



छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर

CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR

(पूर्ववर्ती कानपुर विश्वविद्यालय कानपुर)

Formerly Kanpur University, Kanpur – 208024

A Documentary Support

*For*

*Matric No. – 1.1.1*

**Programme Outcomes & Course Outcomes**

*Under the*

**Criteria - I**

**(Curriculum Design and Development)**

**Key Indicator - 1.1**

*In*

**Matric No. – 1.1.1**

**Bachelor of Physical Education**

  
Co-ordinator  
Internal Quality Assurance Cell  
CSJM University, Kanpur

  
(Registrar)  
C.S.J.M. University  
Kanpur

REGISTRAR  
C.S.J.M. UNIVERSITY  
KANPUR

## **DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS, C.S.J.M., UNIVERSITY KANPUR**

### **DESCRIPTION OF DEPARTMENT**

Department of Physical Education was established in July, 2004 under Self Finance Scheme (SFS). The first batch of B.P.Ed (Bachelor of Physical Education) has passed out in 2005 Session and in same year Master of Physical Education (M.P.Ed.) courses were started.

The main purpose of establishing this Department was to upgrade the status of Physical Education by producing quality teachers and leaders through graduate and post-graduate courses in the field of Physical Education wherein sports and games were the Key parameters of the Course.

The duration of the Bachelor of Physical Education (B.P.Ed.) course was initially of one year & for (M.P.Ed) course it was two year till 2013-14.

To bring it at par with other professional degree courses, as also to match the international standards, the duration of the course was extended to two years for both the Bachelor and Master Degree Courses.

The National Council of Teacher Education (NCTE) has accorded recognition to both the course. The Department has introduced B.P.Ed & M.P.Ed courses for 2 Year duration with having 4 semesters with an intake of 50 & 40 seats respectively, as per the guidelines of the National Council of Teacher Education (NCTE).

All the above courses are being run in the Department to fulfill the need for trained leadership in Physical Education.

### **MOTTO**

Through tireless effort & knowledge, towards ***"Excellence in Physical Education and Sports Sciences"***

### **THE VISION**

1. To produce competent health conscious Physical Education teachers

2. To create an ideal academic environment for Learning & Teaching and professional growth in Physical Education and various Sports and games and allied areas and provide Leadership to the Profession.
3. To engage in relentless pursuit of excellence in teaching, coaching, research in the field of Physical Education and Sports Sciences at various levels, who will be fully equipped to impart instruction in Physical Education and undertake physical activity programmes.

### **THE MISSION**

1. To, improve quality teaching, learning in cognitive, psychomotor and affective domains in Physical Education and Sports.
2. To facilitate, refine and sharpen the coaching and training techniques in Physical Education and Sports.
3. To actively design programme for the promotion and development of fitness and health concept among the students, faculty and the community around us, in matters of common interest and concern.

### **SCOPE OF THE COURSES:**

The Department goes beyond the prescribed curriculum to ensure all round development of the teacher trainees. Many value additions are provided to them like Enhancing Personal Behavioral Sciences, Skills, Leadership/Military Training Camp, Language Proficiency Classes, Yoga/Meditation for all etc. The institute takes pride in excellent placement records. The passed out students of the above courses are eligible for the appointment as Assistant Professors/Lecturer, Physical Education Teacher, Sports officers, Assistant Director, Deputy Director, Director of Physical Education, Supervisors and Fitness Consultants in School, Colleges Universities, Industrial establishments, Commercial firms, Government and non-government agencies which are engaged in promoting physical education and sports. They are also eligible for the commissioned in Army, Navy, Air force and Paramilitary forces.

### **OBJECTIVE OF THE DEPARTMENT**

1. To prepare highly qualified leaders/teachers in the field of Physical Education, Sports/Games and other inter-disciplinary subjects.
2. To serve as a center of excellence and innovations in Physical Education and to undertake, promote and disseminate research and also publish literature in this field.
3. To provide professional and academic leadership to other institutions in the field of Physical Education.
4. To provide vocational guidance, counselling, consultancy and placement services.
5. To promote mass participation in Physical Education and Sports.

6. To undertake extension programmes and outreach activities to contribute in the development of society.
7. To develop and promote programmes of Physical Education and Sports in the country.
8. To act as a Nodal Agency/Resource Center in mentoring and guiding various Government and Non-Government Institutes/Agencies of Physical Education, Sports and Fitness.
9. To provide for instruction and training in such branches of learning as it may deem fit.
10. To encourage and produce scientific contemporary literature in the field of Physical Education and Sports.
11. To provide community services in the field of Physical Education and Sports.

### **ACADEMIC PROGRAMS OFFERED IN THE DEPARTMENT**

The Department has currently running Bachelor of Physical Education (B.P.Ed.), Master of Physical Education (M.P.Ed.) courses.

<b>S.No.</b>	<b>Courses</b>	<b>Intake</b>	<b>Duration</b>	<b>Mode</b>
1	B.P.Ed	50	2 years (Four Semester)	Full-Time/ Regular
2	M.P.Ed	40	2 Years (Four Semester)	

### **B.P.ED. (TWO YEAR DEGREE PROGRAM):**

**PROGRAM OUTCOMES (PO'S) :** The students will be able to-

1. Interpret the models of teaching and the theories of learning for teaching exercise, nutrition and sport in physical education.
2. Explain the foundational concepts related to physical education philosophy in the context of historical developments.
3. Measure health, fitness and sport performance/skills status of the people engaged in physical education, fitness and sport.
4. Advocate research-based practices in teaching, training, and counselling in physical education, fitness and sport.
5. Promote recommended physical activity with the ways of adopting a balanced nutritional diet for healthy living in society.
6. Attend as the First-Aider in the condition of the injuries or emergencies expected in the events of physical activities, fitness training and sport.
7. Display 21<sup>st</sup> century and EduTech related competencies in all the professional and personal aspects of life.

**PROGRAMME SPECIFIC OUTCOMES (PSOS):** The learning and abilities or skills that a student would have developed by the end of two-year

<b>PSO-1</b>	Remembering and Understanding the concepts, theories, functions, structures, terminology and skills of physical education and sports sciences.
<b>PSO-2</b>	Applying and demonstrating various concepts, theories, procedures and skills in different sports situations.
<b>PSO-3</b>	Analysing and relating various tests and skills.
<b>PSO-4</b>	Evaluating and measuring health and fitness issues.
<b>PSO-5</b>	Creating and designing research problem, training sessions, diet plans, lessons plans and periodizations.

**PROGRAM EDUCATIONAL OBJECTIVES (PEO'S) :**The learner will be expected to -

1. Recognize the foundational theories, central ideas, and issues related to exercise, nutrition and health in physical education, fitness and sport.

2. Apply the theories, law and principles of exercise, nutrition, and training in physical education, fitness and sport in varied professional settings with scientific vigour and professionalism.
3. Practice research-based aptitude in decision making, problem-solving, and innovation in the professional sphere of physical education, fitness and sport.
4. Advocate the importance of physical activity and healthy eating as a lifelong goal for everyone in society.
5. Perform First-Aid in the state of medical emergencies expected to occur in the events of physical activities, fitness training and sport.
6. Display the 21st-century competencies and skills related to physical education, fitness and sport at the end of the programme.
7. Demonstrate good technological proficiency in the assignments (tasks) related to physical education, fitness and sport after the completion of the programme.

**PROGRAMME SPECIFIC OUTCOMES (PSO'S): The students will be able to-**

Review the historical, psychological, sociological and developmental concepts and events related to physical education and sport at the International and National levels.

1. Apply the behaviourist, cognitivist, and constructivist approaches in the teaching of physical education at the school level.
2. Perform cardiovascular, personality, 2D motion and gait analysis, fitness and sports skill tests to determine the performance status of an individual in health, fitness and sports.
3. Design the training schedule and diet chart to promote regular physical activity and healthy living in schools, fitness clubs, sports academies, and society at large.
4. Enhance the skills of qualitative and quantitative research techniques applicable in the context of physical education teaching, fitness training, coaching and sport.
5. Demonstrate the CPR and designing, emergency calls, reporting, supporting, explaining and recording skills related to First-Aid at school level for physical activity and sport.
6. Display skills related to communication, collaboration, critical thinking, creativity, leadership, EdTech hard and software usages in the personal and professional aspects of physical education, fitness and sport.

**COURSE OUTCOMES (CO'S): The students will be able to-**

PROGRAM ME NAME	SEM	COURSE NAME	COURS E CODE	COURSE OUT COME
B.P.Ed	1	History, Principles and Foundation of Physical Education	CC-101	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li>• Understand the importance of physical education with general education.</li> <li>• Understand Chronological significance of physical education.</li> <li>• Understand different aspect of an individual in physical education.</li> <li>• Guide for the development of fitness, sports for all.</li> </ul>
B.P.Ed	1	Anatomy and Physiology	CC-102	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li>• Student will learn basic Anatomy &amp; physiology and apply in physical education and sports</li> <li>• Student will come in position to understand various systems of the body and their functioning and role in sports performance.</li> <li>• Student will come in a position to understand the effect of exercises on body.</li> </ul>
B.P.Ed	1	Health Education and Environmental Studies	CC-103	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand requirements of balance diet and nutrition</li> <li><input type="checkbox"/> Understand relationship between basic and sports nutrition guidelines</li> <li><input type="checkbox"/> Learn to use different strategies for obesity management</li> <li><input type="checkbox"/> Acquire the skill of diet and exercise scheduling</li> <li><input type="checkbox"/> Accept individual and collective responsibility for healthy living at home, college, university and in the community and Health Status.</li> <li><input type="checkbox"/> Create awareness among students about safety Measures.</li> <li><input type="checkbox"/> Acquaint them with first Aids Measures about common sickness and injuries.</li> <li><input type="checkbox"/> Knows about the Basic of Environmental Education (like Scope, Need</li> </ul>

				<p>and</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the importance of Environmental Studies and Historical perspective of Environmental Education.</li> <li><input type="checkbox"/> Knows about various resources and pollution and its measures.</li> </ul>
B.P.Ed		Olympic Movement	EC-101	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand about the philosophy and value of Olympic Games.</li> <li><input type="checkbox"/> Get equipped with the knowledge of various types of Olympic Games.</li> <li><input type="checkbox"/> To understand the mission of the IOC.</li> </ul>
B.P.Ed	1	Officiating and Coaching	EC-102	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the importance of coaching and officiating in the field of physical education.</li> <li><input type="checkbox"/> Get equipped with the knowledge of various qualities and qualification of a coach and official.</li> <li><input type="checkbox"/> Guide for maintenance of integrity and values of sports.</li> <li><input type="checkbox"/> Build brotherhood among players.</li> <li><input type="checkbox"/> Understand duties of a coach to make elite athletes</li> <li><input type="checkbox"/> Understand role and duties of officials in sports competition.</li> <li><input type="checkbox"/> Understand the value of sportsmanship.</li> <li><input type="checkbox"/> Understand the value of coach and official in the field of sports and physical education.</li> </ul>
B.P.Ed	2	Yoga Education	CC-201	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn about yoga sutra, meaning and concept of yoga.</li> <li><input type="checkbox"/> Learn about ashtang yoga.</li> <li><input type="checkbox"/> Learn about asnas, pranayam and kriyas</li> </ul>
B.P.Ed	2	Educational Technology and Methods of Teaching	CC-202	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn education technology se and importance in physical education.</li> <li><input type="checkbox"/> Learn about various teaching techniques and use of teaching aids.</li> </ul>



		in Physical Education		<input type="checkbox"/> Learn various command used in physical education and sports. <input type="checkbox"/> Gain theoretical as well as practical knowledge of lesson plan in physical education.
B.P.Ed	2	Organization and Administration	CC-203	After completing this course, the students will be able to- <input type="checkbox"/> Understand and to imply the Organization and administration in sports. <input type="checkbox"/> Get equipped with the knowledge Office Management, Record, Register & Budget, Facilities, & Time-Table Management. <input type="checkbox"/> Guide for organize and planning tournaments.
B.P.Ed	2	Contemporary issues in physical education, fitness and wellness	EC-201	After the end of the course, students will be able to- <ul style="list-style-type: none"> <li>• Understand importance of fitness and wellness in modern era.</li> <li>• Get advantage with the knowledge of various health benefits through fitness and wellness.</li> <li>• Understand hypo kinetic diseases and their prevention and management.</li> <li>• Understand different principles of exercise program.</li> <li>• Provide guidelines for health and safety measures in daily life.</li> <li>• Understand first aid and emergency care</li> </ul>
B.P.Ed	2	Sports Nutrition and Weight Management	EC-202	After completing this course, the students will be able to- <input type="checkbox"/> Understand requirements of balance diet and nutrition <input type="checkbox"/> Understand relationship between basic and sports nutrition guidelines <input type="checkbox"/> Learn to use different strategies for obesity management <input type="checkbox"/> Acquire the skill of diet and exercise scheduling
B.P.Ed	3	Sports Training	CC-301	After completing this course, the students will be able to- <input type="checkbox"/> Understand scientific sports training means and methods patterns <input type="checkbox"/> Understand importance of training load, adaptation, and recovery to improve sports performance

				<input type="checkbox"/> Enhance understanding about tailor-made diagnostic means and methods to develop motor components <input type="checkbox"/> Encourage effective sports training formulation and regulation with correct feedback.
B.P.Ed	3	Computer Applications in Physical Education	CC-302	After the end of the course, students will be able to- <input type="checkbox"/> Understand and to imply the basics of computer <input type="checkbox"/> Get equipped with the knowledge of various application software
B.P.Ed	3	Sports Psychology and Sports Psychology and Sociology	CC-303	After completing this course, the students will be able to- <input type="checkbox"/> Sports psychology teach skills and techniques to athletes that enhance their motor skills and learning processes, help them cope better with competitive pressure and anxiety, fine-tune the level of awareness that they need for optimal performance and to not lose focus amidst distractions and in a competitive environment. <input type="checkbox"/> Understand and to imply the concepts of sports psychology and sociology in various sports and games. <input type="checkbox"/> Get equipped with the knowledge of various psychological skills in improvement of performance.
B.P.Ed	3	Sports Medicine, Physiotherapy and Rehabilitation	EC-301	After the end of the course, students will be able to- <ul style="list-style-type: none"> <li>• Describe the importance of sports medicine, physiotherapy and rehabilitation</li> <li>• Demonstrate the basics of sport first aid during and after game situation</li> <li>• Understand the effect and use of various therapies</li> <li>• Recognize the type of therapeutic exercise for better movements</li> <li>• Care the athlete in a very effective manner</li> </ul>
B.P.Ed	3	Curriculum Design	EC-302	After completing this course, the students will be able to-

				<input type="checkbox"/> Understand and to implement the curriculum <input type="checkbox"/> To enhance the knowledge of basic guideline for curriculum <input type="checkbox"/> To understand the mechanics of curriculum planning
B.P.Ed	4	Measurement and Evaluation in Physical	CC-401	<p>After completing this course, the students will be able to-</p> <input type="checkbox"/> Understand the concept of Test & Measurement & Evaluation. <input type="checkbox"/> Get equipped with the knowledge of Criterion, Classification and Administration of Test. <input type="checkbox"/> Understand practical experience of Physical Fitness and Sports Skill Tests.
B.P.Ed	4	Kinesiology and Biomechanics	CC-402	<p>Learning Outcome: After completing this course, the students will be able to-</p> <input type="checkbox"/> Understand and to implement the practical application of Biomechanics in Sports and games. <input type="checkbox"/> To enhance the knowledge of Auxiliary and Fundamental Movements in axes and planes <input type="checkbox"/> To understand the basic structure and classification of Joint and Muscles <input type="checkbox"/> To understand the nature of the movement
B.P.Ed	4	Research and Statistics in Physical Education	CC-403	<p>Learning Outcome: After completing this course, the students will be able to-</p> <input type="checkbox"/> Comprehend the fundamentals of research and its classification <input type="checkbox"/> Identify the research problem area and formulate objective and hypothesis <input type="checkbox"/> Recognize the tools of research and types of variables <input type="checkbox"/> Describe the use of statistics in physical education and sports <input type="checkbox"/> Understand how to organize, manage, and present data <input type="checkbox"/> Analyze data with a wide variety of statistical methods and hence develop data analysis skills

B.P.Ed	4	Theory of sports and games	EC-401	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand scientific sports training means and methods patterns</li> <li><input type="checkbox"/> Understand importance of training load, adaptation, and recovery to improve sports performance</li> <li><input type="checkbox"/> Enhance understanding about tailor-made diagnostic means and methods to develop motor components</li> <li><input type="checkbox"/> Encourage effective sports training formulation and regulation with correct feedback.</li> </ul>
B.P.Ed	4	Sports Management	EC-402	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li>• Understand the concept of management in physical education and sports.</li> <li>• Describe the various functions of management and hence enhance the employability skills.</li> <li>• Analyze the concept of administration and supervision.</li> <li>• Explain the importance and maintenance of facilities, equipment and records.</li> <li>• Prepare the financial budget for physical education &amp; sports.</li> </ul>

### **M.P.ED (TWO YEAR DEGREE PROGRAM):**

#### **PROGRAM OUTCOMES (PO'S) : The students will be able to-**

1. Critique the theories of learning and the models of teaching; laws and principles applied to exercise, training, and nutrition in physical education, fitness and sport.
2. Design solutions based on health, fitness and sport performance/skills and nutritional measurements for the people engaged in physical activity, fitness and sport.
3. Displays research-based intervention in the academic and professional assignments of physical education, fitness and sport.
4. Demonstrate 21<sup>st</sup> century and EduTech related competencies in all the professional and personal aspects of life.
5. Create concepts, products, solutions, interventions, enterprises in the area of physical education, fitness, sport and nutrition.
6. Attend as the First-Aider in the condition of the injuries or emergencies expected in the events of physical activities, fitness training and sport.
7. Exhibit 21st-century competency and technological proficiency in the professions related to physical education, fitness, and sport.
8. Promote the importance of physical activity and healthy eating/living as a lifelong goal in society.

#### **Programme Specific Outcomes (PSOs)**

The learning and abilities or skills that a student would have developed by the end of two-year

<b>PSO-1</b>	Remembering and understanding the concepts, theories, functions, structures, procedures, terminology and skills of physical education and sports sciences.
<b>PSO-2</b>	Applying appropriate tools, methods, strategies, tactics and techniques of teaching and coaching for the development of sports skills and health issues.
<b>PSO-3</b>	Applying and demonstrating skills in different sports and teaching situations.
<b>PSO-4</b>	Analysing and evaluating physical fitness, sports skills, and health issues.
<b>PSO-5</b>	Creating and applying fitness programs, research tools for the promotion of health and fitness.

**PROGRAM EDUCATIONAL OBJECTIVES (PEO'S) : The learner will be expected to –**

1. Evaluate the theories, laws and principles related to exercise, nutrition, and training in physical education, fitness and sport under the changing professional demands with scientific vigour and professionalism.
2. Display skills of research and statistics in decision making, problem-solving, and innovation related to physical education, fitness, sport and nutrition.
3. Demonstrate the pedagogical, administrative and managerial competencies related to physical education and sport needs in the industry, University school and society.
4. Perform First-Aid in the state of medical emergencies expected to occur in the events of physical activities, fitness training and sport.
5. Display the 21st-century competencies and technological proficiency skills related to physical education, fitness sport and nutrition.
6. Advocate the importance of physical activity and healthy eating and living as a lifelong goal for everyone in society.

**PROGRAMME SPECIFIC OUTCOMES (PSO'S): The students will be able to-**

1. Apply the behaviorists, cognitivist, and constructivist, connectivist approaches in the teaching, learning and services related to physical education, fitness and sport at school, University, enterprise and society level.
2. Administer physical fitness test, cardiovascular fitness test, personality traits test, 2D, 3D motion and gait analysis, nutritional status and sports skill test to measure performance in health, fitness and sport.
3. Design the training schedule and diet chart to promote regular physical activity and healthy living in schools, fitness clubs, sports academies, and society at large.
4. Demonstrate the skills of qualitative, quantitative and mixed research techniques applicable in the context of physical education teaching, fitness training, coaching and sport.
5. Perform the CPR and First-Aid related skills required to manage medical emergencies at school, University, enterprise and community level during the physical education, fitness and sport activities.
6. Display skills related to communication, collaboration, critical thinking, creativity, leadership, EdTech hard and software usages in the personal and professional aspects of physical education, fitness and sport.
7. Promote the adoption of lifelong physical activities (like Yoga-Asana, Pranayama), 5-6 days/week at a moderate level in society.

PROGRAMME NAME	SEM	COURSE NAME	COURSE CODE	COURSE OUT COME
MPed	1	Research Process & Statistics in Physical Education & Sports Sciences	MPCC-101	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Enable students to develop their own understanding of scientific training plans for developing various components of fitness for better performance in future</li> <li><input type="checkbox"/> Develop a method of approaching competitions with the help of objectified plan based on scientific process</li> <li><input type="checkbox"/> Develop new theory and principles for scientific training</li> </ul>
MPed	1	Physiology of Exercise	MPCC 102	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the meaning and importance of exercise physiology.</li> <li><input type="checkbox"/> Learn the basic terminology of bioenergetics and metabolism related to exercise and training.</li> <li><input type="checkbox"/> Understand the mechanism of muscle contraction</li> <li><input type="checkbox"/> Have knowledge about the neural control of muscular activity</li> <li><input type="checkbox"/> Understand and identify the physiological response of exercise on different body system.</li> <li><input type="checkbox"/> Get an insight into the influence of environment factors on performance</li> <li><input type="checkbox"/> Concept of sports nutrition and obesity</li> </ul>
MPed	1	Tests, Measurement and Evaluation in Physical Education	MPCC-103	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the advance concepts of Test &amp; Measurement &amp; Evaluation.</li> <li><input type="checkbox"/> Get equipped with the knowledge in depth about Criterion, and Administration of Test.</li> <li><input type="checkbox"/> Practical Experience of Physical Fitness, Motor Fitness and Sports Skill Tests.</li> </ul>
MPed	1	Yogic Sciences	MPEC-101	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apply the principle of yoga for developing Holistic Health</li> </ul>

				<input type="checkbox"/> Prepare the basic package of Yogasanas <input type="checkbox"/> Prepare for yoga therapy exam conducted by Yoga Certification Exam Level <input type="checkbox"/> Understand the management of basic disorders.
MPed	1	Sports Technology	MPEC-102	<p>Learning Outcome: After completing this course, the students will be able to-</p> <input type="checkbox"/> Understand the use of various methods in teaching & coaching in the field of physical education & sports. <input type="checkbox"/> Become acquainted with the knowledge and skills on technology integration in instruction to learners. <input type="checkbox"/> Learn to use and evaluate computer-based educational resources. <input type="checkbox"/> Explain the theories and principles of selecting, producing and utilizing instructional materials; <input type="checkbox"/> Plan, design and implement classroom activities using appropriate instructional materials. <input type="checkbox"/> Verify through field observations the theories as applied in the actual classroom context of the basic educational classes (public and private) <input type="checkbox"/> Create a technology-inspired instructional material
MPed	2	Professional Preparation and Curriculum Designs in Physical Education	MPCC-201	<p>Course Objectives and Learning Outcomes: After completing this course, the students will able to</p> <ol style="list-style-type: none"> <li>1. To understand the ever evolving curriculum of physical education</li> <li>2. To develop opportunities to construct &amp; design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis.</li> <li>3. Students will be able to design need based curriculum of PE various groups.</li> </ol>
MPed	2	Sports Biomechanics & Kinesiology	MPCC 202	<p>Learning Outcomes: After completing this course, the students will be able to-</p> <input type="checkbox"/> To understand about the Qualitative and Quantitative model in sports and games <input type="checkbox"/> Students will be able to calculate the C.G. by segmentation and



				<p>suspension methods</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Students will be able to find out the location of point related to origin and insertion of the muscle</li> <li><input type="checkbox"/> Students will be learned about the electromyography analysis of various sports skills.</li> </ul>
MPed	2	Athletic Care and Rehabilitation	MPCC-203	<p>Learning Outcomes: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> The student will learn and understand about preventive aspects of sports injuries.</li> <li><input type="checkbox"/> The student will gain practical as well as theoretical knowledge about care of athletes.</li> <li><input type="checkbox"/> The student will gain knowledge and practical about therapeutic modalities which helps in rehabilitation process.</li> <li><input type="checkbox"/> The student will learn about different types of corrective exercises for the athletes rehabilitation.</li> </ul>
MPed	2	Sports Journalism and Mass	MPEC-201	<p>Learning Outcomes: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the canons and agencies of journalism</li> <li><input type="checkbox"/> Understand the difference between general news reporting and sports reporting</li> <li><input type="checkbox"/> Use proper practices of editing and publishing.</li> <li><input type="checkbox"/> Acquire the skill of report writing on sports</li> </ul>
MPed	2	Sports Management	MPEC-202	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the sports management and to implement the curriculum</li> <li><input type="checkbox"/> To enhance the knowledge of basic guideline for curriculum</li> <li><input type="checkbox"/> To understand the mechanics of curriculum planning</li> </ul>

MPed	3	Scientific Principles of Sports Training	MPCC-301	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand the nature and role of sports training.</li> <li><input type="checkbox"/> Get skilled for training of all the performance factors following scientific methodology.</li> <li><input type="checkbox"/> Get skilled about formulating training plan.</li> <li><input type="checkbox"/> Develop ability to handle sports teams of different games in training as well as in competition.</li> </ul>
MPed	3	Sports Medicine	MPCC 302	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn and gain knowledge about sports medicine.</li> <li><input type="checkbox"/> Gain knowledge about various types of sports injuries.</li> <li><input type="checkbox"/> Gain practical knowledge about sports injuries rehabilitation.</li> <li><input type="checkbox"/> Learn about use of first aid.</li> </ul>
MPed	3	Health Education and Sports Nutrition	MPCC-303	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li>• Learn and accept individual and collective responsibility for healthy living at home , college , university and in the community.</li> <li>• Help students know their health status.</li> <li>• Create awareness among students about safety Measures. To acquaint them with first Aids Measures about common sickness and injuries.</li> <li>• Knows about the Abuse of Drugs and its adverse effect of body and mind.</li> <li>• Knows about the Management of life style, Hyper tension, Obesity and Stress.</li> <li>• knows about sports Nutrition and it energy Metabolism.</li> <li>• knows about diet plan and preparation of diet Plan.</li> </ul>

MPed	3	Sports Engineering	MPEC-301	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apply the basic knowledge to design basic sports equipments</li> </ul>
MPed	3	Physical Fitness and Wellness	MPEC-302	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand relationship between total health fitness, physical activity and wellness</li> <li><input type="checkbox"/> Implement correct dietary and nutritional practices in one's daily life to improve quality</li> <li><input type="checkbox"/> Use and implement correct and scientific based exercise practices to overcome the barriers</li> <li><input type="checkbox"/> Acquire proper relaxation and breathing techniques to meet state of relax</li> </ul>
MPed	4	Information & Communication Technology (ICT) in Physical Education	MPCC-401	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Describe the importance of information and communication technology (ICT)</li> <li><input type="checkbox"/> Effectively use appropriate ICT tools, software applications and digital resources in physical education and sports</li> <li><input type="checkbox"/> Practice word processors, spreadsheets, databases, presentation software, e-mail and web browsers</li> <li><input type="checkbox"/> Recognize and use application software used in Physical Education and sports</li> <li><input type="checkbox"/> Search and find required digital resources, organize and integrate in teaching- learning process</li> <li><input type="checkbox"/> Use ICT for making classroom processes more interactive, inclusive to address multiple learning abilities</li> </ul>
MPed	4	Sports Psychology	MPCC 402	<p>Learning Outcome: After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> apply on athletes that enhance their motor skills and learning processes, help them cope better with</li> </ul>

				<p>competitive pressure and anxiety, fine-tune the level of awareness that they need for optimal performance and to not lose focus amidst distractions and in a competitive environment.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand and to imply the concepts of sports psychology and sociology in various sports and games.</li> <li><input type="checkbox"/> Get equipped with the knowledge of various psychological skills in improvement of performance.</li> </ul>
MPed	4	Sports Sociology	MPCC-403	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li>• To understand the role, function and meaning of sport in the lives of people and the societies they form.</li> <li>• Sociology will help to a person or sports person, coach, sports administrator in understanding every aspect of these social phenomena .</li> </ul>
MPed	4	Adapted Physical Education	MPEC-401	<p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none"> <li>• Understand adapted physical education designed on an individual basis to meet the needs of a child with a disability.</li> <li>• Adapted physical education is a huge part of helping children who require special attention in the classroom.</li> </ul>
MPed	4	Dissertation	Dissertation	<p>On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....</p> <ul style="list-style-type: none"> <li>• Remembering the various concepts of dissertation.</li> <li>• Understanding the various terms used in dissertation chapters.</li> <li>• Understanding and able to preparing the blue print of dissertation proposal.</li> <li>• Applying knowledge in writing dissertation report.</li> <li>• Applying knowledge to justify dissertation conclusions.</li> </ul>