

B. P. Ed.

**Program Outcomes, Course Outcomes
2015-2020**

BPED Course Outcomes

1. Students will know and apply discipline specific scientific and theoretical concepts critical to development of physically educated person.
2. Students will plan, design and implement learning experiences that facilitate and enhance the growth of learners of diverse needs from varying backgrounds.
3. Students will use effective communication and pedagogical skills and strategies to enhance student engagement & learning.
4. Students will utilize assessments and reflection to foster student learning and to inform instructional decisions.
5. Students will inherit qualities essential to become effective professionals.
6. Students will understand the disciplinary content knowledge, application of content knowledge to teaching physical education.
7. Students will evaluate self and seek opportunities to grow professionally and humanistically.
8. Students will use appropriate technology to enhance teaching and learning and enhance personal and professional productivity.
9. Students will foster relationship with colleagues, parents, community and associated agencies to support student's growth & wellbeing.

Course outcomes of Semester I

101: Foundations of Physical Education

1. Students will understand the concept of Philosophy and philosophy of physical education to acquaint student with the different Philosophies along with their implications in Physical education.
2. Students will understand the concept of Sociology and to acquaint student the implications of Physical education and sports in society.
3. Students will understand the concept of Education and Physical Education
4. Students will get acquainted with historical perspective as influence on physical education, Abroad and in India.
5. Students will get acquainted with different Issues, challenges and opportunities in Physical education & sports

102: Psychology of Learner

1. Students will know about psychology and sports Psychology.
2. Students will understand Human behavior and learning patterns of individuals.
3. Students will know learning process and different theories based on learning
4. Students will acquire theoretical perspectives and develop understanding of stages of human development with special reference to Motor Development for Skill Learning in Sport and PE.
5. Students will be aware about different attributes affecting learning and development process.
6. Students will understand range of cognitive capacities in learners.
7. Students will understand the Cognitive and higher mental processes involved in learning in sports and Physical Education.

8. Students will understand the differences of personality among various types of sports and its importance for character building.
9. Students will know different personalities and its effects on sports performances.
10. Students will understand the importance of motivation
11. Students will identify the characteristics of sportsmen pre-during-post Competition.
12. Students will know and understand differences in group or team and techniques for cohesion
13. Students will understand importance of emotions for sports performance and development of sportsmen.
14. Students will understand problems faced by sportsmen and remedies to achieve better performances
15. Students will gain information about Anxiety, Arousal, Stress and understand techniques to overcome them.

Course 103

Learning to Teach Physical Education

1. Students will develop their teaching skills
2. Students will deliver a high quality Physical Education to a diverse group of young learners
3. Students will develop and create a positive and caring learning environment
4. Students will get acquainted with the fundamental content of Physical Education and be able to analyze & develop the content
5. Students will utilize the creative energy to link the school PE program to opportunities for children and youth outside of the school
6. Implement effective teaching practices & preventive class & behavior management strategies
7. Design & develop curriculum plan, unit plan and well-structured lesson plan that addresses contextual description
8. Optimize & facilitate learning by choosing and employing appropriate teaching styles, models, strategies

Methodology of teaching Optional Subject

1. Students will acquire the basic understanding of the scope of Optional Subject.
2. Students will present the subject matter in the proper perspective.
3. Students will have a realistic approach to the teaching Optional Subject.
4. Students will inherit the spirit of National integration and international understanding.
5. Students will develop in their students a broader and progressive outlook.

Course outcomes of Semester II

201 Anatomy and Physiology

1. Students will understand the basic structure and function of the human body
2. Students will understand the effect of exercise on the different systems
3. Students will understand the normal movements of the body
4. Students will understand how body gets fuel for its working.

202 Management of Physical Education & Sports

1. Students will know the basic concept of management of Physical Education and Sports in the school.
2. Students will know the basic methods and technique and its principles to manage the programme of competitions, intramurals the basic level of competitions.
3. Students will know the duties and responsibilities of manager
4. Students will know the budget management, school programme of Phy. Edu. and sports.

Course 203 Profession of Physical Education

1. Students will develop understanding of the profession of Physical Education.
2. Students will be able to deal with issues experienced by Physical Education teachers.
3. Students will recognize that learning to teach is a lifelong process.
4. Students will develop a comprehensive view of Physical Education from a global perspective.
5. Students will understand the domains & hidden dimensions of Physical Education.
6. Students will Demonstrate basic knowledge & awareness about inclusion, differently-abled students & describe steps to inclusion.
7. Students will articulate the role of Physical educators and understand various associated & non-instructional roles & responsibilities.
8. Students will recognize the importance of continued professional growth & advocacy of the profession.

Course 204

Fitness and Wellness

1. Students will understand the concept of physical activity, exercise, fitness, and wellness and will be able to recognize the long term benefits of maintaining a high level of wellness for living in today's world.
2. Students will know the dimensions of wellness and strategies to improve them
3. Students will know the physiological benefits of exercise, physical activity, physical fitness and wellness
4. Students will understand the concept of overweight, obesity & their management.
5. Students will develop a scientifically sound individualized program of exercise which will improve and/or maintain the health-related components of fitness: cardiovascular endurance, body composition, muscle strength/endurance, and flexibility.
6. Students will apply principles of physical fitness, to positively modify own personal lifestyle.
7. Students will motivate students to adopt physically active lifestyles.

Course Outcomes of Semester III

Course 301: Evaluation in Physical Education and Sports

1. Students will understand the concept of Test, Measurement, Evaluation and Assessment Procedure in Physical Education and give examples of each
2. Students will differentiate formative and summative evaluation, Process and Product evaluation
3. Students will identify the purposes of measurement and Evaluation
4. Students will describe the features of Technical and administrative feasibility that should be considered when selecting test
5. Students will locate and select physical fitness and sports skill tests
6. Students will properly administer psychomotor tests.

Course 302: Biomechanics

1. Students will understand the basics concepts underlining Biomechanics
2. Students will develop insight into the application of biomechanics in various sports
3. Students will know how biomechanical factors influence motion in sport and exercise
4. Students will understand kinematics and kinetics in human movement
5. Students will evaluate movement and estimate force on human structures during exercise and sports
6. Students will know how to analyse basic human movements

Course 303: Personality development and soft skills

1. Students will know the concept and components of personality, thereby to apply the acquired knowledge to themselves and to March towards excellence in their respective academic careers.
2. Students will have enhanced self-esteem.
3. Students will communicate effectively in different situation.
4. Students will inculcate leadership qualities.

Course 304: Health and Nutrition

1. Students will know about health and health education
2. Students will know their health status, identify health problems and be informed for taking appropriate remedial measures.
3. Students will be aware about objectives of health education & School health program
4. Students will know the concept, importance & determinants of health
5. Students will understand need of a comprehensive health education program and approaches to health education.
6. Students will help children to know and accept individual and collective responsibility for healthy living at home, school and in the community.
7. Students will be aware about healthy habits and hygiene (food, personal and group).
8. Students will know correct postural habits of basic movements so as to avoid postural defects and physical deformities.
9. Students will know about communicable and non-communicable diseases
10. Students will understand reasons, effects & preventive ways of substance use & abuse.
11. Students will know about nutrition and its importance to human body.
12. Students will know about nutrition for selective diseases and illness
13. Students will know about supplements and Ergogenic aids and its effects on human body
14. Students will know different energy loading procedures and competition related diet

Course Outcomes of semester IV

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

1. Students will have basic knowledge of Research in Physical Education, Fitness & Sports to Student
2. Students will know the fundamentals of research
3. Students will be able to select research problem & know the steps of developing it
4. Students will understand methodology & research procedure
5. Students will know different sampling techniques & data collection tools
6. Students will know basic statistics & statistical techniques
7. Students will apply & interpret descriptive statistics
8. Students will recognize appropriate inferential statistical tool as per research method
9. Students will understand data processing

Course 402: Sports Medicine, Athletic Care and Rehabilitation

1. Students will understand the basics concepts underlining Sports Medicine.
2. Students will know the scope and branches of Sports medicine.
3. Students will know doping and its bad effects and will stay away from Doping.
4. Students will understand classification of sports injuries and its first aid and immediate management
5. Students will know the basics of therapeutic modalities and its physiological effects
6. Students will know the process of rehabilitation
7. Students will understand good and bad posture, postural deformities, its causes and management.
8. Students will understand nutrition and diet plan pre, during and post competition.
9. Students will know the general first aid.

Course 403: Theory of Sports and Games

1. Students will understand the different types and classification of sports & games
2. Students will understand the Values and Ethics of sports and sportsmanship
3. Students will understand the basic rules, equipment and terminologies in sports and Games
4. Students will know different State and National level Awards
5. Students will understand different technologies used in Sports and Games

Course 404: Play, Leisure and Recreation

1. Students will understand the concept of Play, Leisure and Recreation and their interrelationship.
2. Students will understand the Key Characteristics and challenges of Individual, children, adolescents and adults.
3. Students will understand the factors affecting individual's choice of leisure pursuit and Student can able to design the objectives, activities and programs for Individual, children, adolescents and adults.
4. Students will know the influence of social systems on play, leisure and recreation.
5. Students will know the Profession and career opportunities in Leisure and recreation.
6. Students will know the planning and management of Recreation facility centers.

Yoga Education

1. Students will acquire knowledge of classical and theoretical foundations of the field of Yoga
2. Students will acquire knowledge of biomedical systems from an integrative and holistic perspective
3. Students will acquire knowledge and ability to use professional conduct during the practice of Yoga Therapy
4. Students will develop an ability to use relationship-based approaches to catalyze positive change or transformation with students
5. Students will develop an ability to apply knowledge learned in this curriculum to assess the needs of students, and to evaluate their performance
6. Students will acquire knowledge of models of human development, with the influence of familial, social, religious and cultural conditioning on health and healing
7. Students will acquire knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
8. Students will 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
9. Students will teach or deliver the appropriate practices for individuals and/or groups, using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools, and tools that foster student engagement
10. Students will develop a knowledge of generally accepted ethical principles of health care and yoga codes of conduct

Fitness Conditioning

1. Students will know the basic concept of fitness & its assessment.
2. Students will know the principles of exercise prescription.
3. Students will know the guidelines & be able to conduct the exercise plans for healthy population.
4. Students will know the duties, responsibility, legal aspect of fitness conditioner.