

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

UNDER GRADUATE PROGRAM

Bachelor in Physical Education and Sports

(B.P.E.S)

2023-24

Program Outcomes:

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 Educational Objectives (B.P.E.S)

Program Educational Objectives of Bachelor's Degree Program in Physical Education.

The Program specific objectives are:

- 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)

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.

THE COURSE LEARNING OUTCOME (COs):

(B.P.E.S)

**HUMAN ANATOMY AND PHYSIOLOGY– I
COURSE CODE: BPPEMJ-101**

Learning objective

- 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: BPPEMN-102

Learning Objective:

- The aim to develop the student into better rounded, balanced individuals.
- 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-4. Interpreting the philosophical aspect of physical education.

CO-5. Explaining the sports institution in India before and after independents.

CO-6. Classifying the different committees and schemes in the field of physical education.

CO-7. Discussing the different awards and honors.

BPPEMJ-101

Practical- Anatomy & Exercise Physiology

Learning objective

- 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) :

- CO-1. The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.
- CO-2. Students will 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-3. Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.
- CO-4. Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology. systems and its relation to well being, through literature reviews and physical conditioning exercises.
- CO-3. Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.

CO-4. Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.

BPPEID-103

Personality Development

Learning Objective:

- Personality development helps you gain recognition and acceptance from the society as well as people around.
- Personality development plays an essential role not only in an individual's professional but also personal lives.
- It makes an individual disciplined, punctual and an asset for his/her organization

The Course Learning Outcomes (COs):

CO-1. Explores own identity and culture (e.g., gender, sexual orientation, racial/ethnic background, socioeconomic status)

CO-2. Integrates multiple aspects of personal identity into a coherent whole

CO-3. Can articulate how personal identities relate to larger social constructs

Communicative English

Paper Code: BPYSAE-104

Objectives:

Unit 1- Improve pronunciation and Use English Grammar worksheets and exercises to improve grammatical knowledge for competitive exams

Unit 2- Enhance reading, understanding and writing abilities in English

Unit 3 -Develop the ability to read, understand and improve English vocabulary

Unit 4 - 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.

CO-4. Access world-class education system and establishment.

Method of Teaching Yoga

BPPESE-105

Objectives:

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

- Understand the principles and practices of teaching methods of Yoga.
- Have an in-depth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

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

- Understand 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. Understand and apply the knowledge of basic choreography, and effective group management.

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

BPPEVA-106

COMPUTER APPLICATION

Learning Objective:

- To understand basics of computer and working with OS.
- To develop working skills with productivity tools, graphics designing and Internet.
- To acquire basic programming skills

The Course Learning Outcomes (COs) :

CO-1. The student will be oriented with the basic knowledge of computer applications.

CO-2. The student will be able to apply the knowledge in the framing of training programs.

CO-3. The outcome of this course will help him in gathering, storage and processing of huge information in relation to inputs, outputs and feedback of sports training programs.

BPPEMJ-201
TRACK AND
FIELD EVENT

Learning Objective :

- Describe the nature and background of athletics
- Identify the basic terminologies
- Identify safety precaution to avoid injuries

The Course Learning Outcomes (COs)

CO-1. Introduction to athletics (track events) Sprint Events Middle Distance Races
Long Distance Races

CO-2. Rules and regulations (track events), Duties of officials, Equipment's
Brief background techniques and importance of motor-components of the following
events:

CO-3. Sprint Events, Relay Races, Hurdle Race, Flat Races,

CO-4. Brief historical background of track events, Organizing of athletic meet, Role of
various

CO-5. Committees, National records.
Various Awards

BPPEMN-201

Title: TRACK

EVENT(PRACTICAL)

- Describe the nature and background of athletics
- Identify the basic terminologies
- Identify safety precaution to avoid injuries
- **The Course Learning Outcomes (COs):**
 - CO-1.** Introduction to athletics (track events) Sprint Events Middle Distance Races
Long Distance Races
 - CO-2.** Rules and regulations (track events), Duties of officials, Equipment's Brief
background techniques and importance of motor-components of the following events:
 - CO-3.** Sprint Events, Relay Races, Hurdle Race, Flat Races,
 - CO-4.** Brief historical background of track events, Organizing of athletic meet, Role of
various
 - CO-5.** Committees, National records.

BPPEMN-202

Title: SPORTS TRAINING

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.

**Olympic Asian and Commonwealth Game
BPPEAE-203**

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.....

- CO-1. Describe the History of ancient Olympic games.
- CO-2. Discuss the modern Olympic games and role of modern Olympic movement.
- CO-3. Classifying the Olympic movement, Para Olympic and winter Olympic games.
- CO-4. Describe the International Olympic Committee(IOC).
- CO-5. Write about IOA, WADA and their role in promotion sports.

**BPPESE-205
Title: Environmental Science**

**ABILITY ENHANCEMENT COURSE
ENVIRONMENTAL STUDIES**

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 Reflect critically on their roles, responsibilities, and identities as citizens, consumers and environmental actors in a complex, interconnected world

BPPEMJ-301
Title: SPORTS TRAINING

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.

BPPEMN-302
Title: Biomechanics

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.....

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.

BPPEMJ-303
Title: HEALTH EDUCATION

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.....

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.

BPPESE-304(P1)
Title: Handball

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.....

CO-1. Experiencing the General & Specific warming up for Cricket/ Handball. **CO-2.** Acquiring the Basic skills of Cricket/ Handball.

CO-3. Demonstration and application of various techniques of Cricket/ Handball.

BPPESE-304(P2)

Title: Gymnastic

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

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.

BPPESE-304(P3)

Title: Yoga Practical

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.

Course learning outcomes :

- Demonstrate basic skills associated with yoga and Pilates.
- Demonstrate the ability to perform yoga movements in various combination and forms.
- Understand and apply the knowledge of basic choreography, and effective group management.
- Demonstrate the ability to create and present various yoga activities.

BPPEID-305

Title: Health Awareness and General Fitness

- **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/performance the following.....**
- **CO-1.** Defining health awareness & fitness.
- **CO-2.** Explain the definition and methods of fitness and the benefit of exercise on body fitness.
- **CO-3.** Discuss health club, aerobics, cycling, and jogging.
- **CO-4.** Describe the fitness activities and role of parents for individual/ community health.
- **CO-5.** Write about the prevention and awareness of diseases through fitness

History of Golden Age

BPPEID-305

Course Objectives-

The main objective of this paper is to understand historical processes between 3rd Century AD and 6th Century AD. Though the chronology of the paper starts at 3rd Century AD, an initial background is given starting from that post Mauryan period starting with the Gupta and ending with post Gupta scenario,

BPPEAE-306

Title: English-II

Learning Objectives:

- Develop an ability to read, understand and write about oneself incorrect grammatical English
- Revise basic English Grammar to improve our knowledge for competitive exams
- Provide a forum for healthy discussions
- Demonstrate conversational skills and in addition, develop the ability to listen, read and comprehend English

The Course Learning Outcomes (COs) :

CO-1. Identify literary techniques and creative uses of language in literary texts

CO-2. Adapt their texts to particular audiences and purposes

CO-3. Articulate a thesis and present evidence to support it

CO-4. Find, evaluate, and use appropriate bibliographic materials in their texts

BPPEMJ-401

Title: OFFICIATING AND COACHING

Learning Objective:

- Officials undertake an important role in the staging of competitions.
- They provide leadership and guidance to participants, ensuring that the competition is conducted in a safe and fair manner.
- Coaching is a full time job and it is the process in which coach imparts knowledge to the players.

The Course Learning outcomes (COs) :

CO-1. The pass out would be oriented with the rules regulations of the chosen game.

CO-2. The pass out would be able to lay-out and mark the dimensions of the play court.

CO-3. Students would be able to organize the concerned sports event and officiate in it.

CO-4. Students would be oriented in the art of coaching the sports team.

CO-5. Students shall also be able to organize and officiate in yogic events.

BPPEMJ-402

Title: TEST MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS

Learning objective:

- To evaluate the learners - In the field of physical education and sports Test and Measurement helps in collection of data which further helps in evaluating the learners ability separately.
- It also helps the sports person in enhancing his sports performance.
- Test, measurement, and evaluation are concepts used in education to explain how the progress of learning and the final learning outcomes of students are assessed.

The Course Learning outcomes (COs):

- CO-1.** The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.
- CO-2.** The students will be able to construct and conduct the physical fitness and sports skill test.
- CO-3.** The students will be able to implement the criteria of test selection. The syllabus would orient the students in the art of applications of test, measurement and evaluation in physical and sports activities with simultaneous development of practical competency in conducting physical fitness and sports skill tests.

BPPEMJ-403

Title: Management of Physical Education

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.....

- CO-1.** Memorizing the concepts and principles of planning, organizing, administration and management.
- CO-2.** Generalizing the facilities in Physical education.
- CO-3.** Determining the Concepts of Equipment's use in Physical Education & Sports.
- CO-4.** Establishing the Care, maintenance, repairs and disposal equipment's.
- CO-5.** Developing the voluntary services.

BPPEMN-404 (P1)

Title: Practical – KHO KHO

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.....

- CO-1.** Experiencing the General & Specific warming up for Kho-Kho.
- CO-2.** Acquiring the Basic skills of Kho-Kho
- CO-3.** Demonstration and application of various techniques of Kho-Kho

BPPEMN-404 (P2)
Taekwondo

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.....

- CO-1. Experiencing the General & Specific warming up for Taekwondo
- CO-2. Acquiring the Basic skills of Taekwondo
- CO-3. Demonstration and application of various techniques of Taekwondo.

BPPEMJ-501
Title: Methods in Physical Education

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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.....

- 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.

BPPEMJ-502
TITLE: Sports Psychology

Learning Objective:

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

The Course Learning outcomes (COs):

- CO-1.** The study would orient the student in basic concepts of psychology.
- CO-2.** The student would be oriented in identifying factors determining one's overall personality.
- CO-3.** He would understand various laws of learning and their relevance in teaching learning process.
- CO-4.** The study would orient him in getting through with the psychology of sports person.

BPPEMJ-503
TITLE: Athletic Care and Rehabilitation of sports injuries

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.....

- CO-1.** State the Meaning and Definition of Athletic Care.
- CO-2.** Estimating the Postural Deformities.
- CO-3.** Acquiring the knowledge of Corrective Exercises.
- CO-4.** Determining the reasons of illness due to Improper Posture.
- CO-5.** Estimating the knowledge of Sports injuries.
- CO-6.** Combining the knowledge of Therapeutic Modalities in rehabilitation process.

BPPEMN-504 (P1)
TITLE: Badminton

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.....

CO-1. Administration of the determining CG & Line of gravity.

CO-2. Identifying the bones and joints with the help of models.

BPBAMN-504(P3)
Title: Yoga Practical

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.

BPPEMJ-601
TITLE: Research Process in Physical Education

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.....

CO-1. Define the Meaning and Definition of Research.

CO-2. Discuss the Need, Nature and Scope of research in Physical Education.

CO-3. Generalizing the Methods of Research.

CO-4. Determining the knowledge to designing groups.

CO-5. Applying the knowledge of Sampling process.

CO-6. Reviewing the impact of all units in preparing Research Proposal.

BPPEMN-602

TITLE: Kinesiology

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.....

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.

CO-5. Write about the composition, and classification of bones and Muscles.

BPPEMN-603

TITLE: Adventure Sports

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.....

CO-1. Memorizing the Importance of Adventure Sports

CO-2. Describing the Scope, Need and Importance of Adventure Sports.

CO-3. Acquiring the knowledge of various government agencies of Adventure Sports.

CO-4. Determining the Role of Local Bodies for promoting Adventure Sports

CO-5. Applying the concept of First Aid.

CO-6. Estimating the Rehabilitation process.

BPPEMJ-604 (P1)

TITLE: VOLLEYBALL

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.....

CO-1. Experiencing and Immiting the General & Specific warming up for Volleyball.

CO-2. Acquiring the Basic skills of Volleyball.

CO-3. Demonstration and application of various techniques of Volleyball.

BPPEMJ-604 (P2)

TITLE: Kabaddi

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.....

CO-1. Experiencing and Immiting the General & Specific warming up for Kabaddi.CO-2.

Acquiring the Basic skills of Kabaddi.

CO-3. Demonstration and application of various techniques of Kabaddi.

