

Department of Physical Education

Programme & Course Outcomes

Name of the Programme	Programme Outcomes	Course Outcomes BPED 1st Year		Course Outcomes BPED 2nd Year	
Bachelor of Physical Education	Interpret practical, theoretical and sports skills required for physical education development.	COURSE OBJECTIVE	COURSE OUTCOMES	COURSE OBJECTIVE	COURSE OUTCOMES
	Appraise food safety and prevention of injury to maintain a safe and healthy environment.	CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION		CC-301 SPORTS TRAINING	
	Develop long-term goals and strategies that map the actions needed to each year to meet the objectives.	1. This course will enable students to understand the physical education, historical development of physical education in India, principles of physical education & foundation of physical education.	1. Understand the nature and scope of physical education and sports.	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.
	Utilize interpersonal skills to manage team cohesiveness.		2. Understand the historical development of physical education in India and abroad.		2. Describe the principles of sports training.
	Develop organizational and marketing processes of sports equipment's and tournaments		3. Illustrate the history of physical education and sport from earlier times to the present.		3. Evaluate and develop system of sports training – basic performance, intermediate performance and high performance training.
	To conduct rehabilitation programs for the players and society.		4. Understand the meaning of philosophy, the general philosophies, the philosophy of well-known physical educators and their influence on educational thinking.		4. Plan training sessions.
	Schedule students with consideration given to budgets regarding various sports fest or program.		5. Recognize the biological and psychological bases from which physical educators derive principles and concepts used in teaching.		5. Realize and apply the Methods of Technique Training.
			6. Classify and correlate Physical education with society.		6. Design different training program for Training Components.
		CC-102 BASIC ANATOMY AND FIRST-AID		7. Explain Periodization and its types.	
		1. To create basic knowledge & understanding about human body & their functioning.	1. Understand the different systems of human body.		8. Identify talents.
		2. To understand relationship of anatomy and first-aid in the field of physical education.	2. Identify and describe the different organs of the human body and its regulation.	CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION	
		3. To develop understanding of various systems & their functioning.	3. Understand the effects of the exercise on different systems of human body.	1. To develop knowledge about Computer Application	1. To develop knowledge about Computer Application
			4. Measure the bodily functions such as blood pressure, pulse/heart rate, different lung volume, gaseous exchange, capacity, amount of lactic acid etc.	2. To develop knowledge of Office Word and Office excel	2. To develop knowledge of Office Word and Office excel
		CC-103 APPLIED SOCIOLOGY		3. To understand the MS Power Point	3. To understand the MS Power Point
		1. To develop the basic aspects of applied sociology in the field of physical education.	1. Sports and Sociology.	4. To develop knowledge about internet	4. To develop knowledge about internet
		2. To bring knowledge & understanding about the model of social structure & organization.	2. Nature of learning and Personality.	CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY	
		3. To develop the knowledge about society (Urban & Rural) & cultural heritage.	3. Need for study of sports sociology.	This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs,	1. Describe the role of sports psychology for athletes and in their performance.
		4. To develop the concept of sports and games in society.	4. Culture, Sports culture and elements of culture.		2. Apply psychological theories in the field of physical education and sports for enhanced

EC-102 OFFICIATING AND COACHING (Elective)		tradition and socialization through physical education.	3. participation and optimal performance among children.	
1. This course will enable students to understand the concept of officiating and coaching, duties of officials, coach as a mentor.	1 To understand the concept of officiating and coaching.		4. Describe the general characteristics of various stages of growth and development.	
2. It aims to understanding of qualities and qualification of coach and official.	2 Classify the duties of official during, before and after match.		5. To understand the personality and its characteristics	
	3 To understand the need and Importance of coach for sports performance.		6. Develop skill proficiency in psychological assessment.	
	4 Classify and identify the qualities and qualification of a coach and manager.		7. Develop programs and strategies to enhance athletic participation among school children.	
	5 To understand the psychology of a player.		8. Understand the psycho-sociological aspects of human behavior in relation to physical education and sports	
CC-201 YOGA EDUCATION		9. Understand socialization through participation in Physical Education and sports activities		
1. This course will enable students to understand the concept of yoga.	1 Differentiate between various stages of astanga yoga.		EC-301 SPORTS MEDICINE, PHYSIOTHERAPY AND REHANLITATION	
2. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle.	2 Understand & demonstrate different asanas, pranayamas and kriyas.		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, prevention of injuries in sports, guiding principles of therapeutic modalities.	1. Outline the objectives of sports medicine and rehabilitation in athletic performance.
3. The student will also conceptualize and practice astanga yoga, various asanas and pranayama with reference to wellness.	3 Apply and demonstrate various benefits of yoga to be applied in the field of sports.			2. Take care of the preventive and curative aspect of sports injuries.
	4 Relate yoga with health and wellness.			3. Apply the concept of rehabilitation exercise in post injury care.
	5 Develop yogic programs/schedules.		4. Realize and apply different modalities of therapy.	
CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION		CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION		
1. This course will enable students to understand the concept of educational technology and methods of teaching in physical education and sports.	1 Understand the concept of educational technology and methods of teaching.	This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.	1. Understand the need & importance of test, measurement and evaluation in physical education.	
2. It aims to develop understanding about educational technology, importance of devices, methods of teaching, teaching technique and style, teaching aids, lesson planning, teaching innovations and organization of tournament.	2 Describe and use various teaching methods according to suitability		2. Describe the criteria, classification and administration of test.	
	3 Construct the lesson plans for various physical education activities.		3. Develop concepts related to test, measurement & evaluation.	
	4 Classify the types of preparation techniques and technical preparation required for Physical Education Lessons.		3. Construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.	
	5 Understand the principles of class management and factors affecting class management.		4. Explain different physical fitness and skill tests.	
	6 Effectively utilize various teaching aids for conduct of physical education program.	CC-402 KINESIOLOGY AND BIOMECHANICS		
CC-203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION		Knowledge of Kinesiology and Biomechanics is important for understanding the human movement, including those involved in sports and games. This course begins with an overview of Kinesiology and Sports Biomechanics followed by fundamental concepts, mechanical concepts, kinematics and kinetics of human movement.	1. Define and describe the term kinesiology and biomechanics.	
1. To understand the concept and basic principles of management.	1 To understand the concept and basic principles of management.		2. Explain mechanical concepts (force, lever, Newton's laws of motion and Projectile).	

2. To understand the Office Management, Record, Register & Budget.	2 To understand the Office Management, Record, Register & Budget.		3. Develop the knowledge and appreciation of the importance of the study of kinesiology as a
3. To understand the care and maintenance of equipment.	3 To understand the care and maintenance of equipment.		4. foundation for further studies in biomechanics and performance analysis.
4. Understand the systems of tournaments and organization of sports.	4 Understand the systems of tournaments and organization of sports.		5. Develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.
5. Understand the importance and process of Organization and Administration.	5 Understand the importance and process of Organization and Administration.		6 Identify the goals of exercise and sports biomechanics.
6. Learn to develop various Budgets.	6 Learn to develop various Budgets.		7. Describe the methods used to achieve the goals of exercise and sports biomechanics.
7. Understand basic concepts of organisational structure.	7 Able to Organize and administer various tournaments at national and international level.		8. Analyze sport movements and design movement-oriented exercise prescriptions.
8. Able to Organize and administer various tournaments at national and international level.			
EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)			
1. This course will enable students to understand the modern concept of physical fitness and wellness.	1 Understand the modern concept of physical fitness and wellness.	This course will enable students to understand the modern concept of research and statistics in physical education and sports. It aims to develop understanding about the need and importance of research in physical education and sports, research problem, survey of related literature, basics of statistical analysis and statistical models in physical education and sports.	1. Understand the basic framework of research process.
2. It aims to develop understanding about the concept of physical education and fitness, principles of exercise program, safety education, fitness promotion and modern lifestyle.	2 Employ the knowledge about concept of holistic health through fitness and wellness.		2. Classify of research.
	3 Orient students toward the approach of positive life style.		3. Describe the research process and research methods.
	4 Develop competencies for profile development, exercise guidelines adherence.		4. Identify various sources of information for literature review and data collection.
	5 Apply the holistic concept of health and wellness.		5. know how to organize, manage, and present data.
	6 Realize and apply the fitness and wellness management techniques.		6. Use and apply a wide variety of specific statistical methods.
	7 Acquaint towards contemporary health issues and its interventions.		7. Formulate research problem.
	8 Design different fitness training program for different age group.		8. Construct of tables and graphs.
	9 Explain common injuries and their management.		9. Search literature reviews.
			10. Understand statistical models used in physical education and sports.
EC-401 THEORY OF SPORTS AND GAMES			
		This course will enable students to understand the development history of game, dimension and rule and regulation of the game. It aims to develop understanding about the need and scientific principles of coaching, physical fitness component and importance warming up and conditioning.	1. Explain the historical development of the Game.
			2. To know about the dimension and rule and regulation of the Game.
			3. To understand scientific principles of coaching.
			4. Describe the Physical Fitness component and their methods.