

Department of Physical Education

Programme & Course Outcomes

Name of the Programme	Programme Outcomes	Course Outcomes MPED 1st Year		Course Outcomes MPED 2nd Year		
		COURSE OBJECTIVE	COURSE OUTCOMES	COURSE OBJECTIVE	COURSE OUTCOMES	
Master of Physical Education	1. Interpret practical, theoretical and sports skills required for physical education development.					
	2 Able to officiate in the sports tournaments.	MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES		MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING		
	3 Knowledge and functioning of various internal organs of the human body.	1. This course will enable students to understand the modern concept of research in physical education and sports.	1 Understand the basic framework of research process.	This course will enable students to understand the modern concept of sports training. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.	1. Understand the modern concept of sports training.	
	4 Appraise food safety and prevention of injury to maintain a safe and healthy environment.	2. It aims to develop understanding about the methods and tools of research, research problem, survey of related literature and student enable to prepare a research proposal.	2 Classify of research.		2. Describe the principles of sports training.	
	5 Develop long term goals and strategies that map the actions needed to each year to meet the objectives.		3 Describe the research process and research methods.		3. Evaluate and develop system of sports training – basic performance, intermediate performance and high performance training.	
	6 Basic knowledge of yogic sciences.		4 Identify various sources of information for literature review and data collection.		5. Plan training sessions.	
	7 Utilize interpersonal skills to manage team cohesiveness.		5 Formulate research problem.		6. Realize and apply the Methods of Technique Training.	
	8 Develop organizational and marketing processes of sports equipment's and tournaments.		6 Understand the research proposal.		7. Design different training program for Training Components.	
	9 To conduct rehabilitation programs for the players and society.	MPCC-102 PHYSIOLOGY OF EXERCISE			8. Explain Periodization and its types.	
	10. Schedule students with consideration given to budgets regarding various sports fest or programs.	1. This course will enable students to understand the structural and functional aspect of human body.	1 Describe organization of the human body and its regulation.		9. Identify talents.	
		2. It aims to develop understanding about organization of the human body and its regulations, their support and movements, integration and control systems.	2 Understand the support and movement of systems of the body.		MPCC-302 SPORTS MEDICINE	
			3 Describe the integration and control system.		This course will enable students to understand the modern concept of sports medicine. It aims to develop understanding about the aim and objectives of sports medicine, athletes care and rehabilitation, upper lower extremity and spine injury and their exercise.	1. Students able to understand sports medicine and therapeutic exercise.
			4 Discuss the human body and its function.	2. Identify the spine injuries and their exercise.		
			5 Describe the concept of fundamental of human body organs.	3. Identify the labour and upper extremity injury and their exercise.		
			6 Analyse the functional aspects of Human Body.	Identify the difference between advantage and disadvantage of PRICE and PRIENCE Therapy		
	MPCC-103 Yogic Sciences		MPCC-303 HEALTH EDUCATION AND SPORTS NURITITION			
	1. This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle.	1 Identify the common grounds of Yoga, Physical Education and Sports.	This course will enable students to understand the concept, dimensions, spectrum and determinants of Health and Health Education. It aims to understanding of Health problems in India, health and hygiene, sports nutrition and weight management.	1. Identify the Health problems and make their list.		
	2. The student will also conceptualize and practice astanga yoga, various asanas, kriyas, bandha, mudras, meditation and pranayama with reference to wellness.	2 To understand the various asanas, kriyas, bandha, mudras, meditation and pranayama.		2. Distinguish differentiate between Communicable and Non Communicable diseases.		
		3 Describe the effect of Yoga exercise on the human body.		3. Identify the effect of alcohol and Tobacco on health.		
		4 Classify the, classical and theoretical foundation of the difference between field of Yoga.		4. Able to know about the personal and environment Hygiene in schools.		
		5 Describe the application of Yoga on Various system.		MPEC-301 SPORTS ENGINEERING		

MPEC-101 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION		This course will enable students to understand the concept of sports engineering, dimensions, equipment and facility design and mechanical principles in movement. It's also aims to understanding sports dynamic and building and maintenance.	1. Gain knowledge about the sports engineering.
1. This course will enable students to understand the concept of test, measurement & evaluation in Physical Education.	1 Understand the need & importance of test, measurement and evaluation in physical education.		2. Able to construct Sports infrastructure like gymnasium, Swimming pool, Indoor Stadium and Outdoor Stadium.
2. It aims to develop understanding about Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.	2 Describe the criteria, classification and administration of test.		3. Gain knowledge about the maintains policy of various sports facility.
	3 Construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.	MPCC-401 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION	
	4 Explain different physical fitness and skill tests.	1. Students enable to understand communication, Types of Communication, communicative skills.	1. Describe and uses of various types of Communication skills.
MPCC-201 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS		2. To understand the need of ICT in Physical Education.	2. Describe the importance of information and Communication Technology (ICT)
1. This course will enable students to understand the concept of statistics, types of statistics, function of statistics, population, variable and data.	1 Identify the function and importance of statistics in Physical Education.	3. To know about the fundamentals of computers, Types of computer memory, viruses types and its management.	3. Recognize and use application software used in Physical Education and sports.
2. It aims to develop understanding about the measures of dispersion and scale, probability distribution, graphical presentation and analyse the data.	2 Able to understand statistical techniques and Analysis the data.	4. To provide knowledge MS Word, MS Excel, MS Access, Tables and its uses in Physical Education.	4. Create format and edit features of MS Word, MS excel and MS Power Point.
	3 Identify the Graphical Representation.	5. Understand ICT integration in teaching learning process.	
	4 Classify the difference between data, population and Variables.	MPCC-402 SPORTS PSYCHOLOGY	
	5 Know how to organize, manage, and present data.	This course will enable students to understand the psycho-sociological aspects of human behaviour in relation to physical education and sports. It aims to develop understanding about the motivation, types and methods of relaxation and anxiety and its impact on sports performance.	1. Describe the history of sports Psychology and know the states of sports Psychology in India.
	6 Use and apply a wide variety of specific statistical methods.		2. Uses the techniques of motivation in the field of sports.
MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY			3. Analysis the anxiety level of the players and effect on sports performance.
1. Knowledge of Kinesiology and Biomechanics is important for understanding the human movement, including those involved in sports and games.	1 Describes the differences between plan and axis.		4. Describe the personality and its characteristics.
2. This course begins with an overview of Kinesiology and Sports Biomechanics followed by fundamental concepts, mechanical concepts, kinematics and kinetics of human movement.	2 Identify the muscles and their movement.		5. Develop skill proficiency in psychological assessment.
	3 Identify the joints and their classification.	MPCC-403 DISSERTATION	
	4 Classify the difference between Projectile and lever.	To enable the students to develop skills and competencies for conducting rigorous, theoretically correct and practically relevant research in Physical Education & Sports	Develop scholarly inquiry into a problem or issues, involving a systematic approach of gathering and analysis of information/data, leading to production of a structured report.
	5 Student able to identify the methods of analyse.		1. A candidate shall have dissertation for M.P.Ed. - IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
MPCC-203 ATHLETIC CARE AND REHABILITATION			2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IV th Semester Examination.
1. This course will enable students to understand the concept of corrective physical education, posture and posture deformity and their treatment.	1. Identify the good posture and their deformity.		3. The candidate has to face the Viva-Voce conducted by DRC.
2. It aims to understanding of rehabilitation exercises, PNF technique and massage.	2 Make a list of rehabilitation exercise.	MPEC-401 VALUE AND ENVIRONMENTAL EDUCATION	
	3 Describe the type of message.	1. To understand about the Value Education, Personal and communal values, need and theories of Values and classification of Values.	1. Able to describe the Value Education, Personal and communal values, need and theories of Values and classification of Values.
	4 Identify the sports injury and their Rehabilitation exercise.	2. To understand about the role of school in environment conservation.	2. To understand the role of school in environment conservation.
MPCC-202 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION		3. To understand about the ecosystem.	3. To understand about the ecosystem.
1. This course will enable students to understand the concept of sports management, functional phases of sports management and program management in physical education and sports.	1 Identify and explain the sports management and structure of sports management.	4. To understand rural health problems, causes and improvement of rural health problems.	4. Classify the rural health problems, causes and improvement of rural health problems.

		2. It aims to develop understanding about the equipment and their maintain, public relation and curriculum sources.	2 Gain knowledge about the organization of tournament and program anagement.	5. To know about the natural resources and environment issues.	5. To understand about the natural resources and environment issues.
			3 Describe the types of equipment and sports facility and their intenance. 4 Understand the public relation and their techniques.	6. Understand the Govt. policies to prevent the environment.	