

Bachelor of Physical Education

PROGRAM OUTCOMES

- Understand the teaching skills and gain knowledge of teaching physical education.
- Understand the general and specific lesson plan to using with communication skills in classroom.
- Understand the philosophy and physiological concept and applied in different situations.
- Understand the health education and different sports administration.

PROGRAM SPECIFIC OUTCOMES

- ❖ Able to teach and communicate with the students.
- ❖ Able to lead a large group with a guidance and discipline.

COURSE OUTCOMES

Semester – I

Theory Courses

CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICALEDUCATION

• LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the term Physical Education
- Understand the historical background of Physical Education in India
- Understand the Foundation of Physical education
- Describe the Principles of Physical Education

CC-102 ANATOMY AND PHYSIOLOGY

• LEARNING OUTCOME

After completing this course, the students will be able to

- Understand in brief Anatomy and Physiology
- Understand the different systems of human body
- Understand the Physiological Composition of human body
- Understand the effect of exercise in human body



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CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

• LEARNING OUTCOME

After completing this course, the students will be able to

- Describe the term Health Education
- Understand the Health Problem in India
- Understand the environment science
- Understand the Natural Resources and Environmental related issues

EC-101 OLYMPIC MOVEMENT (ELECTIVE)

LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the History of Olympic Games
- Understand the Modern Olympic Games
- Identify and differentiate the Olympic Games
- Understand the committees of Olympic Games

EC-102 OFFICIATING AND COACHING (ELECTIVE)

LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the Officiating and Coaching
- Understand the Qualities of a Coach
- Understand the different duties of a Coach
- Understand the general rules of Games & Sports

Semester – II

Theory Courses

CC-201 YOGA EDUCATION

LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the Concept of yoga Education
- Understand the different asanas
- Understand the foundation of Yoga
- Understand the differences of Yogic Practices and Physical Exercises



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CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Organisation and administration
- Understand the Office management, record, Register and budget
- Understand the Facilities & Time-Table Management
- Identify and differentiate the Tournament Types
 - Understand the different methods of coaching
 - Understand the class organization
 - Understand the stages of skill teaching
 - To know about different coaching aids.

CC-203 ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

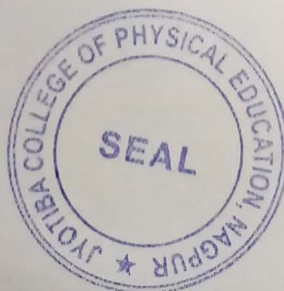
- Understand the organization and administration
- Understand about office management
- Understand the competition tournament

EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Physical Fitness and Wellness
- Understand the different of fitness.
- Understand the exercise program.
- Understand the safety and first aids.



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EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

• LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the Sports Nutrition
- Understand the Nutrients Metabolism
- Understand the Weight Management
- Understand the Nutrition and daily management.

Semester – III

Theory Courses

CC-301 SPORTS TRAINING

• LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the Concept of Sports Training
- Identify and differentiate the training Components
- Understand the training Process
- Describing the Training Programming and Planning

CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the Concept of Computer
- Understand the Basic Application of computer in Physical education
- Understand the MS Word
- Understand the MS Excel
- Understand the MS Power Point

CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY

• LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the Educational and Sports Psychology
- Understand the Sociology and Human behaviour
- Understand the different theories of learning
- Understand the Tradition and Physical Education
- Different method of studying



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**EC-301 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION
(ELECTIVE)**

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Sports Medicine
- Understand the Guiding principles of Physiotherapy
- Understand the Term Hydrotherapy
- Understand the Therapeutic exercise

EC-302 CURRICULUM DESIGN (Elective)

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Modern concept of Curriculum
- Understand the Curriculum Construction
- Understand the Mechanics of Curriculum Planning
- Understand the Field and Laboratory Teaching practice

**Semester – IV
Theory Courses**

CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

• **LEARNING OUTCOME**

After completing this course, the students will be able to

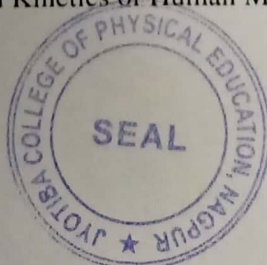
- Understand the term Test, Measurement and Evaluation
- Identify and Differentiate classification and administration of test
- Understand the Physical Fitness Test
- Describe the Sports skills Tests

CC-402 KINESIOLOGY AND BIOMECHANICS

• **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Kinesiology and Sports Biomechanics
- Understand the Fundamental Concept of Anatomy and Physiology
- Understand the Mechanical Concepts in Sports Activities
- Describe the Kinematics and Kinetics of Human Movement



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CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Concept of Research
- Understand Survey of Related Literature
- Understand the Basics of Statistical Analysis
- Describe the Statistical Models in Physical Education and Sports

EC-401 THEORY OF SPORTS AND GAMES (ELECTIVE)

- **LEARNING OUTCOME**

After completing this course, the students will be able to

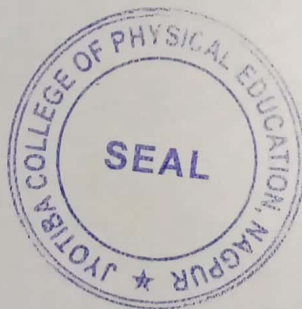
- Understand the Specialized Games and Sports
- Understand the Scientific Principles of Coaching
- Understand the Physical Fitness Components
- Describe the Conditioning exercises and warming up

EC-402 SPORTS MANAGEMENT (ELECTIVE)

- **LEARNING OUTCOME**

After completing this course, the students will be able to

- Understand the Nature and Concept of Sports Management
- Understand the Leadership Qualities
- Understand the Management Planning in School and College
- Describe the Financial Management in School and College



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