

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**  
**UNDER GRADUATE PROGRAM**

**Bachelor in Physical Education and Sports**

**(B.P.E.S)2020-21**

**Program Outcomes:**

**Program Specific Outcomes of Bachelor's Degree Program in Physical Education**

After successful completion of the program, an individual will be able to :

**PO-1** Interpret practical and sports skills required for physical education

Development

**PO-2** Able to officiate in the tournaments

**PO-3** Able to understand functioning of various internal organs of the human body

**PO-4** Appraise food safety and prevention of injury to maintain a safe and healthy Environment

**PO-5** Able to apply and interpret aspects of applied psychology

**PO-6** Develop long write goals and strategies that the action needed to each year to meet the objectives

**PO-7** To conduct the rehabilitation program for the players and society

**PO-8** Able to take anthropometric measurement in the field of sports and physical education

**PO-9** Able to help responsible authorities during natural disaster in their Management.

**Program Specific Objectives**

**Program Specific Objectives of Bachelor's Degree Program in Physical Education.**

- To enable students to understand history, philosophy, values, ethics and functions of Physical Education profession, and its linkages with other social science & science disciplines;
- To equip students with knowledge on core and ancillary methods of professional work, and its practice base;
- To inculcate in the student's values of enquiry and research; and thereby develop problem solving and decision making abilities;
- To prepare professionals to practice in diverse field settings and also address contemporary issues and concerns such as of games and sports;

- To make learners- the young professionals sensitive to the needs of the people at individuals, group and community levels and to social problems in changing social, cultural and techno-economic context;
- To develop young professionals with good communication skills and quest for a self-motivated life-long learning, focusing on skilling and re-skilling in their respective field of Physical Education;

### **Program Specific Outcomes (PSOs)**

#### **Program Specific Outcomes of Bachelor's Degree Program in Physical Education.**

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

#### **B.P.E.S. (Three Year Degree Program):**

- PSO-1** Remembering and Understanding the concepts, theories, functions, structures, terminology and skills of physical education and sports sciences.
- PSO-2** Applying and demonstrating various concepts, theories, procedures and skills in different sports situations.
- PSO-3** Analyzing and relating the valuable knowledge about the Health, related issues various communicable disease, its preventive measures, Nutrition, its role in weight management and healthy life..
- PSO-4** Evaluating and measuring the important methods used for teaching in Physical Education.
- PSO-5** Creating and designing research problem, training sessions, diet plans.

**HINDI**  
**COURSE CODE: CC 101**

**OBJECTIVES:**

1. Understand the aspects of linguistic behavior in Hindi language.
2. Understand the position and content of Hindi language taught at secondary level.
3. Understand the constitutional provisions and historical preview of Hindi language.
4. Understand the role of Hindi in India; in nation and in International arena.
5. Understanding multilingualism and its implication in classroom situation.
6. Understand and develop linguistic systems and other language skills of Hindi language used in classroom teaching.
7. Understand the use of different strategies used in Hindi teaching.

**The Course learning Outcomes (Cos)**

**COs-1.** The students are able to get an in-depth knowledge of this ancient Indian language and its literature.

**COs-2.** The students must get an overview about the poetry grammar and history of its literature.

**HUMAN ANATOMY AND PHYSIOLOGY– I**  
**COURSE CODE: BPE 102**

**Objectives:-**

- **Fundamentals of Anatomy & Physiology** gives students in-depth instruction in the organization, structures, and functions of the human body.
- **Students will learn the terminology, anatomy and physiology, and pathology of each body system and how they interrelate to maintain homeostasis.**

**The Course learning outcomes(Cos)** On completion of the B.P.E.S program, the students will be learning and able to do/perform the following.....

CO-1.Describing the concept, need and importance of anatomy and physiology in physical education.

CO-2.Describing and define the cell, tissue, organs and systems.

CO-3.Explaining the circulatory systems and its functions.

CO-4.Describing the respiratory systems and its functions.

CO-5.Explaining the digestive systems and its functions.

## **HISTORY OF PHYSICAL EDUCATION AND SPORTS**

### **COURSE CODE: BPE 103**

#### **Learning Objectives**

- -This aims to develop the students into better-rounded, balanced individuals.
- -Including martial arts and self-defense.
- -Not only do these activities capture the interest of the students
- They also promote their safety and well-being.
- -This is a practical improvement on the usual Physical Education program.

**The Course learning outcomes (COs):** On completion of the B.P.E.S program, the students will be learning and able to do/perform the following.....

**CO-1.** Describing the meaning, definition, need, scope, and historical perspective of physical education.

**CO-2.** Describe and define the aims and objectives of physical education.

**CO-3.** Explaining the development of physical education at the global level.

**CO-3.** Interpreting the philosophical aspect of physical education.

**CO-4.** Explaining the sports institution in India before and after independents.

**CO-5.** Classifying the different committees and schemes in the field of physical education.

**CO-6.** Discussing the different awards and honors

## **SPORTS JOURNALISM**

### **COURSE CODE: BPE-105**

#### **Objective:-**

- **Basically, the primary objective of sports journalism is not to know about the environment of games or sports, but to present the facts. A sports enthusiast's first concern is the statistics related to a sporting event.**

#### **The Course learning outcomes: O**

On completion of the B.P.E.S, program, the students will be learning and able to do/perform the following.....

- Describing the Meaning and Definition of Journalism.

- Explaining the role of Sports News agencies.
- Determining the Concept of Sports Bulletin.
- Comparing the General news reporting and sports reporting.
- Editorializing and evaluating of Reported News.

**PRACTICAL  
GAMES  
LESSON**

**COURSE CODE: BPE-P-106**

Objectives:-

- Collaboration. A key element of any successful teams is how well the team collaborates together and how well it collaborates with other teams. ...
- Communication. ...
- Change management. ...
- Problem solving. ...
- Flexible thinking. ...
- Morale building. ..

**GENERAL LESSONS PRACTICAL**

**COURSE CODE: BPE-P-107**

Objectives:-

- Collaboration . A key element of any successful teams is how well the team collaborates together and how well it collaborates with other teams. ...
- Communication. ...
- Change management. ...
- Problem solving. ...

- Flexible thinking. ...
- Morale building. ..

**ENGLISH  
COURSE CODE: CC 201**

**Objectives:**

- Improve pronunciation and Use English Grammar worksheets and exercises to improve grammatical knowledge for competitive exams
- Enhance reading, understanding and writing abilities in English
- Develop the ability to read, understand and improve English vocabulary
- Demonstrate conversational skills, Asking Questions.

**The Course Learning Outcomes (COs) :**

- CO-1.** Improve and widen employment prospects.  
**CO-2.** Explore the world with confidence  
**CO-3.** Increase cognitive ability.

**YOGA AND HOLISTIC HEALTH**

**COURSE CODE: BPE 202**

**Objective:-**

- **Yoga is a holistic science that embodies the union of our physical, mental and spiritual health. It can help us achieve mental equilibrium, as well as providing numerous health benefits for our body.**
- **Yoga as a practice encourages a lifestyle that focuses on balance, harmony, positive thinking and health**

**The Course learning outcomes (COs) :**

- CO-1.** Approach of holistic health in physical education.  
**CO-2.** Five components of holistic health.  
**CO-3.** Principles of holistic health.

**CO-4.** To promote health living and to facilitate prevention early detection and management of disease.

**CO-5.** Explore transfer and career opportunity in health related profession.

## **INTRODUCTION TO PHYSICAL EDUCATION**

**COURSE CODE: BPE 203**

### **Objective:-**

**Develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.**

### **The Course Learning outcomes (COs):**

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

Physical education.

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

CO-3. He/she would be able to comprehend the relationship between Philosophy, Education and

Physical Education.

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

Education.

CO-5. He /she would know recent developments and academic foundation of Physical Education.

## **HEALTH EDUCATION AND NUTRITION**

**COURSE CODE: BPE 204**

### **Objective:-**

- **They are to promote health and reduce the risk of developing chronic diseases by encouraging Americans to consume healthful diets and to achieve and maintain healthy body weights. Nutrition criteria are reflective of a solid scientific foundation for health and weight management**

**The Course learning outcomes (COs) :** On completion of the B.P.E.S program, the students will be learning and able to do/perform the following.....

CO-1. Defining the concepts and principles of health education.

CO-2. Explaining the meaning, definition, and importance of health education.

- CO-3. Classifying hygiene and its types.
- CO-4. Writing about the role and uses of pollution.
- CO-5. Discussing the types of natural resources.

## **EXERCISE PHYSIOLOGY**

**COURSE CODE: BPE 205**

### **Objective:-**

- Exercise physiology serves to **empower individuals to understand how to safely move their body, how frequently they should exercise and how to measure their outcomes to see the improvement over time.**

### **The Course Learning Outcomes (COs) :**

- CO-1. He/she would be able to Relate and interpret the role of exercise on body systems and its relation to well being, through literature reviews and physical conditioning exercises.
- CO-2. Adapt the art to apply the knowledge of physiology in physical activity classes at school level.
- CO-3. Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.

## **ATHLETICS LESSON**

**COURSE CODE: BPE-P-206**

### **Objective:-**

- To enhance the sports performance: It is also one of the significant objectives to enhance the sports performance of athletes or players.
- Without proper planning, it is impossible to improve the performance of sportspersons. In fact, training in sports is useless if it is not well planned.

## **ATHLETICS LESSON**

**COURSE CODE: BPE-P-0206**

### **Objective:-**

- **To enhance the sports performance:** It is also one of the significant objectives to enhance the sports performance of athletes or players.
- Without proper planning, it is impossible to improve the performance of sportspersons. In fact, training in sports is useless if it is not well planned



**ENVIRONMENTAL SCIENCE**  
**COURSE CODE: CC 301**

**Objectives:**

- Students will integrate knowledge from multiple disciplines representing physical and life sciences perspectives, political and economic perspectives, and social and cultural perspectives on humans' interactions with their environments;
- Students will contribute to and facilitate interdisciplinary research and problem solving, through independent and collaborative work; and
- Students will use quantitative and qualitative research tools and techniques to analyze, implement, envision, assess, and report sustainability efforts.

**The Course Learning Outcomes (COs) :**

**CO-1.** Articulate the interconnected and interdisciplinary nature of environmental studies;

**CO-2.** Demonstrate an integrative approach to environmental issues with a focus on sustainability;

**CO-3.** Use critical thinking, problem-solving, and the methodological approaches of the social sciences,

natural sciences, and humanities in environmental problem solving;

**CO-4.** Communicate complex environmental information to both technical and non-technical audiences;

**CO-5.** Understand and evaluate the global scale of environmental issues & problems; and

**CO-6.** Reflect critically on their roles, responsibilities, and identities as citizens, consumers and environmental actors in a complex, interconnected world.

**METHOD OF TEACHING YOGA**  
**COURSE CODE: BPE 302**

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

- Understand the basic principles of Teaching Methods.
- Have knowledge of different aspects of teaching methods used in Yoga.

**Outcomes:-**

- 1) To enable the student to have good health
- 2) . 2) To practice mental hygiene.
- 3) 3) To possess emotional stability.
- 4) 4) To integrate moral values.

## METHOD IN PHYSICAL EDUCATION

**COURSE CODE: BPE 303**

### Objective:-

- Develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, **as they are important aspects for good performance in different games and sports.**

**The Course learning outcomes (COs) :** On completion of the B.P.E.S program, the students will be learning and able to do/perform the following.....

**CO-1.** Define the Meaning and types of Teaching Methods.

**CO-2.** Discuss the Presentation Techniques in Physical Education.

**CO-3.** Generalizing the Methods of Words of command.

**CO-4.** Determining the knowledge to Lesson Planning.

**CO-5.** Applying the knowledge to take Lesson Plan in different categories.

**CO-6.** Reviewing the impact of all units in conduction of competitions

## FUNDAMENTALS OF BIOMECHANICS IN SPORTS

**COURSE CODE: BPE 304**

### Objectives:-

- The major goal of biomechanics of sport and physical exercise is to **improve performance in given sport or physical exercise.**
- In a wider context the goal of biomechanics of sport and physical exercise is also to increase physical fitness.

**The Course learning outcomes (COs) :** On completion of the B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** Memorizing the Meaning, nature, role and scope of Biomechanics.

**CO-2.** Explaining the CG, Line of gravity Vectors and Scalars Quantities.

**CO-3.** Acquiring the knowledge of Linear and Angular Kinematics.

**CO-4.** Acquiring the knowledge of Linear and Angular Kinetics.

**CO-5.** Applying the concept of Lever & Equilibrium in game situation.

**CO-6.** Estimating the role of resistance in sports.

## ADAPTED PHYSICAL EDUCATION

**COURSE CODE: BPE 305**

### Objectives:-

- To develop a healthy level of balance, flexibility, muscular strength, body composition, and cardio-respiratory endurance.

- **To learn new games and their rules and to demonstrate it correctly in the game settings.**

**The Course learning outcomes (COs):** An individualized program of developmental activities, exercises, games, rhythms, and sport designed to meet the unique physical education needs of individuals.

**A sub discipline of PE or emerging field of studying**

- 1) Designed to meet long term unique needs
- 2) May take place in mainstream classes or segregated classes
- 3) An active program rather than a passive one
- 4) Adapted or modified sport can be used in APE program
- 5) Adapted means to adjust and to fit
- 6) Service to 3-21 years old (IEP) and may include 0-2 (IFSP)

**GYMNASTICS**

**LESSON**

**COURSE CODE: BPE-P-307**

Objectives:-

- Helping members to develop physical confidence.
- Helping members to develop mentally.
- Promoting balance and co-ordination.
- Developing strength, improving flexibility.
- Improving body posture.
- Developing social skills.

**The Course learning outcomes:**

- CO-1.** Define the meaning and general principles of Rhythmic activities.
- CO-2.** Discuss the Rules and their interpretation.
- CO-3.** Describe the types of exercises.
- CO-4.**Examine the performance of skills.

## **YOGA**

**COURSE CODE: BPE-P-308**

### **Objectives:-**

- 1) **To enable the student to have good health.**
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.

### **The Course learning outcomes:**

- 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.

## **ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION**

**COURSE CODE: BPE402**

### **Objectives:**

- It is the education that concerns physical activities, which develop and maintain human body
- Activity
- Teaching.
- Direction, coordination and control of group efforts

**The Course learning outcomes (COs):** On completion of the B.P.E.S, program, the Students will be learning and able to do/perform the following.....

- CO-1.** Memorizing the Importance of Organization and Administration.
- CO-2.** Describing the Scope, Need and Importance of Organization and

Administration.

**CO-3.** Acquiring the knowledge of Leadership in Physical Education and Sports.

**CO-4.** Determining the Role of Reports and records.

**CO-5.** Estimating the concept of drawing Fixtures.

## **OFFICIATING AND COACHING**

**COURSE CODE: BPE404**

### **Objectives:**

- They provide leadership and guidance to participants, ensuring that the competition is conducted in a safe and fair manner.
- to unlock people's potential to maximize their own performance.

**The Course learning outcomes (COs):**On completion of the B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** Define the meaning and general principles of Officiating.

**CO-2.** Discuss financial and legal aspects of officiating.

**CO-3.** Describe the qualification and qualities of an officiating.

**CO-4.** Classify the duties of officials.

**CO-5.** Define the ingredients of officiating.

**CO- 6.** Discuss enforcement, Facilities, Arrangement, and environment for officiating.

## **SPECIALIZATION IN KABADDI**

**COURSE CODE: BPE0406**

### **Objectives :**

- enhance the sports performance
- It is also one of the significant objectives to enhance the sports performance of athletes or players.
- Without proper planning, it is impossible to improve the performance of sportspersons.

### **The Course Learning Outcomes (COs):**

**CO-1.** To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of various team games.

**CO-2.** To develop a knowledge about the historical development of this game.

## **SPECIALIZATION IN JUDO**

**COURSE CODE: BPE407**

### **Course Objectives**

- Judo, Japanese jūdō, system of unarmed combat, now primarily a sport.
- The rules of the sport of judo are complex.
- The objective is to cleanly throw, to pin, or to master the opponent, the latter being done by applying pressure to arm joints or to the neck to cause the opponent to yield.

### **The Course Learning Outcomes (COs):**

**CO-1.** To be able to learn and deliver the knowledge of basic fundamental skills, techniques,

stances, forms, rules and duties of officials, etc. in the event of Judo.

**CO-2.** To develop a knowledge about the historical development of this game.

## **GYMNASTICS PRACTICAL**

**COURSE CODE: BPE-P-410**

### **Objectives:-**

- Gymnastics, the performance of systematic exercises—often with the use of rings, bars, and other apparatus—either as a competitive sport or to improve strength, agility, coordination, and physical conditioning.

### **The Course Learning Outcomes:**

**CO-1.** Define the meaning and general principles of Rhythmic activities.

**CO-2.** Discuss the Rules and their interpretation.

**CO-3.** Describe the types of exercises.

**CO-4.** Examine the performance of skills.

## **COURSE CODE: BPE501**

### **KINESIOLOGY**

#### **Objectives:-**

- Kinesiology studies the mechanics of human movement and how they impact our health and wellbeing.
- During classes, students learn how to combine a holistic approach with Anatomy, Biomechanics, and Psychology principles to help increase or repair the physical mobility of patients.

**The Course learning outcomes (COs):** On completion of the B.P.E.S, program, the students will be

learning and

able to do/perform the following:

**CO-1.** Describe the definition and meaning of kinesiology.

**CO-2.** Discuss the aims and objectives of kinesiology.

**CO-3.** Explain the role of kinesiology in physical education.

**CO-4.** Interpret the fundamental concept of center of gravity, line of gravity, axis, and planes.

## **COURSE CODE: BPE502**

### **FUNDAMENTALS OF SPORTS TRAINING**

#### **Objectives:-**

- Every sport activity needs specific type of physical fitness, and hence, the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility is an important aim and objective of sports training.

#### **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.

**COURSE CODE: BPE506**  
**SPECIALIZATION IN BOXING**

**Objectives:-**

- To enhance the sports performance: It is also one of the significant objectives to enhance the sports performance of athletes or players. Without proper planning, it is impossible to improve the performance of sportspersons. In fact, training in sports is useless if it is not well planned.

**The Course Learning Outcomes (COs):**

**CO-1.** To be able to learn and deliver the knowledge of basic fundamental skills, apparatus

used, court markings and dimensions, rules and duties of officials, etc. in the individual

event of boxing.

**CO-2.** To develop a knowledge about the historical development of this game.

**ATHLETICS LESSON**  
**COURSE CODE: BPE-P-0509**

**Objectives:-**

- To enhance the sports performance: It is also one of the significant objectives to enhance the sports performance of athletes or players. Without proper planning, it is impossible to improve the performance of sportspersons. In fact, training in sports is useless if it is not well planned.

**The Course Learning Outcomes:**

**CO-1.**Administrating of the skill performance.

**CO-2.**Practicing of the skill performance.

**CO-3.**Summarizing record file .

**COURSE CODE: BPE601**  
**FUNDAMENTALS OF COMPUTER APPLICATIONS IN PHYSICAL**  
**EDUCATION**



**Objectives:-**

- **Operate a variety of advanced spreadsheet, operating system and word processing functions.** Solve a range of problems using office productivity applications, and adapt quickly to new software releases. Maintain quality assurance through critically evaluating procedures and results.

**The Course learning outcomes (COs):** On completion of the B.P.E.S program, the students will be learning and able to do/perform the following.....

- CO-1.** Memorizing the Importance of Computer, characteristics and application.
- CO-2.** Describing the block diagram and classification of the computers.
- CO-3.** Acquiring the knowledge of software, hardware, and storage devices of the computers.
- CO-4.** Determining the role of MS-Word, MS-Excel & MS Power point.
- CO-5.** Define Word processor and its types.
- CO-6.** Applying the concept of prepare the presentation and slide show, animation with function.

**COURSE CODE: BPE602**

**SPORTS PSYCHOLOGY**

**Objectives:-**

**Most people study sport and exercise psychology with two objectives in mind:**

- (1) to understand how psychological and social factors influence an individual's behavioural outcomes (**e.g., sport performance, exercise motivation**)
- (2) to understand how participation in sport and exercise influences **psychological**

**The Course learning outcomes (COs):** On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

State the Meaning and Definition of Psychology.

- CO-1.** Estimating the stages of Growth and Development.
- CO-2.** Acquiring the knowledge of Individual Differences.
- CO-3.** Estimating the Learning curves.
- CO-4.** Acquiring the knowledge of Individual differences and body types.
- CO-5.** Determining the factors of motivation in Physical Education & Sports.
- CO-6.** Estimating the knowledge of Mental Preparation Strategies.

**COURSE CODE: BPE603**

**TEST MEASUREMENT AND EVALUATION**

**Objectives:-**

- To frame the objectives –
- Test and Measurement helps in setting the target or goal according to the need and requirement.
- By adopting the Test and Measurement techniques the physical education teachers gets an accurate idea about the progress made by the students.

**The Course learning outcomes(COs):** On completion of the B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** Define the meaning and general principles of Test, Measurement &Evaluation

**CO-2.** Discuss the role and Importance of Test, Measurement & Evaluation.

**CO-3.** Acquiring the knowledge of Concept of Physical Fitness

**CO-4.** Determining the role of Endurance

**CO-5.** Calculating and examine the Anthropometric Measurements

**COURSE CODE: BPE605**

**SPECIALIZATION IN HANDBALL**

**Objectives:-**

- Address interpersonal problems within the group.
- Improve inter-team communication.
- Enhance the productivity of employees.
- Increased motivational levels among team members.
- Inculcate leadership skills among employees.
- Encourage out of the box & creative thinking.

The Course Learning Outcomes:

**CO-1.** To be able to learn and deliver the knowledge of basic fundamental skills, Techniques, stances, forms, rules and duties of officials, etc. in the event of Handball.

**CO-2.** To develop a knowledge about the historical development of this game.

**COURSE CODE: BPE607**  
**SPECIALIZATION IN FOOTBALL**

**Objectives:-**

- Address interpersonal problems within the group.
- Improve inter-team communication.
- Enhance the productivity of employees.
- Increased motivational levels among team members.
- Inculcate leadership skills among employees.
- Encourage out of the box & creative thinking.

**The Course Learning outcomes (COs):**

**CO-1.** To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Football.

**CO-2.** To develop a knowledge about the historical development of this game.