



Vidyasagar College, Indore

Recognised by NCTE, Affiliated to Devi Ahilya Vishwavidyalaya, Indore (M.P.)

B.P.Ed. (Two Year)

Programme learning outcomes and Course learning outcomes



Department of Physical Education

Programme Outcome (PO) and Programme Specific Outcomes (PSO)

Programme Learning Outcomes

Programme Outcomes: - Define learning outcomes for **Bachelor Physical Education** Which Encourages a holistic approach based on a socio-ecological perspective. promote greater integration and balance between the social and physical sciences. contextualize physical education with a set of attitudes and values that signify the importance of movement as a valued human practice. centralize and acknowledge that the individual, in his /her search for personal meaning, once Educated in Health and Physical Education, would be able to make positive contributions to the Enhancement of Society. Promote the learning of new skills. Enhance, extend, inform and critique the deliberate use of exercise, play, sport and other forms of physical activity within and individual and societal context.

Programme Specific Outcome: -

Make a unique contribution to balanced development and living. Movement being essential to be a human. Learning focused on movement and students need to be engaged in it. a medium for developing skills across diverse areas of endeavor. Fostering a pedagogy based around critical thought and action.



PSO-I Make a unique contribution to balanced development and living. Movement being essential to be a human.

PSO-II Learning focused on movement and students need to be engaged in it. a medium for developing skills across diverse areas of endeavour. Fostering a pedagogy based around critical thought and action.

PSO-III: The teachers help to develop personality, character, will power, democratic values and positives attitude towards life among their students through Physical Education.

PSO-IV: Teachers capable of imparting basic knowledge about health, hygiene, nutrition and physical fitness.

PSO-V: To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.

PSO-VI: To promote appreciation and interest for indigenous games, sports and yogic practices among learner.

B.P.Ed. Semester-1

CC-101: History Principle and Foundation of Physical Education

Course Outcomes:

- ❖ To gain knowledge of physical education.
- ❖ To understand the historical perspectives of physical education in India.
- ❖ To understand the various isms to become familiar with Indian philosophy.
- ❖ To equip with the ideas of Fitness Promotion.

CC-102: Anatomy and Physiology

Course Outcomes:

- ❖ To gain the knowledge of Organization of the human body and its regulation.

- ❖ To understand the support and movement of systems of the body.
- ❖ To understand the human body and its function.
- ❖ To understand and analyze the structural aspect of systems of the body.
- ❖ To understand the concept of fundamental of human body organs.
- ❖ To understand and analyze the functional aspects of Human body.

CC-103: Health Education and Environment Studies

Course Outcomes:

- ❖ To understand the nature and importance of Health Education in Physical Education and Sports.
- ❖ To gain knowledge regarding the medical problems of athletes and its rehabilitation.
- ❖ To acquire knowledge regarding sports injuries and their management.
- ❖ To gain knowledge regarding First Aid.
- ❖ To understand medical problems and its rehabilitation.

B.P.Ed. Semester-2

CC-201: Yoga Education

Course Outcomes:

- ❖ To understand and to be equipped with the Concepts of Yogic practices and Asana.
- ❖ To be Equipped with the knowledge of Upanisadas and importance in one's life.
- ❖ To be Equipped with the knowledge of Yoga sutra, Astang Yoga and Hatayoga.
- ❖ To become familiar, Classify and Identify the Yogic practices and Asana's values and apply the same to the society.

CC-202: Education Technology and Method of teaching in Physical Education

Course Outcomes:

- ❖ To understand the importance of Educational Technology for

Teaching lessons of physical education.

- ❖ To understand the importance and types of teaching methods and techniques with its devices to teach various aspects Physical education skilfully.
- ❖ To acquire information on current directions in special Teaching Aids.
- ❖ To be sensitive to the proficiency in construction of Lesson Plans for various physical education activities.
- ❖ To gain the knowledge of classifying the types of presentation-techniques and technical preparations required for physical education lessons.
- ❖ To understand the principles of class management and factors affecting class management.
- ❖ To acquire the skill of utilization of various teaching aids for conduct of physical education program effectively.

CC-203: Organization and Administration

Course Outcomes:

- ❖ To understand the concept and to equip with the essential skills of sports management.

- ❖ To understand the qualities and to equip with competencies required for the sports manager.
- ❖ To gain the knowledge of the basic concept of planning. To gain the knowledge of the concept of leadership and its known forms.
- ❖ To understand the Organization and Administration of Sports Programs.
- ❖ To let be familiar with the Preparation of the financial proposals for physical education & sports in Schools/Colleges/Universities.
- ❖ To be equipped with the skill of Organization, designing and evaluating the sports events.

B.P.Ed. Semester-3

CC-301: Sport Training

Course Outcomes:

- ❖ To understand the concept, principles and forms of sports training.
- ❖ To develop Methods of Training for all of the Fitness components.
- ❖ Technical and Tactical training methods to develop.
- ❖ To acquaint the students with dimensions and actual markings of

different play fields, courts and arenas.

- ❖ To Factors Influencing Training Programme.

CC-302: Computer Application in Physical Education

Course Outcomes:

- ❖ To understand the need and importance of Communication Technology (ICT).
- ❖ To gain knowledge of the application of Computer in Physical Education
- ❖ To acquaint the learner with different methods MS Offices.
- ❖ To understand Application of Software used in Physical Education and sports.

CC-303: Sport Psychology and Sociology

Course Outcomes:

- ❖ To develop an understanding of the nature, scope & methods of psychology of education, physical education & sports.
- ❖ To understand the nature, steps and factor facilitating and obstructing learning.
- ❖ To develop an understanding of the intelligence, creativity

& the role of the teacher in fostering them.

- ❖ To develop an understanding of the concept of individual difference and its importance in education, physical education and sports.
- ❖ To develop an understanding of the concept of personality, factors affecting personality development and the role of teacher in promoting mental health of students.

B.P.Ed. Semester-3

CC-401: Measurement and Evaluation In Physical Education

Course Outcomes:

- ❖ To understand the concept of Measurement, Evaluation and Assessment Procedure in Physical Education.
- ❖ To understand different tests in Physical Education.
- ❖ To acquire the knowledge of various tests regarding Physical fitness, motor and health related fitness.
- ❖ To understand various sports skill tests.
- ❖ To understand and application of simple statistical procedures for evaluation.

CC-402: Kinesiology and Biomechanics

Course Outcomes:

- ❖ To understand the nature and scope of Kinesiology in Physical Education & Sports.
- ❖ To understand the importance of movement analysis, kinesiological analysis.
- ❖ To understand the knowledge regarding antagonistic and agonistic muscles in the movements.
- ❖ To gain knowledge of the application of mechanical principles to fundamental skills and sports techniques.
- ❖ To understand basic mathematical problems related to motion, force and levers.

CC-403: Research and Statistics in Physical Education

Course Outcomes:

- ❖ To understand need and Importance of Research in Physical Education and sports.

- ❖ To understand the nature and scope of Research and Statistics in Physical Education and sports.
- ❖ To understand Survey of Related Literature and Research Reports .
- ❖ To understand basics of Statistical Analysis or problems and related Graphical Presentation of Distribution
- ❖ To prepare Statistical Models in Physical Education and Sports

