



CO, PO and CO-PO Mapping for Physical Education

Program Outcome

PO1: Disciplinary Knowledge: Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of an undergraduate programme of study.

PO2: Communication Skills: Ability to express thoughts and ideas effectively and in writing and orally; Communicate with others using appropriate media; confidently share one's views and express herself/himself; demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups.

PO3: Critical Thinking and Problem Solving: Capability to apply analytic thought, critically evaluate practices, policies and theories by following scientific to extrapolate from what one has learned and apply their competencies to solve different kinds of non-familiar problems, rather than replicate curriculum content knowledge; and apply one's learning to real life situations.

PO4: Analytical Reasoning: Ability to evaluate the reliability and relevance of evidence; identify logical flaws and holes in the arguments of others; analyse and synthesize data from a variety of sources; draw valid conclusions and support them with evidence and examples, and addressing opposing viewpoints.

PO5: Cooperation/Team work: Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group, and act together as a group or a team in the interests of a common cause and work efficiently as a member of a team.

PO6: Self-directed Learning: Ability to work independently, identify appropriate resources required for a project, and manage a project through to completion.

PO7: Moral and Ethics: Ability to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Capable of demonstrating the ability to identify ethical issues related to one's work, avoid unethical behaviour such as fabrication, falsification or misrepresentation of data or committing plagiarism, not adhering to intellectual property rights; appreciating environmental and sustainability issues; and adopting objective, unbiased and truthful actions in all aspects of work.

PO8: Lifelong Learning: Ability to acquire knowledge and skills, including 'learning how to learn', that are necessary for participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives, and adapting to changing trades and demands of work place through knowledge/skill development/reskilling.



Subject Code: PEDN-G-CC-1-1-TH

Subject: Foundation and History of Physical Education

CO1: Knowledge on Physical Education and *differentiate* between *application* of Physical Education in Ancient and Modern Society

CO2: Understand the *different characteristics* of Age characteristics, Play Theories and Societal Groups *illustrating* Human Resource Development in National and International Harmony

CO3: Differentiate between Pre-Independence vs. Post-Independence period and Ancient vs. Modern Olympic Games in terms of Physical Education

CO4: Knowledge of Yoga History and **understanding** of Yogic **Concept** of Personality to *evaluate* different Astanga Yoga alongwith different *Steps and Methods*

CO-PO Mapping

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
	Disciplinary knowledge	Communication Skills	Critical thinking	Analytical reasoning	Cooperation/ Teamwork	Self-directed learning	Values and Ethics	Lifelong learning
CO1	3	-	-	1	-	-	1	-
CO2	2	-	1	1	-	1	2	-
CO3	2	-	2	2	-	2	2	-
CO4	2	2	3	2	2	3	2	3
AVG	2.25	2	2	1.5	2	1.5	1.75	3