



Department of PG Studies and Research in Physical Education

Programme Offered

1. B.P.E.S.
2. B.P.Ed.
3. M.P.Ed.

B.P.E.S

Programme Outcomes

The graduates and postgraduates of the courses have a wide range of opportunity in different fields. Post Graduate and Ph.D's are qualified to be appointed as Teachers and Sports officer in Universities, Colleges and Physical Education teachers in Schools.

PROGRAMME OBJECTIVES

PO-1. Holistic approach: The programme gives an insight into the holistic concept of the Subject.

PO-2. Critical Thinking: Identifying the assumptions that frame our actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

PO-3. Effective Citizenship: Demonstrate social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

PO-4. Ethics: Recognize different value and moral systems and correlate them with present system.

PO-5. Effective Communication: Read, Write, Speak and listen clearly in English and Hindi (Bilingual).

PROGRAMME SPECIFIC OUTCOMES

PSO-1. Improve knowledge about Physical Education

PSO-2. To define and acquaint training preparation of Game/Sports

PSO-3. Develop proficiency in Games & Sports.

PSO-4. To employ the rules and regulation of Game/Sport

SEMESTER I

PAPRE 1 Basic and Systemic Anatomy – I

Course Outcomes

CO-1. The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.

CO-2. He would be able to Relate and interpret the role of exercise on body systems and its relation to wellbeing, through literature reviews and physical conditioning exercises.

CO-3. Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at schoollevel.

CO-4. Construct anatomy and physiology related pedagogical materials exploring their creative imaginationswhile working in group and using technology.

PAPRE 2 PRINCIPLES OF PHYSICAL EDUCATION– I

Course Outcomes

CO-1. Students will develop competency in many movement activities.

CO-2. Students will understand *how* and *why* they move in a variety of situations and use this information toenhance their own skills.

CO-3. Students will achieve and maintain a health-enhancing level of physical fitness.

CO-4. Students will exhibit a physically active lifestyle and will understand that physical activity providesopportunities for enjoyment, challenge and self-expression.

CO-5. Students will demonstrate responsible personal behavior while participating in movement activities.

PAPRE 3 ENGLISH- I

Course Outcomes

CO-1. The course will develop fundamental knowledge of English Language.

CO-2. The literary texts shall enable students to inculcate creative & aesthetic sensitivity and criticallycomprehend, appreciate and analyze it.

CO-3. The students will be familiarized with the basics of language and its structure

SEMESTER II

PAPRE 1

Course Outcomes

CO-1. The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.

CO-2. He would be able to Relate and interpret the role of exercise on body systems and its relation to wellbeing, through literature reviews and physical conditioning exercises.

CO-3. Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at schoollevel.

CO-4. Construct anatomy and physiology related pedagogical materials exploring their creative imaginationswhile working in group and using technology.

PAPRE 2 HISTORY OF PHYSICAL EDUCATION – II

Course Outcomes

- CO-1.** The pass out would be able to compare the relationship between general education and physical education.
- CO-2.** He would be able to identify and relate with the History of Physical Education.
- CO-3.** He would be able to comprehend the relationship between Philosophy, Education and Physical Education.
- CO-4.** He would able to identify the works of Philosophers of Education and Physical Education.
- CO-5.** He would know recent developments and academic foundation of Physical Education.

SEMESTER – III

PAPRE 1 PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE

Course Outcomes

- CO-1.** The student would be empowered with the applicable knowledge of physiology in physical activity and sports.
- CO-2.** The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance.

PAPRE 2 EDUCATIONAL PSYCHOLOGY

Course Outcomes

- CO-1.** The study would orient the student in basic concepts of psychology.
- CO-2.** The student would be oriented in identifying factors determining one's overall personality.
- CO-3.** He would understand various laws of learning and their relevance in teaching learning process.
- CO-4.** The study would orient him in getting through with the psychology of sports person.

SEMESTER – IV

PAPRE 1 KINESIOLOGY

Course Outcomes

- CO-1.** The student would be Oriented with the skeletal structure of human body by identifying the origin and insertion of various muscles.
- CO-2.** Orient the students in basic structure and functions of primary joints of the body.
- CO-3.** Relate and interpret the role of various mechanical principles in human movement.

PAPRE 2 BASICS OF SPORTS TRAINING

Course Outcomes

- CO-1.** The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.
- CO-2.** The learners will be able to demonstrate the skills to train different fitness components and related planning.
- CO-3.** The learners will be able to understand the organization to achieve high performance in sports.

PAPRE 3 HEALTH EDUCATION

Course Outcomes

CO-1. The student will be able to identify and synthesize the factors that influence health.

CO-2. The student will be able to recognize the health-related challenges in current time and able to apply the preventive measures.

CO-3. The student will be able to identify the role of peers, community and media in health promotion and protection.

CO-4. The student will be able to demonstrate the expertise in above stated domains in a school setup.

CO-5. The student will be able to value the knowledge and skills required to preserve community health and well-being.

SEMESTER V

PAPRE 1 Management of Physical Education

Course Outcomes

CO-1. The student would understand the importance of management of Physical Education.

CO-2. He shall gain knowledge regarding management of Physical Education and Sports at different level.

CO-3. He will be able to organize various Physical Education program.

CO-4. He would know about various schemes and policies of State & Central Government.

CO-5. He would know about planning of facility and financial management.

PAPRE 2 GYM MANAGEMENT AND FITNESS TRAINING

Course Outcomes

CO-1. Will develop skills to establish daily caloric requirement and to design the diet plan.

CO-2. Will acquaint student with principles of sports nutrition.

CO-3. Will orient the student to the role of food on Physical performance.

CO-4. Would make the student understand and prepare weight management plans.

SEMESTER VI

PAPRE 1 TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Course Outcomes

CO-1. The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.

CO-2. The students will be able to construct and conduct the physical fitness and sports skill test.

CO-3. The students will be able to implement the criteria of test selection. The syllabus would orient the students in the art of applications of test, measurement and evaluation in physical and sports activities with simultaneous development of practical competency in conducting physical fitness and sports skill tests.

PAPRE 2 CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION

Course Outcomes

CO-1. He would understand the Prevention, Treatment and Rehabilitation of Athletic Injuries

B. P. Ed.

SEMESTER I

PROGRAMME OBJECTIVES

The graduates and postgraduates of the courses have a wide range of opportunity in different fields. Post Graduate and Ph.Ds are qualified to be appointed as Teachers and Sports officer in Universities Colleges and Physical Education teachers in Schools. Other than these academic opportunities they will also be qualified for appointment as District Sports Officer / Regional sports officer and other administrative post in sports department in Central and State undertakings. These students are also eligible to join different Forces, for examples, Army, Police, B.S.F etc. They are also eligible to undertake the higher studies i.e. M.Phil, Ph.D and D.Lit. in the field of Physical Education and Sports Sciences. Pass out students can also become health / fitness experts in health clubs and hospitality industry and they can start their own health clubs.

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PO-3. Effective Citizenship: Demonstrate social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

PO-4. Ethics: Recognize different value and moral systems and correlate them with present system.

PO-5. Effective Communication: Read, Write, Speak and listen clearly in English and Hindi (Bilingual).

PROGRAMME SPECIFIC OUTCOMES

PSO-1. Improve knowledge about Physical Education

PSO-2. To employ the rules and regulation of Game/Sport

PSO-3. Able to develop exercise.

PSO-4. Provides opportunity to join different Forces, for examples, Army, Police, B.S.F etc.

PAPRE 1 CC-101 HISTORICAL FOUNDATION OF PHYSICAL EDUCATION

Course Outcomes

After completing this course, the students will be able to

CO-1. Understand the concept of physical education.

CO-2. Understand the historical development of physical education in India and abroad.

CO-3. Describe the different Olympic games and its committees.

CO-4. Classify and Identify the Olympic values and apply the same to the society.

CO-5. Apply the concept of Olympics in organizing various sports activities.

PAPRE-2 CC-102 ANATOMY

Course Outcomes

After completing this course, the students will be able to

CO-1. Understand the different systems of human body.

CO-2. Identify and describe the different organs of the human body and its regulation.

CO-3. Understand the effects of the exercise on different systems of human body.

CO-4. Measure the bodily functions such as blood pressure, pulse/heart rate, different lung volume, gaseousexchange, capacity, amount of lactic acid etc.

PAPRE 3 CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Course Outcomes

After completing this course, the students will be able to

CO-1. Understand about the concept of health and health education.

CO-2. Understand the health problems in India.

CO-3. Understand about hygiene, nutritional aspects and prevention and control of communicable and non communicable diseases.

CO-4. Apply the comprehensive knowledge of the concept of health education, school health services and prevention of the environment related problems.

CO-5. Realize the value of environmental science.

PAPRE 4 EC-101 ADAPTIVE PHYSICAL EDUCATION (ELECTIVE)

Course Outcomes

After completing this course, the students will be able to

CO-1. Understand the concept and mechanism of officiating and coaching.

CO-2. Describe the duties of coaches and officials.

CO-3. Know the ethics and philosophy of coaching and officiating.

CO-4. Realize the qualities and qualification of coach and officials.

CO-5. Apply the concept of coaching and officiating.

PAPRE 5 CC-201 YOGA EDUCATION

Course Outcomes

After completing this course, the students will be able to – work

CO-1. Understand the yoga and its historical development.

CO-2. Differentiate between various stages of astanga yoga.

CO-3. Demonstrate different asanas, pranayamas and kriyas.

CO-4. Apply and demonstrate various benefits of yoga to be applied in the field of sports.

CO-5. Relate yoga with health and wellness.

CO-6. Develop yogic programs/schedules.

SEMESTER II

PAPRE 1 CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF PHYSICAL EDUCATION

Course Outcomes

After completing this course, the students will be able to-work

- CO-1.** Understand the concept of educational technology and methods teaching.
- CO-2.** Describe and use various teaching methods according to suitability.
- CO-3.** Construct the lesson plans for various physical education activities.
- CO-4.** Classify the types of presentation, techniques and technical preparations required for physical education lessons.
- CO-5.** Understand the principal of class management and factors affecting class management.

PAPRE 2 CC-203 PHYSIOLOGY

Course Outcomes

- CO-1.** Describe and apply the fundamental and advanced concepts of exercise physiology.
- CO-2.** Define and describe the term exercise physiology
- CO-3.** Recognize the energy system for aerobic and anaerobic components of exercise.
- CO-4.** Summarize the underlying physiological basis of physical fitness, physical training, health and wellness.
- CO-5.** Discover the nutritional aspect of fitness and performance.
- CO-6.** Comprehend the physiological changes and adaptations during exercise in different environmental conditions

PAPRE 3 EC-201 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Course Outcomes

- CO-1.** Correlate the of ICT& Education Technology in Physical Education and Sports concepts with the sports and athlete specific situations
- CO-2.** Integrate the knowledge about Communication Process and Teaching for learner.
- CO-3.** List down the Information Technology utilized in the field of sports.
- CO-4.** Analyze the issues related to Internet, Networking, E-learning and Cyber Security.

PAPRE 4 EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

Course Outcomes

- CO-1.** Understand the concept of holistic health through fitness and wellness
- CO-2.** Explain the concept of physical fitness, health related and motor fitness
- CO-3.** Evaluate primary health status
- CO-4.** Prepare fitness schedules & evaluate fitness

PAPRE 5 CC-301 PRINCIPLES OF SPORTS TRAINING

Course Outcomes

After completing this course, the students will be able to – work

- CO-1.** Understand the modern concept of sports training.
- CO-2.** Describe the principles of sports training.
- CO-3.** Evaluate and Develop system of sports training – basic performance, intermediate performance and high-performance training.
- CO-4.** Plan training sessions.
- CO-5.** Realise and apply the Methods of Technique Training.

SEMESTER III

PAPRE 1 CC-302 SPORTS MANAGEMENT

Course Outcomes

CO-1. To describe organization and administration of sports programmes.

CO-2. To analyze and interpret sports philosophy, sports sociology, business systems, sports management, public administration and marketing techniques.

CO-3. To develop opportunities to construct & design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis

PAPRE 2 CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY

Course Outcomes

CO-1. Correlate the psychological concepts with the sports and athlete specific situations

CO-2. Integrate the knowledge about personality, motor learning for behavior modification of athletes

CO-3. Relate different theories of motor learning with its influence on motor perception and related cognitive abilities of athletes.

CO-4. List down the strategies for motivation utilized in the field of sports.

CO-5. Analyze the issues related to social behavior based on physiological structure and function

PAPRE 3 EC-301 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)

Course Outcomes

CO-1. To apprise the students about the introduction to Athletic Care & Rehabilitation

CO-2. To synthesize the concept of sports injury and rehabilitation.

CO-3. To appraise the varied therapeutic aspects of exercise.

CO-4. To appraise the understanding of the preventive and curative aspects of sports injuries.

CO-5. To explain the understanding of the rehabilitation aspects of sport injuries

M.P.ED.

PROGRAMME OBJECTIVES

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PO-4. Ethics: Recognize different value and moral systems and correlate them with present system.

PO-5. Effective Communication: Read, Write, Speak and listen clearly in English and Hindi (Bilingual).

PROGRAMME SPECIFIC OUTCOMES

Develops specialized knowledge in skills of games.

PSO-1. Development of knowledge in health.

PSO-2. Develops effective communication in Physical education.

PSO-3. Able to develop exercise.

PSO-4. Preparation for competitive examination other than physical education.

PSO-5. Develops specialized knowledge in skills of games.