

Sant Guru Ghsaidas Govt. P.G. College Kurud - 493663, Distt. Dhamtari, C.G.

Department of Physical Education

Programme Outcome (PO) and Programme Specific Outcomes (PSO) and Course Outcomes (CO)

Programme – B.P.ED

Programme Outcomes

Define learning outcomes for **Bachelor Physical Education** which Encourages a holistic approach based on a socio-ecological perspective. promote greater integration and balance between the social and physical sciences. contextualize physical education with a set of attitudes and values that signify the importance of movement as a valued human practice. centralize and acknowledge that the individual, in his /her search for personal meaning, once Educated in Health and Physical Education, would be able to make positive contributions to the Enhancement of Society. Promote the learning of new skills. Enhance, extend, inform and critique the deliberate use of exercise, play, sport and other forms of physical activity within and individual and societal context.

Programme Specific Outcome

Make a unique contribution to balanced development and living. Movement being essential to be a human. Learning focused on movement and students need to be engaged in it. A medium for developing skills across diverse areas of endeavour. Fostering a pedagogy based around critical thought and action.

As Per NCTE 2009: The Bachelor of Physical Education (B.P.Ed) programme is a professional course meant for preparing Trained Graduate Teachers in Physical Education mainly for upper primary/ (Class VI-VIII) and secondary (IX-X) Classes.

As Per NCTE 2014: The Bachelor of Physical Education (B.P.Ed) programme is a professional course meant for preparing Teachers in Physical Education in Classes VI-X and for conducting physical education and sports activities in Classes IX-X.

Course Outcomes

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| 1 | CC
101 | History,
Principles, and
foundation of
Physical
Education | <ul style="list-style-type: none">➤ To gain the knowledge of physical education.➤ To understand the historical perspectives of physical education in India.➤ To understand the various isms to become familiar with Indian philosophy.➤ To equip with the ideas of Fitness Promotion. |
| 2 | CC
102 | Anatomy and
Physiology | <ul style="list-style-type: none">➤ To gain the knowledge of Organization of the human body and its regulation.➤ To understand the support and movement of systems of the body.➤ To understand the human body and its function.➤ To understand and analyze the structural aspect of systems of the body. |

			<ul style="list-style-type: none"> ➤ To understand the concept of fundamental of human body organs. ➤ To understand and analyze the functional aspects of Human body.
3	CC 103	Health Education and Environmental Studies	<ul style="list-style-type: none"> ➤ To understand the nature and importance of Health Education in Physical Education and Sports. ➤ To gain knowledge regarding the medical problems of athletes and its rehabilitation. ➤ To acquire knowledge regarding Environmental issues and its problems. ➤ To gain knowledge to prevent clean environment. ➤ To understand medical problems due to bad environment.
4	EC 102	Officiating and Coaching	<ul style="list-style-type: none"> ➤ To understand basic concepts & principles of officiating and coaching of different sports. ➤ To enable the students to understand the rules, regulations and officiating in different sports. ➤ To acquaint the students with the duties and responsibilities of officials and coaches. ➤ To acquaint students with dimensions & actual markings of different play fields, courts & arenas. ➤ To understand the concept, principles and forms of sports training.
5	CC 201	Yoga Education	<ul style="list-style-type: none"> ➤ To understand and to be equipped with the Concepts of Yogic practices and Asana. ➤ To be Equipped with the knowledge of Upanisadas and importance in one's life. ➤ To be Equipped with the knowledge of Yoga sutra, Astang Yoga and Hatha yoga. ➤ To become familiar, Classify and Identify the Yogic practices' and Asana's values and apply the same to the society.
6	CC 202	Educational Technology and Methods of Teaching in Physical Education	<ul style="list-style-type: none"> ➤ To understand the importance of Educational Technology for Teaching lessons of physical education. ➤ To understand the importance and types of teaching methods and techniques with its devices to teach various aspects Physical education skillfully. ➤ To acquire information on current directions in special Teaching Aids. ➤ To be sensitive to the proficiency in construction of Lesson Plans for various physical education activities. ➤ To gain the knowledge of classifying the types of presentation-techniques and technical preparations required for physical education lessons. ➤ To understand the principles of class management and factors affecting class management. ➤ To acquire the skill of utilization of various teaching aids for conduct of physical education program effectively.
7	CC 203	Organization and Administration in Physical Education	<ul style="list-style-type: none"> ➤ To gain the knowledge of the concept of leadership and its known forms. ➤ To understand the Organization and Administration of Sports Programs.

			<ul style="list-style-type: none"> ➤ To let be familiar with the Preparation of the financial proposals for physical education & sports in Schools/Colleges/Universities. ➤ To be equipped with the skill of Organization, designing and evaluating the sports events.
8	EC 202	Sports Nutrition and Weight Management	<ul style="list-style-type: none"> ➤ Understand the modern concept of Fitness and Wellness. ➤ Employ the knowledge about concept of holistic health through fitness and wellness ➤ Orient students toward the approach of positive life style. ➤ Develop competencies for profile development, exercise guidelines adherence. ➤ Apply the holistic concept of health and wellness. ➤ Realize and apply the fitness and wellness management techniques. ➤ Design different fitness training program for different age group.
9	CC 301	Sports Training	<ul style="list-style-type: none"> ➤ Explain common injuries and their management ➤ To understand the concept, principles and forms of sports training. ➤ To develop Methods of Training for all of the Fitness components ➤ Technical and Tactical training methods to develop ➤ To acquaint the students with dimensions and actual markings of different play fields, courts and arenas. to Factors Influencing Training Programme
10	CC 302	Computer Application in Physical Education	<ul style="list-style-type: none"> ➤ To understand the need and importance of Communication Technology (ICT) . ➤ To gain knowledge of the application of Computer in Physical Education ➤ To acquaint the learner with different methods MS Office. ➤ To understand Application of Software used in Physical Education and sports
11	CC 303	Sports Psychology and Sociology	<ul style="list-style-type: none"> ➤ To develop an understanding of the nature, scope & methods of psychology of education, physical education & sports. ➤ To understand the nature, steps and factor facilitating and obstructing learning. ➤ To develop an understanding of the intelligence, creativity & the role of the teacher in fostering them. ➤ To develop an understanding of the concept of individual difference and its importance in education, physical education and sports. ➤ To develop an understanding of the concept of personality, factors affecting personality development and the role of teacher in promoting mental health of students.
12	EC 301	Sports Medicine, Physiotherapy and Rehabilitation	<ul style="list-style-type: none"> ➤ Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes. ➤ Demonstrate the basics of sport first aid during and after game situation.

		➤ Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.
CC 401	Measurement and Evaluation in Physical Education	<ul style="list-style-type: none"> ➤ To understand the concept of Measurement, Evaluation and Assessment Procedure in Physical Education. ➤ To understand different tests in Physical Education. ➤ To acquire the knowledge of various tests regarding Physical fitness, motor and health related fitness. ➤ To understand various sports skill tests. ➤ To understand and application of simple statistical procedures for evaluation.
CC 402	Kinesiology and Biomechanics	<ul style="list-style-type: none"> ➤ To understand the nature and scope of Kinesiology in Physical Education & Sports. ➤ To understand the importance of movement analysis, kinesiological analysis . ➤ To understand the knowledge regarding antagonistic and agonistic muscles in the movements. ➤ To gain knowledge of the application of mechanical principles to fundamental skills and sports techniques. ➤ To understand basic mathematical problems related to motion, force and levers
CC 403	Research and Statistics in Physical Education	<ul style="list-style-type: none"> ➤ To understand need and Importance of Research in Physical Education and sports. ➤ To understand the nature and scope of Research and Statistics in Physical Education and sports. ➤ To understand Survey of Related Literature and Research Reports. ➤ To understand basics of Statistical Analysis or problems and related Graphical Presentation of Distribution ➤ To prepare Statistical Models in Physical Education and Sports.
EC 402	Sports Management	<ul style="list-style-type: none"> ➤ To understand the concept and to equip with the essential skills of sports management. ➤ To understand the qualities and to equip with competencies required for the sports manager. ➤ To gain the knowledge of the basic concept of planning. ➤ To gain the knowledge of the concept of leadership and it's known forms. ➤ To understand the Organization and Administration of Sports Programs. ➤ To let be familiar with the Preparation of the financial proposals for physical education & sports in Schools/Colleges/Universities. ➤ To be equipped with the skill of Organization, designing and evaluating the sports events.