



SRI RAMAKRISHNA MISSION VIDYALAYA MARUTHI COLLEGE OF PHYSICAL EDUCATION

An Autonomous College Re-accredited by NAAC
B.P.Ed. & M.P.Ed. courses are approved by the NCTE
(Affiliated to Tamil Nadu Physical Education and Sports University, Chennai)
SRKV Post, Coimbatore - 641 020, E-mail: rmmcpe@gmail.com,
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B.P.Ed. (2 years)

Courses offered...



Ph.D.

M.Phil.

M.P.Ed.

B.P.Ed.

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SPORTS SCHOLARSHIPS ARE AVAILABLE FOR OUTSTANDING SPORTSMEN



Indoor Badminton Courts



Indoor Basketball Stadium



Fitness centre



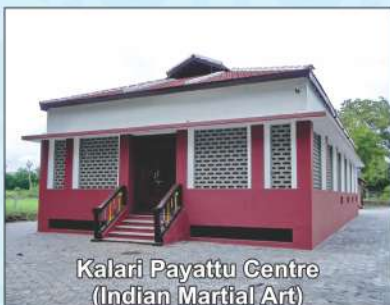
Indoor Tennis Stadium



Library



Laboratory Experiments



**Kalari Payattu Centre
(Indian Martial Art)**



Laboratory Experiments

PROFILE OF THE ORGANISATION

RAMAKRISHNA MATH AND RAMAKRISHNA MISSION: Ramakrishna Math and Ramakrishna Mission are twin organizations forming the core of a worldwide spiritual movement (known as Ramakrishna Movement or Vedanta Movement), which aims at harmony of religions, harmony of the East and the West, harmony of the ancient and the modern, spiritual fulfilment, all-round development of human faculties, social equality, and peace for all humanity, without any distinctions of creed, caste, race or nationality.



HEADQUARTERS: PANORAMIC VIEW FROM GANGES

RAMAKRISHNA MATH is a monastic organization for men brought into existence by Sri Ramakrishna (1836-1886), the great 19th century saint of Bengal who is regarded as the Prophet of the Modern Age.

RAMAKRISHNA MISSION is a registered society in which monks of Ramakrishna Math and lay devotees cooperate in conducting various types of social service mainly in India. It was founded by Sri Ramakrishna's chief apostle, Swami Vivekananda (1863-1902), one of the foremost thinkers and religious leaders of the present age, who is regarded as 'one of the main moulders of the modern world', in the words of an eminent western scholar A. L. Basham.

The Headquarters of these centres are situated in Belur Math, Howrah, W.B. All branch centres of the Ramakrishna Math come under the administrative control of the Board of Trustees, whereas all branch centres of the Ramakrishna Mission

come under the administrative control of the Governing Body of the Ramakrishna Mission.

The main goals and objectives of these twin organizations, based on the principles of Practical Vedanta, are:

- ❖ To spread the idea of the potential divinity of every being and how to manifest it through every action and thought.
- ❖ To spread the idea of harmony of religions based on Sri Ramakrishna's experience that all religions lead to the realization of the same Reality known by different names in different religions. The Mission honours and reveres the founders of all the world religions such as Buddha, Christ and Mohammed.
- ❖ To treat all work as worship, and service to man as service to God.
- ❖ To make all possible attempts to alleviate human suffering by spreading education, rendering medical service, extending help to villagers through rural development centres, etc.
- ❖ To work for the all-round welfare of humanity, especially for the uplift of the poor and the downtrodden.
- ❖ To develop harmonious individuals through their combined practice of Jnana, Bhakti, Yoga and Karma.

The motto of Ramakrishna Math and Ramakrishna Mission is: *'Atmano mokshartham jagad hitaya cha: For one's own liberation, and for the welfare of the world.'*

Although Ramakrishna Math and Ramakrishna Mission are legally and financially separate, they are closely inter-related in several other ways, and are to be regarded as twin organizations. The Math and the Mission together have 180 branch centres all over India and in different parts of the world.

Legal Standing: RAMAKRISHNA MISSION is a registered society in which monks of Ramakrishna Math and lay devotees

cooperate in conducting various types of social service mainly in India.

Registration Status: Registered in 1909 as the Ramakrishna Mission under act XXI of 1860.

Ramakrishna Mission Vidyalaya, Coimbatore, now a vast complex of 18 service wings, commence its educational activities in the year 1930 with the blessings of Bhagavan Sri Ramakrishna. The father of the Nation, Mahatma Gandhi laid the foundation stone of the first wing, a school. Ayya Sri T.S. Avinashilingam, the Founder-Director, nurtured the institution with his visionary and devoted service. As envisaged by the great Swami Vivekananda, the Vidyalaya strives hard to impart man-making and character-building education to the youth, that are necessary to develop leadership, sense of responsibility and love for the country. Almost 83 years since its inception, the strength of the students is around 8500, of which hostellers constitute around 2100.

It stands for the educational ideals preached and practised by Sri Ramakrishna, Swami Vivekananda and Mahatma Gandhi. It cherishes a life of purity and discipline, simplicity and service and nourishes the ideal that work is worship and labour is love. The Vidyalaya believes that the greatness of a man is not to be judged by the work he does, but by the attitude, outlook and devotion with which he does it. The youth of the nation should be trained to develop spiritual strength, intellectual independence and moral character. They must also learn discipline and capacity to work in cooperation with others. The student life in the Vidyalaya is organised with these ideals in view.

Sri Ramakrishna Mission Vidyalaya **Maruthi College of Physical Education** is one of the institutions in the Vidyalaya which is situated at the 20th km from Coimbatore on the

Coimbatore-Mettupalayam Road. The particulars of the various campuses and institutions of the Vidyalaya are given at the end of this prospectus.

This institution has been named after the great Ramayana hero, Mahavir, also called Maruthi or Hanuman. Faith and devotion are essential factors in the development of strength in any individual. Personal purity and devotion to a great cause are the necessary requisites for a healthy living. Maruthi, who personified in himself, these great qualities, has stood as the ideal of manhood of millions of men in this country. And so it is only fitting that this institution is named after him.

FACILITIES IN THE COLLEGE: The college has extensive play fields for football, basketball, tennis, volleyball, cricket, hockey, hand ball, track and field, kho-kho and kabaddi. An indoor gymnasium with four synthetic Badminton Courts forms an essential part of the college. The complex also contains classrooms and is used for conducting meetings, common prayers, cultural programmes, indoor games etc.

Our college physiotherapy laboratory equipped with infrared therapy, ultra sound, muscle stimulator, IFT, wax therapy, and traction unit, etc., and physiology laboratory for conducting research work. The college has a Fitness Centre with all necessary fitness equipments utilised by the students and staff of the Vidyalaya. The college library has good collection of books and journals in Physical Education.

- ❖ Play Fields for All Games
- ❖ World Class Indoor Stadium (Volleyball & Basketball)
- ❖ Indoor Badminton (4 Synthetic Courts)
- ❖ Indoor Tennis Stadium (2 Synthetic Courts)
- ❖ Isokinetic Lab, Physiotherapy Lab, Human Anatomy & Physiology and Exercise Physiology Lab, Kinesiology,

Biomechanics and Human Performance Lab, Educational Technology Lab, Computer Lab, English Language Lab, Sports Psychology Lab, Adapted Physical Education Lab.

- ❖ Fitness Center
- ❖ Kalari Payattu (Indian Martial Art) Center
- ❖ Cricket Bowling Machine
- ❖ Shuttle Feeding Machine
- ❖ Tennis Ball Feeding Machine
- ❖ Table Tennis Ball Feeding Machine

ACTIVITIES IN THE COLLEGE: The college provides variety of activities i.e., play festival, national youth day rally, seminars, workshops and conferences, leadership training camp, NSS camp, project track and field meet, intramurals, state level officiating examination for athletics and other games, value education, and **100% placement through campus interviews** which develop the students as a wholesome personality.

STUDENTS' LITERARY ASSOCIATION: All the students of the college are members of this association and they elect a cabinet of ministers from among them. They debates, socially useful activities, important festivals, dramas and entertainment programmes.

COURSES OFFERED AND THEIR ELIGIBILITY

The college offers the following courses in physical education:

Courses	Duration	Eligibility
Ph.D., in Physical Education	With M.Phil., (Regular 2 years / Part-time 3 years) without M.Phil., (Regular 3 years / Part-time 4 years)	M.P.Ed., or its equivalent Degree approved by the Syndicate of Tamil Nadu Physical Education and Sports University (TNPESU) or M.Phil., in Physical Education

Courses	Duration	Eligibility
M.Phil., in Physical Education	1 year	M.P.Ed., or its equivalent Degree approved by the Syndicate of Tamil Nadu Physical Education and Sports University (TNPESU)
Master of Physical Education (M.P.Ed.,)	2 years	As per the Tamil Nadu Physical Education and Sports University guidelines.
Bachelor of Physical Education (B.P.Ed.,)	2 years	

COMMON GUIDELINES FOR MPED AND BPED

ATTENDANCE: Minimum of 80 per cent attendance in theory and practical class in each semester.

MEDIUM OF INSTRUCTION: The medium of instruction will be English.

COURSE OF STUDY: The total working days shall not be less than 180 working days in an academic year (Each Semester consists of not less than 90 working days). Each working day shall consist of 4 hours of practical work (morning and evening 2 hours each session) and 3 hours of theory in between.

PASSING OF RESULTS: Results will be passed by Board of Examinations and will be submitted to the Academic Council of the college to recommend eligible students for the award of the degree by the Tamil Nadu Physical Education and Sports University, Chennai.

VALUE EDUCATION: A paper on value education is a special feature of our College.

ADAPTED PHYSICAL EDUCATION: A paper on adapted physical education preferably related to covering sports specialisation is mandatory for all students.

COMMUNICATION SKILL AND COMPUTER APPLICATION: A supportive paper on communication skills and another supportive paper on computer applications are unique features of our college.

RULE OF RESERVATION: The reservation for SC/ST/OBC and other categories shall be as per the rules of the Central Government / State Government, whichever is applicable.

ADMISSION PROCEDURE:

1.	Qualifying Examination	20 Marks
2.	Participation in Games & Sports	25 Marks
3.	Games Skill Test	50 Marks
4.	Track and Field Skill Test	50 Marks
5.	Bonus marks for possession of basic degree in Physical Education (B.Sc. Physical Education, Health Education and Sports or Bachelor of Physical Education (B.P.E) or Physical Education and Sports (B.P.E.S) or Diploma in Physical Education (D.P.Ed.)	5 Marks
Total		150 Marks

MEDICAL FITNESS CERTIFICATE: The candidate should be medically fit and free from any deformities. Students will undergo medical examination at the time of admission.

PRACTICE TEACHING: Undergoing Intensive Practice Teaching in neighbouring schools is compulsory for all the students.

ANNUAL LEADERSHIP CAMP: Each student shall undergo a 10 days Residential Annual Leadership Training Camp in an evergreen forest organised by the College.

NSS CAMP: Seven (7) days NSS camp is conducted in the rural areas.

PROJECT TRACK AND FIELD MEET: Every year students are provided academic credits for successful execution of project sports. A group of students shall be given the responsibility of organising and officiating a sports meet and tournament in nearby institutions.

PLAY FESTIVAL: Each student must go to train elementary schools for a period of 19 days to teach free hand exercises, rhythmic and yoga to the tunes of devotional and patriotic songs. A mass demonstration is conducted in the college campus.

REGISTRATION OF APPLICATION

Application for admission should be made in the prescribed form obtained from the college. The form should be neatly filled in and sent to The Principal, Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Sri Ramakrishna Vidyalaya Post, Coimbatore - 641 020.

Attested Photocopies of all the required certificates should be enclosed. **Please do not send original certificates with the application form.** Eligible students will be informed well in advance to report to the college with all the certificates in ORIGINALS to appear for the selection trials. Later, selected students will be intimated for the admissions along with the guidelines of the college. If the candidate fails to report for admission in time, his admission will be cancelled and given to the candidates in the waiting list.

SCHOLARSHIPS: SC/ST students are availing scholarship from the Harijan welfare department and BC/MBC students are availing scholarship from the district BC/MBC department.

RULES AND REGULATIONS

1. Applications must be accompanied by copies of certificates mentioned in the application form. Students who wish to leave on their own accord, would not be entitled to the refund of the fee paid.
2. All students, after joining the college will undergo periodically physical ability tests, skill tests and medical tests. Only those who achieve the standards set by the college will be retained. Students who do not achieve the required standards or who are found unfit by medical examination will be dropped from the rolls.
3. The students should wear only the prescribed uniform. Wearing of lungies is strictly prohibited.
4. Common prayer for students will be conducted every evening in which all are expected to participate.
5. Smoking and such other practices are not allowed.
6. Library rules must be strictly followed.
7. **Mobile phone:** Using mobile phones by the students is prohibited in the Vidyalaya Campus as well as in the hostels.
8. Students are not permitted to engage in any other vocation or to attend any other training during the course.
9. Only those students whose conduct is satisfactory and who put in the required minimum attendance will be permitted to appear for the final examination.
10. Students should maintain strict silence during the study hours at night.
11. They should be present in their rooms at 9 p.m. after dinner and settle down for studies.
12. No student should absent himself from the hostel without prior information in writing from the Warden or Deputy Warden.

The following are the other institutions situated in the Vidyalaya Campus:

I. T A T Kalanilayam (1940): This non-residential co-educational Middle School is catering the needs of students from the local community. About 600 students, mostly from families that are financially weak, study here.

II. Vidyalaya High School (1930): It is the oldest of the Vidyalaya institutions. About 250 students study in Stds. VI to X. Medium of instruction is Tamil. The concept of integrated education for the blind has been successfully implemented in the school for the last 20 years.

III. Swami Shivananda Higher Secondary School (Tamil Medium) (1960): The school has about 700 students in Stds. VI to XII.

IV. Swami Shivananda Hr. Sec. School (English Medium) (1989): This partly residential self-financing school has a student-strength of about 800 in Stds. LKG to XII.

V. Institute of Agriculture and Rural Development (1956): This offers two-year Diploma in Agriculture and Rural Development for students who have passed Plus Two. It is recognized by the Tamil Nadu Agricultural University.

VI. Polytechnic College (Autonomous) (1956): It has a student strength of about 800. Offers three-year Engineering Diploma in Mechanical, Civil, Electrical and Electronics and Information Technology.

VII. Industrial Training Institute (1951): It has a student strength of about 400. Offers skill-oriented two-year Certificate courses in different trades under the National Council for Vocational Training to students who have completed SSLC or Plus Two. For the benefit of students of Vidyalaya and the

general public who live around Vidyalaya, a CNC Training Centre, a Driving School and a Vehicle Emission Testing Centre are functioning. All the three are well-utilized by the students and general public.

VIII. Gandhi Teachers' Training Institute (1942): It offers fully residential two-year Diploma in Teacher Education for students who have passed Plus Two.

IX. College of Education (Autonomous) (1950): This has 150 students. It offers BEd, MEd, MPhil and PhD programmes. It is the first College of Education in India to be awarded the status of autonomy.

X. College of Arts and Science (Autonomous) (1964): The college was started in the year 1964. Affiliated to the Bharathiar University, it was conferred with autonomous status in the year 1981-82. The college offers 12 UG and 6 PG programmes in both aided and unaided streams, besides offering 9 MPhil and PhD programmes. It was accredited and reaccredited by NAAC in the year 2003, 2009 and 2016 respectively. Student-strength is about 2000.

XI. Faculties of the Ramakrishna Mission Vivekananda Educational and Research Institute: The institute established in the year 2005, has its headquarters at Ramakrishna Mission, Belur Math, Howrah, West Bengal. Two of its faculties are functioning at the IHRDC campus of Ramakrishna Mission Vidyalaya, Coimbatore:

a) The Faculty of Disability Management and Special Education (FDMSE) offers Diploma, BEd, MEd, and PhD programmes in Special Education (Visual Impairment, Hearing Impairment, and Mental Retardation), and other diploma programmes in Sign Language Interpretation,

Community-based Rehabilitation and Computer Applications for the Disabled. Students from all over India have been pursuing these courses since it was established in 2005.

b) The Faculty of General Adapted Physical Education and Yoga (GAPEY), RKMVERI was established in the year 2007. It offers Diploma in Physical Education, BPED, MPED and PhD programmes in Physical Education with special focus on yoga, in addition to General and Adapted Physical Education. Short-term diploma and certificate programmes in Special Olympics, Fitness, and Yoga are also organized.

c) Faculty Center for Agricultural Education and Research (FAR): It was established in the year 2014. It offers a 4 year B.Sc. (Agriculture) Degree Course.

d) Faculty of Computer Science Applications and Research (FYCSAR): It was established in the year 2014. It offers Integrated M.Sc. (CSA) 5 year program and M.Sc. (Data Science) 2 year program.

XII. Integrated Rural Development Scheme: The Vidyalaya has been rendering rural development service since the year 2002 under the title 'Vidyalaya Integrated Rural Development Scheme'. Economically backward residents of areas such as Arivoli Nagar, Jeeva Nagar, Ambedkar Nagar, Pudupudhur, etc. were benefited through various development activities undertaken there.

In commemoration of Swami Vivekananda's 150th Birth Anniversary, Rural Development Work was taken up at Sri Bharati Nagar, a rural area located around 8 kms. from the Ramakrishna Mission Vidyalaya, with the combined efforts of the extension service departments of all the institutions of the Vidyalaya.

XIII. Swami Vivekananda Cultural and Heritage Centre: It was conducting the following activities: Yoga classes for local public; Certificate course in Indian Culture and Heritage for students and teachers; Talent Identification Camps for rural children and training in sports; Lifestyle Management classes for Government officials and employees of private organizations; Guided meditation; Personality Development programmes; Career Counseling for students and training for competitive exams, etc.

XIV. SUPPORT SERVICES

Book stall: A bookstore / sales section has been in operation since June 2009.

Printing Press: A modern computerized press takes care almost all the needs of the Vidyalaya.

Hardware Department: With two engineers and one assistant engineer, located in the Polytechnic campus, takes care of the maintenance and repairs of all computers (around 700), printers, scanners etc. in the various institutions of the Vidyalaya.

Maintenance and Repairs Department: This takes care of practically all the requirements of the Vidyalaya, including the construction of new buildings etc.

Dairy and Goatery: About 30 milch animals are maintained to serve hands-on training to our students of the Institute of Agriculture and Rural Development.

Disabled Trainees' Vocational Production and Rehabilitation Centre: A Notebook Section has been in operation in the Vidyalaya campus since 1992. Besides catering to the needs for notebooks of our various institutions within the campus, the section takes orders on a selective basis from other institutions as well with the primary objective of providing employment to the economically backward and the physically challenged. Notebooks are priced at bare minimum.

Ramakrishna Mission Vidyalaya Charitable Dispensary: The Charitable Dispensary of the Vidyalaya caters to a population of around 8000 students and 800 staff members and their families besides a large number of underprivileged people residing in the surrounding areas. In addition to regular general consultation, the dispensary also offers consultation by specialists in the areas of orthopedics, neurology, pediatrics, cardiology, gynaecology, diabetes, skin, asthma, dental, ENT, general surgery, etc. On an average, around 150 patients visit the dispensary for consultation every day. As part of the medical services, many free medical camps are held for the benefit of the underprivileged.

Ramayana Park based on Indian epics - a project to promote Indian values: The Ramayana Park has been set up with the aim of taking our ancestors' individual, family, social, ethical, and moral values to the general public. It is structured with the images of twenty-one important personalities of the Ramayana portraying their respective characteristics. The Park is an innovative and eye-catching attempt so where the children can exercise and recreation, and at the same time cultivate a mind to appreciate the Ramayana's subtle power of developing character, art, and culture.

- ❖ We hear that some people tell the students who want to join this college and other institutions in the Vidyalaya, that donations have to be given for admission and that if the money is given to them they will secure admission for the students. **This college and the other institutions in the Vidyalaya do not receive any kind of donation from anybody for admission of students.** If any person demands money for obtaining admission, please do not give. We request you to inform us immediately the name and address of the person demanding money.



PROGRAMME OUTCOMES

After completion of the B.P.Ed programme, the teacher trainees should be able to

1. Interpret the stages of human growth & development and summarize the historical development of physical education in India
2. Apply the knowledge of anatomy & physiology, biomechanics & kinesiology to increase the sports performance of the students
3. Demonstrate the fundamental movement skills and develop fitness among students
4. Produce elite athletes in general sports & games and Adapted Sports for Persons with Disabilities.
5. Create awareness about communicable & non-communicable diseases, fitness & wellness and hypokinetic diseases among students
6. Teach and demonstrate the various yogic practices namely asana, pranayama, bandhas, kriyas and mudras to students
7. Facilitate specific coaching in various sports & games, organize sports competitions and establish indoor & outdoor play facilities in schools
8. Conduct action research during sports activities and measure & evaluate the physical fitness, playing abilities of the players through standardized tests
9. Apply sports science knowledge in the management of sports injury, sports training, sports nutrition to increase the performance of the players
10. Manage sports competitions, physical education classes and organize mass drill activities in educational institutions.

PROGRAMME SPECIFIC OUTCOMES

- PSO 1** - Producing ideal Physical Education teacher with ethical values
- PSO 2** - Competent to handle Tamil Nadu State and Matriculation syllabus, Anglo Indian syllabus and CBSE syllabus in Physical Education
- PSO 3** - Comprehensive understanding of Indian Culture.

1. HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Discuss the aim, objectives and importance of physical education	K1, K2
CO 2	Summarize the historical development of physical education in India	K1, K2
CO 3	Explain fitness and wellness in the contemporary perspectives	K1, K3
CO 4	Point out the human growth and development and anthropometrical differences	K2, K3
CO 5	Define psychology and sociology and classify the laws and principles of learning	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

2. ANATOMY AND PHYSIOLOGY

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the importance of anatomy and physiology in the field of physical education	K1, K2

CO 2	Describe the structure and functions of various organs of the human body	K1, K2
CO 3	Classify the cell, bones, joints, and explain the circulatory system, respiratory system, digestive system, excretory system and nervous system	K1, K3
CO 4	Sketch and point out the organs of the human body	K2, K3
CO 5	Analyse and interpret the effect of exercise on various systems of the human body	K1, K2, K3

K1 - Understand

K2 - Apply

K3 - Analyse

3. EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Expected Course Learning Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Summarize and classify education, educational technology and methods of teaching	K1, K2
CO 2	Differentiate various methods of teaching techniques	K1, K2, K3
CO 3	Describe and list the criteria & types of teaching aids	K1, K2, K3
CO 4	Explain and categorize the types & principles of the lesson plan	K1, K2, K3
CO 5	Demonstrate fundamental movement skills among students	K1, K2, K3

K1 - Understand

K2 - Apply

K3 - Analyse

4. OLYMPIC MOVEMENT

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Generalise the significant stages of the Olympic movement	K1, K2
CO 2	Express and outline the Olympic flag, rings and protocol	K1, K2, K3
CO 3	Distinguish and report on summer and winter Olympics	K1, K3
CO 4	Compare the functions of special Olympics, Paralympics and Deaflympics	K1, K3
CO 5	Discuss the functions and formulation of IOA, IOC and other national sports committees	K1, K3
K1 - Understand	K2 - Apply	K3 - Analyse

5. HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarize the concepts of health education and organize health service and instruction in personal hygiene	K1, K2
CO 2	Classify communicable and non-communicable diseases and apply principles of personal & environmental hygiene in schools	K1, K2
CO 3	Prepare health records and provide health services	K1, K2, K3
CO 4	Define environmental science and explain the role of school in environmental conservation and sustainable development.	K1, K2

CO 5	Enumerate the effect and control of pollution and interpret the role of the pollution control board	K1, K2, K3
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K1 - Understand	K2 - Apply	K3 - Analyse
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6. CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

Expected Course Learning Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Describe the components of fitness and wellness	K1, K2,
CO 2	Conclude the issues & challenges in physical education	K1, K2
CO 3	Transform the moral and social disciplines among students	K1, K2
CO 4	Evaluate the health issues and hypokinetic diseases in the current scenario	K1, K2, K3
CO 5	Establish weight management and stress management	K1, K2, K3

K1 - Understand	K2 - Apply	K3 - Analyse
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7. SPORTS NUTRITION

Expected Course Learning Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Express the significance of nutrition in sports	K1, K2,
CO 2	Classify the role of macro nutrition	K1, K2
CO 3	Estimate daily caloric requirement and expenditure of energy for different sports and games	K1, K2

CO 4	Determine desirable body weight and healthy lifestyle	K1, K2, K3
CO 5	Choose diet pattern for aged people, and athletes	K1, K2

K1 - Understand	K2 - Apply	K3 - Analyse
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8. YOGA EDUCATION

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the aims & objectives and need & importance of yoga	K1, K2,
CO 2	Categorise various types and eight limbs of yoga	K1, K2
CO 3	Demonstrate various yogic practices of asana, pranayama and bandhas	K1, K2, K3
CO 4	Practice various types of Kriyas and mudras	K1, K2, K3
CO 5	Compare among yogic diet, three Gunas and five koshas	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

9. THEORIES OF SPORTS & GAMES AND OFFICIATING & COACHING PART – I

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Draw athletics track and interpret the rules and regulations of selected track events	K1, K2, K3
CO 2	Draw the jumping events and throwing events arena and interpret the rules and regulations of selected field events	K1, K2, K3

CO 3	Sketch the basketball, badminton and ball badminton court and interpret the rules and regulations	K1, K2, K3
CO 4	Outline the hockey, tennis and table tennis court and interpret the rules and regulations	K1, K2, K3
CO 5	Generalize the qualities and qualifications of a coach	K1, K2, K3

K1 - Understand	K2 - Apply	K3 - Analyse
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10. ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Define and distinguish between organization & administration in physical education	K1, K2, K3
CO 2	Describe the functions of office management and prepare the record, register, budget	K1, K2
CO 3	Manage indoor and outdoor play facilities and prepare a suitable timetable for physical education classes	K1, K2, K3
CO 4	Organize various intramural and extramural competitions and prepare different fixtures	K1, K2, K3
CO 5	Plan to conduct Bharathiar day games and Republic Day games and other similar sports	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

11. MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Establish the principles of test, measurement and evaluation in physical education and sports	K1, K2, K3
CO 2	Classify and administer the criteria of tests	K1, K2
CO 3	Demonstrate and experiment with the various physical fitness tests	K1, K2, K3
CO 4	Measure Badminton, Basketball and Soccer skills by using standardized skill tests	K1, K2, K3
CO 5	Analyse the basic playing abilities in the game of Volleyball, Hockey and Tennis	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

12. COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Discuss the need and importance of input and output devices	K1, K2
CO 2	Use various options in Microsoft Word	K1, K2
CO 3	Compute necessary calculations by using Microsoft Excel in the field of physical education and sports	K1, K2
CO 4	Use Microsoft PowerPoint for class room teaching	K1, K2
CO 5	Utilize e-sources and software in the field of physical education	K1, K2
K1 - Understand	K2 - Apply	K3 - Analyse

13. SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Expected Course Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Outline the basic concepts of sports medicine and physiotherapy	K1, K2
CO 2	Relate the importance of rehabilitation for sports injury and classify the basics of common injuries	K1, K2, K3
CO 3	Manage first aid for sports injuries and use various bandages for different injuries	K1, K2, K3
CO 4	Facilitate physiotherapy, massage and tapings during practical situations	K1, K2, K3
CO 5	Develop therapeutic exercises program for various bodily ailments	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

14. SPORTS MANAGEMENT AND CURRICULUM DESIGN

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarise the concept of sports management and establish event management in physical education and sports	K1, K2
CO 2	Identify the qualities of the administrative leader	K1, K2
CO 3	List out the sports management skills to organize the programme in educational institutions	K1, K2, K3
CO 4	Express the modern concept of physical education curriculum	K1, K2

CO 5	Design an innovative physical education curriculum according to the student's participation	K1, K2, K3
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K1 - Understand	K2 - Apply	K3 - Analyse
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15. ADAPTED AND INCLUSIVE PHYSICAL EDUCATION

Expected Course Learning Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Explain the concepts of adapted physical education and relationships with various competitions for Persons with Disabilities	K1, K2
CO 2	Describe the principles of adapted physical education and physical fitness	K1, K2
CO 3	Classify various disabilities and relate them with their adapted activities	K1, K2, K3
CO 4	Associate the importance of inclusive education for Children with Special Needs	K1, K2
CO 5	Discuss the inclusive academic instruction, adaptations and modifications	K1, K2

K1 - Understand	K2 - Apply	K3 - Analyse
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16. RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Expected Course Learning Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Explain the need and importance of research in physical education and classify the research	K1, K2
CO 2	Differentiate the types of research and formulate the hypothesis	K1, K2

CO 3	Classify the chapters in a project report	K1, K2, K3
CO 4	Define statistics and explain graphical representation	K1, K2, K3
CO 5	Illustrate measures of central tendency and variability	K1, K2, K3

K1 - Understand	K2 - Apply	K3 - Analyse
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17. SPORTS PSYCHOLOGY AND SOCIOLOGY

Expected Course Learning Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Define Educational psychology and Sports psychology and explain the Psycho-sociological aspects of human behaviour	K1, K2
CO 2	Point out the types of learning and dimension of personality	K1, K2
CO 3	Explain the concepts of motivation, aggression and stress	K1, K2, K3
CO 4	Interpret the relationship between sociology and physical education	K1, K2
CO 5	Estimate the significance of cultural exchanges through participation in sports	K1, K2, K3

K1 - Understand	K2 - Apply	K3 - Analyse
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18. THEORIES OF SPORTS & GAMES AND OFFICIATING & COACHING PART - II

Expected Course Learning Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Draw Kho-Kho, Kabaddi and Throw ball courts and explain the rules and regulations of the games	K1, K2, K3
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CO 2	Draw Handball and Volleyball courts and discuss the rules and regulations of the games	K1, K2, K3
CO 3	Sketch the Cricket pitch and Football field and interpret the rules and regulations	K1, K2, K3
CO 4	Outline the Tennikoit court and interpret the rules and regulations of Carrom and Chess	K1, K2, K3
CO 5	Generalize the responsibilities of a coach and describe the officiating ethics	K1, K2, K3

K1 - Understand	K2 - Apply	K3 - Analyse
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19. KINESIOLOGY AND BIOMECHANICS

Expected Course Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Explain the importance of biomechanics & kinesiology in physical education, fundamental concepts in sports biomechanics	K1, K2
CO 2	Categorise the types of muscle contractions and posture	K1, K2
CO 3	List the origin, insertion and action of various muscles	K1, K2, K3
CO 4	Interpret the mechanical concepts in sports	K1, K2, K3
CO 5	Distinguish linear kinematics, angular kinematics and linear kinetics	K1, K2, K3,

K1 - Understand	K2 - Apply	K3 - Analyse
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20. SPORTS TRAINING

Expected Course Outcomes

On the successful completion of the course, the student will be able to:

CO 1	Facilitate the basics principles and importance of sports training	K1, K2
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CO 2	Explain the concept of training components	K1, K2, K3
CO 3	Define training load and explain principles of training load	K1, K2, K3
CO 4	Illustrate the various training plan for different sports and games	K1, K2, K3
CO 5	Describe various types of training methods	K1, K2, K3,

K1 - Understand	K2 - Apply	K3 - Analyse
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Last Date for Submitting Application:

For more details, contact:

Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education

An Autonomous College Re-accredited by NAAC

(Affiliated to Tamil Nadu Physical Education and Sports University, Chennai)

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