



Maharashtriya Mandal's
Chandrashekhar Agashe College of Physical Education,
Gultekadi, Pune - 37



M. P. Ed.

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





**M. 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
CO 101	✓	✓		✓	✓	✓	✓	
CO 102	✓	✓		✓	✓	✓	✓	
CO 103	✓	✓	✓	✓		✓	✓	✓
CO 104	✓	✓	✓	✓		✓	✓	
CO 105	✓	✓	✓	✓	✓	✓	✓	✓
CO 201	✓		✓	✓			✓	
CO 202	✓		✓	✓	✓		✓	
CO 203		✓	✓	✓	✓		✓	✓
CO 204	✓	✓		✓		✓	✓	
CO205	✓	✓		✓		✓	✓	✓
CO301	✓	✓		✓		✓	✓	✓
CO302	✓	✓		✓		✓	✓	✓
CO303	✓	✓	✓	✓		✓	✓	
CO304	✓	✓		✓		✓	✓	



Course Outcomes	Program Outcomes							
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO305	✓	✓		✓		✓	✓	✓
CO306	✓	✓		✓		✓	✓	✓
CO307	✓	✓		✓		✓	✓	
CO308	✓	✓		✓		✓	✓	
CO401		✓	✓	✓	✓	✓	✓	✓
CO402	✓	✓	✓	✓		✓	✓	
CO403	✓	✓		✓		✓	✓	
CO404	✓	✓	✓	✓		✓	✓	✓
CO405	✓	✓	✓	✓		✓	✓	✓
CO406	✓	✓	✓	✓		✓	✓	✓
CO407	✓	✓		✓		✓	✓	
CO408	✓	✓	✓	✓		✓	✓	✓
CO409	✓	✓		✓		✓	✓	



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

P01	Build understanding and perspective of concepts, theories, ideas and practices in various areas of Physical Education and sports sciences
P02	To become creative self-expressive and continue their pursuit towards professional development
P03	Demonstrate a degree of mastery in knowledge, competencies and skills over the area as per the specialization of the program.
P04	Develop reasoning and demonstrate the rational, analytical and critical thinking skills in functioning, problem solving, issues relating to the field
P05	Develop and demonstrate research skills, data analysis abilities and capacity to visualize, conduct and present research.
P06	Be sensitive about emerging issues in Physical Education & sports.
P07	Involve in knowledge creation, knowledge dissemination, research and innovative educational practices related to different stakeholders in physical education.
P08	Apply the knowledge of management in academic planning, event organization, decision making and resource management according to predetermined goals.



Course 101 Fitness Conditioning

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

1. Demonstrate and compare various types of endurance training and factors affecting endurance training
2. Able to design speed training program and explain the how to develop speed
3. Demonstrate and compare about agility training and factors affecting agility
4. Know about Plyometrics training, S.A.Q. drills and complex training and arrange sessions on it

Course 102 Research in Physical Education

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

1. Demonstrate the understanding of nature, methods and area of research in physical education and sports
2. Classify literature resources and citation them properly using APA style
3. Compare and contrast between types and methods of research in physical education and sports
4. Plan a research problem for a small research project
5. Identify and justify appropriate data collection tool to be used in the research

Course 103: Science of Sports Training

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

1. Apply scientific sports training process & principles.
2. Develop scientific attitudes and necessary skills to designing sports training programs.
3. Devise training program for athletes engaged in different sports activities
4. Set up one's own enterprise to provide fitness and sports related needs



Course 104: Biomechanics

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

1. Explain with examples applications of biomechanics in sports performance
2. Justify the role of biomechanical concepts in sport and exercise.
3. Demonstrate an understanding of kinematics and kinetics in human movement.
4. Evaluate movement and estimate force on human structures during exercise and sports.
5. Explain analysis of sports movements using various biomechanical tools.

Course 105: Measurement & Evaluation in PE & Sports

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

1. Understand the basic concepts and process of evaluation
2. Compare different evaluation tools
3. Select appropriate Evaluation tool's according to purpose and age groups
4. Construct knowledge tests or questionnaire
5. Calculate validity, reliability and objectivity of tool developed
6. Asses human performance related to physical fitness and sports skills

Course 201: Measurement & Evaluation (Practical)

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

1. Understand various measurement techniques of fitness and sports skill
2. Perform different anthropometric measurements accurately
3. Select appropriate tests of measurement according to purpose
4. Administer various measurement procedures of fitness and sports skill accurately

Course 202: Yoga (Practical)

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

1. Student will be able to perform various asanas at a basic level
2. Teach /Instruct on how to perform various asanas/kriyas/bandhas



3. Understand the methods of Pranayama, Bandhas, Mudras and Kriyas
4. Perform few of the above techniques
5. Assess postures in Yogasanas

Course 203: Research & Statistics

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

1. Understand the concept, need and importance of statistics
2. Explain basics of parametric & non-parametric statistical tools for analyzing different types of data
3. Acquire the skill of interpretation of research data
4. Use the statistical software and MS Excel for statistical operations
5. Interpret and make inferences based on the statistical operations
6. Know the format of Research Report

Course 204: Exercise Physiology

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

1. Demonstrate Understanding and explain physiological effect of Exercise on different systems and/or on the body as a whole.
2. Understand bioenergetics and recognize the role of energy systems in sports activities.
3. Demonstrate the ability to use the role of nutrition & its relevance in energy production.
4. Explains the concept of training at high altitude in relation to the physiological aspects
5. Explains the concept of exercise in hot and cold environments in relation to the physiological aspects
6. Measure Energy expenditure at rest and during exercise.



Course 205: Yoga Science

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

1. Understand the foundation of Yoga
2. Relate the traditional yogic practices flourishing of life
3. Evaluate the role of Yoga in mental health
4. Reason scientifically about asanas, kriyas, mudras, yogic practices

Course 301 Course Related Practical Work (Practical)

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

1. Demonstrate the understanding of use of technology for teaching-learning process (use of Google drive, video and effective PPT)
2. Create questionnaire related to attributes of Sports Psychology and administer them on Players.
3. Identify caloric values of various food products
4. Design fitness programs and implement it on subjects.
5. Evaluate the programs and modify them to fulfil the desired objectives.

Course 302 Sports Management

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

1. Compare and analyze prevailing sports industry/ business in India and abroad.
2. Review the existing sports finance sector.
3. Recognize the importance of sponsorships, marketing, public relations and communication for the sports sector.
4. Differentiate the organizational structure of sports at government, national sports federations and private sector.
5. Apply their managerial skills to operate any sports club.
6. Design sports facilities.



Course 303: Sports Psychology

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

1. Describe meaning, nature and scope of sports Psychology.
2. Relate the role of sports psychology in Sports performance.
3. Use various techniques & methods to evaluate various psychological parameters
4. Prepare and present psychological profiles of sportsmen.
5. Construct assessment tools for different aspects of Sports Psychology.

Course 304: Sports Nutrition

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

1. Explain how science and technology affects sports nutrition.
2. Classify nutritional and eating disorders and its effects on health and sports performance.
3. Discuss energy system with reference to intensity of exercise and type of sport.
4. Classify different types of carbs, fats, proteins, and understand their functions.
5. Assess dietary intake of an individual.
6. Justify fluid intake in diet and sports activities.
7. Plan diet with respect to endurance sport, team sport, and power sport.

Course 305 Health Education

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

1. Discuss about objectives of health education & School health program
2. Differentiate the concept, importance & determinants of health
3. Demonstrate understanding of malnutrition and nutritional disorders
4. Demonstrate correct postural habits of basic movements so as to avoid postural defects and physical deformities due to occupation
5. Demonstrate hygiene practice in society for avoiding communicable diseases
6. Discuss preventive measures for various diseases & STD's
7. Introduce different energy loading procedures and competition related diet



Course 306 Pedagogy of Physical Education

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

1. Develop plan for systematic improvement in teaching Physical Education
2. Assess teaching episodes using systematic assessment tools
3. Develop units of instructions systematically using generic & innovative teaching approaches
4. Evolve professional development strategies for own

Course 307 Value of environmental Physical Education

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

1. Demonstrate an understanding of values, morals, value system & religion related aspects
2. Develop a value system based on criteria such as consistency, commitment
3. Demonstrate an awareness of environment related issues & practices
4. Expiry eco-friendly practices in usage of natural & man made resources

Course 308 Education Technology in Physical Education

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

1. Demonstrate basic understanding of various forms of technology & its transactional usage.
2. Identify and utilize appropriate technology for effective communication
3. Justify the use of AV media & technology in Physical Education
4. Explain the recent innovations in ET & its impact with reference to Physical Education



Course 401 Research Dissertation

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

1. Develop the Research attitude
2. Develop and administer the tools for data collection
3. Organize and present research work
4. Write and present the research report as per guidelines
5. Write research paper and abstract
6. Apply the academic writing skills cultivating into scientific papers/ research article
7. Understand and use the referencing style, typography rules

Course 402 Specialization (Practical)

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

1. Demonstrate an understanding of teaching of selected sports & its performance & officiating
2. Perform various basic & advanced skills and devise strategies
3. Create a coaching plan for different levels & players & durations
4. Analyze individual & team performance & devise game plan
5. Develop scientific fitness & skill development plans

Course 403 Professional Preparation

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

1. Understand the foundation of the profession and its criteria in the field of physical education.
2. Differentiate and identify career opportunities in the field of sports, physical education and can choose their own professional career.
3. Acquire the necessary skills required to survive and thrive in the workplace conditions.



4. Keep themselves upgraded with the latest knowledge and skills as per the requirement of their job profile.
5. Design curriculum according to their work setting.

Course 404: Sports Medicine

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

1. Explains the meaning of sports medicine and its application in physical education and sports.
2. Justify the role of different stakeholders for enhancing performance of a sports person.
3. Classify doping in sports and explain its ill effects.
4. Classify different types of sports injuries, understand its first aid and plan a rehabilitation program for sports injuries.
5. Recommend modalities for treatment of sports injuries.
6. Explains problems related to inactivity and suggests its management.

Course 405 Health and Fitness Management

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

1. Understand the dimensions of wellness.
2. Design a personalized fitness program.
3. Suggest FITT as per resistance training program Goal.
4. Design exercise plans for healthy population based on scientific guideline
5. Express the duties, responsibility, legal aspect of fitness conditioner.
6. Recommended FITT protocol for resistance training program
7. Differentiate sports specific conditioning programs



Course 406 Adapted Physical Education

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

1. Understand the need, importance & foundational aspects of Adapted Physical Education
2. Demonstrate an understanding of various classes of disabilities & its nature
3. Comprehend the process of development of an individual
4. Devise instructional strategies for teaching Physical Education to children with special needs
5. Design appropriate activities & lesson plans IEPs for special children

Course 407 Sports Journalism & Mass media Communication Technology

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

1. Demonstrate an understanding of basic aspects of Journalism
2. Understand the structure of a sports bulletin, classify types & compile a bulletin
3. Explain a role of Mass media in advertising & promotion of sports
4. Prepare an event, news report or a press note of sporting event

Course 408 Recreation & Leisure time management

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

1. Understand the fundamental principles of theories of play & recreation
2. Demonstrate an understanding of a role leisure & recreation, use intervention techniques & its impact on human development
3. Search, develop & assess recreational sports programs & streamline its administration
4. Conduct & organize recreational & leisure program for persons of different age groups & abilities



Course 409 Philosophical & Sociological Basis of Physical Education

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

1. Understand the Philosophical & Social basis of Education & Physical Education
2. Relate the theoretical understanding of isms to Physical Education programs
3. Build the value and belief system & understand ethical issues in sports
4. Demonstrate understanding of sociological & histories perspective of Physical Education
5. Examine the various social aspects of sports in relation to globalization & development