

## SOSE-BPES

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

<b>Title of the Course</b>	Basic and Systemic Anatomy		
<b>Course Code</b>	PEL-101		
<b>Course Outcomes &amp; Bloom's Level</b>	<p><b>CO1-</b> CO 1 understand the basic structure and function of human body.(<b>BL1-Remember</b>)</p> <p><b>CO2-</b> CO 2 Relate and interpret the role of exercise on body systems and its relation to well being, through literature reviews and physical conditioning exercises.(<b>BL2-Understand</b>)</p> <p><b>CO3-</b> CO 3 apply the knowledge of anatomy and physiology in physical activity classes at the school level.(<b>BL3-Apply</b>)</p> <p><b>CO4-</b> CO4 Analyze the various body movements(<b>BL4-Analyze</b>)</p> <p><b>CO5-</b> CO 5 Evaluate the cardio-respiratory adaptations to long term exercise(<b>BL5-Evaluate</b>)</p> <p><b>CO6-</b> CO6 create anatomy and physiology related pedagogical materials exploring their creative imaginations while working in groups and using technology(<b>BL6-Create</b>)</p>		
<b>Course Elements</b>	Skill Development ✗ Entrepreneurship ✓ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✗ Environment ✗	<b>SDG (Goals)</b>	SDG3(Good health and well-being) SDG10(Reduced inequalities)

#### Course Articulation Matrix

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



























































## SOSE-BPES

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

<b>Title of the Course</b>	Fitness Training & Nutrition		
<b>Course Code</b>	PEL-503		
<b>Course Outcomes &amp; Bloom's Level</b>	<b>CO1-</b> Recognize the role of diet in sports performance( <b>BL1-Remember</b> ) <b>CO2-</b> Interpret the role of hydration in physical activity.( <b>BL2-Understand</b> ) <b>CO3-</b> Calculate daily caloric requirement and expenditure( <b>BL3-Apply</b> ) <b>CO4-</b> Analyze the common myths of weight loss( <b>BL4-Analyze</b> ) <b>CO5-</b> Select a balanced diet for school children( <b>BL5-Evaluate</b> ) <b>CO6-</b> Create and prepare weight management plans( <b>BL6-Create</b> )		
<b>Course Elements</b>	Skill Development ✗ Entrepreneurship ✓ Employability ✓ Professional Ethics ✗ Gender ✓ Human Values ✗ Environment ✗	<b>SDG (Goals)</b>	SDG2(Zero hunger) SDG3(Good health and well-being) SDG5(Gender equality)

#### Course Articulation Matrix

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





















