



B. P. Ed.

Program Outcomes, Course Outcomes

2015-2020





B. P. Ed. Program Outcomes, Course Outcomes

(2015-2020)

Mapping Program outcomes with course outcomes

Course Outcomes	Program Outcomes								
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO 101	✓			✓	✓			✓	✓
CO 102	✓	✓	✓	✓	✓			✓	✓
CO 103	✓	✓	✓	✓	✓	✓		✓	✓
CO 104	✓	✓	✓	✓	✓	✓	✓	✓	✓
CO 105		✓	✓	✓	✓			✓	✓
CO 201	✓							✓	✓
CO 202	✓		✓	✓	✓		✓		✓
CO 203	✓	✓	✓				✓	✓	✓
CO 204	✓			✓		✓	✓	✓	✓
CO205	✓	✓	✓	✓	✓			✓	
CO206	✓		✓	✓	✓		✓	✓	✓
CO301	✓			✓	✓		✓		✓
CO302	✓			✓			✓	✓	
CO303	✓		✓	✓					✓



Course Outcomes	Program Outcomes								
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO304	✓			✓		✓		✓	✓
CO305	✓	✓	✓	✓	✓		✓	✓	
CO306	✓			✓			✓		✓
CO401	✓		✓			✓			✓
CO402	✓		✓					✓	✓
CO403	✓			✓					✓
CO404	✓		✓	✓	✓	✓	✓	✓	✓
CO405	✓	✓	✓	✓	✓		✓	✓	✓
CO406	✓		✓	✓	✓		✓	✓	✓
CO407	✓		✓	✓	✓		✓	✓	✓



After successfully completing B.P.Ed. Program, the student will be able to:

PO 1	Understand the disciplinary content knowledge, application of pedagogical content knowledge to teaching of physical education (Content Knowledge)
PO 2	Identify and apply learner centric teaching methods.
PO 3	Apply teaching skills, managerial skills in dealing with classroom problems/situations (Pedagogical skills)
PO 4	Use effective communication skills and strategies to enhance student engagement & learning.
PO 5	Use and design variety of appropriate assessment and reflection strategies for facilitating learning (Reflection)
PO 6	Analyse Curriculum and conduct action research to solve classroom issues (Critical Thinking)
PO 7	Use appropriate technology to enhance teaching and learning and enhance personal and professional productivity (Proficiency in technology)
PO 8	Identify diverse needs, plan inclusive classroom experiences and facilitate guidance and counselling programs for differently abled students (Inclusion)
PO 9	Foster relationships and collaboration with colleagues parents community to support students growth and wellbeing (Collaboration)



Course 101: Foundations of Physical Education

After successfully completing this course, the student will be able to:

1. Understand & differentiate the concept of Philosophy and philosophy of physical education
2. Choose the physical education as a remedial tool to inculcate values and ethics
3. Get acquainted with historical development and its impact on nature of physical education in India and abroad
4. Acquaint with historical perspective as an influence on physical education, Abroad and in India.
5. Identify the students with different Issues, challenges and opportunities in Physical education & sport

Course 102: Psychology of Learner

After successfully completing this course, the student will be able to:

1. Describe basic aspects of psychology and sports Psychology.
2. Understand the role of sports psychology in performance and behavior
3. Identify and solve basic psychological problems of students and players.

Course 103: Learning to Teach Physical Education

After successfully completing this course, the student will be able to:

1. Acquire instructional skills, managerial skills and behavioral skills necessary for effective teaching
2. Deliver a high quality Physical Education to a diverse group of young learners
3. Develop and create a positive and caring learning environment
4. Demonstrate understanding of the fundamental content of Physical Education and be able to analyze & develop the content
5. Utilize the creative energy to link the school PE program to opportunities for children and youth outside of the school
6. Design & develop curriculum plan, unit plan and well-structured lesson plan that addresses contextual description
7. Optimize & facilitate learning by choosing and employing appropriate teaching styles, models, strategies



Course 104: Methodology of teaching Optional Subject (English)

After successfully completing this course, the student will be able to:

1. Relate basic understanding of the scope of English Subject to current situation in school system.
2. Present the subject matter in the proper perspective.
3. Use teaching methods learnt in their teaching practice
4. Identify individual differences in students and recommend different methods and ways for teaching.
5. Plan and design their lesson plans based on the learnt

Course 104: Methodology of teaching Optional Subject (मराठी)

After successfully completing this course, the student will be able to:

1. विद्यार्थी मातृभाषेच्या सद्यस्थितीची माहिती करून घेतो व शिक्षक म्हणून तिच्या संवर्धनासाठी विविध उपक्रम राबवितो.
2. विद्यार्थी मातृभाषेच्या उद्दिष्टांचा व मूलभूत कौशल्याचा विकास करतो.
3. विद्यार्थी मातृभाषेच्या पाठ्यपुस्तक/आशय समजावून घेतो व अध्ययन-अध्यापनाचे नियोजन करतो.
4. विद्यार्थी आशययुक्त अध्यापन पद्धती प्रत्यक्षात वापरतो.
1. Understand the present dates of the mother tongue and participate in and develop programs for its conservation
2. Student develops objectives and fundamental skills of mother tongue
3. Demonstrate understanding of the content in the textbook and plan effective learning experiences
4. Implement content cum methodology approach effectively



Course 104: Methodology of teaching Optional Subject (हिंदी)

After successfully completing this course, the student will be able to:

1. हिंदी शिक्षण में विभिन्न शिक्षण विधियों का उपयोग करता है
 2. छात्र हिंदी विषय की पाठ योजना और वार्षिक योजना बनाता है।
 3. हिंदी में पाठ्यक्रम का विश्लेषण करने में सक्षम है
 4. माध्यमिक स्तर पर हिंदी पढ़ाने के उद्देश्यों को समझते हैं
1. Understand the importance of teaching Hindi at primary and secondary school level
 2. Implement a variety of appropriate teaching methods
 3. Prepare lesson plan and annual teaching plan for Hindi
 4. Analyze the syllabi of Hindi

Course 104: Methodology of teaching Optional Subject (History)

After successfully completing this course, the student will be able to:

1. Describe the basic understanding of the scope of History.
2. Express the subject matter in the proper perspective.
3. Demonstrate a realistic approach to teaching History.
4. Demonstrate the spirit of National integration and international understanding.
5. Judge a broader and progressive outlook.

Course 104: Methodology of teaching Optional Subject (Mathematics)

After successfully completing this course, the student will be able to:

1. Select teaching methods based on topic and students' understanding.
2. Prepare teaching aids and use them during teaching.
3. Outline different Curricular and co- curricular activities related to teaching mathematics.
4. Design enrichment program for gifted and below average students.
5. Design lesson plans for teaching content related to algebra and geometry.
6. Implementation of content cum methodology in teaching of Mathematics method.



Course 104: Methodology of teaching Optional Subject (Geography)

After successfully completing this course, the student will be able to:

1. Understand the aims & objectives of teaching Geography at the primary, secondary and higher secondary level.
2. Relate the geography control on human life.
3. Differentiate & proficiency in using various methods of teaching Geography.
4. Develop adequate skill in preparation & use of educational aids in teaching Geography.
5. Correlate Geography with other school subjects.
6. Plan for unit , lesson ,year plan & evaluation in geography
7. Construct content of Geography

Course 104: Methodology of teaching General science education

After successfully completing this course, the student will be able to:

1. Understand the objectives of teaching Science.
2. Analyze the Syllabus in Science at school level
3. Use various methods and techniques of teaching Science effectively.
4. Develop adequate skills for the preparation of use of suitable teaching aids.
5. Organize co-curricular activities in Science.
6. Prepare and use appropriate tools of evaluation and assessment in science

Course 201: Anatomy and Physiology

After successfully completing this course, the student will be able to:

1. Understand the basic structure and function of the human body and demonstrate its knowledge for the development of skills and fitness
2. Demonstrate knowledge and understanding of the effect of exercise on the different systems
3. Classify types of joints and explain the structure and function of human joints
4. Identify and differentiate various movements of the body and demonstrate knowledge of the importance of appropriate movements during exercise and sports.
5. Recognize the need of different energy systems of the human body for its efficient performance during exercise and sports.



6. Demonstrate the ability to use the concepts of Anatomy and Physiology in the field of Fitness and Sports.

Course 202: Management of Physical Education & Sports (Replace)

After successfully completing this course, the student will be able to:

1. Describe the fundamentals of Sports Management and Sports Industry.
2. Organise competitions at different levels.
3. Prepare and execute the intramural program for their school and college.
4. Prepare their own SOP for purchasing the sports equipment.
5. Design the layouts of sports facilities.

Course 203: Profession of Physical Education

After successfully completing this course, the student will be able to:

1. Define pedagogy, domains of learning and different learning styles
2. Demonstrate basic knowledge & awareness about inclusion, differently-abled students & modify activities according to disability
3. List different models of curriculum and Compare physical education curriculum of different boards
4. Understand the strategies for surviving in school work environment
5. Apply basic technology in teaching physical education and sport
6. Organise extended curriculum activities in school or work setting

Course 204: Fitness and Wellness

After successfully completing this course, the student will be able to:

1. Define the concept of physical activity, exercise, fitness, and wellness
2. Understand the dimensions of wellness and strategies to improve them
3. Demonstrate an understanding of the physiological benefits of exercise, physical activity, physical fitness and wellness
4. Differentiate the concept of overweight, obesity and their management.
5. Evaluate physical fitness factors
6. Develop a scientifically sound individualized program of exercise for increasing and maintaining physical fitness



7. Apply principles of physical fitness, to positively modify personal lifestyle.

Course 301: Evaluation in Physical Education and Sports

After successfully completing this course, the student will be able to:

1. Define the concept of Test, Measurement, Evaluation and Assessment Procedure in Physical Education and give examples of each
2. Understand and differentiate between formative and summative evaluation, Process and Product evaluation
3. Administer psychomotor tests using standard protocols and guidelines .
4. Select appropriate Evaluation tools according to purpose and age groups
5. Collect and analyze fitness test data of school students
6. Construct or design rubrics, question paper and teacher made test for evaluation

Course 302: Biomechanics

After successfully completing this course, the student will be able to:

1. Develop insight into the application of biomechanics in various sports.
2. Discuss applications of biomechanics in different situations.
3. Solve problems based on biomechanical concepts such as work, energy, power, torque, impulse etc.
4. Describe how biomechanical factors influence motion in sport and exercise.
5. Complete analyse of basic human movements like walking, running, pulling, pushing, catching, and throwing.

Course 303: Personality development and soft skill

After successfully completing this course, the student will be able to:

1. Explain the concept of personality and psychology
2. Apply various techniques for development of planning and communication
3. Develop one's own resume and write job application
4. Communicate effectively in mock interview group discussion and seminar
5. Collaborate with colleagues to participate in leadership development activities
6. Demonstrate soft skills required for the expected jobs



Course 304: Health and Nutrition

After successfully completing this course, the student will be able to:

1. Understand the importance of health education and strive for good health.
2. Understand the concept of health
3. Understand the concept, importance & determinants of health.
4. Demonstrate the Understanding and causes, symptoms and case to be taken for various ailments
5. Understand the importance of body posture and acquire the appropriate body posture.
6. Understand the importance of diet and implement a balanced diet in own life to stay healthy

Course 307: TBT Practical

After successfully completing this course, the student will be able to:

1. Make use of technology for teaching learning purpose
2. Create resumes and prepare notes and question papers with the help of MsWord
3. Prepare presentations with the help of MsPowerpoint
4. Make entries of scores of students and prepare Grade sheet using MsExcel
5. Know how to use internet to collect information, create and use emails using different websites

Course 401: Research & Statistics in Physical Education, Fitness & Sports

After successfully completing this course, the student will be able to:

1. Have basic knowledge of Research in Physical Education, Fitness & Sports
2. Understand the fundamentals of research
3. Understand the formulation as a research problem & steps of developing it
4. Understand methodology & research procedure
5. Differentiate sampling techniques & data collection tools
6. Understand basic statistics & statistical techniques
7. Apply appropriate basic statistical tools and techniques and interpret
8. Recognize appropriate inferential statistical tool as per research method
9. Understand the methods of data processing data processing



Paper 402: Sports Medicine, Athletic Care and Rehabilitation

After successfully completing this course, the student will be able to:

1. Describe meaning of sports medicine and its application in physical education and sports.
2. Outline role of different stakeholders for best performance of sports person.
3. Understand the concept of drug abuse in performance enhancement
4. Classify different types of sports injuries and their basic treatment.
5. Prioritise use of modalities for treatment of sports injuries.
6. Explain CPR and basic first aids for bites, stings, burns and poisoning.

Course 403: Theory of Sports and Games

After successfully completing this course, the student will be able to:

1. Understand the different types and classification of sports & games
2. Understand the Values and Ethics of sports and sportsmanship
3. Demonstrate the basic understanding of rules, equipment and terminologies in various sports and Games
4. Categorise different State and National Level Awards and explain their nature
5. Recognize different technologies used in Sports and Games

Course 404: Elective Course (Fitness Conditioning)

After successfully completing this course, the student will be able to:

1. Define the components of physical fitness
2. Evaluate fitness using appropriate tools
3. Apply the principles of training for exercise prescription.
4. Design exercise plans for healthy population with help of scientific guideline
5. Express the duties, responsibility and legal aspect of fitness conditioner.

Course 404: Elective Course (Yoga Education)

1. Describe knowledge of classical and theoretical foundations of the field of Yoga
2. Demonstrate knowledge and ability to use professional conduct during the practice of Yoga Therapy



3. Develop an ability to apply knowledge learned in this curriculum to assess the needs of students, and to evaluate their performance
4. Acquire knowledge of models of human development, with the influence of familial, social, religious and cultural conditioning on health and healing
5. Acquire knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
6. Communicate effectively, implement effective teaching methods by adapting to unique styles of learning, providing supportive and effective feedback while evaluating and acknowledging the progress of the student

Course 206 and 406: Proficiency in Physical Education and Sports Activities

After successfully completing this course, the student will be able to:

1. Perform a variety of activities for fitness and sports
2. Plan lesson notes for teaching physical education activities.
3. Develop different drills for teaching physical education activities.
4. Categorise physical activities for different age groups.
5. Describe assessment strategies for physical development of students.
6. Design teaching and training modules for major sports, athletics, indigenous sports, yoga, and combative sports.
7. Justify and plan physical fitness and sports skill related test, measurement, and evaluation procedures.

Course 407: Specialization (Practical Course)

After successfully completing this course, the student will be able to:

1. Develop training modules for selected sports for basic and advanced level athletes
2. Categorise teaching and training activities of selected sports
3. Describe assessment strategies for skills and performance in sports
4. Justify and plan physical fitness and sports skill related test, measurement, and evaluation procedures for selected sport.
5. Develop and conduct modified games of selected sports.
6. Design fitness and conditioning programs for various levels of athletes



Course 105, 205 and 305: Teaching Skill Development Programme

After successfully completing this course, the student will be able to:

1. Acquire necessary instructional and managerial skills to deliver the subject knowledge
2. Design and execute the lesson plan
3. Prepare suitable teaching aids and use appropriate technology
4. Develop communication skills
5. Organize classroom, provide safe learning environment
6. Observe teaching and learning episodes and reflect of self-practices
7. Inculcate reading, writing, speaking skills for teaching.
8. Develop the understanding about the infrastructural and resources in a school.
9. Understand the functional aspects of school.
10. Build a strong foundation of knowledge in designing teaching and learning content of school subjects.
11. Focus on developing various skills of teaching and learning.
12. Critically observe all the aspects of the subject for teaching and learning.
13. Designs learning contents based on various teaching method.
14. Connect acquired knowledge and skills with practical situations in real school context.
15. Makes proper planning of the lesson
16. The lesson uses a variety of educational tools
17. Uses appropriate teaching methods according to the content of the lesson, according to the class and need

Course 405: School Internship

After successfully completing this course, the student will be able to:

1. Develops understanding on the workplace
2. Critically analyses the required skills and attitude for real life experience
3. Develops understanding of school activities and administration.
4. Understand the real life situations related to TL at school and develop strategies to bridge the gap in theory and reality
5. Enhance Maturity of dealing problems and Interpersonal Skills related to teaching and learning.
6. Analyses the curricular aspect of school programmes.



7. Develops the competencies in organising various types of teacher education activities.
8. Analyses the implication of co-curricular and extra-curricular activities.
9. Critically analyses to get an insight about the student-teacher relationship.
10. Develops the competencies in organising various types of activities.
11. Develops understanding of the overall working of school.