

SOSE-BPed

Course mapping with relevance to the local, regional, national, and global developmental needs

Title of the Course	Yoga Education		
Course Code	CC-104		
Course Outcomes & Bloom's Level	<p>CO1- CO-1 Recall about Aims, Objectives, principles and other concepts of Health Education(BL1-Remember)</p> <p>CO2- CO-2 Explain about the foundation of yoga and the Asanas(BL2-Understand)</p> <p>CO3- CO-3 Demonstrate various asanas of Yoga(BL3-Apply)</p> <p>CO4- CO-4 Categorize asanas according to their difficulty level.(BL4-Analyze)</p> <p>CO5- CO-5 Compare the effect of various asanas through research.(BL5-Evaluate)</p> <p>CO6- CO-6 Formulate an efficient lifestyle with the help of research in yoga.(BL6-Create)</p>		
Course Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✓ Environment ✗	SDG (Goals)	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG16(Peace Justice and strong institutions) SDG17(Partnerships for the goals)

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	3	-	3	-	-	-	-	-	-	-	-	-
CO2	-	1	-	-	2	-	-	-	-	-	-	-	-	-	-
CO3	3	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	2	-	3	-	-	-	-	-	-	-	-	-	-
CO5	-	1	-	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	1	3	-	-	-	-	-	3	-	-	-	-	-

