

SEVA BHARATI MAHAVIDYALAYA

Bachelor in Physical Education (BPED)

PROGRAMME OUTCOMES (POs)

PO 1: After successfully completing B.P.Ed. Program, the student will be able to:

Understand the disciplinary content knowledge, application of pedagogical content knowledge to teaching of physical education (Content Knowledge)

PO 2:

Identify and apply learner centric teaching methods.

PO 3:

Apply teaching skills, managerial skills in dealing with classroom problems/situations (Pedagogical skills)

PO 4:

Use effective communication skills and strategies to enhance student engagement & learning.

PO 5:

Use and design variety of appropriate assessment and reflection strategies for facilitating learning (Reflection)

PO 6:

Analyse Curriculum and conduct action research to solve classroom issues (Critical Thinking)

PO 7:

Use appropriate technology to enhance teaching and learning and enhance personal and professional productivity (Proficiency in technology)

PO 8:

Identify diverse needs, plan inclusive classroom experiences and facilitate guidance and counselling programs for differently abled students (Inclusion)

PO 9:

Foster relationships and collaboration with colleagues parents community to support students growth and wellbeing (Collaboration)

PROGRAM SPECIFIC OUTCOMES (PSOs)

The Bachelor of Physical Education (B.P.Ed.) Programme is a professional Programme meant for preparing physical education teacher for high school (classes I to X) level. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviours that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

COURSE OUTCOMES (COs)

Semester I

Course CC-101: History, Principles and Foundation of Physical Education and Olympic Movement

After successfully completing this course, the student will be able to:

1. Understand & differentiate the concept of History, Principles and Philosophy of physical education
2. Choose the physical education as a remedial tool to inculcate values and ethics
3. Get acquainted with historical development and its impact on nature of physical education in India and abroad
4. Acquaint with historical perspective as an influence on physical education, Abroad and in India.
5. Identify the students with different Issues, challenges and opportunities in Physical education & sport.
6. Discuss about the Olympic movement and their history.

Course CC-102: Anatomy and Physiology

After successfully completing this course, the student will be able to:

1. Understand the basic structure and function of the human body and demonstrate its knowledge for the development of skills and fitness
2. Demonstrate knowledge and understanding of the effect of exercise on the different systems
3. Classify types of joints and explain the structure and function of human joints
4. Identify and differentiate various movements of the body and demonstrate knowledge of the importance of appropriate movements during exercise and sports.
5. Recognize the need of different energy systems of the human body for its efficient performance during exercise and sports

Course CC-103: Health Education and Environment Studies

After successfully completing this course, the student will be able to:

1. Understand the importance of health education and strive for good health.
2. Understand the concept of health education and environment studies

3. Understand the concept, importance & determinants of health and environment studies.
4. Demonstrate the Understanding and causes, symptoms and case to be taken for various ailments
5. Understand the importance of body posture and acquire the appropriate body posture.
6. Understand the importance of diet and implement a balanced diet in own life to stay healthy

Course EC-101: Physical Literacy through Movement Education

After successfully completing this course, the student will be able to:

1. Understand the importance of Physical Literacy through Movement Education.
2. Understand the concept of Physical Literacy through Movement Education
3. Understand the concept, importance & determinants of Physical Literacy through Movement Education
4. Demonstrate the Understanding and causes, symptoms and case to be taken for various ailments

Course EC-102: Officiating and Coaching

After successfully completing this course, the student will be able to:

1. An official should face unusual circumstances during the course of the game.
2. A capable official must face the circumstances with courage and without overstepping the rules or the code of ethics.
3. An official is always above prejudices.
4. The sports official is a role model who is charged with enforcing the concepts of fair play and good sportsmanship.
5. It provides a unique opportunity to positively influence young people.
6. Officiating affords an individual the opportunity to develop interpersonal skills and to hone one's judgment skills.
7. It is important that officials present in a manner that portrays officiating in a positive and respected manner.
8. Officials undertake an important role in the staging of competitions.
9. They provide leadership and guidance to participants, ensuring that the competition is conducted in a safe and fair manner.

Course: PC-101, PC-102, PC-103, PC-104

Practical Activities

After successfully completing this course, the student will be able to:

1. Knowledge about the different sports and their rules.
2. Learn about the ground layout.
3. Study about the class conducting on the field by the student.
4. Knowledge about the different equipment of game and sports.

Semester II

Course CC-201: Yoga Education and Inclusive Education

After successfully completing this course, the student will be able to:

1. Describe knowledge of classical and theoretical foundations of the field of Yoga
2. Demonstrate knowledge and ability to use professional conduct during the practice of Yoga Therapy
3. Develop an ability to apply knowledge learned in this curriculum to assess the needs of students, and to evaluate their performance
4. Acquire knowledge of models of human development, with the influence of familial, social, religious and cultural conditioning on health and healing
5. Acquire knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
6. 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
7. Knowledge about the Inclusive Education.
8. Importance of Inclusive Education

Course CC-202: Educational Technology and Methods of Teaching in Physical Education

After successfully completing this course, the student will be able to:

1. Develop training modules for selected sports for basic and advanced level athletes
2. Creates Awareness of New Advancements in Technology
3. Enables Learners to Acquire New Skills and Knowledge
4. It improves learners mentally and physically. Using technologically advanced tools enhances cognitive and learning skills.
5. Provides Access to a Wide Range of Teaching and Learning Materials
6. Learners should learn and spend time on leisure activities to avoid boredom and increase concentration.

Course CC-203: Organization, Administration and Management in Physical Education & Sports

After successfully completing this course, the student will be able to:

1. Describe the fundamentals of Sports Management, Organization and Administration in Sports Industry.
2. Organise competitions at different levels.
3. Prepare and execute the intramural program for their school and college.
4. Prepare their own SOP for purchasing the sports equipment.
5. Design the layouts of sports facilities.

Course EC-201: Contemporary issues in Physical Education, Fitness and Wellness

After successfully completing this course, the student will be able to:

1. Define the concept of physical activity, exercise, fitness, and wellness
2. Understand the dimensions of wellness and strategies to improve them
3. Demonstrate an understanding of the physiological benefits of exercise, physical activity, physical fitness and wellness

4. Differentiate the concept of overweight, obesity and their management.
5. Evaluate physical fitness factors
6. Develop a scientifically sound individualized program of exercise for increasing and maintaining physical fitness

Course EC-202: Sports Nutrition and Weight Management

After successfully completing this course, the student will be able to:

1. An important aspect of an athlete's training is effective food and nutrition.
2. Each athlete's body, sports, training and sports goals play an important role in creating a healthy diet.
3. The food plan must be adjusted for each individual who participate in these sports.
4. The diet is developed according to the requirements of the individual athlete and in according to the sport he or she is associated with.

Course PC-201, PC-202, PC-203: Practical Activities

After successfully completing this course, the student will be able to:

1. Knowledge about the different sports and their rules.
2. Learn about the ground layout.
3. Study about the class conducting on the field by the student.
4. Knowledge about the different equipment of game and sports.

Course TP-201: Teaching Practices

After successfully completing this course, the student will be able to:

1. Acquire necessary instructional and managerial skills to deliver the subject knowledge
2. Design and execute the lesson plan
3. Prepare suitable teaching aids and use appropriate technology
4. Develop communication skills
5. Organize classroom, provide safe learning environment
6. Observe teaching and learning episodes and reflect of self-practices
7. Inculcate reading, writing, speaking skills for teaching.
8. Develop the understanding about the infrastructural and resources in a school.
9. Understand the functional aspects of school.
10. Build a strong foundation of knowledge in designing teaching and learning content of school subjects.
11. Focus on developing various skills of teaching and learning.
12. Critically observe all the aspects of the subject for teaching and learning.
13. Designs learning contents based on various teaching method.
14. Connect acquired knowledge and skills with practical situations in real school context.
15. Makes proper planning of the lesson
16. The lesson uses a variety of educational tools
17. Uses appropriate teaching methods according to the content of the lesson, according to the class and need

Semester III

Course CC-301: Sports Training

After successfully completing this course, the student will be able to:

1. 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.
2. Sports training helps in incorporating a sense of discipline in a person's life.
3. 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.
4. 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.
5. 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 CC-302: Computer Applications in Physical Education and Sports Science

After successfully completing this course, the student will be able to:

1. It provides a wide range of programs assigned to enhance the physical education teaching.
2. It provides an "avenue" for a variety of teaching styles. Enhance.
3. It improves the lesson through a myriad of colourful graphics, diagrams, electronic texts, sounds, animations and movements.
4. It keeps the learner focused on the issue.
5. It allows a more efficient data storing and a quicker data analysis.
6. It improves the lesson through the use of data loggers or sensors to collect information for the direct input and analysis.
7. It contributes to the PE program comprehensive and efficient management.

Course CC-303: Sports Psychology and Sociology in Physical Education and Sports

After successfully completing this course, the student will be able to:

1. Describe basic aspects of sports Psychology and sociology.
2. Understand the role of sports psychology in performance and behaviour of Sports person and Society
3. Identify and solve basic psychological and Sociological problems of students and players.

Course EC-301: Sports Medicine, Physiotherapy and Rehabilitation

After successfully completing this course, the student will be able to:

1. Describe meaning of sports medicine and its application in physical education and sports.
2. Outline role of different stakeholders for best performance of sports person.
3. Understand the concept of drug abuse in performance enhancement
4. Classify different types of sports injuries and their basic treatment.
5. Prioritize use of modalities for treatment of sports injuries.

6. Explain CPR and basic first aids for bites, stings, burns and poisoning.

Course EC-302: Curriculum Design

After successfully completing this course, the student will be able to:

1. Brief knowledge about how to make a sports curriculum
2. Plan about conducting class on field and also in classroom
3. Studies about the activates design for the students
4. Designs learning contents based on various teaching method.

Course PC-301, PC-302, PC-303 Practical Activities

After successfully completing this course, the student will be able to:

1. Knowledge about the different sports and their rules.
2. Learn about the ground layout.
3. Study about the class conducting on the field by the student.
4. Knowledge about the different equipment of game and sports.

Course TP-301: Teaching Lesson Practices

After successfully completing this course, the student will be able to:

1. Acquire necessary instructional and managerial skills to deliver the subject knowledge
2. Design and execute the lesson plan
3. Prepare suitable teaching aids and use appropriate technology
4. Develop communication skills
5. Organize classroom, provide safe learning environment
6. Observe teaching and learning episodes and reflect of self-practices
7. Inculcate reading, writing, speaking skills for teaching.
8. Develop the understanding about the infrastructural and resources in a school.
9. Understand the functional aspects of school.
10. Build a strong foundation of knowledge in designing teaching and learning content of school subjects.
11. Focus on developing various skills of teaching and learning.
12. Critically observe all the aspects of the subject for teaching and learning.
13. Designs learning contents based on various teaching method.
14. Connect acquired knowledge and skills with practical situations in real school context.
15. Makes proper planning of the lesson
16. The lesson uses a variety of educational tools
17. Uses appropriate teaching methods according to the content of the lesson, according to the class and need

Semester IV

Course CC-401: Measurement and Evaluation in Physical Education

After successfully completing this course, the student will be able to:

1. Define the concept of Test, Measurement, Evaluation and Assessment Procedure in Physical Education and give examples of each
2. Understand and differentiate between formative and summative evaluation, Process and Product evaluation
3. Administer psychomotor tests using standard protocols and guidelines.
4. Select appropriate Evaluation tools according to purpose and age groups
5. Collect and analyse fitness test data of school students
6. Construct or design rubrics, question paper and teacher made test for evaluation

Course CC-402: Kinesiology and Biomechanics

After successfully completing this course, the student will be able to:

1. Develop insight into the application of Kinesiology and Biomechanics in various sports.
2. Discuss applications of Kinesiology and biomechanics in different situations.
3. Solve problems based on Kinesiology and biomechanical concepts such as work, energy, power, torque, impulse etc.
4. Describe how Kinesiology and biomechanical factors influence motion in sport and exercise.
5. Complete analyse of basic human movements like walking, running, pulling, pushing, catching, and throwing.

Course CC-403: Research and Statistics in Physical Education

1. After successfully completing this course, the student will be able to:
 1. Have basic knowledge of Research in Physical Education & Sports
 2. Understand the fundamentals of research
 3. Understand the formulation as a research problem & steps of developing it
 4. Understand methodology & research procedure
 5. Differentiate sampling techniques & data collection tools
 6. Understand basic statistics & statistical techniques
 7. Apply appropriate basic statistical tools and techniques and interpret
 8. Recognize appropriate inferential statistical tool as per research method
 9. Understand the methods of data processing data processing

Course EC-401: Theory of Sports and Game

After successfully completing this course, the student will be able to:

1. Understand the different types and classification of sports & games
2. Understand the Values and Ethics of sports and sportsmanship
3. Demonstrate the basic understanding of rules, equipment and terminologies in various sports and Games
4. Categorize different State and National Level Awards and explain their nature
5. Recognize different technologies used in Sports and Games

Course EC-402: Sport Management

After successfully completing this course, the student will be able to:

1. Better career for a sports enthusiast than to work as a sports management professional
2. 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.
3. This gives you the chance to grow and advance in your career as more opportunities will open up when the industry expands.
4. There are so many employment opportunities that a Sports Management graduate will surely find sports jobs that will help them achieve success.

Course PC-401, PC-402: Practical Activities

After successfully completing this course, the student will be able to:

1. Knowledge about the different sports and their rules.
2. Learn about the ground layout.
3. Study about the class conducting on the field by the student.
4. Knowledge about the different equipment of game and sports.

Course TP-401, TP-402: Teaching and Coaching Practices (Racket Sports/ Team Game/Indigenous Sports)

After successfully completing this course, the student will be able to:

1. Develop training modules for selected sports for basic and advanced level athletes
2. Categorize teaching and training activities of selected sports
3. Describe assessment strategies for skills and performance in sports
4. Justify and plan physical fitness and sports skill related test, measurement, and evaluation procedures for selected sport.
5. Develop and conduct modified games of selected sports.
6. Design fitness and conditioning programs for various levels of athletes