



PEO's, PO's, PSO and Course Outcome for B.P.E.S.

PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

- PEO 1:** Empower students with a strong foundation in physical education, sports science, and applied methodologies, enabling them to design, implement, and assess scientifically-driven solutions to improve athletic performance and physical fitness in educational and sports settings.
- PEO 2:** Prepare students to be adept at using modern sports technologies, data analytics, and scientific principles to enhance performance outcomes, promote health, and ensure safety in training and competition, all while adhering to the highest professional and ethical standards.
- PEO 3:** Foster a culture of continuous improvement through research, innovation, and lifelong learning, encouraging students to stay ahead of evolving trends in sports science, health, and fitness, and to apply this knowledge to benefit society and the sports industry.
- PEO 4:** Develop leadership qualities, effective communication skills, and critical thinking abilities, allowing students to excel in both individual and team sports while integrating ethical decision-making, teamwork, and holistic health approaches within the framework of physical education and sports.
- PEO 5:** Promote a comprehensive understanding of sports biomechanics, nutrition, psychology, and injury prevention, ensuring graduates are prepared to optimize performance outcomes, while also addressing mental and emotional well-being, in alignment with contemporary sports science

PROGRAMME OUTCOMES (POs)

PO-1 Disciplinary knowledge:

Apply the knowledge of physical education, sports science, anatomy, and exercise physiology to solve problems and promote health and fitness.

PO-2 Problem analysis:

Identify, formulate, and analyze fitness, health, and sports-related issues, drawing on research and evidence-based practices to provide effective solutions.

PO-3 Program design and development:

Design and develop sports programs, physical fitness regimens, and recreational activities that meet diverse societal, cultural, and environmental needs while considering public health and safety.

PO-4 Research and evidence-based practice:



Conduct investigations in sports science and physical education using research methodologies, data collection, and analysis to derive valid conclusions.

PO-5 Modern tools and techniques:

Utilize modern tools, equipment, and technology in the field of physical education and sports to enhance training, assessment, and performance outcomes.

PO-6 Societal responsibilities:

Assess societal health, safety, and cultural factors and apply this knowledge to contribute meaningfully to community well-being and physical activity initiatives.

PO-7 Environmental sustainability:

Promote sustainable practices in sports and physical activities, considering their environmental and societal impacts.

PO-8 Ethics:

Uphold ethical principles and demonstrate professionalism and integrity in all aspects of physical education, sports, and fitness training.

PO-9 Individual and team collaboration:

Work effectively as an individual, team member, or leader in diverse and multidisciplinary settings, fostering teamwork and collaboration.

PO-10 Communication:

Communicate effectively with students, athletes, professionals, and society at large, including the ability to deliver effective presentations, write reports, and provide clear instructions.

PO-11 Sports management and entrepreneurship:

Apply knowledge of management and entrepreneurship principles to organize, lead, and manage sports events, fitness programs, and recreational activities.

PO-12 Lifelong learning:

Recognize the importance of lifelong learning and stay updated with evolving trends, technologies, and advancements in physical education, sports, and health sciences.



Program Specific Outcomes (PSO'S)

1. **Problem-Solving Skills:** Apply fundamental knowledge of physical education, exercise science, and sports training to identify, design, and implement fitness programs, injury prevention strategies, and sports performance plans, enabling success in competitive sports and fitness industries.
2. **Professional Skills:** Utilize modern techniques, tools, and technology to enhance performance, assess physical fitness, and promote health and wellness, ensuring lifelong learning and employability in the fields of physical education, sports coaching, and health sciences.
3. **Successful Career:** Develop a strong foundation in physical education and sports, enabling graduates to pursue diverse career opportunities such as physical education teachers, sports trainers, coaches, fitness experts, and lifelong contributors to health and sports science advancements, including postgraduate studies.

COURSE OUTCOME (COs)

Semester I

B PES101 T		History and Foundation of Physical Education	
After successful completion, this course enables students:		Credit: 04	
CO-1	Analyze the relationship between general education and physical education and its significance in modern society.		
CO-2	Trace the historical development of physical education in India, from ancient times to the post-independence era.		
CO-3	Evaluate the philosophical foundations of physical education and how philosophy influences its practice.		
CO-4	Discuss the biological, psychological, and sociological foundations of physical education and their impact on the field.		



B PES102 T		Basic and Systemic Anatomy & Physiology	
After successful completion, this course enables students:		Credit: 04	
CO-1	Identify and compare the structure and function of the human body systems, including bones, muscles, circulatory and respiratory systems.		
CO-2	Understand the role of exercise on body systems and its relation to health and well-being.		
CO-3	Apply knowledge of anatomy and physiology in designing physical activity programs at the school level.		
CO-4	Develop educational materials and pedagogical strategies using creativity and technology for teaching anatomy and physiology concepts.		

B PES103 T		Computer Applications in Physical Education	
After successful completion, this course enables students:		Credit: 04	
CO-1	Understand the basic concepts of computer applications in the context of physical education.		
CO-2	Apply computer knowledge in designing and managing sports training programs.		
CO-3	Utilize computer tools for gathering, storing, and processing large datasets related to inputs, outputs, and feedback in sports training programs.		
CO-4	About knowledge Application Software.		

B PES104 T		Officiating and Coaching-I	
After successful completion, this course enables students:		Credit: 04	
CO-1	Introduce the basic principles and concepts of officiating and coaching .		
CO-2	Provide students with practical knowledge on organizing sports events and performing officiating roles.		
CO-3	Teach students the rules, layout, and markings of playfields in selected sports.		
CO-4	Equip students with the necessary skills to coach and manage teams in both traditional sports and yoga.		



Semester-II

BPES201 T		Exercise Physiology
After successful completion, this course enables students:		Credit: 04
CO-1	Understand and apply knowledge of physiological changes during exercise and physical activity.	
CO-2	Analyze the effects of exercise on cardiovascular, respiratory, and musculoskeletal systems.	
CO-3	Gain knowledge of energy systems and the recovery process following exercise.	
CO-4	Understand the effects of environmental factors (heat, cold, and altitude) on exercise performance.	

BPES202 T		English
After successful completion, this course enables students:		Credit: 04
CO-1	Develop fundamental knowledge of the English language, including vocabulary, grammar, and sentence structure.	
CO-2	Cultivate creative and aesthetic sensitivity through the analysis and appreciation of literary texts.	
CO-3	Improve spoken English communication and understanding of phonetics, including pronunciation, stress, and intonation.	
CO-4	Gain proficiency in the use of dictionaries, understanding words like diminutives, homonyms, and homophones.	

BPES203 T		Environmental Science (EVS)
After successful completion, this course enables students:		Credit: 04
CO-1	Develop a scientific understanding of how the Earth functions and the role of humans in it.	
CO-2	Identify and analyze environmental problems and assess the associated risks.	
CO-3	Gain a comprehensive understanding of the importance of natural resources and their sustainable use.	
CO-4	Understand the concept of ecosystems, including their types, functions, and energy flows.	



BPES204 T		Officiating and Coaching - II
After successful completion, this course enables students:		Credit: 04
CO-1	Understand the rules, regulations, and layout for the chosen ball games (III & IV).	
CO-2	Gain knowledge of the dimensions, marking, and setup of fields for various ball games and athletics.	
CO-3	Learn the methods and techniques for officiating and organizing sports events effectively.	
CO-4	Develop coaching skills specific to the chosen ball games and athletics.	

Semester-III

BPES301 T		Kinesiology & Sports Biomechanics
After successful completion, this course enables students:		Credit: 04
CO-1	Develop a comprehensive understanding of the skeletal structure of the human body, with the ability to identify the origin and insertion of various muscles.	
CO-2	Understand the basic structure and functions of the primary joints in the human body.	
CO-3	Apply mechanical principles to human movement, and relate these principles to practical sports and physical activities. Master the concepts of speed, velocity, acceleration, distance, and displacement as related to sports performance.	
CO-4	Analyze human motion using kinetic and kinematic concepts, including inertia, force, torque, and impulse. Conduct both qualitative and quantitative analyses of human movement, focusing on angular kinematics and linear kinetics.	

BPES302 T		Sports Psychology
After successful completion, this course enables students:		Credit: 04
CO-1	Understand the basic concepts of psychology, particularly as they apply to sports and physical education.	
CO-2	Recognize the factors determining personality and apply this understanding to sports psychology.	
CO-3	Gain knowledge of various laws of learning and their relevance in the teaching-learning process.	



CO-4	Develop insights into the psychology of sports and how it influences the performance of athletes.
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BPES303 T		Sports Training
After successful completion, this course enables students:		Credit: 04
CO-1	Identify the fundamental concepts, theories, and principles of human body training in relation to sports performance.	
CO-2	Demonstrate the skills to train various fitness components and plan related training programs.	
CO-3	Understand the organization and methods required to achieve high performance in sports.	
CO-4	Understand the training programming and planning, including periodization and the various phases of training.	

BPES304 T		Officiating and Coaching
After successful completion, this course enables students:		Credit: 04
CO-1	Orient the student with the rules and regulations of the chosen racket game.	
CO-2	Enable the student to lay out and mark the dimensions of the court for the chosen racket game.	
CO-3	Equip the student with the skills to organize sports events and officiate in them.	
CO-4	Provide knowledge and skills in the art of coaching for the chosen racket game.	

Semester IV

BPES401 T		Health Education
After successful completion, this course enables students:		Credit: 04
CO-1	Identify and synthesize factors that influence health.	
CO-2	Recognize the health-related challenges of the current times and apply preventive measures.	
CO-3	Understand the roles of peers, community, and media in health promotion and protection.	



CO-4	Demonstrate expertise in the domains of health education in a school setup.
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BPES402 T		Test and Measurement
After successful completion, this course enables students:		Credit: 04
CO-1	Recognize and relate the concept of test, measurement, and evaluation in the context of Physical Education.	
CO-2	Construct and conduct physical fitness and sports skill tests.	
CO-3	Implement the criteria for test selection to assess physical fitness and sports skills effectively.	
CO-4	Apply test, measurement, and evaluation principles to physical and sports activities, developing practical competency in conducting tests.	

BPES403 T		Adapted Physical Education
After successful completion, this course enables students:		Credit: 04
CO-1	Understand the activity requirements of various levels of physically challenged persons and the importance of adapted physical education.	
CO-2	Recognize the purpose, aims, and objectives of adapted physical education and sports.	
CO-3	Apply developmental considerations (e.g., motor, perceptual motor) in teaching adapted physical education and designing appropriate activities for individuals with special needs.	
CO-4	Evaluate the role of games and sports in promoting the physical and psychological well-being of individuals with special needs.	

BPES404 T		Officiating and Coaching
After successful completion, this course enables students:		Credit: 04
CO-1	Understand and apply the rules and regulations for officiating in chosen combative sports and gymnastics.	
CO-2	Demonstrate the ability to organize and officiate in combative sports and gymnastics events.	
CO-3	Develop a deep understanding of the dimensions, layouts, and markings for the fields of chosen combative sports and gymnastics.	
CO-4	Acquire the knowledge to coach teams in combative sports and gymnastics, ensuring effective training and team management.	



Semester V

BPES501 T		Management of Physical Education
After successful completion, this course enables students:		Credit: 04
CO-1	Understand the importance of management in Physical Education and its role at different levels.	
CO-2	Gain comprehensive knowledge about the management processes of Physical Education and Sports at various levels, such as school, college, and university.	
CO-3	Develop skills to organize and manage different Physical Education programs effectively.	
CO-4	Be aware of the government schemes and policies related to Physical Education and Sports at the State and Central levels.	

BPES502 T		Sports Journalism
After successful completion, this course enables students:		Credit: 04
CO-1	Understand the basic principles of journalism including its ethics and practices.	
CO-2	Gain knowledge of the reporting process for sports events , including both traditional and digital media platforms.	
CO-3	Learn the structure and preparation of sports bulletins , including compiling and reporting.	
CO-4	Understand the role of mass media (radio , TV, photography) in sports journalism and its significance in modern media.	

BPES503T		Fitness Training and Nutrition
After successful completion, this course enables students:		Credit: 04
CO-1	Develop an understanding of sports nutrition and the ability to establish daily caloric requirements for athletes.	
CO-2	Gain knowledge of the principles of sports nutrition and its role in enhancing physical performance.	
CO-3	Understand the importance of various nutrients, including carbohydrates, proteins, fats, vitamins, minerals, and water, and their role in exercise performance.	
CO-4	Learn to create weight management plans tailored to individual needs,	



	considering diet and exercise.
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BPES504 T		Athletic Care & Rehabilitation
After successful completion, this course enables students:		Credit: 04
CO-1	Understand the concept and objectives of corrective physical education and its role in improving posture and body mechanics.	
CO-2	Learn about the types of postural deviations and the necessary rehabilitation exercises to treat them.	
CO-3	Gain knowledge of the history, effects, and types of massage used in athletic recovery and rehabilitation.	
CO-4	Understand the principles of sports injury prevention, treatment, and rehabilitation through cold and heat therapy, ultrasonic therapy, and other methods.	

Semester VI

BPES601 T		Counselling in Physical Education and Sports
After successful completion, this course enables students:		Credit: 04
CO-1	Demonstrate the ability to provide effective counselling to athletes, focusing on stress management, handling success and failure, and rehabilitation.	
CO-2	Identify different types of stress and anxiety experienced by athletes and propose appropriate coping mechanisms.	
CO-3	Develop and apply motivation techniques that help in improving sports performance.	
CO-4	Equip athletes with tools for career planning, post-retirement life, and how to handle the psychological aspects of injuries and drug use.	

BPES602 T		Exercise Prescription/Therapeutic
After successful completion, this course enables students:		Credit: 04
CO-1	Define exercise and identify the different types of exercises (aerobic, anaerobic, and conditioning) suitable for specific populations.	
CO-2	Create an exercise prescription that addresses weight management, strengthening, and aerobic conditioning.	
CO-3	Develop a specialized exercise program for the elderly, considering their	



	physical limitations and need for strength, flexibility, and balance.
CO-4	Implement therapeutic exercises for rehabilitation purposes, including those for injuries, pregnancy, and diabetes.

BPES603 T		Talent Identification in Sports
After successful completion, this course enables students:		Credit: 04
CO-1	Define talent identification and explain its importance in sports development.	
CO-2	Understand the role of genetics and environment in sports performance and how these factors contribute to the success of athletes in specific sports.	
CO-3	Conduct anthropometric assessments and fitness tests to determine an individual's suitability for various sports.	
CO-4	Administer skill tests to evaluate the potential of individuals in different sports (ball games, racket games, and athletics).	

BPES604T		Sports Entrepreneurship
After successful completion, this course enables students:		Credit: 04
CO-1	Define entrepreneurship and explain its importance in the context of the sports industry.	
CO-2	Understand the process of becoming an entrepreneur, including identifying opportunities and managing risks and rewards.	
CO-3	Analyze various business sectors within the sports industry, such as sports goods, sports apparel, event management, and sports technology.	
CO-4	Understand how to secure funding and manage financial aspects of a sports enterprise.	
