

M.P.Ed.

**Program Outcomes & Course
Outcomes 2014-2017**

MPEd 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 be active and develop skills like reasoning, rational thinking and critical thinking with regards to 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 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

102 Evaluation in Physical Education & 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.

103 Psychology of Sports

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, counsellors, and social psyche in the performance enhancement.
6. Students will know about Psychological Tests and be able to conduct these tests on subjects.

104: 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.

Sem 2

201 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

202 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.

203 Professional Preparation & Curriculum Design

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.

204.1 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.

204.2 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.

Sem 3

301 Biomechanics and Kinesiology

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

302 Management of Physical Education & Sports

1. Students will get acquainted with duties & responsibilities of managers.
2. Students will understand the importance of management in Physical Education
3. Students will know the basic concept & principles of management in Physical Education.

303 Athletic Care & Rehabilitation

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

304 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.

305 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.

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 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.

403 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

404 Exercise Prescription & 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

405 Foundation of Yoga & Yogic 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.