



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)
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M.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



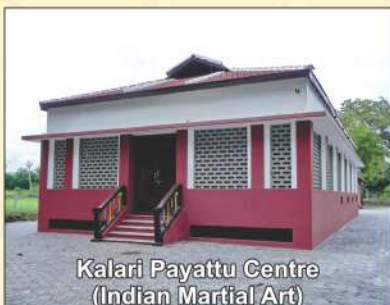
Indoor Tennis Stadium



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	25 Marks
2.	Sports and games participation	25 Marks
3.	Games and sports skill test	50 Marks
4.	Written test	35 Marks
5.	Personal interview	15 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 re-accredited 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. (Hons.) (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.

FEE DETAILS FOR M.P.Ed.

Sl. No.	Details	Amount
1.	Entrance fee	300.00
2.	Eligibility fee (other state/country students)	450.00
3.	University Registration fee	150.00
4.	Admission fee	150.00
5.	Readmission in a college (Within the University)	450.00
6.	Tournament/Sports fee (Inter collegiate/ Inter University)	300.00
7.	Library fee	30.00
8.	N.S.S. fee	1.00
9.	Cultural and youth festival	25.00
10.	Youth Red Cross	5.00
11.	Flag day	5.00
12.	University development fee	200.00
Total		2,066.00

Note:

- ❖ Fee for uniform, camp, books, hostel, mess etc., will be charged additionally.
- ❖ 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 M.P.Ed programme, the teacher trainees should be able to

- ❖ Analyze the application of biomechanical & kinesiological principles during sports activities and apply sports nutrition principles among athletes
- ❖ Measure psychological parameters, physical fitness components and basic playing abilities in various sports and games.
- ❖ Interpret the effect of exercise and training on muscular system, cardiovascular systems, respiratory system
- ❖ Calculate measures of central tendency, measures of dispersions and scales and prepare research proposal and report
- ❖ Manage first aid for sports injuries and facilitate various therapeutic exercises, stretching exercises for rehabilitation.
- ❖ Develop physical fitness and motor fitness of persons with disabilities and identify the persons with intellectual disabilities for participating in the Special Olympics.
- ❖ Use Microsoft application, e-sources & software, modern technology equipment in the field of physical education and sports
- ❖ Demonstrate asanas, pranayama, Mudras, kriyas and bandhas
- ❖ Organize sports programmes and design an innovative physical education curriculum according to the student's participation and construct running track and throwing events arena and jumping events arena.
- ❖ Illustrate the various training plans for different sports and games and organize various recreative games.

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.

Course Outcomes

1. Sports Psychology and Sports 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 motor learning and personality in detail	K1, K2
CO 2	Point out the types of motivation, stress, anxiety aggression during competition period	K1, K2
CO 3	Measure psychological parameters by using various psychological tools	K1, K2, K3
CO 4	Explain on sports and socialization and leadership	K1, K2
CO 5	Discuss the group cohesion and women in sports	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

2. Physiology of Exercise

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Interpret the effect of exercise and training on muscular system	K1, K2, K3
CO 2	Describe the significance of exercise and training on cardiovascular system	K1, K2, K3
CO 3	Mention the importance of exercise on respiratory system	K1, K2, K3
CO 4	Point out the various metabolism and energy transfer during different exercises	K1, K2, K3
CO 5	Explain on ergogenic aids and its performance	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

3. Test, 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	Explain the principles of test, measurement and evaluation in physical education and sports and criteria for test selection	K1, K2, K3
CO 2	Organize the various motor fitness tests	K1, K2
CO 3	Demonstrate and experiment with the various physical fitness tests	K1, K2, K3
CO 4	Measure anthropometric and aerobic & anaerobic parameters by using standardized tests	K1, K2, K3
CO 5	Analyse the basic playing abilities in the game of Badminton, Basketball, Hockey, Volleyball, Football, and tennis	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

4. Applied Statistics in Physical Education and Sports

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 statistics in physical education and sports	K1, K2
CO 2	Calculate and explain the measures of central tendency	K1, K2
CO 3	Calculate and explain the measures of dispersions and scales	K1, K2, K3
CO 4	Draw a various graph and explain about normal curve	K1, K2, K3
CO 5	Illustrate inferential and comparative statistics	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

5. 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, kinetics, kinematics and centre of gravity with appropriate sports examples	K1, K2
CO 2	Draw a diagram of various muscles with origin, insertion and actions	K1, K2
CO 3	Facilitate motion, Newton's laws of motion, force and spin with suitable sports examples	K1, K2, K3
CO 4	Interpret the mechanical concepts of projectile and lever during sports movements	K1, K2, K3
CO 5	Analyse biomechanical and kinesiological principles during execute the skills in various sports activities	K1, K2, K3,
K1 - Understand	K2 - Apply	K3 - Analyse

6. Athletic care 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, rehabilitation and injuries	K1, K2
CO 2	Explain the advantages of hydrotherapy and electrotherapy	K1, K2, K3
CO 3	Relate the importance of massage for the sports persons and demonstrate various massages	K1, K2, K3
CO 4	Manage first aid for sports injuries and use various bandages for different injuries	K1, K2, K3
CO 5	Facilitate various therapeutic exercises and stretching exercises for rehabilitation	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

7. Adapted 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 adapted physical education programme available of various disabilities	K1, K2
CO 3	Classify various disabilities and relate them with their adapted activities	K1, K2, K3
CO 4	Associate the necessary facilities and equipment to organize sports activities for persons with disabilities	K1, K2
CO 5	Discuss the importance of physical fitness and motor fitness for the persons with disabilities	K1, K2
K1 - Understand	K2 - Apply	K3 - Analyse

8. Sports Technology and Sports Engineering

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the concepts of Sports Technology and Sports Engineering	K1, K2
CO 2	Describe the uses, construction and installation of playfields	K1, K2
CO 3	Classify various modern technology equipment and its advantages in sports	K1, K2, K3
CO 4	Explain the features and advantages of training gadgets	K1, K2
CO 5	Discuss the maintenance procedure of gymnasium, swimming pool and playgrounds	K1, K2
K1 - Understand	K2 - Apply	K3 - Analyse

9. Yogic Science

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the principles of eight limbs of yoga and indication and contra-indication of yoga	K1, K2,
CO 2	Describe the importance and procedures of asanas and pranayama	K1, K2
CO 3	Outline the benefits and procedures of kriyas and bandhas	K1, K2, K3
CO 4	Explain the benefits and procedures of mudras and meditation	K1, K2, K3
CO 5	Express the concept of yogic therapy for various illness	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

10. Sports Management and Curriculum design in Physical Education

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	List out the sports management skills to organize the programme in educational institutions	K1, K2
CO 3	Procure quality equipment for various sports	K1, K2, K3
CO 4	Express the modern concepts of physical education curriculum	K1, K2
CO 5	Design an innovative physical education curriculum according to the student's participation	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

11. Scientific Principles of 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 for achieving highest performance	K1, K2
CO 2	Explain the concept of training components and means and methods of developing strength, speed and endurance	K1, K2, K3
CO 3	Explain the means and methods of developing flexibility, coordinative abilities	K1, K2, K3
CO 4	Illustrate the various training plans 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

12. Research Processes in Physical Education and Sports Sciences

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 methods of research	K1, K2
CO 3	Classify the experimental design and variables	K1, K2, K3
CO 4	Define sampling technique and apply in thesis preparation	K1, K2, K3
CO 5	Prepare research proposal and report	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

13. Recreational and inclusive games

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Organize various recreative games namely relay games	K1, K2
CO 2	Demonstrate various tag games for different age categories	K1, K2
CO 3	Teach suitable goal games for different gender	K1, K2, K3

CO 4	Explain the concepts of inclusive games and demonstrate various physical activities	K1, K2
CO 5	Design an innovative inclusive activities from primary level to advance level	K1, K2,K3
K1 - Understand	K2 - Apply	K3 - Analyse

14. Special Olympics

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the operational policies and growth and development of Special Olympics	K1, K2,
CO 2	Identify the persons with intellectual disabilities for participating in the Special Olympics	K1, K2
CO 3	Outline the selection procedure in Special Olympics and responsibility of the competitor	K1, K2, K3
CO 4	Explain the opportunities to become the volunteers in Special Olympics	K1, K2, K3
CO 5	Coach various fundamental skills development and skills in various games	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

15. Information and Communication Technology and Education technology in Physical Education

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Discuss the concept of ICT and explain the challenges of ICT in physical education and sports	K1, K2
CO 2	Discuss the fundamentals of computers, memory and virus management	K1, K2

CO 3	Use Microsoft application and Utilize e-sources and software in the field of physical education	K1, K2
CO 4	Explain the nature and scope of Educational Technology	K1, K2
CO 5	Enumerate the functions and uses of audio-video materials, broadcast and video conferencing	K1, K2
K1 - Understand	K2 - Apply	K3 - Analyse

16. Theories of Track and Field

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	Discuss the duties of various officials in track and field events	K1, K2, K3
CO 3	Explain the rules and the interpretation of track events	K1, K2, K3
CO 4	Draw the throwing events arena and interpret the rules and regulations of selected field events	K1, K2, K3
CO 5	Draw the jumping events arena and interpret the rules and regulations of selected field events	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

17. Health Education and Sports Nutrition

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	K1, K2
CO 2	Classify communicable and non-communicable diseases and apply principles of personal & environmental hygiene in schools	K1, K2
CO 3	Explain the personal hygiene, and life style management and Management of obesity	K1, K2, K3
CO 4	Define sports nutrition and explain the guidelines of nutrients	K1, K2
CO 5	Enumerate the concept of BMI, diet plan and weight management	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

18. Physical 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 and principles of physical fitness and explain the current trends in fitness and conditioning	K1, K2,
CO 2	Explain the components and benefits of wellness and weight management	K1, K2
CO 3	Discuss the benefits and assessment of aerobic capacity	K1, K2
CO 4	Explain the benefits and assessment of anaerobic quality	K1, K2, K3
CO 5	Discuss about the modern life style challenges like cholesterol and cancer	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

19. Value and Environmental Education

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarize the concepts of value education and moral values and its theories	K1, K2
CO 2	Classify various value systems namely personal and communal values	K1, K2
CO 3	Define environmental education and explain the role of school in environmental conservation and sustainable development.	K1, K2, K3
CO 4	Discuss the rural health problems and sanitation and mass education	K1, K2
CO 5	Enumerate the effect and control of pollution and interpret the role of the pollution control board	K1, K2, K3
K1 - Understand	K2 - Apply	K3 - Analyse

20. Sports Journalism and Mass Media

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Discuss the concept of sports journalism and explain the sports ethics and sportsmanship	K1, K2
CO 2	Summarize the fundamentals of sports bulletin and sports organization	K1, K2
CO 3	Explain the role of mass media and sports photography	K1, K2
CO 4	Write the sports reports on competition and organize press meet	K1, K2
CO 5	Enumerate the sports organization and sports journalism	K1, K2
K1 - Understand	K2 - Apply	K3 - Analyse



Republic Day Parade



National Youth Day Rally



Practice Teaching



Inter Vidyalaya Tournaments



Organising Tournaments



Inter Collegiate Tournament



Placement Training



Campus Interview



Last Date for Submitting Application:

For more details, contact:

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