



Academic Year : 2023-2024 Institute/ Branch Name : Symbiosis School of Sports Sciences Programme Name : Bachelor of Science (Sport and Exercise Science)

Color Code Description:		
Global	National / Local	Regional / National

Sr. No.	GA No.	Graduate Attributes	PO No.	Programme Outcomes
1	GA2	Global citizenship: ethical, social and professional understanding	P01	Develop and strengthen knowledge of theories, definitions, and concepts of Sport and Exercise Science.
2	GA1	Scholarship: research, inquiry and lifelong learning	P02	Apply key theoretical concepts in a range of practical contexts in sport and exercise science.
3	GA2	Global citizenship: ethical, social and professional understanding	P03	Identify trends and evaluate critically the information and claims proffered about coaching and exercise science in its various forms
4	GA1	Scholarship: research, inquiry and lifelong learning	P04	Acquire updated scientific knowledge in order to measure the condition and performance of the individual.
5	GA2	Global citizenship: ethical, social and professional understanding	P05	Apply relevant code of ethics for the science and practice of Sport and Exercise Science
6	GA1	Scholarship: research, inquiry and lifelong learning	P06	Demonstrate teamwork and leadership abilities in various disciplines
7	GA2	Global citizenship: ethical, social and professional understanding	P07	Able to conduct research and communicate effectively the findings to the various stakeholders.

Sr. No.	Semester	Institute Course Code	Catalog Course Code	Title	Course Outcome No	Course Outcome Statement	PO1	PO2	PO3	PO4	PO5	PO6	PO7
1	SEM III	0405210301 - PP	T5525	Research Methodology	C01	To understand the basic concepts of Research and Statistics	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M
1					C02	To develop research questions and formulate research hypothesis	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
1					C03	To identify various techniques of research design and data collection methods	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
1					C04	To present, analyze and interpret data.	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
2	SEM III	0405210302 - PP	TH4229	Strength and Conditioning for Sports Performance	C01	To understand the physiological and biomechanical perspective of strength training and conditioning	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H
2					C02	To identify different training programs for developing fitness	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M
2					C03	To acquire knowledge in application of the theories, concepts, and scientific principles of strength training and conditioning to athletic competition and performance	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
					C04	To design sport specific training programs	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M
3	SEM III	0405210303 - PP	TH4230	Fitness and Sports - III	C01	To understand the concepts and scientific principles of fitness for specific sport	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H
3					C02	To identify the major components of fitness for different sport	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
3					C03	To design a basic training program for specific sport	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
4	SEM III	0405210304 - PR	TH4260	Introduction to Technology in Sports	C01	To demonstrate an understanding of Technologies used in different Sports	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
4					C02	To provide a deeper insight into the current status of sports technology	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
4					C03	To identify the need of technology in sports	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
5	SEM III	0405210305 - PP	T6586	Soft Skills	C01	To enable students to understand the nature and importance of soft skills while working in an organization	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M

5					C02	To enable students to develop positively on their learning curves and thus contribute towards fulfillment of organizational goals	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
6	SEM III	0405210306 - PP	TH4259	Talent Identification and Development in	C01	To demonstrate an understanding of the concept of talent identification and development in sports	Strong-H	Strong-H	Strong-H	Strong-H	Strong-H	Strong-H	Strong-H
6					C02	To identify factors affecting talent development	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
6					C03	To understand the process of Long-Term Athlete Development	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
8	SEM III	0405210308 - PR	TH4232	Basics of Badminton	C01	To understand the scientific basis of the movements and skills in Badminton	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
8					C02	To understand the tactics and strategies in Badminton along with basic rules and regulations of the game	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
8					C03	To demonstrate knowledge and skills for participation in Badminton	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
						To design a basic training plan for Badminton players	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
9	SEM III	0405210309 - PR	TH4231	Basics of Football	C01	To understand the scientific basis of the movements and skills in Football	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H	Strong-H
9					C02	To understand the tactics and strategies in Football along with basic rules and regulations of the game.	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
9					C03	To demonstrate knowledge and skills for participation in Football	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
9					C04	To design a basic training plan for Football players	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
10	SEM III	0405210310 - PR	TH4233	Basics of Table-Tennis	C01	To understand the scientific basis of the movements and skills in Table-Tennis	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
10					C02	To understand the tactics and strategies in Table-Tennis along with basic rules and regulations of the game.	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
10					C03	To design a basic training plan for Table-Tennis players	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
12	SEM IV	0405210402 - PP	TH4219	Strength and Conditioning program Design	C01	To create a program for resistance training	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
12					C02	To formulate a plyometrics training program	Moderate-M	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H	Strong-H
12					C03	To construct a program for speed and agility training	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H
12					C04	To develop an aerobic endurance training program	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
13	SEM IV	0405210403 - PR	TH4262	Exercise Testing and Prescription	C01	To develop understanding of Measurement, Testing, Evaluation and Prescription	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
13					C02	To demonstrate an understanding of the importance of health screening and risk classification	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
13					C03	To design a basic exercise prescription for specific requirement	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
14	SEM IV	0405210404 - PP	TH4235	Foundation of Sports Coaching	C01	To demonstrate basic understanding of concepts in Sports Coaching	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H
14					C02	To explain the need and importance of Sports Coaching	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H
					C03	To understand athletes and their needs							
15	SEM IV	0405210405 - PR	TH4237	Fitness and Sports - IV	C01	To understand the concepts of different types of training	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
15					C02	To identify the major components of fitness for specific training	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
15					C03	To acquire basic knowledge in application of the theories, concepts, and scientific principles of strength training and conditioning to athletic performance and performance	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M

15					C04	To design training program for specific sports	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
16	SEM IV	0405210406 - PP	TH4208	Yoga - III	C01	To understand the concept of human psyche	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Strong-H
16					C02	To develop and understanding the meaning and concept of mental hygiene and role of yoga in mental hygiene	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
16					C03	To identify the role of yoga in stress management and life management.	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
					C04	To understand the details of Shat Kriyas.	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
17	SEM IV	0405210407 - PP	TH4226	First Aid in Sports	C01	To demonstrate an understanding of the First Aid in Sports	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
17					C02	To demonstrate an understanding of techniques and equipment used in first aid for	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
17					C03	To classify different types of injuries in sports	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Strong-H
17					C04	To identify factors responsible for injury in sports	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
18	SEM IV	0405210408 - PP	TH4238	Badminton - I	C01	To acquire knowledge and skills for participation in Badminton	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Strong-H
18					C02	To understand the rules and its interpretation in Badminton	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
18					C03	To design the layout of the Badminton Court.	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
18					C04	To design fixtures of the tournaments	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
					C05	To identify young athletes with the potential for success in Badminton	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
19	SEM IV	0405210409 - PP	TH4244	Basketball - I	C01	To acquire knowledge and skills for participation in Basketball	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
19					C02	To understand the rules and its interpretation in Basketball	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H
19					C03	To design the layout of the Basketball Court	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
19					C04	To design fixtures of the tournaments	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
					C05	To identify young athletes with the potential for success in Basketball	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
20	SEM IV	0405210409 - PR	TH4242	Cricket - I	C01	To acquire knowledge and skills for participation in Cricket	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
20					C02	To understand the tactics and strategies in Cricket along with basic rules and regulations of the game	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
20					C03	To design fixtures of the tournaments	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
					C04	To design the layout of the Cricket field	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
					C05	To identify young athletes with the potential for success in Cricket	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
21	SEM IV	0405210410 - PR	TH4241	Football - I	C01	To demonstrate knowledge and skills for participation in Yoga	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
21					C02	To get acquaint Knowledge of the Yoga theory and Asanas.	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
21					C03	To understand the concept of Chitta and Chitta Bhumis.	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
21					C04	To distinguish between Chitta-vrittis and Chitta-vrittinirodhopaya.	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M

21					C05	To identify various Asanas and explain their benefits.	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
22	SEM IV	0405210411 - PR	TH4240	Swimming - I	C01	To acquire knowledge and skills for participation in Swimming	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
22					C02	To develop an understanding of the importance of Swimming in the pursuit of a healthy and active lifestyle	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
22					C03	To understand the tactics and strategies in Swimming along with basic rules and regulations of the game.	Strong-H	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M
22					C04	To design fixtures of the tournaments	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H
					C05	To identify young athletes with the potential for success in Swimming							
23	SEM IV	0405210412 - PR	TH4212	Table Tennis - I	C01	To acquire knowledge and skills for participation in Table-Tennis	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
23					C02	To understand the tactics and strategies in Table-Tennis along with the rules and its interpretation.	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
23					C03	To design fixtures of the tournaments	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
23					C04	To identify young athletes with the potential for success in Table-Tennis	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H
24	SEM IV	0405210413 - PR	TH4245	Tennis - I	C01	To understand the scientific basis of the movements and skills in Tennis	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
24					C02	To understand the tactics and strategies in Tennis along with basic rules and regulations of the game.	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M
24					C03	To demonstrate knowledge and skills for participation in Tennis	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
24					C04	To design a basic training plan for Tennis players	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Strong-H
25	SEM IV	0405210414 - PR	TH4243	Volleyball - I	C01	To understand the scientific basis of the movements and skills in Volleyball	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Strong-H
25					C02	To understand the tactics and strategies in Volleyball along with basic rules and regulations of the game.	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
25					C03	To demonstrate knowledge and skills for participation in Volleyball	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
25					C04	To design a basic training plan for volleyball players	Strong-H	Strong-H	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M

