

Bachelor of Physical Education (B.P.Ed.)

Program Outcomes:the gogarfi

- Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of Physical Education in classes VI to X and for conducting Physical Education and sports activities in classes XI and XII.
- The course prepares the leaders in Physical Education who act as Mentors and Motivators for School children in inculcating healthy and hygienic habits.
- The course prepares the students who can become Teacher/ Instructor/ Coach, Umpire/ Referee, Gym/ Personal Trainer, Sport/ Athletic Trainer, Yoga Trainer, Sports and Leisure Club Manager.

Program Specific Outcomes:

- The course provides the students an understanding of Human body structure and its functions.
- The course provides the students valuable knowledge about the Health, related issues various communicable disease, its preventive measures, Nutrition, its role in weight management and healthy life.
- Program content provides opportunity to the students for learning about important methods used for teaching in Physical Education.
- This program will enable the student to understand the concept of organisation, administration, management (office and class) and Budgeting in Physical Education.
- The program will enable the students to know about meaning and significance of Sports Training.
- The program provides opportunity to understand the concept of Rehabilitation and Athlete's Care and its importance in modern days of Sports performance.
- The students will be provided understanding of various aspects- Biological, Philosophical and Psychological foundations of Physical Education, Kinesiology and its application in Sports.

Semester-I

Paper: History of Physical Education (SOE/PE/C-101)

Course Outcomes:

- Students will understand the meaning, aim and objectives of Physical Education.
- Students will be explained about the historical development of Physical Education in India.

- Students will be able to understand the role of European countries in development of Physical Education subject and discipline.
- Students will know the role of pioneer institutes in the field of Physical Education in India.
- Students will get knowledge about various Sports promotion schemes and sports awards.
- Students will get detail idea about Olympic movement; Ancient and Modern Olympic Games.

Paper: Anatomy & Physiology-I (SOE/PE/C-102)

Course Outcomes:

- Students will understand the significance of Anatomy & Physiology in the field of Physical Education.
- Students will be able to know about the structure of human body.
- Students will understand the functioning of Heart, Blood, Respiratory System, Digestive System, Sense organs, and various glands.
- Students will know about various body movements and role of different joints in it.

Paper: Health Education & Environment Studies (SOE/PE/C-103)

Course Outcomes:

- The students will learn about meaning, concept, dimensions and determinants of Health.
- The students will understand about the significance of Hygiene in human life and health.
- The students will be able to know about various communicable diseases prevalent in the society, their prevention and treatment.
- The students will understand the meaning and value of Environment Science in human life.
- The students will know about various types of Pollutions. Its hazards and pollution management's strategies.

Paper: Olympic Movement (SOE/PE/E-101)

Course Outcomes:

- The students will learn about origin of Ancient Olympic Games.
- The students will understand about evolution of Modern Olympic Games.
- The Students will understand the various ceremonies and important aspect of Modern Olympic Games.
- The students will get knowledge about structure and function of International Olympic Committee.

Paper: Officiating and Coaching (SOE/PE/E-102)

Course Outcomes:

- The students will be able to know about the meaning and concept of officiating and its principles in detail.
- The students will be able to understand about coaching; Principles and Philosophies, role of Coach on and off the field.
- The students will get knowledge about the duties and responsibilities of an official.
- The students will be able to get idea of qualities required to be a good coach & official.
- The students will be able to know about the role of Coach as Mentor.

Semester-II

Paper: Anatomy & Physiology-II (SOE/PE/C-201)

Course Outcomes:

- The students will be able to know about muscles in human body; its structures and functions.
- The students will understand the structure and functions of Nervous System, its types and Neuro-muscular junction.
- The students will get knowledge of Excretory organs and their functions in the body.
- The students will know about the effects of various types of training on different systems of human body like: Muscular System, Cardiovascular System, and Respiratory System.

Paper: Methods of Teaching in Physical Education (SOE/PE/C-202)

Course Outcomes:

- The students will learn about various types of teaching methods used in Physical Education, their principles and Merits/ Demerits.
- The students will be able to know about classification of students: Importance and methods of classification.
- The students will understand about various types of competitions: Intramural and Extramural. Their organisational setup, various committees and their functions.
- The students will be able to learn about methods of drawing fixtures.
- The students will know how to prepare a lesson plan and use of teaching aids for effective teaching in Physical Education class.

Paper: Organisation and Administration (SOE/PE/C-203)

Course Outcomes:

- The students will know about the meaning and concept of Organisation and Administration.
- The students will be able to learn about the role of administration for smooth functioning in Physical Education.
- The students will learnt about office management and related things like: Records, and Registers (various types)

- The students will get the idea of preparing budget and its importance in the field of Physical Education.
- The student will be able to know about Public relation and its significance in successful organisation of sports events.

Paper: Sports Nutrition and Weight Management (SOE/PE/E-201)

Course Outcomes:

- The students will be able to know about the concept of Nutrition and Sports Nutrition.
- The students will understand the role of Macro and Micro Nutrients in energy liberation and their significance for Physical work.
- The students will get idea of weight management and related issues like obesity and Diabetes.
- The students will able to learn about the weight management technique by using balance diet program.
- The student will know to prepare a balance diet chart as per individual's requirement.

Paper: Theory of Sports and Games (SOE/PE/E-202)

Course Outcomes:

- The students will be able to understand about the basic rules and regulations and historical development of various games.
- The students will know about dimensions and measurements of the courts/grounds in various games.
- The students will learn about marking used in different games and sports.
- The students will know about conducting conditioning program and exercises used in it.
- The students will be able to know about application of Physics in sports world and its role in Sports Management.

Semester-III

Paper: Basic Principles of Sports Training (SOE/PE/C-301)

Course Outcomes:

- The students will know about the meaning, aim and objective of Sports Training.
- The students will learn about basic principles of Sports Training.
- The students will understand the concept of Adaptation and Super compensation in Sports Training.
- The students will be able to learn the methods of developing fitness components.
- The students will get idea of planning, its types and principles used in Sports Training and concept of Periodisation.

Paper: Athlete's Care and Rehabilitation (SOE/PE/C-302)

Course Outcomes:

- The students will learn about Rehabilitation and its significance for a sportsperson.
- The students will be able to understand about the causes, prevention and treatment of Sports injuries.
- The students will know about First aid and various types of therapies used for treatment of injuries in Sports.
- The students will know the history and different types of massage their indications and contraindications.
- The students will be able to learn about various types of therapeutic exercises and their significance for Sports person.

Paper: Kinesiology (SOE/PE/C-303)

Course Outcomes:

- The students will be able to learn the meaning and importance of Kinesiology of Physical Education teacher.
- The students will know about various types of joints and movements in Human body.
- The students will understand the application of Physics to the Sports setting.
- The students will learn about Newton's laws of Motion and its application in the field of Physical Education and Sports.
- The students will be able to know about kinematics and kinetics of Human movement.

Paper: Computer Application in Physical Education (SOE/PE/E-301)

Course Outcomes:

- The students will know about meaning and importance of ICT to the Physical Education Teacher.
- The students will understand about the concept of MS Word and its functioning.
- The students will know about making MS Excel sheets and working on it.
- The students will learn to prepare Power point presentation by using various types of designs and combinations.

Paper: Education and Educational Technology (SOE/PE/E-302)

Course Outcomes:

- The students will be able to understand the meaning and importance of Education Technology in the field of Physical Education.
- The students will know about various commissions and their reports on Education reforms in the country.
- The students will be explained about Micro teaching and Simulation teaching- Steps and its types.

Semester-IV

Paper: Test and Measurement in Physical Education (SOE/PE/C-401)

Course Outcomes:

- The students will learn about concept of Test, Measurement and Evaluation and their significance in the Physical Education teaching and Research.
- The students will be able to know about test construction and various technical standards related to it.
- The students will understand the duties of a tester- pre, during and post test.
- The students will know about various fitness tests prevalent in the field of Physical Education.
- The students will also get idea of conducting skill test in various games.

Paper: Sports Psychology and Sociology (SOE/PE/C-402)

Course Outcomes:

- The students will know about meaning and importance of Sports Psychology for Physical Education Teacher.
- The students will be able to learn about various vital issues like Motivation, Personality, Learning, Anxiety and Stress.
- The students will be able to understand the concept of Socialisation and its significance in the field of Physical Education.
- The students will understand the impact of culture, custom and folkways on people life style.

Paper: Basic Statistics in Physical Education (SOE/PE/C-403)

Course Outcomes:

- The students will be able to understand the meaning, need and importance of Statistics in Physical Education.
- The students will know about various statistical techniques and their use in the field of Physical Education.
- The students will be able to understand about normal curve.
- The students will know about the application of descriptive and inferential statistics and their use in Physical Education.

Paper: Foundation and Principles of Physical Education (SOE/PE/E-401)

Course Outcomes:

- The students will be able to understand the goal, aim and objectives of Education and Physical Education.
- The students will learn about the Growth and Development and various types of age and its consideration for sports activities.
- The students will be able to understand the concept of Posture- types and disadvantages of bad posture, remedial measures to overcome it.
- The students will know about various Education philosophies and their relevance in the field of Physical Education.
- The students will also understand about Psychological and Sociological issues related to human behaviour.

Paper: Yoga Education (SOE/PE/E-402)

Course Outcomes:

- The students will be able to know about meaning, origin, aim and objectives of Yoga.
- The students will know about the importance of Yoga in Physical Education.
- The students will learn about the parts of Ashtanga Yoga.
- The students will also understand the difference between Yogic practices and Physical Exercises.