

M.P.Ed.

**Program Outcomes, Course Outcomes
2017-2020**

MPED Course / Program Outcomes

1. Students will be highly skilled scholars in the field of Physical Education.
2. Students will master the competencies and skills needed to become professional Physical Education and sport resource person.
3. Students will be sensitive about emerging issues in Physical Education & sports.
4. Students will develop reasoning, rational thinking, critical thinking in the problems & issues relating to the field.
5. Students will be creative, self-expressive & continue their pursuit towards professional growth.

Course outcomes SEM 1

101 Fitness & Conditioning Practical

1. Students will know various training methods in sports.
2. Students will improve overall & specific fitness.
3. Students will create database of exercises & training protocols.
4. Students will assess fitness using different techniques.

102 Research in Physical Education

1. Students will know the concept and meaning of Research
2. Students will understand the fundamentals of Research
3. Students will know the methods of research
4. Students will know different tools of data collection for research

103 Science of Sports Training

1. Students will understand the scientific sports training process & principles.
2. Students will develop attitudes and skills in designing sports training programs.
3. Students will be a good sports trainer.

104 Biomechanics and Kinesiology

1. To understand the science of Biomechanics and kinesiology in relation to human performance.
2. To analyze various fundamental movements and understanding the relevance of analysis.
3. To understand the body structure and apply the knowledge in analysis of movements.

105 Measurement & Evaluation in PE & Sports

1. Students will know terminologies & methods of evaluation in sports & Physical Education.
2. Students will understand the evaluation process.
3. Students will be able to evaluate the human performance.
4. Students will be better prepared to prepare & conduct measurement & evaluation.

Course Outcomes SEM 2

201 Yoga Practical

1. Students will know how to perform different yogic asanas & postures
2. Students will be able to instruct individuals in Yoga
3. Students will be able to design and plan Yoga sessions for general public.
4. Students will be able to correct yogic postures of individual.

202 Measurement & Evaluation (Practical)

1. Students will understand how to conduct various measurement techniques.
2. Students will assess an individual, athlete, special person, etc. using appropriate tests.
3. Students will develop ability to measure accurately.

203 Research & Statistics

1. Students will know the basics of computer, data entry in computer and mining of data
2. Students will know the format of Research Report
3. Students will understand the concept, need and importance of statistics
4. Students will understand the use of statistical software and MS Excel for statistical operations
5. Students will interpret and make inferences based on the statistical Operations

204 Exercise Physiology

1. Students will understand the physiological effect of Exercise on different system or/and on the body as a whole.
2. Students will understand bioenergetics & role of energy systems in sports activities.
3. Students will understand the role of nutrition & its relevance in energy production.

205 Yoga Science

1. Students will understand the foundation & background of Yoga.
2. Students will know stages Students will & importance of practicing yoga.
3. Students will understand the benefits & effects of Kriyas, Bandhas, Pranayama.
4. Students will understand relation of yoga, health & mental health.
5. Students will know the researches in yoga and its contributions.

Course Outcomes SEM 3

301 Course Related Practical Work (Practical)

1. Students will use technology for teaching-learning process (use of Google drive, video and effective PPT)
2. Students will prepare questionnaire related to attributes of Sports Psychology and conduct them on Players.
3. Students will assess different food products – caloric values and will suggest best products available.
4. Students will design fitness program and implement it on subjects. Students will self-evaluate the programs and make necessary changes to fulfill the selected objective.

302 Sports Management

5. Students will get acquainted with duties & responsibilities of managers.
6. Students will understand the importance of management in Physical Education
7. Students will know the basic concept & principles of management in Physical Education.

303 Sports Psychology

1. Students will get acquainted with the meaning, nature and scope of sports Psychology.
2. Students will know & prepare psychological profiles of sportsmen.
3. Students will understand the role of sports psychology in the performance.
4. Students will know various psychological problems and its coping techniques for better sports performance.
5. Students will know the role of leaders, counselors, and social psyche in the performance enhancement.
6. Students will know about Psychological Tests and be able to conduct these tests on subjects.

304 Sports Nutrition

1. Students will get acquainted with the meaning and science of sports nutrition.
2. Students will know about body fuels and its role.
3. Students will know various nutrients and their effects on Sports performance.
4. Students will understand know about caloric values of Foods.
5. Students will know about different loading procedures pre-during-post competition.
6. Students will be able to prepare Diet for players
7. Students will know the energy system and its role in nutrition
8. Students will understand the role of sports nutrition for performance.
9. Students will know about nutritional assessment.

305 Health Education

1. Students will understand the concept & importance and determinants of health.
2. Students will understand the changing concept of health education, need of a comprehensive health education program and approaches to health education.
3. Students will understand reasons, effects & preventive ways of substance use & abuse.

4. Students will understand typical stages of diseases, and help them understand certain communicable and non-communicable diseases.

306 Pedagogy in Physical Education

1. Students will be able to distinguish among teaching, learning, & pedagogy.
2. Students will be able to explain difference between effectiveness and expertise in teaching.
3. Students will acquire teaching skills & effectiveness & develop positive attitudes about process of learning & teaching.
4. Students will sensitively apply teaching skills in different educational settings.

307 Value and Environmental Education

1. Students will inculcate values in to their daily routines
2. Students will be able to judge values and commitment to values.
3. Students will know about environmental studies
4. Students will make sustainable use of natural resources and use products which are environmentally recommended
5. Students will know the status of Sanitation, urban & rural health and will keep themselves and their surroundings clean and healthy
6. Students will know about govt. policies for management of Pollution.

308 Education Technology in Physical Education

1. Students will know about different technological concepts and types
2. Students will use technology to its fullest potential.
3. Students will use technology for better communication in instructional system.
4. Students will know and use different audio-visual media in physical education
5. Students will know about new technological advancements in educational setting and their uses.

309 Open Course

Course OUTCOMES SEM 4

401 Research Dissertation

1. Students will develop Research attitude among the students
2. Students will formulate the Research problem and carry out the Research
3. Students will develop and administer the tools for data collection
4. Students will organize and present the research work

402 Specialization

1. Students will have technical knowledge about Sport
2. Students will demonstrate & inculcate basic skills.
3. Students will inherit coaching attitude.
4. Students will be able to evaluate and analyze the Players.
5. Students will be able to conduct specific Sports related tests.
6. Students will manage Officiating and prepare specific programs

403 Professional Preparation

1. Students will know the foundation of profession, its criteria.
2. Students will understand the various perspectives of profession.
3. Students will understand the principles & process of professional development.

Optional

404 Sports Medicine

1. Students will know the historical background & development of sports medicine
2. Students will know common injuries and healing process
3. Students will get acquainted with injury management of common injuries
4. Students will know various modalities & its uses

405 Health & Fitness Management

1. Students will know the basic concept of fitness & its assessment.
2. Students will understand the principles of exercise prescription.
3. Students will understand the guidelines & be able to design the exercise plans for variety of Population

406 Adapted Physical Education

1. Students will understand the meaning, need and importance of Adapted Physical Education
2. Students will know the purpose, aims and objectives of Adapted Physical Education
3. Students will understand the Test, Measurement and Evaluation in Adapted Physical Education
4. Students will develop the Individual Education Program of Adapted Physical Education
5. Students will understand the Motor & HRPF development of individual with disability
6. Students will understand the role of games and sports in Adapted Physical Education

407 Sports Journalism and Mass media Communication Technology

1. Students will know basic concepts of Journalism and Sports Journalism
2. Students will prepare sports bulletin
3. Students will know ways to use media in Journalism
4. Students will review major Competitions and Games with respect to media and journalism
5. Students will prepare reports in Sports and Journalism

408 Recreation and Leisure time Management

1. Students will know basic concepts of recreation.
2. Students will know different types of recreation for life.
3. Students will know the principles of organizing and administration of Sports competitions
4. Students will and help to organize sports programs in college
5. Students will know how to design facilities and play areas.
6. Students will know about the current issues in recreation.
7. Students will know and organize different activities for categories of people.
8. Students will organize recreation and leisure time activities for different categories

409 Philosophical & Sociological bases of Physical Education

1. Students will know the philosophic bases of Physical Education.
2. Students will develop personal philosophic skills.
3. Students will relate moral development and issues and crises in sports.
4. Students will understand relationship of sports and society and impact of globalization.
5. Students will understand the relation between sports & women, sports & religion, sports & politics.

410 Open Course

Adventure Education

1. Students will understand meaning of Adventure Sports
2. Students will understand the concepts, terminologies and skills in different adventure Sports
3. Students will be able to plan and organize Adventure Sports
4. Students will know basic safety measures and rescue techniques.
5. Students will know basic survival techniques in case of emergencies.