



Academic Year : 2023-204 Institute/ Branch Name : Symbiosis School of Sports Sciences Programme Name : Bachelor of Science (Sport and Exercise Science) Honour / Honour with Research

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 I	0405220101-PP	TH4550	Functional Human Anatomy	C01	To demonstrate an understanding of anatomical structure and functions of different body systems	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M
1					C02	To identify basic human musculo-skeletal structure	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
1					C03	To understand anatomy in motion	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
2	SEM I	0405220102 -PP	TH4543	Basics of Exercise Physiology	C01	To demonstrate an understanding of physiological responses to exercise	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H
2					C02	To demonstrate an understanding of various metabolic pathways necessary for energy supply	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M
2					C03	To identify different environments that impact training	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
3	SEM I	0405220103-PP	TH4559	Foundations of Sports and Exercise Biomechanics	C01	To demonstrate basic knowledge of biomechanical factors involved in fundamental human movements	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H
3					C02	To develop theoretical and practical understanding of the mechanics of human motion related to sporting performance	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
3					C03	To analyze basic human movements biomechanically	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
4	SEM I	405220104 -PP	TH4552	Essentials of Sports and Exercise Psychology	C01	To demonstrate an understanding of the role of psychology in sports	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
4					C02	To understand the influence of psychological factors in sport	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
4					C03	To understand the influences of participation in sport and exercise on the psychological development of an individual	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
4					C04	To determine the basic Psychological needs of individual and Team Sports	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H

5	SEM I	405220105 -PP	TH4548	Fundamentals of Sport	C01	To understand the scientific basis of the movements and skills for the sport	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
5					C02	To understand the basic rules and regulations of the sport	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
5					C03	To demonstrate knowledge and skills for participation in the selected sport	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
6	SEM I	0405220106 - PP	T2883	Science of Training I	C01	To understand the science behind training young athletes	Strong-H	Strong-H	Strong-H	Strong-H	Strong-H	Strong-H	Strong-H
6					C02	To develop an understanding of the different Strategies for maximizing the athlete's potential	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
6					C03	To identify the factors contributing in enhancing athletes physical work capacity and fluidity of movement	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
7	SEM I	0405220107 - PP	TH4232	Exercise Technique	C01	To understand the correct technique and posture for performing exercises	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
7					C02	To develop an understanding of the involvement of different types of multijoint and single-joint movements while performing exercises	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
7					C03	To identify the common errors while performing an exercise	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H
8	SEM I	0405220108 - PP	TH4231	Fitness and Sport	C01	To understand the basic concepts of Fitness and Sports	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H	Strong-H
8					C02	To identify the major components of fitness for different sport	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
8					C03	To design a basic training program for specific fitness component	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
10	SEM II	0405220201-PP	TH4551	Exercise Testing and Assessments I	C01	To develop an understanding of exercise Testing and assessments	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
10					C02	To demonstrate a basic understanding of conducting a fitness test	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
10					C03	To categorise athletes performance based on the standardized norms	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
11	SEM II	0405220202-PP	TH4226	Introduction to Sports and Exercise Nutrition	C01	To demonstrate an understanding of Nutritional science and its relation to sports, exercise and performance	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M
11					C02	To demonstrate knowledge of body composition and factors contributing to body composition	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H
11					C03	To determine the role of ergogenic aids and its relation to sports, exercise and performance	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H	Strong-H
11					C04	To determine the basic nutritional needs of aerobic and anaerobic sports	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
12	SEM II	0405220206-PP	TH4557	Exercise Technique II	C01	To understand the correct technique and posture for performing exercises	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
12					C02	To develop an understanding of the involvement of different types of multijoint and single-joint movements while performing exercises.	Moderate-M	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H	Strong-H
12					C03	To identify the common errors while performing an exercise	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H
13	SEM II	0405220204-PR	TH4222	Basics of Swimming	C01	To understand the scientific basis of the movements and skills in swimming	Strong-H	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M
13					C02	To demonstrate knowledge and skills for participation in swimming	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
13					C03	To interpret rules and regulations of swimming	Moderate-M	Strong-H	Strong-H	Moderate-M	Strong-H	Strong-H	Strong-H
					C04	To design a basic training plan							
14	SEM II	0405220205-PR	TH4235	Science of Training II	C01	To understand the science behind training young athletes	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Strong-H

14					C02	To develop an understanding of the effect of Acute and Chronic fatigue	Strong-H	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H
					C03	To identify the factors contributing in preparing the athlete for competition							
15	SEM II	0405220203-PP	TH4546	Fundamentals of Strength Training and Conditioning I	C01	To understand the basic concepts of strength training and conditioning	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
15					C02	To develop an understanding of the physiological and biomechanical responses to Resistance Training	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
15					C03	To identify the factors responsible for various adaptations to anaerobic and aerobic training program	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M
16	SEM II	0405220207-PP	TH4208	Conversational and Soft Skills	C01	To improve the listening comprehension	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Strong-H
16					C02	To equip the students with basic grammatical rules and structures to hold conversations in day-to-day context	Strong-H	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
16					C03	To be able to make short oral presentations and enhance thematic vocabulary	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M
					C04	To train them in basic soft-skills like teamwork, problem-solving, interpersonal skills and Time management							
17	SEM II	0405220208-PP	T4587	Innovation and Entrepreneurship in Sports	C01	To have an insight about the lives of different entrepreneurs	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
17					C02	To outline qualities and comprehend the concept of entrepreneurship	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
17					C03	To discuss various processes involved in entrepreneurial venture	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M	Strong-H	Strong-H
18	SEM II	0405220209-PR	TH4258	Yoga – I	C01	To acquire knowledge and skills for participation in Yoga	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Strong-H
18					C02	To understand the Indian origin of Yoga	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
18					C03	To justify the importance of Yoga Asanas in the pursuit of a healthy and active lifestyle	Moderate-M	Strong-H	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
18					C04	To classify different Yoga Asanas	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M	Moderate-M
19	SEM II	0405220210-PR	TH4095	Fitness for Life	C01	To understand the relationship between Physical Activity and Health	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M
19					C02	To develop an understanding of the health benefits of participating in physical activity and exercise	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M	Moderate-M	Strong-H
19					C03	To identify different physical activity assessments	Moderate-M	Moderate-M	Moderate-M	Strong-H	Moderate-M	Strong-H	Moderate-M
19					C04	To identify and design the approaches for Effective Physical Activity Promotion	Strong-H	Moderate-M	Strong-H	Moderate-M	Moderate-M	Moderate-M	Moderate-M