and health promotion activities 2. Restate the role of nutrients and caloric requirements 3. Sketch the basic classification, functions and utilization of nutrients. 4. Point out diet for various competitions and nutrient supplements for performance.
14	Yogic Sciences	<ol style="list-style-type: none"> 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
15	Physical Fitness and Wellness	<ol style="list-style-type: none"> 1. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance 2. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
16	Information & Communication Technology (ICT) in Physical Education	<ol style="list-style-type: none"> 1. Understand concept of information and communication technology in physical education field 2. Analyse sporting data of various types via astute use of statistical packages. 3. Practice mathematics, statistics, information

		<p>technology in sport technology related problems.</p> <p>4. Offer Hands on Knowledge in information and communication Technology</p>
17	Athletic Care and Rehabilitation.	<p>1. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.</p> <p>2. Identify and apply knowledge of anatomy to the design and execution of research studies.</p>
18	Sports Sociology	Analyze the social structure of education and society. Critically Evaluate the role of Science in the development of discipline of Education and Values in the Human Resources involved. Deep observation of education and social equity and facilities provided to disadvantage group.
19	Dissertation	This paper will be taught according to the syllabus of each students based on their dissertation topic which may have depth knowledge on various aspects of the study chosen.
20	Professional Preparation in Physical Education	Professional preparation programs in Physical education are necessary to provide dynamic leadership in the field in order to help individuals and groups-the consumers-improve their own physical education.
21	Internship	<p>Develop an understanding of Technicality of Teaching roles.</p> <p>Develop Pedagogical and Productive competencies to Pre service and In- service teachers of Elementary/ Secondary schools.</p> <p>Enrich administrative ability and entrepreneurship of M.P. Ed. interns.</p> <p>Develop observational skills of teaching profession.</p> <p>Develop a comprehensive and critical understanding on school plant and related activities. Develop the managerial skills required in schools. Understand pedagogical skills and how to apply these skills in real teaching situations.</p>
22	Track and Field	1. To equip the students to learn fundamental skills

		<p>and techniques of track and field events.</p> <ol style="list-style-type: none">2. To familiarize with mechanical principles involved in skills and technique track and field events.3. To understand and conduct the qualitative and quantitative analysis in track and field events.
23	Games and Sports	<ol style="list-style-type: none">1. To enable the students to learn the basic skills and techniques of sports and games.2. To learn and apply the mechanical principle on the technique of sports skill.3. To understand the technique of qualitative and quantitative analysis.



Subject Name: Foundation of Yoga

Code: YS 1101

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	2	3	2	2	3	2	3
COs - 2		3	1	2	2	3	2	3
COs - 3		2	2	2	2	2	2	3
COs - 4		2	3	2	2	3	2	2
COs - 5		3	2	1	2	3	2	3
Average		2.40	2.20	2.00	2.00	2.80	2.00	2.80
Average Attainment		1.84	1.69	1.53	1.53	2.15	1.53	2.15

Subject Name: Hathyoga-I

Code: YS-1102

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	3	3	3	2	3	2	3
COs - 2		2	3	3	2	2	1	3
COs - 3		3	2	3	2	2	3	3
COs - 4		3	3	2	3	3	2	3
COs - 5		3	2	3	3	2	2	3
Average		2.8	2.6	2.8	2.4	2.4	2	3
Average Attainment		2.8	2.6	2.8	2.4	2.4	2	3

Subject Name: Anatomy & Physiology

Code: YS- 1103

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	3	0	1	2	2	2	1
COs - 2		2	2	2	2	1	0	0
COs - 3		3	1	2	1	3	0	0
COs - 4		3	2	1	2	2	0	0
COs - 5		2	2	2	3	3	2	1
Average		2.6	1.4	1.6	2	2.2	0.8	0.4
Average Attainment		2.6	1.4	1.6	2	2.2	0.8	0.4

Subject Name: Human Consciousness & Yoga

Code: YS-1104

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	3	3	2	3	2	1	3
COs - 2		3	2	2	3	3	2	3
COs - 3		3	2	2	2	2	1	3
COs - 4		3	2	2	1	2	2	3
COs - 5		3	2	2	2	3	1	3
Average		3	2.2	2	2.2	2.4	1.4	3
Average Attainment		3	2.2	2	2.2	2.4	1.4	3

Subject Name: English Language

Code: YS-1105

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	0	3	2	0	1	0	0
COs - 2		0	3	2	0	2	0	0
COs - 3		0	2	2	1	2	0	0
COs - 4		0	3	2	1	0	1	0
COs - 5		1	3	3	1	0	1	0
Average		0.2	2.8	2.2	0.6	1	0.4	0
Average Attainment		0.2	2.8	2.2	0.6	1	0.4	0

Subject Name: Yoga Practical-1

Code: YS-1106

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	3	3	3	3	3	3
Average		3	3	3	3	3	3	3
Average Attainment								

Subject Name: Yoga Practical-2

Code: 1107

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	3	3	3	3	3	3
Average		3	3	3	3	3	3	3
Average Attainment								

Subject Name: Yogic Text (Geeta)- I

Code: YS-2101

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	2	2	2	2	1	2	3
COs - 2		3	3	2	2	2	3	3
COs - 3		2	2	3	3	2	3	3
COs - 4		2	2	2	3	2	2	3
COs - 5		2	3	3	3	3	2	2
Average		2.2	2.4	2.4	2.6	2	2.4	2.8
Average Attainment		2.24	2.48	2.48	2.72	2.2	2.48	2.76

Subject Name: HathaYoga-II

Code: YS-2102

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	2	2	1	2	2	0	2
COs - 2		3	3	3	2	1	0	3
COs - 3		1	2	2	1	2	0	2
COs - 4		2	2	3	2	2	1	3
COs - 4		3	3	3	3	3	1	2
Average		2.2	2.4	2.4	2	2	0.4	2.4
Average Attainment		2.2	2.4	2.4	2	2	0.4	2.4

Subject Name: Anatomy & Physiology

Code: YS-2103

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	2	2	1	2	1	0	1
COs - 2		2	2	1	0	2	0	1
COs - 3		3	1	2	2	2	0	2
COs - 4		1	2	1	2	2	0	1
COs - 5		2	1	1	0	3	0	1
Average		2	1.6	1.2	1.2	2	0	1.2
Average Attainment		2	1.6	1.2	1.2	2	0	1.2

Subject Name: General Awareness

Code: YS-2104

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	3	1	2	3	3	2	3
COs - 2		3	1	2	2	2	3	3
COs - 3		2	1	2	2	2	3	3
COs - 4		3	0	3	3	3	2	2
COs - 5		3	0	3	3	3	3	3
COs - 6		3	1	2	3	2	2	3
Average		2.67	0.67	2.33	2.33	2.50	2.67	2.83
Average Attainment		2.67	0.67	2.33	2.33	2.50	2.67	2.83

Subject Name: Computer Application

Code: YS-2105

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	2	1	1	0	0	0	0
COs - 2		3	1	1	0	0	0	1
COs - 3		2	1	1	0	0	0	0
COs - 4		2	1	1	0	0	0	1
COs - 5		3	1	1	0	0	0	0
Average		2.4	1	1	0	0	0	0.4
Average Attainment		2.4	1	1	0	0	0	0.4

Subject Name: Yoga Practical-I

Code: YS-2106

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	3	3	3	3	3	3
Average		3	3	3	3	3	3	3
Average Attainment								

Subject Name: Yoga Practical-II

Code: YS-2107

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	2	3	3	1	1	3
Average		3	2	3	3	1	1	3
Average Attainment								

Subject Name: Yogic Text (Patanjali Yoga)- II

Code: YS-3101

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	3	3	3	2	2	3	3
COs - 2		3	3	2	2	3	3	3
COs - 3		3	3	3	2	3	3	2
COs - 4		3	3	2	3	3	3	3
COs - 5		3	3	3	3	3	3	3
Average		3	3	2.6	2.4	2.8	3	2.8
Average Attainment		3	3	2.6	2.4	2.8	3	2.8

Subject Name: Alternative Therapies-I

Code: YS-3102

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	2	2	2	2	2	0	1
COs - 2		2	2	2	2	1	0	2
COs - 3		2	2	1	2	2	0	2
COs - 4		2	2	2	1	1	0	2
COs - 5		1	1	2	1	2	0	2
Average		1.8	1.8	1.8	1.6	1.6	0	1.8
Average Attainment		1.8	1.8	1.8	1.6	1.6	0	1.8

Subject Name: Yoga Therapy-2

Code: YS-4101

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	1	1	1	0	1	0	1
COs - 2		1	1	1	0	2	0	1
COs - 3		1	1	1	0	0	0	0
COs - 4		1	1	1	0	1	0	1
COs - 5		1	1	1	0	1	0	1
Average		1	1	1	0	1	0	0.8
Average Attainment		1	1	1	0	1	0	0.8

Subject Name: Principles of Naturopathy-I

Code: YS-4102

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	3	1	2	2	3	1	3
COs - 2		3	2	2	2	2	0	3
COs - 3		3	2	2	3	2	1	3
COs - 4		3	2	2	2	1	1	3
COs - 5		3	2	1	2	2	0	3
Average		3	1.8	1.8	2.2	2	0.6	3
Average Attainment		3	1.8	1.8	2.2	2	0.6	3

Subject Name: Alternative Therapies-II

Code: YS-4103

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	3	2	3	2	2	0	3
COs - 2		2	3	2	2	2	0	2
COs - 3		2	2	2	1	1	0	3
COs - 4		2	2	1	1	1	0	3
COs - 5		3	3	2	3	3	0	3
Average		2.4	2.4	2	1.8	1.8	0	2.8
Average Attainment		2.4	2.4	2	1.8	1.8	0	2.8

Subject Name: Value Education

Code: YS-5105

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	2	3	2	2	0	3
COs - 2		3	3	3	3	3	0	3
COs - 3		3	2	3	2	3	0	3
COs - 4		3	2	2	2	2	0	3
COs - 5		3	2	3	2	2	0	3
COs - 6		2	2	3	2	2	0	1
COs - 7		3	2	3	2	3	0	2
COs - 8		3	2	3	2	2	0	2
COs - 9		2	3	3	2	3	0	2
Average		2.8	2.2	2.9	2.1	2.4	0.0	2.4
Average Attainment								

Subject Name: Yoga Practical

Code: YS-5106

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	3	3	3	3	3	3
Average		3	3	3	3	3	3	3
Average Attainment								

Subject Name: Naturopathy Practical

Code: YS-5107

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	2	3	3	3	0	3
Average		3	2	3	3	3	0	3
Average Attainment								

Subject Name: Introduction of Herbs

Code: YS-6101

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1	3	2	3	2	1	1	0	2
COs - 2		3	2	2	2	2	0	2
COs - 3		3	3	1	1	2	0	2
COs - 4		2	2	2	2	3	0	1
COs - 5		3	3	3	3	3	0	1
Average		2.6	2.6	2	1.8	2.2	0	1.6
Average Attainment		2.6	2.6	2	1.8	2.2	0	1.6

Subject Name: Yoga & Allied Sciences

Code: YS-6102

Subject Name: Panch Karma Practical

Code: 6107

	Attainment	POs - 1	POs - 2	POs - 3	POs - 4	POs - 5	POs - 6	POs - 7
COs - 1		3	3	3	3	2	0	2
Average		3	3	3	3	2	0	2
Average Attainment								



ASSESSMENT FOR PROGRAMME TARGET VALUE

Course Name	Course Code	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7
Foundation of Yoga	YS-1101	2.4	2.2	2	2	2.8	2	2.8
Hathyoga-I	YS-1102	2.8	2.6	2.8	2.4	2.4	2	3
Anatomy & Physiology -I	YS-1103	2.6	2.4	2.4	2.2	2.6	2	2.9
English Language	YS-1104	0.2	2.8	2.2	0.6	1	0.4	
Human consciousness & Yoga	YS-1105	3	2.2	2	1.8	2.4	1.4	3
Yoga Practical-I	YS-1106	3	3	3	3	3	3	3
Yoga Practical-II	YS-1107	3	3	3	3	3	3	3
Yogic Text (Geeta-I)	YS-2101	2.2	2.4	2.4	2.6	2	2.4	2.8
HathYoga-II	YS-2102	2.2	2.4	2.4	2	2	0.4	2.4
Anatomy & Physiology -II	YS-2103	2	1.6	1.2	1.2	2		1.2
General awareness	YS-2104	2.7	0.7	2.3	2.3	2.5	2.7	2.8
Computer Applications	YS-2105	2.4	1	1				0.4
YS-B12:B25107	YS-2106	3	3	3	3	3	3	3
Yoga Practical-II	YS-2107	3	2	3	3	1	1	3
Yogic text (Patanjali Yoga-II)	YS-3101	3	3	2.6	2.4	2.8	3	2.8
Alternative Therapies-I	YS-3102	1.8	1.8	1.8	1.6	1.6		1.8
Swasthvirritta	YS-3103	2.4	2.4	2.4	2.4	2		2.2
Yoga Therapy-I	YS-3104	1	0.6	0.4	0.8	0.2	0.2	2.4
Communicative English	YS-3105	2.5	3	1	0.75			0.25
Yoga Practical	YS-3106	3	3	3	3	3	3	3
Alternative Therapy Practical	YS-3107	3		2	3	1		3
Yoga Therapy-II	YS-4101	1	1	1		1		0.8
Principles of Naturopathy-I	YS-4102	3	1.8	1.8	2.2	2	0.6	3
Alternative Therapies-II	YS-4103	2.4	2.4	2	1.8	1.8		2.8
Diet & Nutrition	YS-4104	2.2	2	1.6	1.6			2.8
General Hindi	YS-4105	1	1	1.5		1.25		2.5
Yoga Practical	YS-4106	3	3	3	3	3	3	3
Alternative Therapy Practical	YS-4107	2	3	3	3	3		3
Principles of Naturopathy-II	YS-5101	2	2.4	1.2	2.2	2.4		2.8
Self-management and Yoga	YS-5102	2.2	2.3	2.8	2.4	2.6	2.7	2.6
Yoga & Mental Health	YS-5103	1.8	2.6	2.6	2.6	1.8		2.8
Yoga & Personality development	YS-5104	2.8	2.6	2.6	2.4	2.4		3
Value Education	YS-5105	2.8	2.2	2.9	2.1	2.4		2.4
Yoga Practical	YS-5106	3	3	3	3	3	3	3
Naturopathy Practical	YS-5107	3	2	3	3	3		3
Introduction of Herbs	YS-6101	2.6	2.6	2	1.8	2.2		1.6
Yoga & Allied science	YS-6102	3	1.6	1.8	1.4	1.6		2.4
Teaching methodology in Yoga	YS-6103	3	2.4	2	2	2	0.8	2.8
Internship Project	YS-6104	3	3	3	3	3		3
Therapy Project Work	YS-6105	3	3	3	3	3	1	3
Yoga Practical	YS-6106	3	3	3	3	3	3	3
Panchkarma Practical	YS-6107	3	3	3	3	2		2
Average Target Values		2.4	2.3	2.2	2.20	2.20	1.98	2.53

ASSESSMENT OF ATTAINMENT FOR PROGRAMME OUTCOME

Course Name	Course Code	CO Attainmen	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7
Foundation of Yoga	YS-1101	3	2.4	2.2	2	2	2.8	2	2.8
Hathyoga-I	YS-1102	3	2.8	2.6	2.8	2.4	2.4	2	3
Anatomy & Physiology -I	YS-1103	3	2.6	2.4	2.4	2.2	2.6	2	2.9
English Language	YS-1104	3	0.2	2.8	2.2	0.6	1	0.4	
Human consciousness & Yoga	YS-1105	3	3	2.2	2	1.8	2.4	1.4	3
Yoga Practical-I	YS-1106	3	3	3	3	3	3	3	3
Yoga Practical-II	YS-1107	3	3	3	3	3	3	3	3
Yogic Text (Geeta-I)	YS-2101	3	2.2	2.4	2.4	2.6	2	2.4	2.8
HathYoga-II	YS-2102	3	2.2	2.4	2.4	2	2	0.4	2.4
Anatomy & Physiology -II	YS-2103	3	2	1.6	1.2	1.2	2		1.2
General awareness	YS-2104	3	2.7	0.7	2.3	2.3	2.5	2.7	2.8
Computer Applications	YS-2105	3	2.4	1	1				0.4
YS-B12:B25107	YS-2106	3	3	3	3	3	3	3	3
Yoga Practical-II	YS-2107	3	3	2	3	3	1	1	3
Yogic text (Patanjali Yoga-II)	YS-3101	3	3	3	2.6	2.4	2.8	3	2.8
Alternative Therapies-I	YS-3102	3	1.8	1.8	1.8	1.6	1.6		1.8
Swasthviritta	YS-3103	3	2.4	2.4	2.4	2.4	2		2.2
Yoga Therapy-I	YS-3104	3	1	0.6	0.4	0.8	0.2	0.2	2.4
Communicative English	YS-3105	3	2.5	3	1	0.75			0.25
Yoga Practical	YS-3106	3	3	3	3	3	3	3	3
Alternative Therapy Practical	YS-3107	3	3		2	3	1		3
Yoga Therapy-II	YS-4101	3	1	1	1		1		0.8
Principles of Naturopathy-I	YS-4102	3	3	1.8	1.8	2.2	2	0.6	3
Alternative Therapies-II	YS-4103	3	2.4	2.4	2	1.8	1.8		2.8
Diet & Nutrition	YS-4104	3	2.2	2	1.6	1.6			2.8
General Hindi	YS-4105	3	1	1	1.5		1.25		2.5
Yoga Practical	YS-4106	3	3	3	3	3	3	3	3
Alternative Therapy Practical	YS-4107	3	2	3	3	3	3		3
Principles of Naturopathy-II	YS-5101	3	2	2.4	1.2	2.2	2.4		2.8
Self-management and Yoga	YS-5102	3	2.2	2.3	2.8	2.4	2.6	2.7	2.6
Yoga & Mental Health	YS-5103	3	1.8	2.6	2.6	2.6	1.8		2.8
Yoga & Personality development	YS-5104	3	2.8	2.6	2.6	2.4	2.4		3
Value Education	YS-5105	3	2.8	2.2	2.9	2.1	2.4		2.4
Yoga Practical	YS-5106	3	3	3	3	3	3	3	3
Naturopathy Practical	YS-5107	3	3	2	3	3	3		3
Introduction of Herbs	YS-6101	3	2.6	2.6	2	1.8	2.2		1.6

Yoga & Allied science	YS-6102	3	3	1.6	1.8	1.4	1.6		2.4
Teaching methodology in Yoga	YS-6103	3	3	2.4	2	2	2	0.8	2.8
Internship Project	YS-6104	3	3	3	3	3	3		3
Therapy Project Work	YS-6105	3	3	3	3	3	3	1	3
Yoga Practical	YS-6106	3	3	3	3	3	3	3	3
Panchkarma Practical	YS-6107	3	3	3	3	3	2		2
PO Attainment through Results			2.4	2.3	2.2	2.20	2.20	1.98	2.53

80 % of PO Attainment through	1.92	1.84	1.76	1.76	1.76	1.58	2.02
Alumni Survey	2	2	3	2	3	2	2
10 % of Alumni Survey (B)	0.2	0.2	0.3	0.2	0.3	0.2	0.2
Employer/ Professional Survey	2	2	3	3	3	2	3
10 % of Employer Survey (C)	0.2	0.2	0.3	0.3	0.3	0.2	0.3
PO Attainment Value A+B+C	2.32	2.24	2.36	2.26	2.36	1.98	2.52
Target Value	2.4	2.3	2.2	2.20	2.20	1.98	2.53
Gap Value	0.04	0.02	0.22	0.12	0.15	0.08	0.25
Programme Attainment Status	yes	yes	yes	yes	yes	yes	yes

GAP MANAGEMENT STRATEGY FOR PROGRAMME OUTCOMES

PO	GAP VALUE	STRATEGY
PO1	0.04	WILL WORK TO ENHANCE APPLICATIO
PO2	0.02	WILL WORK FOR PROBLEM ANALYSIS