

B. P. Ed.

**Program Outcomes, Course Outcomes
2014-2015**

B.P.Ed. Program Outcomes

1. Student will be applying discipline specific scientific and theoretical concepts.
2. Student will plan, design and implement learning experiences that facilitate and enhance the growth of learners of diverse needs from varying backgrounds.
3. Student will use effective communication and pedagogical skills and strategies to enhance student engagement & learning.
4. Student will utilize assessments and reflection to foster student learning and to inform instructional decisions.
5. Student will demonstrate dispositions essential to becoming effective professionals.
6. Student will understand and apply the disciplinary content knowledge, application of content knowledge to teaching physical education.
7. Student will be reflective practitioner who evaluates self and seek opportunities to grow professionally and humanistically.
8. Student will use appropriate technology to enhance teaching and learning and to enhance personal and professional productivity.
9. Student will foster relationship with colleagues, parents, community and associated agencies to support student's growth & wellbeing.
10. Student will work both autonomously and collaboratively.

Course outcomes Sem 1

I Foundations of Physical Education

- 1) Student will be able to understand meaning and scope of physical education, sports, recreation, health and their Philosophical, sociological, historical basis
- 2) Student will get acquaint with historical perspective as influence on physical education, Abroad and in India, effect for the present development of Physical Education.
- 3) Student will get acquaint with modern objectives of physical education, sports & recreation.
- 4) Student will get acquaint with different types of recreation, & importance of recreation.

II Psychology of Physical education and sports

- 1) Student will know the meaning, nature and scope of Sports Psychology.
- 2) Student will understand Human behavior.
- 3) Student will understand the growth and development of the learner with special reference to Motor Development for Skill Learning in Sport and PE.
- 4) Student will identify the differences of personality among various types of sports.
- 5) Student will understand the Cognitive and higher mental processes involved in learning in sports and Physical Education.
- 6) Student will understand the importance of motivation and Competition.

III Anatomy & Physiology

- 1) Student will know the basic structure and function of the human body
- 2) Student will know the effect of exercise on the different systems
- 3) Student will know the normal movements of the body

IV Fitness, Wellness and Yoga

- 1) Student will understand the basic concept of HRPF & SRPF.
- 2) Student will create awareness about fitness & its importance in life.
- 3) Student will choose appropriate activities for development of specific fitness components.
- 4) Student will develop basic Fitness Program.
- 5) Student will understand the fitness development of individual with unique need
- 6) Student will understand the role of fitness & yoga in individuals' lives
- 7) Student will understand the historical and philosophical basis of Yoga.
- 8) Student will understand the therapeutic aspects of Yoga.

V Methodology of Teaching Optional Subject

- 1) Student will acquire knowledge of:
 - The present position of subject in the Indian School Curriculum.
 - The objectives of teaching subject in Secondary Schools.
 - The effective means and methods worked out to reach the goals.
- 2) Student will develop in the student-teacher the skills required for effective teaching of Subject in Secondary Schools.
- 3) Student will develop among the student - teacher a favourable attitude towards the subject.

Sem 2

VI Methodology of teaching Physical Education

- 1) Student will know the concept of physically educated person
- 2) Student will understand varied responsibilities of a teacher.
- 3) Student will understand the concept of teaching styles, methods, & approaches and to blend them judiciously in the teaching.
- 4) Student will understand methods of communication & its effective use in the teaching process.
- 5) Student will understand the importance & steps of planning.

VII Biomechanics, Athletic care & rehabilitation

- 1) Student will understand the basic concepts underlining Biomechanics, Sports Medicine.
- 2) Student will develop insight into the application of biomechanics in various sports
- 3) Student will understand principles of nutrition.
- 4) Student will understand the basics of Sports Medicine and Diets of Sportsmen.

VIII Management of Physical Education & sports

- 1) Student will understand the fundamentals of the Sports management.
- 2) Student will get acquainted with the basic methods, techniques and develop skills to organize the Extramural and Intramural competitions and to organize different programmes. (Camps, Sports Days and National Days)
- 3) Student will get acquainted with the duties and responsibilities of manager.
- 4) Student will get acquainted with Infrastructure and Equipment management.

IX Essentials of Physical Education & Health Education

- 1) Student will know the latest trends in physical education & sports.
- 2) Student will understand the basic concepts & terminologies.
- 3) Student will get acquainted with different Levels of tournaments, competitions, awards & records.
- 4) Student will understand the movement skills, patterns & its development.
- 5) Student will understand the Responsibilities, & Development of Effective Teacher
- 6) Student will acquaint them to the basics of Health Education to be taught in schools.

X Evaluation & Statistics in Physical Education & Sports

- 1) Student will understand the concept of Test, Measurement, Evaluation and Assessment Procedure in Physical Education
- 2) Student will administer different tests in Physical Education.
- 3) Student will understand and apply statistical procedure for Evaluation.
- 4) Student will understand the concept, need and importance of statistics
- 5) Student will interpret and evaluate data related to Physical Education