# 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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# 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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## Program Outcomes

**Name of Program: MPED (MASTER OF PHYSICAL EDUCATION)**
**No. Of Courses: 36**
**Graduate Attributes: Disciplinary Knowledge, Critical Thinking, Problem Solving, Analytical Reasoning, Communication Skills, Teamwork, Moral and Ethical Awareness**

| | Program Outcomes | |
|---|---|---|
| PO1 | Disciplinary Knowledge | The student will be able to develop knowledge and understanding of the field of physical education |
| PO2 | Critical thinking | The students will be capable of analysing and identifying the implication of physical education and will critically evaluate for development of knowledge of physical education |
| PO3 | Problem solving | The students will inculcate the capacity to apply ones learning to real life situations by class room teaching |
| PO4 | Cooperation & team work | The student will be capable of working in coordination as a team by organisation of various events (sports meet, tour etc.) |
| PO5 | Analytical Reasoning | The students will be able to evaluate the relevance of evidences in physical education and providing proper reasoning for the same |
| PO6 | Research related skill | The students will be capable of finding out the problems for research and drawing conclusions from the data with presentations of reports and results of the experiment investigation |
| PO7 | Communication Skills | The students will be able to express their ideas effectively through classroom teaching and ground lessons by using various means(Audio visual aids, charts, etc) |
| PO8 | Scientific Reasoning | The students will be able to analyse interprets and draw conclusions by systematic way in implementations of physical education professions. |
| PO9 | Reflective Thinking | The students will be capable of critical sensibility by lived experiences of lesson plans for class room teachings. |
| PO10 | Information / Digital Literacy | The students will be able to use digital ways in learning situations and in skill demonstration in sports and also be able to use software for analysis of data for research |
| PO11 | Self directed learning | The students will develop the ability to identify the proper resources and work independently for the proper managements and completion of project |
| PO12 | Multicultural competence | The students will attain the knowledge of values and beliefs of variety of cultures through contacts with diverse groups |
| PO13 | Moral and ethical awareness / reasoning | The students will be able to embrace the ethical values in their life as a good teacher |
| PO14 | Leadership | The students will be able to develop leadership qualities by working in a team and developing management skills in an |



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| | readiness/qualities | effective way. |
| PO15 | Lifelong learning | The students will be able develop self as skilled individuals with competitions and employability |

## Program Matrix

**Name of Program: MPED (MASTER OF PHYSICAL EDUCATION)**

**(Low Correlation = L/1 ; Moderate Correlation = M/2 ; High Correlation = H/3)**

| Course Outcomes (COs) | | Program Outcomes (POs) | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Domain Specific (PSO) | | | | | | | | | | | | | | |
| | **Course Name: Research Process in Physical Education & Sports Science** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| CO1 | The student will be able to understand basic and advanced level of knowledge and related to research. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO2 | The student will be able to critically analysis and evaluate the problem of research. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO3 | The student will be able to solve research problem systematically | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO4 | The student will be able to evaluate the reliability of evidence and analysis and synthesis data from sources | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO5 | The student will be to plan and write a research assignment | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO6 | The student will be able to analysis data with ICT | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| | **Course Name: Physiology of Exercise** | | | | | | | | | | | | | | | |
| CO1 | The student will acquire knowledge and skill of the human physiology | H | M | L | H | M | M | L | H | H | H | H | L | L | M | H |
| CO2 | The student will develop a sense of inquiry for further research | H | M | L | H | M | M | L | H | H | H | H | L | L | M | H |
| CO3 | The student will be able to use ICT in a variety of learning and demonstration activities. | H | M | L | H | M | M | L | H | H | H | H | L | L | M | H |

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| CO4 | The student will be able to work independently in terms of reading literature of available test. | H | M | L | H | M | M | L | H | H | H | H | L | L | M | H |
| CO5 | The student will be able to create and maintain positive attitude to learning personal and professional development. | H | M | L | H | M | M | L | H | H | H | H | L | L | M | H |
| | **Course Name: Yogic Sciences** | | | | | | | | | | | | | | | |
| CO1 | The Students will be able to explain the concept of yoga. | H | H | H | H | H | M | H | H | H | M | H | H | H | H | H |
| CO2 | The students will be able to critically analyze yoga documents to classify them properly | H | H | H | H | H | M | H | H | H | M | H | H | H | H | H |
| CO3 | The students will be able to cope with complex problems in day to day life | H | H | H | H | H | M | H | H | H | M | H | H | H | H | H |
| CO4 | The students will get knowledge of own values, skill, strength and weaknesses | H | H | H | H | H | M | H | H | H | M | H | H | H | H | H |
| CO5 | The students will identify the relevance and importance of yoga as science | H | H | H | H | H | M | H | H | H | M | H | H | H | H | H |
| CO6 | The students will be able to infer, cherish and practice human values through yoga | H | H | H | H | H | M | H | H | H | M | H | H | H | H | H |
| | **Course Name: Test, Measurement and Evaluation in Physical Education (E)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to understand the concept of Test ,Measurement and Evaluation and its importance in physical education | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO2 | The students will be able to evaluate the reliability and relevance of evidence of test and will draw valid conclusions | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO3 | The students will develop the ability to recognise cause and effect relationship | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO4 | The students will be able to draw conclusions from data | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO5 | The students will be able to self directed learning aiming at personal development | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| | **Course Name: Sports Technology (E)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to know the concept of technology in sports | H | H | L | H | M | M | L | H | H | H | H | L | L | H | H |
| CO2 | The students will inculcate competence to solve different non familiar problems of sports and will apply learning to real life situations | H | H | L | H | M | M | L | H | H | H | H | L | L | H | H |
| CO3 | The students will be able to use self awareness and reflexivity of self and of sportsmen in society | H | H | L | H | M | M | L | H | H | H | H | L | L | H | H |
| CO4 | The students will identify appropriate resources for sports and will be able to manage the organizations though to competition | H | H | L | H | M | M | L | H | H | H | H | L | L | H | H |



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| CO5 | The students will be able to work on personal development and will be able to adaptable to changing demands | H | H | L | H | M | M | L | H | H | H | H | L | L | H | H |
| | **Course Name: Practical Course** | | | | | | | | | | | | | | | |
| | **(MPPC-101 – Track and Field)** | | | | | | | | | | | | | | | |
| CO1 | The students will be capable of demonstrating comprehensive knowledge of Track and Field along with the ability to acquire skills and work on development of skills | H | H | H | H | M | H | H | H | H | L | H | L | M | H | H |
| | **(MPPC-102 – Laboratory Practical)** | | | | | | | | | | | | | | | |
| CO1 | The students will develop knowledge and understanding to conduct basic test related to sports psychology, sports biomechanics and kinesiology and physiology of exercises | H | H | M | H | H | M | M | H | H | M | H | L | L | H | H |
| | **(MPPC-103 – Yoga)** | | | | | | | | | | | | | | | |
| CO1 | The student will develop skills of performing basic yogasanas and kriyas | H | H | H | H | H | H | H | H | H | M | H | H | H | H | H |
| CO2 | The student will develop skills of performing techniques of aerobics/self defence/Martial Arts/Taekwondo /Shooting /archery | H | H | H | H | H | H | H | H | H | M | H | H | H | H | H |
| | **(MPPC-104– Adventure Activities / Mass Demonstrations )** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to perform mass demonstration activities and participate in adventure Activities | H | H | H | H | M | H | H | M | M | H | H | H | M | H | H |
| | **SEMESTER -II** | | | | | | | | | | | | | | | |
| | **Course Name : Applied Statistics In Physical Education & Sports Science** | | | | | | | | | | | | | | | |
| CO1 | The student will be able to develop the knowledge and understanding of statistics and its application in Physical Education & Sports. | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO2 | The student will be able to evaluate the reliability and relevance of evidence and draw valid conclusion of data. | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO3 | The student will be able to analysis interpretation and draw conclusion from quantitative/qualitative data. | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO4 | The student will develop capability to use ICT for evaluation and analysis of data. | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| CO5 | The student will be able to work independently and manage research through statistics. | H | H | M | H | M | M | H | H | H | M | H | L | L | H | H |
| | **Course Name: Sports Biomechanics & Kinesiology** | | | | | | | | | | | | | | | |

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| CO1 | The student will be able to understand basic and advanced of sports biomechanics and kinesiology. | H | H | M | H | H | L | L | H | H | H | H | L | L | M | H |
| CO2 | The student will be able to apply knowledge of biomechanics and kinesiology in to real performance in sports | H | H | M | H | H | L | L | H | H | H | H | L | L | M | H |
| CO3 | The student will be able to use digital research presentation of sports skill. | H | H | M | H | H | L | L | H | H | H | H | L | L | M | H |
| CO4 | The student will be able to develop new methods or pattern for enhancement in sports skill. | H | H | M | H | H | L | L | H | H | H | H | L | L | M | H |
| CO5 | The student will be able to meet most challenge related to performance. | H | H | M | H | H | L | L | H | H | H | H | L | L | M | H |
| | **Course name: Athletics Care And Rehabilitation** | | | | | | | | | | | | | | | |
| CO1 | The student will be able to understand major concept, principal and theories related to athletics care and rehabilitation of sports person. | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO2 | The student will be able to think critically for solving various problems pertaining to sports injury management. | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO3 | The student will be able to develop ability to cope with complex problem in injury management and rehabilitation. | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO4 | The student will be able to work independently and will be able to proper time management for athletic care and rehabilitation of sports person. | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO5 | The student will develop carrier competition through regular athletic care camps on competition. | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| | **Course Name : Sports Journalism And Mass Media** | | | | | | | | | | | | | | | |
| CO1 | The student will be able to acquire knowledge regarding mass media and its role in sports. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO2 | The student will be able to embrace ethics of journalism | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO3 | The student will be able to use critical concept of journalism | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO4 | The student will be able to express their thoughts and ideas effectively in writing and orally. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO5 | The student will be able to plan and write reports based on research in sports. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| | **Course name: Sports Management And Curriculum Designs In Physical Education** | | | | | | | | | | | | | | | |
| CO1 | The student will be able to learn sports management. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |

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| CO2 | The student will develop the ability to think critically for solving various problems pertaining to the sports management. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO3 | The student will be able to practise efficient cooperation to perform took in timely management. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO4 | The student will develop the ability to work with relative autonomy which will provide foundation for future leadership roles.. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO5 | The student will acquire reflective thinking for making judgments about the management of sports events. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| | **Course Name: Practical Course** | | | | | | | | | | | | | | | |
| | **(MPPC-201 – Track and Field)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to demonstrate and program skills of track and field | H | H | H | H | M | H | H | H | H | L | H | L | M | H | H |
| | **(MPPC-202 – Games Specialization)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to develop skills and knowledge related to specified games. | H | H | H | H | M | H | H | H | H | L | H | L | M | H | H |
| | **(MPPC-203 – Teaching Lessons Of Indigenous Activities & Sports)** | | | | | | | | | | | | | | | |
| CO1 | The Students will be able to be competent for profession by working independently and learning in real life situations by on ground teaching lessons. | H | M | M | M | H | M | H | M | M | M | H | H | M | H | H |
| | **(MPPC-204 – Class Room Teaching)** | | | | | | | | | | | | | | | |
| | The Students will be able to meet challenges faced by teachers in class by live experience of teaching in real life situation. | H | H | M | H | H | M | H | H | M | H | M | M | H | H | H |
| | **SEMESTER -III** | | | | | | | | | | | | | | | |
| | **Course Name: Scientific Principles Of Sports Training** | | | | | | | | | | | | | | | |
| CO1 | The students will acquire knowledge of sports training and its scientific basis | H | H | H | H | H | M | H | H | H | M | H | L | M | H | H |
| CO2 | The students will be able to analyze the importance of sports training in performance | H | H | H | H | H | M | H | H | H | M | H | L | M | H | H |
| CO3 | The students will be able to classify various training plans in sports training | H | H | H | H | H | M | H | H | H | M | H | L | M | H | H |
| CO4 | The students will develop ability to understand the logical connection between sports performance and sports training | H | H | H | H | H | M | H | H | H | M | H | L | M | H | H |
| CO5 | The students will be able to develop training schedules to enhance skill and performance of sportsmen | H | H | H | H | H | M | H | H | H | M | H | L | M | H | H |

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| | **Course Name :Sports Medicine** | | | | | | | | | | | | | | | |
| CO1 | The students will learn concept of sports medicine and various method of prevention and management of sports injuries | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO2 | The students will acquire the skill related to rehabilitation of injuries through exercise as therapy | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO3 | The students will be able to carry implications of theory in to practical by visiting physiotherapy centres | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO4 | The students will be able to cope up with complex problem during injury incidences in sports | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| CO5 | The students will develop skills required for profession | H | H | H | H | M | M | H | H | H | M | H | M | M | H | H |
| | **Course Name: Health Education And Sports Nutrition** | | | | | | | | | | | | | | | |
| CO1 | The students will develop the understanding of importance of health and nutrition | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO2 | The students will develop the ability to think about well being of others and work on its through services | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO3 | The student will develop the ability of social inclusion, active citizenship by the means of awareness programmes of health and sports Nutrition | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO4 | The students will be able to work and learn innovative ideas to investigate problems related to health and have solutions to it | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO5 | The students will have the deep knowledge regarding role of Nutrition in sports and importance of weight management | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| | **Course Name: Physical Fitness And Wellness (E)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to understand the basic and advance knowledge of physical fitness and wellness | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO2 | The students will be capable of applying analytical thought to the importance of fitness and wellness to common person | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO3 | The students will be able to replicate curriculum content and apply knowledge of physical fitness and wellness to real life situation | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO4 | The students will be able to develop new techniques for maintaining fitness and wellness of society | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |
| CO5 | The students will be able to think logically and will be able to identify logical flows in the process | H | H | H | H | M | H | H | H | H | M | H | H | H | H | H |

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| | **Course Name: Sports Engineering (E)** | | | | | | | | | | | | | | | |
| CO1 | The students will develop the ability to understand the basics of sports engineering | H | H | M | H | H | M | H | H | H | H | H | M | M | H | H |
| CO2 | The students will develop sense of analytic reasoning for sports | H | H | M | H | H | M | H | H | H | H | H | M | M | H | H |
| CO3 | The students will be able to classify mechanics of engineering materials and sports dynamics | H | H | M | H | H | M | H | H | H | H | H | M | M | H | H |
| CO4 | The students will get working knowledge of current high technology for building and maintenance of sports infrastructure | H | H | M | H | H | M | H | H | H | H | H | M | M | H | H |
| CO5 | The students will develop the thinking of well being of others , public safety, safety control legal compliance of sports engineering | H | H | M | H | H | M | H | H | H | H | H | M | M | H | H |
| | **Course Name: Practical Course** | | | | | | | | | | | | | | | |
| | **(MPPC-301 – Track and Field)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to learn and perform track and field activities (Throwing) and Gymnastic/swimming | H | H | H | H | M | H | H | H | H | L | H | L | M | H | H |
| | **(MPPC-302 – Game Specialization )** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to know advancement in their respective games and skill performance | H | H | H | H | M | H | H | H | H | L | H | L | M | H | H |
| | **(MPPC-303 – Coaching Lessons of Track & Field)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to learn coaching skill in real life situation with coaching lesson of track and field | H | M | M | M | H | M | H | M | M | M | H | H | M | H | H |
| | **(MPPC-304 – Coaching Lessons of Game Specialization)** | | | | | | | | | | | | | | | |
| CO1 | The students will develop coaching skill of game specialization which makes them capable of self paced and self directed learning aimed at personal development | H | H | M | H | H | M | H | H | M | H | M | M | H | H | H |
| | **SEMESTER -IV** | | | | | | | | | | | | | | | |
| | **Course Name: Information & communication Technology (ICT) in Physical Education.** | | | | | | | | | | | | | | | |
| CO1 | The Students will be able to learn basics of ICT in physical Education. | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| CO2 | The Students will be able to use digital resources for gathering information. | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| CO3 | The Students will be capable of using technology for teaching learning process. | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| CO4 | The Students will be able to conduct research tasks with the use of ICT and will draw conclusion with the help of ICT | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |

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| CO5 | The Students will be able to use web based learning and use visual classroom for teaching. | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| | **Course Name: Sports Psychology** | | | | | | | | | | | | | | | |
| CO1 | The Students will be able to learn need and importance of sports psychology. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO2 | The Students will be able to cope up with complex problems and goal settings in sports. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO3 | The Students will be able to work effectively in diverse condition as team through group cohesion. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO4 | The Students will develop the ability to work and learn independently and effectively through self motivation. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| CO5 | The Students will be able to understand the scientific process in psychology | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| | **Course name: Value and Environment Education** | | | | | | | | | | | | | | | |
| CO1 | The Students will be to understand the basic and importance of environment. | H | H | H | M | M | H | H | H | H | M | H | H | H | H | H |
| CO2 | The students will be to apply ethical standards to attain truthful actions in all aspects of life. | H | H | H | M | M | H | H | H | H | M | H | H | H | H | H |
| CO3 | The students will be able to learn new thing for social change and life affirming endeavours. | H | H | H | M | M | H | H | H | H | M | H | H | H | H | H |
| CO4 | The students will develop knowledge of the values and belief of global perspective in regards to environments education. | H | H | H | M | M | H | H | H | H | M | H | H | H | H | H |
| CO5 | The students will be able to try it on the justification of one's own beliefs and values. | H | H | H | M | M | H | H | H | H | M | H | H | H | H | H |
| | **Course name: Education Technology in Physical Education and sports(E)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to understand the importance of educational Technology in Physical Education & Sports | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| CO2 | The students will be able to read and analyse text through e learning modules | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| CO3 | The students will be able to be competent and reliable by producing work through the use of education technology | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| CO4 | The students will develop and maintain a positive attitude to learning for personal and professional use | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |

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| CO5 | The students will develop and identify the relevance and importance of ideas related to Education Technology in Physical Education and sports | H | H | M | H | H | M | M | H | H | H | H | L | M | H | H |
| | **Course Name: Dissertation (Elective)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to do intensive search, investigation and critical analysis to a specific research question or hypothesis. | H | H | H | H | H | H | H | H | H | H | H | H | H | H | H |
| | **Course Name: Practical Course** | | | | | | | | | | | | | | | |
| | **(MPPC-401 – Track and Field)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to learn and perform track and field activities (Decathlon) and Gymnastic/swimming | H | H | H | H | M | H | H | H | H | L | H | L | M | H | H |
| | **(MPPC-402 – Game Specialization )** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to know advancement in their respective games and skill performance | H | H | H | H | M | H | H | H | H | L | H | L | M | H | H |
| | **(MPPC-403 – Officiating Lessons of Track & Field)** | | | | | | | | | | | | | | | |
| CO1 | The students will be able to learn official duties skill in real life situation with coaching lesson of track and field | H | M | M | M | H | M | H | M | M | M | H | H | M | H | H |
| | **(MPPC-404 – Officiating Lessons of Game Specialization)** | | | | | | | | | | | | | | | |
| CO1 | The students will develop coaching skill of game specialization which makes them capable of self paced and self directed learning aimed at personal development | H | H | M | H | H | M | H | H | M | H | M | M | H | H | H |

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