



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

PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

- PEO-1: A variety of motor skills and abilities related to lifetime leisure activities**
- PEO-1: Improved understanding of the importance of maintaining a healthy lifestyle**
- PEO-1: Improved understanding of movement and the human body**
- PEO-1: Improved knowledge of rules and strategies of particular games and sports**
- PEO-1: Self-confidence and self-worth as they relate to physical education recreation programs.**

PROGRAMME OUTCOMES (POs)

PO- 1: DOMAIN KNOWLEDGE:

Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.

PO-2: PROBLEM ANALYSIS:

Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.

PO-3: DESIGN/DEVELOPMENT OF SOLUTIONS:

Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.

PO-4: INDIVIDUAL AND TEAM WORK:

Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.

PO-5: ETHICS:

Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.

PO-6: COMMUNICATION:

Ability to communicate effectively among a range of audiences/ stakeholders

PO-7: IMPACT:

Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.



PO-8: PROFESSIONAL DEVELOPMENT:

Recognition of the need for and an ability to engage in continuing professional development

PO-9: IDENTIFICATION OF NEEDS:

Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

PO-10: INTEGRATION:

Ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications.

PROGRAMME SPECIFIC OUTCOMES (PSOs)

- PSO-1: Demonstrate improvement in areas of fitness as measured by the division Physical Education Evaluation Program (PEEP)**
- PSO-2: Demonstrate the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of combative activities**
- PSO-3: Recognize the importance of, and practice, participating in regular moderate physical activity for at least 30 minutes a day**
- PSO-4: Identify and assess their current fitness level; alter or modify specific wellness or fitness practices in order to improve body composition/flexibility/cardiovascular fitness/muscular endurance/muscular strength**
- PSO-5: Identify risk factors for heart disease and stroke, and apply general fitness/wellness principles to minimize risk**
- PSO-6: Demonstrate the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of team activities**
- PSO-7: Develop individual and team offensive / defensive programs applicable to specific goals, evaluate various techniques for effectiveness, demonstrate skills at an advanced level and apply concepts into practice**
- PSO-8: Embody the traits of good sportsmanship and a sense of team in both competition and practice; and demonstrate commitment to academic achievement through work ethic developed in practice and competition**
- PSO-9: Demonstrate an expert knowledge of the strategies and skills of the sport; use critical thinking skills to apply this knowledge to a competitive situation in order to contend to the best of one's ability against outside opponents**



- PSO-10:** Identify career and / or educational options in physical education, and formulate an action plan to successfully pursue and attain those options
- PSO-10:** Critically analyze anatomical and physiological factors in the development of exercise prescription, prevention and rehabilitation programs designed to meet individual goals and circumstances.

COURSE OUTCOME (COs)

SEMESTER – I

CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

- CO-1:** Know the origin and development of Physical Education
- CO-2:** Apply the knowledge of Olympic in organizing various sport activities.
- CO-3:** Distinguish the functional operations on National and International Olympic Federations.
- CO-4:** Analyze the concepts and issues pertaining to Physical Education.
- CO-5:** Formulate the principles, philosophy and concepts about Physical Education

CC-102 ANATOMY AND PHYSIOLOGY

- CO-1:** Understand the basic principles of Anatomy, Physiology and Health Education
- CO-2:** Apply the knowledge in the field of physical education and movement activity
- CO-3:** Analyze the practical knowledge during the practical situation.
- CO-4:** Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
- CO-5:** Appraise the effects of health condition during the training and practical sessions

CC-104 OFFICIATING AND COACHING (Elective)

- CO-1:** Able to mark Track and Field and Officiate
- CO-2:** Able to understand the rules of the games and sports
- CO-3:** Able to give seeding and Heats in Track and Field. Combined Events
- CO-4:** Design and practice the new methods of technique of officiating
- CO-5:** The pass out will be able to perform duties as a technical official in official matches of different games.



EC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

- CO-1:** Understand the basic principles of Anatomy, Physiology and Health Education
- CO-2:** Apply the knowledge in the field of physical education and movement activity.
- CO-3:** Analyze the practical knowledge during the practical situation
- CO-4:** Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
- CO-5:** Appraise the effects of health condition during the training and practical sessions

SEMESTER – II

CC-201 YOGA EDUCATION

- CO-1:** Understand the basic Concepts of Yoga
- CO-2:** Apply the principles of Yoga to live healthy and active life style.
- CO-3:** Promote the awareness of health through yoga
- CO-4:** Analyze the techniques and of body posture to bring out healthy change.
- CO-5:** Able to execute loosening exercise, Asanas, Pranayama and Shatkriyas.

CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

- CO-1:** To Know the educational technology in physical education and sports
- CO-2:** To know about role of educational technology in class room teaching in physical education
- CO-3:** To create the awareness regarding research in the field of educational technology.
- CO-4:** To know about nature and scope of educational technology.
- CO-5:** To Know about the Instructional Design and Audio Visual Media in Physical Education.

CC-203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

- CO-1:** Understand the principles and process of Administration and Management
- CO-2:** Administer physical education and sports programs in schools.
- CO-3:** Develop appropriate physical education curriculum, tools and budget to manage school programs
- CO-4:** Appraise and manage physical education facilities and personnel in school
- CO-5:** Design tournament fixtures and structures to organize competitions.



EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

- CO-1:** Restate the role of nutrients and caloric requirements
- CO-2:** Sketch the basic classification, functions and utilization of nutrients.
- CO-3:** Point out diet for various competitions and nutrient supplements for performance.
- CO-4:** Evaluate the factors affects weight management and solutions for obesity.
- CO-5:** Design caloric requirements for various sports and age groups.

SEMESTER – III

CC-301 SPORTS TRAINING

- CO-1:** Understand training as performance based science
- CO-2:** Explain different means and methods of various training
- CO-3:** Prepare training schedule for various sports and games
- CO-4:** Appraise types of periodization for performance development
- CO-5:** Create various training facilities and plans for novice to advance performers

CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY

- CO-1:** Explain group mechanisms and group psychology in a sports context
- CO-2:** Reflect upon motivational psychology as applied to sports activities
- CO-3:** Formulate relevant constructs of exercise psychology
- CO-4:** 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.
- CO-5:** To apply core sociological theories to specific social problems in order to analyze social problems.

CC-304 SPORTS MEDICINE, PHYSIOTHERAPY AND REHANLITATION (ELECTIVE)

- CO-1:** Outline the objectives of sports medicine and rehabilitation in athletic performance.
- CO-2:** Take care of the preventive and curative aspect of sports injuries.
- CO-3:** Apply the concept of rehabilitation exercise in post injury care.
- CO-4:** Realize and apply different modalities of therapy.
- CO-5:** Advance knowledge of physiotherapy and the ability for formulate problems.



EC-302 CURRICULUM DESIGN (Elective)

- CO-1:** Introduce the teaching and curriculum objectives and course module design
- CO-2:** The student will be able to understand various foundations of curriculum design.
- CO-3:** Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation
- CO-4:** Evaluating learning intentions and the process that is guided through explicit and manageable criteria.
- CO-5:** The student will be able know the evaluate process of curriculum.

SEMESTER – IV

CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

- CO-1:** Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
- CO-2:** Know about the different types of test for different sports and games.
- CO-3:** Apply the tests in minor research areas.
- CO-4:** Analyze the performance and movements in the field of sports.
- CO-5:** Evaluate the battery test and others tests prescribed by the government efficiently.

CC-402 KINESIOLOGY AND BIOMECHANICS

- CO-1:** Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
- CO-2:** Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
- CO-3:** Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance
- CO-4:** Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
- CO-5:** Know effectiveness of human movement using mechanical principles.



CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

- CO-1:** Identify the research problem in the field of physical Education and sports
- CO-2:** Know to summarize the various research literatures
- CO-3:** Understand and apply the basics of statistics in research
- CO-4:** Understand and apply the basics of statistics in research
- CO-5:** Organize the samples and sampling techniques which is relevant to the study

EC-402 SPORTS MANAGEMENT (ELECTIVE)

- CO-1:** Know sports management and employ principles of strategic planning, and financial and human resource management.
 - CO-2:** Assess marketing needs and formulate short term and long term solutions.
 - CO-3:** Develop critical thinking in analyzing sport management issues and in managerial planning and decision making.
 - CO-4:** Able to organize recreational camp and activities.
 - CO-5:** Gain knowledge about Competition Organization.
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