

# SCHOOL OF PHYSICAL EDUCATION

## PROGRAMME AND COURSE OUTCOMES

### **Programme outcomes for all Programmes offered by the institution:**

- i. The graduates and postgraduates of the courses have a wide range of opportunity in different fields. Post Graduate and Ph.Ds are qualified to be appointed as Teachers and Sports officer in Universities Colleges and Physical Education teachers in Schools.
- ii. Other than these academic opportunities they will also be qualified for appointment as District Sports Officer / Regional sports officer and other administrative post in sports department in Central and State undertakings.
- iii. These students are also eligible to join different Forces, for examples, Army, Police, B.S.F etc.
- iv. They are also eligible to undertake the higher studies i.e. M.Phill, Ph.D and D.Lit. in the field of Physical Education and Sports Sciences.
- v. Pass out students can also become health / fitness experts in health clubs and hospitality industry and they can start their own health clubs.

### **Programme specific outcomes:**

#### **B.P.E.S.:**

- Improve knowledge about Physical Education and sports.
- Develop proficiency in Games & Sports.
- Develop effective communication & pedagogical skills in Physical education.
- Get opportunity to apply learned skills.

- Provides opportunity to join different Forces, for examples, Army, Police, B.S.F etc.
- Develops leadership quality.

### **M.P.Ed.:**

- Develops specialized knowledge in skills of games & Sports.
- Planning and implementation of knowledge in field.
- Development of knowledge in health, fitness & wellness.
- Develops effective communication & pedagogical skills in Physical education.
- Able to develop exercise program.
- Get opportunity to apply learned skills.
- Students able to understand the importance of Health, fitness & wellness.
- Empower themselves by setting their own health center, fitness center & business.
- Develops Professionalism.
- Preparation for competitive examination other than physical education.
- Develops Social & Mental Wellbeing.
- Improves Globalize information.
- Develops leadership quality.

### **M.Phil. and Ph.D.:**

- Develops attitude towards Research in the field of physical Education & Sports.
- Develops understanding of society towards the profession of Physical education as an Academic Discipline.

**PROGRAMME NAME: B.P.E.S.**

**PROGRAMME CODE : PE4A**

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
01	T-01 / T-04	Basic and Systemic Anatomy	To provide the knowledge about basic human structure with knowledge of various systems of human body. Structure of various organs and their interrelationship
02	T-02	Principles of Physical Education	To give knowledge regarding aims and objectives of physical education and to understand various principles in conducting camps etc.
03	T-03/T-06	English	To develop verbal and nonverbal knowledge of language.
04	P-01/P-05	Athletics	To give a brief knowledge of Indian history and Athletic federation of India and to teach the fundamental skills and basic rules of various events. To give a brief historical review of Indian athletics. To teach basics of track marking.
05	P-02/P-06	Gymnastics	To teach basic skills and overall development of neuromuscular coordination of students and helps in learning other physical activities
06	P-03/P-07	Yoga	To develop physical and mental health of students through Yogic Asanas, Kriyas and Pranayams.
07	P-04/P-08/P-12/P-16/P-20/P-24	Conditioning & Match Practice	Improves general and specific fitness. Practice of basic and advanced skills of games and practice under actual playing conditions

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
08	T-05	History of Physical Education	To introduce the importance through history and development of different phases since ancient time in relation to Physical Education and Sports
09	T-7	Physiology and Physiology of Exercise	To provide the knowledge about functions of various systems of human body. functions of various organs and their interrelationship To provide the knowledge about effects of exercises on various systems
10	T-8	Educational Psychology	Development of basic concepts about growth and development, motor learning and personality and their relationship with athletes.
11	T-9	Methods in Physical Education	The students are able to organize the tournament, know about the teaching methods in Physical Education, how to draw the fixtures in tournament, Types of command etc. The student increases their problem solving skills.
12	P-09	Volleyball	To provide skill learning and knowledge of rules and officiating of game.
13	P-10	Weight Lifting and Training	Weight Training is used by the athletes to strengthen their lower as well as upper body part. If the weight training of the athlete is well automatically he performs better in weight lifting and other sports.
14	P-11 / P-15	Teaching Practice	To develop the practical teaching ability in the students to teach the various forms of exercise in a systematic way.

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
15	T-10	Kinesiology	To acquaint the students with the knowledge of body movements and basic concepts of biomechanical application of different muscles and musculoskeletal system.
16	T-11	Basics of Sports Training	Impart knowledge about various training methods to improve physical, motor fitness, health related fitness and skill related fitness.
17	T-12	Health Education	Basic concepts of healthful living, nutrition, balanced diet of sports persons. Knowledge about Maintenance of Hygiene. Concept of cure and prevention of communicable diseases
18	P-13	Badminton/ Hockey	Provide Practical knowledge about fundamental skills of game and provide knowledge about technological development related to the game.
19	P-14	Football/ Cricket	Provide Practical knowledge about fundamental skills of game and provide knowledge about technological development related to the game.
20	T-13	Management of Physical Education	To expose the students to do different functions performed by managers, roles they have to perform for those functions and the knowledge and skills they have to develop for the roles through real life example.
21	T-14	Gym Management and Fitness Training	To acquaint the students with the knowledge of maintaining health and fitness and to develop their managerial quality to manage a health club.

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
22	T-15/T-18	Sports Specialization	To give a brief knowledge of history of specialized game. To aware the students about basics of training methods. To equip them with the various methods to prepare and mark the ground/court. To teach them various skills so they can also teach their students at school level.
23	P-17	Table Tennis	Provide Practical knowledge about fundamental skills of game and provide knowledge about technological development related to the game.
24	P-18	Kabbadi	Provide Practical knowledge about fundamental skills of game and provide knowledge about technological development related to the game.
25	P-19	Sports Specialization (Practical Skill)	Students are been introduced with the development of skills, tactics of game etc.
26	T-16	Test and Measurement in Physical Education	To test the desired skills and then measure it and after the measurement of the skill it evaluates. By the knowledge of this subject the student is able to know about the level of their performance.
27	T-17	Correctives and Rehabilitation in Physical Education	To development the knowledge of sport related injuries their prevention and management.
28	P-21	Kho-Kho	This is an game of India so the students are been introduced the golden era as well as the development of skills, tactics of game etc.

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
29	P-22	Tennis	<p>To teach the various skills of tennis, and to give a brief knowledge of history of Tennis.</p> <p>To aware the students regarding National and International controlling bodies of tennis.</p> <p>To equip them with the knowledge of marking tennis court, and to officiate the matches.</p>
30	P-23	Sp. Specialization (Coaching Lesson)	<p>To develop the coaching quality in students so they can train and coach their students efficiently and effectively.</p>

**PROGRAMME NAME: MPEd**

**PROGRAMME CODE : PE5A**

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
01	MPEd 101	Research Process in Physical Education and Sports Sciences	To give understanding to students regarding research process in Physical Education and how to take up research projects
02	MPEd 102	Physiology of Exercise	To provide knowledge about fuel for muscular work Effects of exercise and training on various systems of human body. Metabolism and nutritional role relation to the functioning of different body organs
03	MPEd 103	Test, Measurement and Evaluation in Physical Education	Understand the need and importance of test, measurement and evaluation in physical education. Describe the criteria, classification and administration of test. Understand different physical fitness and skill tests.
04	MPEd 104	Sports Journalism and Mass Media	Impart the knowledge about relationship between various forms of media with sports. Basic features of Sports Journalism.
05	MPPC 101	Marking of Playfields	Make students efficient in marking of playfields
06	MPPC 102/ 202/303/403	Conditioning and Match Practice	Improves general and specific fitness. Practice of basic and advanced skills of games and practice under actual playing conditions

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
07	MPEd 201	Applied Statistics in Physical Education and Sports	Use appropriate and relevant, fundamental and applied statistical knowledge, methodologies. Synthesise and flexibly apply knowledge to analyse and solve a wide range of problems in Physical Education and Sports.
08	MPEd 202	Sports Biomechanics and Kinesiology	To give an understanding of the principles of mechanics of Human Motion specially related to sports movements. To effectively identify the biomechanical errors in the sports performance. To effectively use the principles of mechanics to enhance the sports performance. To develop the understanding of Qualitative Analysis of sports skills and daily life activities.
09	MPEd 203	Athletic Care and Rehabilitation	To development the knowledge of sport related injuries their prevention and management.
10	MPEd 204	Sports Technology	After study this subjects students will well verse with the latest technology related with different games.
11	MPPC 201	Officiating and Coaching	To understand the competition rules and their interpretation related with various different games. To aware them with the duty and responsibility of an official. To acquaint the students with the construction, layout and maintenance of playfield. To aware the students with the standard specifications of the

			equipments and their maintenance.
12	MPEd 301	Scientific Principles of Sports Training	This subject will help in the planning and execution of a successful training program. They will be more efficient to identify the causes of error in training and will be able to rectify them.
13	MPEd 302	Sports Medicine	To development the knowledge of sport related injuries their prevention and management. To development an understanding of causes and managements of sports injuries. To understanding the various therapeutic modalities and their use. To develop understanding of sports nutrition, cryogenic aids and doping.
14	MPEd 303	Physical Fitness and Wellness	To develop the theoretical and practical knowledge of basis of health and fitness. To develop the knowledge of means and methods for maintaining health and fitness. To develop the knowledge of structure and functions of a health club. To develop the ability to handle health club equipments and able to prepare exercise and diet plan.
15	MPEd 304/404	Sports Specialization	To acquaint the student with latest Skills and rules and regulation of specialized game so they can impart correct knowledge to their students and work as official in a competition. To acquaint the students with all

			the competition rules of various games
16	MPPC 301	Internship and Project	To prepare the students professionally and improve the teaching ability
17	MPPC 302	Sports Specialization (Practical Skills)	To acquaint the student with latest fundamental and advanced skills so they can improve proficiency in performance and also they can impart correct knowledge to their students and work as official in various competitions.
18	MPEd 401	Sports Psychology	The subject helps students to understand and regulate the behavior of sports person. Helps to deal with mental preparation of athlete. To give knowledge to serve as counselor for sports persons. To take up research related with behavior of sports person.
19	MPEd 402	Health Education and Sports Nutrition	Healthful living, nutrition, balanced diet of sports persons. Knowledge about Hygiene, communicable diseases. Introduction about International and national level Health Institutions. Health programs of Government for population.
20	MPEd 403	Sports Management OR Dissertation	To expose the students to do different functions performed by managers, roles they have to perform for those functions and the knowledge and skills they have to develop for the roles through real life example. Give the experience about taking actual research in various aspects of Physical Education and Sports.

<b>S.NO.</b>	<b>COURSE CODE</b>	<b>COURSE NAME</b>	<b>COURSE OUTCOME</b>
21	MPPC 401	Theory Teaching Lessons	To prepare students professionally how to teach various subjects of Physical Education
22	MPPC 402	Sports Specialization (Coaching Lessons)	<p>To develop coaching quality in the students.</p> <p>To develop organizational quality in the students.</p> <p>To equip the students with various means and methods of training.</p> <p>To analyse the skill on the basis of their scientific foundation.</p>

**PROGRAMME NAME: M.Phil. / Ph.D.**

**PROGRAMME CODE : PE8X / PE8X**

S.NO.	COURSE CODE	COURSE NAME	COURSE OUTCOME
01	T-01	Research Methodology	To impart the knowledge about Research Problem, Scientific and Unscientific methods of problem solving and Proposal and Research Report Types of Research in Physical Education Ethical Issues in Research Statistical Techniques Used in research Practical Approach to Statistical Computation Using the Software
02	T-02	Review of Published Research in the relevant field	Includes the critical analysis of thesis and research papers related to the field of Physical Education and Sports
03	T-03	Computer Applications	Introduction to Spreadsheet Application, Presentation Tools and their Features. Web Search and Using Electronic Journals
04	T-04	Advance course in Physical Education	Latest Trends in Sports Psychology, Sports Biomechanics, Measurement and Evaluation and Exercise Physiology Different tools used for research. Course Related Practical Work, Field Work.