

University of Patanjali

BHARTIYA VYAVYAM PADDATI EVAM KHEL

(CERTIFICATE COURSE)

COURSE OUTCOMES, PROGRAM OUTCOMES AND PROGRAM SPECIFIC OUTCOMES

2020-21

PROGRAM EDUCATIONAL OBJECTIVES

PEO1 A platform shall be provided to understand the nature, purpose and philosophy of physical education and sports

PEO2 Potentialities shall be developed for planning and organizing physical education programmes and activities

PEO3 The basic teaching, organizing & administrating physical education & sports programs effectively through the use of technology shall be provided

PEO4 Physical education students shall be empowered to inspire their students to actively participate in physical and yogic exercises, games and sports

PEO5 Communication skills and competencies shall be developed to organize school and community games and sports

PEO6 The spirit of sportsmanship, self-control, judgment, emotional stability, mental and physical alertness, scientific temper, optimism & respect shall be cultivated

PROGRAM OUTCOMES

PO1 Disciplinary knowledge: Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of the undergraduate program of study.

PO2 Communication Skills: Ability to understand and express thoughts and ideas effectively in writing and orally; to present complex information in a clear and concise manner to different groups.

PO3 Critical thinking and Problem solving: Capability to analyze and evaluate evidence, arguments, claims, beliefs on the basis of empirical evidence; formulate coherent arguments; critically evaluate practices, policies and theories by following scientific approach to knowledge development and apply their competency to solve different kinds of problems and apply to real life situations.

PO4 Team work and Leadership qualities: Function effectively as an individual, and as a team member or leader in diverse teams, and in multidisciplinary environment. unbiased and truthful actions in all aspects of work.

PO5 Lifelong learning: Ability to update knowledge and skills, participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives.

PO6 Maintain a health-enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data

PROGRAM SPECIFIC OUTCOMES

PSO1 Students will demonstrate effective communication and pedagogical skills, utilize strategies to enhance student engagement and learning, and create appropriate managerial rules and routines in order to create a safe effective learning environment.

PSO2 Students will demonstrate competence in movement skills, analyze the performance of motor skills (particularly team and individual sports activities and dance/rhythms), as well as prepare and teach written lesson plans which address student learning of motor skills and analysis and assessment of these skills.

PSO3 Students will select and create learning experiences that are appropriate for curriculum goals, relevant to learners, show evidence of sequential learning, incorporate modifications for variations in learning styles and performance, and are based on the principles of effective instruction.

COURSE OBJECTIVES AND COURSE OUTCOMES

COURSE CODE: BVP 101

FUNDAMENTAL OF YOGA

Objectives: Following the completion of the course, students shall be able to:

- Articulate the benefits, procedure and contraindications of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.

The Course Learning Outcomes (Cos):

CO-1. Demonstrate basic skills associated with yoga and Pilates.

CO-2. Demonstrate the ability to perform yoga movements in various combination and forms.

CO-3. Apply the knowledge of basic choreography, and effective group management.

CO-4. Demonstrate the ability to create and present various yoga activities.

COURSE CODE: BVP 102

BIOMECHANICS & KINESIOLOGY

Learning Objective:

- Biomechanics and Kinesiology and physical education study the role exercise, physical movement and sports play in the development of human health and happiness.
- They apply sciences like biomechanics, anatomy, physiology and psychology to better understand how the human body responds to physical activity.
- Kinesiology studies the mechanics of human movement and how they impact our health and wellbeing.

The Course Learning outcomes (COs) :

CO-1. The student would be Oriented with the skeletal structure of human body by identifying. The origin and insertion of various muscles.

CO-2. Orient the students in basic structure and functions of primary joints of the body.

CO-3. Relate and interpret the role of various mechanical principles in human movement.

COURSE CODE: BVP 103

PRINCIPLES AND HISTORY OF TRADITIONAL EXERCISE

Learning Objective:

- The aim to develop the student into better rounded, balanced individuals.
- These activities capture the interest of the students.
- Students also promote their safety and well-being.
- This is a practical improvement on the usual physical education program.

The Course Learning outcomes (COs) :

CO-1. The pass out students would be able to compare the relationship between general education and Physical education.

CO-2. Students would be able to identify and relate with the History of Physical Education.

CO-3. Students would be able to comprehend the relationship between Philosophy, Education and Physical Education.

CO-4. Students would be able to identify the works of Philosophers of Education and Physical Education.

CO-5. Students would be know recent developments and academic foundation of Physical Education

COURSE CODE: BVP 104

SPORT TRAINING AND COACHING

Learning Objective:

- Sports training is especially focused on optimal performance in a particular sport.
- Its main aim is to develop the performance capacity of sports persons, so that they achieve the highest possible performance.

The Course Learning Outcomes (COs) :

CO-1. The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.

CO-2. The learners will be able to demonstrate the skills to train different fitness components and related planning.

CO-3. The learners will be able to understand the organization to achieve high performance in sports

RHYTHMIC EXERCISE

COURSE CODE: BVP -P-105

Course Objectives

To develop coordination, control, strength, agility, flexibility, relaxation, and freedom of movement. To learn to use the body as a whole. To develop a vigorous vital type of body movement.

Outcomes

CO1 Critical, analytical, and creative thinking

CO2 Capacity to personally interpret the human experience

CO3 Capacity to reflect critically and shared concerns and think of innovative, creative solutions guided by ethical standards

CO4 Ability to appreciate and contribute to artistic beauty

YOGA

COURSE CODE: BVP -P-106

Course OBJECTIVES

- To Assess the Basic Concepts of Yoga and Physical Education
- To Gain knowledge on Ashtanga yoga
- To Acquire knowledge of Techniques and Practice of Yogasanas
- To Assess and perform Pranayama

COURSE OUTCOMES (Cos) : Students completing this certificate course were able to

CO1 Acquire the Basic Concepts of Yoga and Physical Education

CO2 Gain knowledge on Ashtanga yoga

CO3 Assess and perform Pranayama

CO4 Acquire knowledge of Techniques and Practice of Yogasanas

GAMES

COURSE CODE: BVP -P-107

COURSE OBJECTIVES

- To Acquire the basics of Kho-Kho, Kabaddi, Wrestling and Martial art.
- To impart knowledge on the concepts of Playing the varies game
- To assess Fouls and the punishments for infringing the rules.

COURSE OUTCOMES (Cos): Students completing this course were able to

CO1 Understand the basics of the specified activities

CO2 Gain knowledge on the specified activities with rules involved

CO3 Attain knowledge on the concepts of playing the specific Games and the event

CO4 Acquire the knowledge of Rules involved in the specified activities

