

# **Bachelor of Physical Education and Sports**

## **PROGRAM SPECIFIC OUTCOMES**

- ❖ Able to use effective communication and teach the students.
- ❖ Apply different teaching material for learner centric methods.

## **PROGRAM OUTCOMES**

- Understand the different discipline of teaching physical education.
- Understand the different organization to plan and using in various programmed.
- Understand the different organs and systems of human body.
- Understand the different methods of learning process.

### **Semester- I Theory Courses Language TC-101 English**

#### **•LEARNING OUTCOMES**

After completing this course, the students will be able to

- Understand the English Language Knowledge.
- Understand the Hindi Language Knowledge.
- Understand the Marathi Language Knowledge.

### **TC-102 ELEMENTS OF PHYSICAL EDUCATION**

#### **•LEARNING OUTCOMES**

After completing this course, the students will be able to

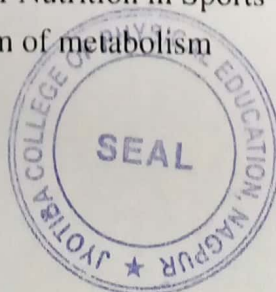
- Understand the Concept of Physical Education.
- Understand the various terms in Physical Education
- Understand the Development of Physical Education and sports in India
- Describe the Professional Organisations.
- Understand the Government Efforts in physical education and sports

### **TC-103 GENERAL SCIENCE**

#### **•LEARNING OUTCOMES**

After completing this course, the students will be able to

- Understand the Concept of general Physics
- Understand the Concept of general Chemistry
- Understand the Concept of general Biology
- Understand the Concept of Nutrition in Sports
- Understand the mechanism of metabolism



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➤ **EC-101 HEALTH EDUCATION (Elective Courses)**

• **LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of Health Education.
- Understand the Personal Health, Hygiene and Sanitation
- Understand the Programmes of Health Education
- Understand the General Principles of Co-ordinated School Health Programme

**Semester- II**

**Theory Courses**

**TC-201 ANATOMY AND PHYSIOLOGY**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the different systems of human body.
- Identify and describe the different organs of the human body and its regulation.
- Understand function of the muscle
- Understand the mechanism of metabolism, nervous systems, ductless glands

**TC-202 EDUCATIONAL PSYCHOLOGY**

**LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Describe the role of sports psychology for athletes and in their performance.
- Describe the general characteristics of various stages of growth and development.
- Describe the Learning Process.
- Understand the psycho-sociological aspects of human behaviour in relation to physical education and sports
- Understand socialization through participation in Physical Education and sports activities
- Understand General Inmate Tendencies and Personality



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## **TC-203 PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION**

### **• LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of Physical Education.
- Understand the Principles used in Physical Education
- Understand the Historical Development of Physical Education in India and Abroad.
- Describe the Different Olympic Games.
- Understand the Recent Developments in physical education

### **Elective Courses**

## **EC-201 RECREATION IN PHYSICAL EDUCATION**

### **• LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of Recreation.
- Understand the Principles of Recreation.
- Describe Recreational facilities
- Describe the Recreation at various levels.
- Understand the various programmes of Recreation.

### **Semester- III**

### **Theory Courses**

## **TC-301 PHYSIOLOGY OF EXERCISES**

### **• LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Physiology of Exercise.
- Understand types of exercises and its classification
- Understand the functions of different systems during exercise
- Understand energy consumption during training
- Understand Role of Muscular System in Exercise



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## TC-302 METHOD IN PHYSICAL EDUCATION-I

### • LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the concept of methods of teaching.
- Describe and use various teaching methods according to suitability construct the lesson plans for various physical education activities.
- Classify the types of presentation, techniques and technical preparations required for physical education lessons.
- Understand the principles of class management and factors affecting class management.
- Effectively utilize various teaching aids for conduct of physical education program.

## TC-303 ADAPTED PHYSICAL EDUCATION

### • LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the modern concept of adapted physical education.
- Apply the Guiding Principles for Adapted Physical Education Programme.
- Evaluate and develop programmes for differently abled.
- Comprehend the changing concept of differently abled people.
- Identify the various disabilities.
- Explain Provisions of special rights and privileges for differently abled through legislations.

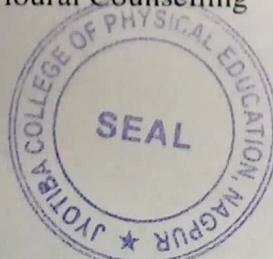
### Elective Courses

## EC-301 COUNSELLING AND GUIDANCE

### • LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the concept of Counselling.
- Understand the concept of Guidance.
- Understand the concept of Counsellor, Leader.
- Understand the Stages of Behavioural Counselling



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- Understand the principles of Group Dynamics
- Effectively utilize Theories of Counselling.

**Semester- IV**  
**Theory Courses**  
**TC-401 KINESIOLOGY**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the concept of Kinesiology.
- Understand various Anatomic Fundamentals Terminology
- Understand the functions of different muscles, locations and actions
- Understand Application of Kinesiology
- Understand principles of movement and motion

**TC-402 YOGA**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

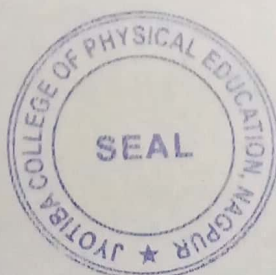
- Understand the Yoga and its historical development.
- Differentiate between various stages of Astanga Yoga.
- Demonstrate different Asanas, Pranayamas and Kriyas.
- Apply and demonstrate various benefits of Yoga to be applied in the field of sports.
- Relate Yoga with Health and Wellness.
- Develop Yogic Programs/schedules.

**TC-403 METHOD IN PHYSICAL EDUCATION-II**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the methods, types of classification.
- Understand the various types of competition and tournaments.
- Understand Construction and Marking of Standard Track and Play-fields for various games.
- Understand Public Relation in Physical Education.
- Understand How to organise sports meet.



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**Elective Courses**  
**EC-401 REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept and Classification of Posture.
- Understand the various Postural Deformities.
- Understand different posture test and therapeutic exercise.
- Understand what Massage is.
- Understand different types of Massage.

**Semester- V**  
**Theory Courses**

**TC-501 TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Test and Measurement.
- Understand the various uses of Test and Measurement.
- Understand Validity, Reliability and Objectivity.
- Understand different Physical Fitness Test
- Understand different Sports Fitness Test

**TC-502 FUNDAMENTALS OF COMPUTER IN PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

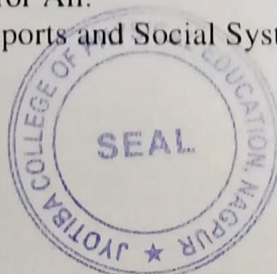
- Understand the importance of computers in Physical Education.
- Understand the Uses of computers in Physical Education.
- Understand various storage devices of computer.
- Understand basic concept of MS Office
- Understand concept of networking, search engine

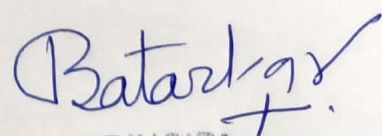
**TC-503 SPORTS SOCIOLOGY**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Sports Sociology
- Understand the importance of Sports Sociology in Physical Education and Sports.
- Understand the meaning of socialisation.
- Understand concept of Sports for All.
- Understand relation between Sports and Social System



  
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**Elective Courses**  
**EC-501 MANAGEMENT IN PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Sports Management
- Understand the importance of Sports Management in Physical Education and Sports.
- Understand the Principles Management
- Understand the Sports Management in Schools, Colleges and Universities.
- Understand concept of Budget
- Understand concept of Leadership, Forms of Leadership

**Semester- VI**

**Theory Courses**

**TC-601 ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Organisation and Administration
- Understand the Professional Preparation
- Understand the Various Facilities, Equipment
- Understand the concept of Programme Planning
- Understand concept of Budget
- Understand concept of Camping

**Theory Courses**

**TC-602 PRINCIPLES OF OFFICIATING AND COACHING**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Coaching, Teaching and Training
- Understand the Concept of Conditioning
- Understand the Various types of Training
- Understand the concept of player selection
- Understand concept of Officiating



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**Theory Courses**  
**TC-603 SPORTS INJURIES AND REHABILITATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Rehabilitation
- Understand the Effects and uses of the Various Therapeutic modalities
- Understand the Concept of Physiotherapy
- Understand Sports Injuries

**Elective Courses**  
**EC-601 PRINCIPLES OF SPORTS TRAINING**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Sports Training
- Understand the Principles of Sports Training
- Understand the Components of Physical Fitness and their Development
- Understand Concept of Training Plan
- Understand Concept of Doping



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