

# DEPARTMENT OF PHYSICAL EDUCATION

## Programme Outcomes M.P.E.S. Degree Course (Two Semester)

To gain knowledge in the field of physical education and various sports skills in winning ways, the student teacher expected to undergo these skills.

### **PO 1:**

To use various techniques in test and measurement of games and sports and apply the evaluation technique on test and measurement.

### **PO 2:**

To apply the knowledge of psychology and sociology and imply the motor activities, types of motivation, administering various equipments, applying social stratification and group cohesion.

### **PO 3:**

To apply various technological methods such as, instructional design, goal setting, contextual analysis and evaluation techniques and their historical development.

### **PO 4:**

To apply the knowledge of sports medicine, athletic care and rehabilitation, health education and nutrition.

### **PO 5:**

To implement the practical knowledge on sports biomechanics and kinesiology, including function of the skeleton system, physiological system, forces, levers and law of motion of the body.

### **PO 6:**

To insist the knowledge on physiology of exercise and sports nutrition,

### **PO 7:**

To set up the knowledge of various types of sports training, various components of physical fitness training, training plan, awareness of doping.

### **PO 8:**

To use knowledge of research in physical education and applying various statistical tools in research, selecting the problem, methods of research, experimental research, various sampling technique and writing the research proposal and report.

### **PO 9:**

To apply various management skills, like sport management, programme management, designing the curriculum and attaining various curriculum sources.

### **PO 10:**

To apply the computer knowledge with fundamentals of computers and MS Office, E-Learning and web-based learning.

## **Programme Specific Outcome**

### **Master Of Physical Education and Sports (M.P.E.S.)**

Master of Physical Education and sports will help student to work as a research scholar and can pursue their career in various areas related to physical education and sports. Students will acquire a job efficiently in diverse fields such as SSC, NET, SET and PhD etc. They may access to government jobs, private sector jobs and even they can go for self-employment opportunities and can perform roles of teacher, instructor, sports coach and fitness coach in Government schools (PGT), Private schools (PGT), Government colleges, Private colleges, Gyms and Fitness Centers, Sports franchises, Sports clubs as per the requirement of firms and interest of student moreover student can start their own gym, fitness center, yoga center, fitness dance etc and may become a successful entrepreneur.

## **Course Outcome**

### **M.P.E.S. 1<sup>st</sup> Sem.**

#### **COURSE CODE: CC-101 Research Methods in Physical Education**

- CO 1 Analyze critically the research methods used in Physical Education
- CO 2 Understand the need of Research in Physical Education
- CO 3 Understand the experimental designs in Physical Education and sports
- CO 4 Understand the importance of inter disciplinary research in Physical

#### **COURSE CODE: CC-102 Health Education**

- CO1 Understand the conceptual and diagnostic aspects of health, fitness and wellness
- CO2 Understand the biological considerations in training
- CO3 Execute appropriate training programmes for the development of the fitness level of individual
- CO4 Understand the concept of Aerobics
- CO5 Understand the concept of Yoga

#### **COURSE CODE: CC-103 Information Technology in Physical Education and Sports**

- CO1 Use of ICT in PE makes the science of sport come to life by linking both physical and mental activity.
- CO2 It also helps to create full-fledged students who are able to concentrate better on both practical and theoretical work.
- CO3 It helps students to develop a better understanding of their own body parts and that of the human body in general.
- CO4 It also raises the profile of P.E within the establishment by making the subject not only interesting, but also attractive and effective.
- CO5 It brings enthusiasm and motivation for both PE teachers and students.

**COURSE CODE: CC-104 Elective course (any one) sports journalism/ sports sociology**

- CO1 If you want to pursue a career in journalism but are also passionate about sports then studying a program in sports journalism is what you can aim for.
- CO2 This line is a separate beat in the field of journalism where the professionals write articles and present news that gives an in-depth analysis of events related to sports.
- CO3 It not only offers a lucrative salary but also gives a platform to the graduates to cover sports-related events and interview sports stars across countries and continents.
- CO4 Sports journalism deals with the coverage of sports events and personalities across the globe.
- CO5 Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
- CO6 To apply core sociological theories to specific social problems in order to analyses social problems.

**COURSE CODE: PC-101, PC-102 Practical course (Sports Activity)**

- CO1 Knowledge about the different sports and their rules.
- CO2 Learn about the ground layout.
- CO3 Study about the class conducting on the field by the student.
- CO4 Knowledge about the different equipment of game and sports.

**COURSE CODE: CC-201 Statistics in physical education and sports**

- CO1 Understand the fundamentals of statistics
- CO2 Differentiate sampling techniques & data collection tools
- CO3 Understand basic statistics & statistical techniques
- CO4 Apply appropriate basic statistical tools and techniques and interpret
- CO5 Recognize appropriate inferential statistical tool as per research method
- CO6 Understand the methods of data processing data processing

**COURSE CODE: CC-202 Sports psychology**

- CO1 Describe basic aspects of sports Psychology.
- CO2 Understand the role of sports psychology in performance and behaviors of Sports person.
- CO3 Identify and solve basic psychological problems of students and players.

**COURSE CODE: CC-203 Exercise physiology**

- CO1 Understand the basic principles of physiology and Exercise Physiology
- CO2 Apply the knowledge in the field of physical education and movement activity.
- CO3 Analyze the practical knowledge during the practical situation.
- CO4 Remember and recall the definition of physiology and co-relate the principles of physiology.
- CO5 Appraise the effects during the training and practical sessions

**COURSE CODE: CC-204 Elective course (any one) principal and organization of recreation/ professional preparation and curriculum design**

- CO1 An activity that gives rests to the people from work. Traveling etc
- CO2 Games are the change to the students from the study.
- CO3 Activity, which is allowed everywhere and at any time.
- CO4 Recreation may be physical. It provides intellectual esthetic or emotion outlets. Traveling
- CO5 Use of free time is varying definitely individual and personal. For children games, for young adventure, and for elders jogging.
- CO6 Recreation for one person is work, for other just bore. Games, traveling, boating
- CO7 Time factor. Morning walking, night party, season.
- CO8 Preference and options, young need fast recreation; they prefer adventure events, an option between games, adventure and traveling.
- CO9 “Constructive” means beneficial to the individual and society. Trophy hunting.
- CO10 Development of Teacher Education in Physical Education
- CO11 The conceptual educational framework for various physical education qualifications is made to endow a physical educator with required professional skills.
- CO12 Integrated through the Programme, coursework, field experiences, and other activities are opportunities for students to engage in reflective practice and develop decision-making skills that integrate various forms of understanding.
- CO13 The central and guiding concept in understanding the relationship between theory and practice is the notion of critical inquiry.
- CO14 Brief knowledge about how to make a sports curriculum
- CO15 Plan about conducting class on field and also in classroom
- CO16 Studies about the activates design for the students
- CO17 Designs learning contents based on various teaching method.

**COURSE CODE: PC-201, PC-202 Practical course (Sports Activity)**

- CO1 Knowledge about the different sports and their rules.
- CO2 Learn about the ground layout.
- CO3 Study about the class conducting on the field by the student.
- CO4 Knowledge about the different equipment of game and sports.

**COURSE CODE: CC-301 Bio -mechanics**

- CO1 Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
- CO2 Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
- CO3 Know effectiveness of human movement using mechanical principles.

**COURSE CODE: CC-302 Sports management**

- CO1 Know sports management and employ principles of strategic planning, and financial and human resource management.
- CO2 Assess marketing needs and formulate short term and long-term solutions.
- CO3 Develop critical thinking in analyzing sport management issues and in managerial planning and decision making.
- CO4 Better career for a sports enthusiast than to work as a sports management professional

- CO5 The sports management field encompasses so much more than that. You could handle marketing for a sports team, or handle marketing for the corporate sponsor of a sports team.
- CO6 This gives you the chance to grow and advance in your career as more opportunities will open up when the industry expands.
- CO7 There are so many employment opportunities that a Sports Management graduate will surely find sports jobs that will help them achieve success

**COURSE CODE: CC-303 Test measurement and evaluation in physical education and sports**

- CO1 Define the concept of Test, Measurement, Evaluation and Assessment Procedure in Physical Education and give examples of each
- CO2 Understand and differentiate between formative and summative evaluation, Process and Product evaluation
- CO3 Administer psychomotor tests using standard protocols and guidelines.
- CO4 Select appropriate Evaluation tools according to purpose and age groups
- CO5 Collect and analyses fitness test data of school students
- CO6 Construct or design rubrics, question paper and teacher made test for evaluation

**COURSE CODE: CC-304 Elective course (any one) physical fitness and wellness/ gender disability and inclusive sports education**

- CO1 Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
- CO2 Apply qualitative research methods to explore and critically examine a variety of curricular topics.
- CO3 Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.
- CO4 Explain the contemporary issues and to pertaining to the physical activity and health field.
- CO5 Understand about classification of Disabilities.
- CO6 Understand adopted games for disability persons.
- CO7 Known the benefits of exercise for disability persons.

**COURSE CODE: PC-301, PC-302 Practical course (Sports Activity)**

- CO1 Knowledge about the different sports and their rules.
- CO2 Learn about the ground layout.
- CO3 Study about the class conducting on the field by the student.
- CO4 Knowledge about the different equipment of game and sports.

**COURSE CODE: CC-401 Scientific principal of sports training and coaching**

- CO1 Physical fitness is the basic requirement of any game and sports. There is a specific requirement of each component of physical fitness according to the specific sport. Sports training helps in building a fine physique and ensures good health.
- CO2 Sports training helps in incorporating a sense of discipline in a person's life.
- CO3 Sports training teaches a sports person about teamwork, sense of belonging and unselfish play. It also encourages to play for team rather than for one's personal accomplishment.

- CO4 It boosts the morale of a person when he performs and also when he excels towards a particular game. It improves self-esteem as well as body posture, which makes one feel more confident and determined.
- CO5 Counsellors and mental trainers help in identifying those areas which are causing the sportsman to become distracted on the field and enhance focus on the field.

**COURSE CODE: CC-402 Sports medicine**

- CO1 Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
- CO2 Demonstrate the basics of sport first aid during and after game situation.
- CO3 Recognize and appropriately treat common sports injuries and conditions from onset through rehabilitation.
- CO4 Identify and apply knowledge of anatomy to the design and execution of research studies.

**COURSE CODE: CC-403 Yogic science and naturopathy**

- CO1 Describe knowledge of classical and theoretical foundations of the field of Yoga
- CO2 Demonstrate knowledge and ability to use professional conduct during the practice of Yoga Therapy
- CO3 Develop an ability to apply knowledge learned in this curriculum to assess the needs of students, and to evaluate their performance
- CO4 Acquire knowledge of models of human development, with the influence of familial, social, religious and cultural conditioning on health and healing
- CO5 Acquire knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
- CO6 Communicate effectively, implement effective teaching methods by adapting to unique styles of learning, providing supportive and effective feedback while evaluating and acknowledging the progress of the student

**COURSE CODE: CC-404 Elective course (any one) philosophical foundation and history of physical education and sports/ dissertation**

- CO1 Know the origin and development of Physical Education
- CO2 Apply the knowledge of Olympism in organizing various sport activities.
- CO3 Distinguish the functional operations on National and International Olympic Federations.
- CO4 Analyze the concepts and issues pertaining to Physical Education.
- CO5 Formulate the principles, philosophy and concepts about Physical Education
- CO6 Students will develop Research attitude among the students
- CO7 Students will formulate the Research problem and carry out the Research
- CO8 Students will develop and administer the tools for data collection
- CO9 Students will organize and present the research work

**COURSE CODE: PC-401 Lesson plan of specialization**

- CO1 Develop training modules for selected sports for basic and advanced level athletes
- CO2 Categories teaching and training activities of selected sports
- CO3 Describe assessment strategies for skills and performance in sports
- CO4 Justify and plan physical fitness and sports skill related test, measurement, and

- evaluation procedures for selected sport.
- CO5 Develop and conduct modified games of selected sports.
- CO6 Design fitness and conditioning programs for various levels of athletes

**COURSE CODE: PC-402 Classroom teaching**

- CO1 Acquire necessary instructional and managerial skills to deliver the subject knowledge
- CO2 Design and execute the lesson plan
- CO3 Prepare suitable teaching aids and use appropriate technology
- CO4 Develop communication skills
- CO5 Organize classroom, provide safe learning environment
- CO6 Observe teaching and learning episodes and reflect of self-practices
- CO7 Inculcate reading, writing, speaking skills for teaching.
- CO8 Develop the understanding about the infrastructural and resources in a school.
- CO9 Understand the functional aspects of school.
- CO10 Build a strong foundation of knowledge in designing teaching and learning content of school subjects.
- CO11 Focus on developing various skills of teaching and learning.
- CO12 Critically observe all the aspects of the subject for teaching and learning.
- CO13 Designs learning contents based on various teaching method.
- CO14 Connect acquired knowledge and skills with practical situations in real school context.
- CO15 Makes proper planning of the lesson
- CO16 The lesson uses a variety of educational tools
- CO17 Uses appropriate teaching methods according to the content of the lesson, according to the class and need