

## **Programme: B.P.Ed.**

### **Programme Learning Outcomes (PLO's)**

1. To enable the trainee-learners to understand the nature, purpose and philosophy of education and physical education at the secondary stage.
2. To prepare teachers of Physical Education with broader educational perspective.
3. To develop personnel, Professionals and Social competencies required in teaching profession of physical education.
4. To develop potential for planning and organizing Physical Education programmes and other play activities.
5. To empower trainee-learners to inspire their students to actively participate in Physical and Yogic Exercises, Games and Sports.
6. To enable teachers to develop personality, character, will power, democratic values and positives attitude towards life among their students through Physical Education.
7. To make teachers capable of imparting basic knowledge about health, hygiene, nutrition and physical fitness.
8. To develop skills and competencies to organize school and community games and sports.
9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
10. To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
11. To promote appreciation and interest for indigenous games, sports and yogic practices among trainee-learner.
12. To create awareness about health and hygiene in the community.

## **B.P.Ed. (Semester I) Course Learning Outcomes (CLO's)**

### **DSC-1 History, Principle and Foundation of Physical Education**

1. Identify the scope of Physical Education.
2. Describe historical perspectives of Physical education in India.
3. Apply the various isms of Indian philosophy.
4. Promote the ideas of Fitness in the society.
5. Evaluate and give the knowledge about the science in physical education

### **DSC- 2 Anatomy and Physiology**

The Students would be able to:

1. Explain the organization of the human body and its regulation.
2. Describe the support and movement of systems of the body.
3. Memorize the knowledge of the human body and its function.
4. Analyse the structural aspect of systems of the body.
5. Explain the fundamentals of human body organs.
6. Analyse the functional aspects of Human body.
7. Identify and compare the effects of Exercise on Various system.

### **DSC – 3 Management of Physical Education and Sports & Games**

The Students would be able to:

1. Summarize the concept and to equip with the essential skills of sports management.
2. Develop the qualities and competencies required for the sports manager.
3. Use knowledge and implement concepts of planning.
4. Apply leadership style and methods
5. Organize and Administration of Sports Programs.
6. Prepare financial proposals for physical education & sports Programme.
7. Organization, designing and evaluating the sports events.

### **DSE-1 Information & Communication Technology In Physical Education and Sports & Games**

The Students would be able to:

1. Apply Information and communication technology in Sports and physical education.
2. Create awareness regarding research in the field of information and communication Technology.
3. Apply various fundamentals of computers in physical education.
4. Application of MSOFFICE for various activities in physical education.
5. Recognize use of software in Physical Education

### **DSE- 2 :Olympic Movement**

The Students would be able to:

1. Explain the philosophy and history of Olympic Movements.
2. Apply knowledge of Olympic Ideals, Code, Ethics, protocol etc.
3. Classify Olympic, Para Olympic Games and committees.
4. Classification and identification of the Olympic values.

5. Explain the concept of Olympics in organizing various sports activities.
6. Recognize functional operations of national and international Olympic Federations.

### **Track and Field**

The Students would be able to:

1. Perform in running in Competitive Sports & Games.
2. Develop the concept of the Games and Sports skill.
3. Analyze & interpret the skills.
4. Demonstrate and assess various techniques of starts and finish.
5. Interpret the rules and regulations in real game situation.
6. Organize and officiate the track & field event in real situation.

### **Indoor & Water Sports**

The Students would be able to:

1. Give performance in Gymnastics, Weightlifting & Swimming in Competitive Sports & Games.
2. Develop the concept of the Games and Sports skill.
3. Analyze and interpret the skills.
4. Demonstrate and assess various techniques of starts and finish.
5. Interpret the rules and regulations in real game situations
6. Organize and officiate matches in real game situations

### **Indigenous Sports**

The Students would be able to:

1. Performance in Indigenous sports (Kabaddi, Kho-Kho & Malkhamb) in Competitive Sports & Games.
2. Develop the concept of the Games and Sports skill.
3. Analyze & interpret the skills.
4. Demonstrate and assess various techniques of starts and finish.
5. Interpret the rules and regulations in real game situation.
6. Organise and officiate a match in real game situations.
7. Develop innovative techniques in Indigenous sports

### **Mass Demonstration Activities**

The Students would be able to:

1. Explain the importance of Mass demonstration activity.
2. Develop the concept of the activity skill.
3. Develop the concept of Dance skill.
4. Analyze & interpret the skills.
5. Appraise the rules and regulations.
6. Demonstrate and assess various techniques.
7. Develop the concept of Cooperation and coordination.
8. Build self discipline in lifestyle.

## **B.P.Ed. (Semester II) Course Learning Outcomes (CLO's)**

### **DSC-1 Yoga Education**

The Students would be able to:

1. Apply yogic exercise in sports performance.
2. Explain about the benefits of pranayama and Asanas for health
3. Create the awareness regarding research in field of Yoga.
4. Correlate yoga with sports.
5. Use the knowledge of Upanisadas and its importance in life.
6. Apply knowledge of Yoga sutra, Astang Yoga and Hatayoga.
7. Classify and Identify the Yogic practices'
8. Apply the Yogic knowledge for the society.

### **DSC- 2 Educational Technology and Methods of Teaching in Physical Education**

The Students would be able to:

1. Identify and apply educational technology in physical education and sports
2. Explain role of educational technology in classroom teaching
3. Create the awareness regarding research in the field of educational technology.
4. Interpret about nature and scope of educational technology.
5. Develop instructional Design and Audio -Visual Media
6. Develop proficiency in construction of Lesson Plans for various physical educational activities.
7. Apply the principles of class management and factors affecting class management.
8. Acquire the skills and utilization of various teaching aids for conduct of physical education program effectively.

### **DSC-3 Methodology of Teaching Special Subjects - English /Marathi /Hindi/ Mathematics / Science/ Geography/ History/ Civics / Sports coaching.**

The Students would be able to:

1. Explain the importance of language in teaching skills.
2. Apply methods and techniques of teaching in various subject.
3. Acquire information and make use on current directions.
4. Develop proficiency, interests and needs of trainee-learners.
5. Enable the trainee-learner to use technology to enrich language teaching.

### **DSE -1 Contemporary issues in Physical Education, Fitness, and Wellness**

The students would be able to:

1. Use the modern concept of Fitness and Wellness.
2. Apply various techniques of Aerobic and anaerobic exercise and demonstrate its benefits
3. Employ the knowledge about concept of holistic health through fitness and wellness.
4. Orient toward the approach of positive life style in the society.
5. Develop competencies in health and fitness sector.

6. Realize and apply the fitness and wellness management techniques.
7. Relate the contemporary health issues and its interventions.
8. Design different fitness training program for different age groups.
9. Explain and demonstrate common injuries and their management.

### **DSE – 2 Sports Nutrition and Weight Management**

The students would be able to:

1. Describe the components of Sports Nutrition.
2. Recognise the role of food and nutrition in sports performance.
3. Apply the principles of Weight Management.
4. Application of human energy and energy balance.
5. Recognise the role of food in Physical performance.
6. Explain the importance and identify the use of diet for various life cycle.

### **Track and Field**

The students would be able to:

1. Describe the importance of Jumping Event.
2. Demonstrate and assess various techniques of Athletics.
3. Interpret the rules and regulations in real competition situation.
4. Organise and officiate a competition/matches in real game situation in athletic competition.

### **Indoor Games& Water sports**

The students would be able to:

1. Recognise the importance of Water sports in Competitive Sports & Games
2. Identify the values of Water sports.
3. Memorize the values of Yogic exercises and Kriya in day to day life.
4. Analyze & interpret the Indoor sports (Gymnastic) skills and Yogic exercises.
5. Appraise the rules & regulations of Indoor sports (Gymnastic).
6. Demonstrate and assess various techniques of Gymnastics & Yogic Practices.
7. Interpret the rules and regulations in real competition and game situations.
8. Organize Gymnastic events & Yoga competition.

### **Racket Sports**

The students would be able to:

1. Analyze & interpret the Indoor sports (Racket) skills.
2. Appraise the rules & regulations of Indoor sports (Racket games).
3. Demonstrate and assess various styles/technique of Racket sports.
4. Interpret the rules and regulations in real competition and game situations.
5. Organize matches in real game situations in Racket sports.

## **Teaching Practices**

The students would be able to:

1. Transfer the knowledge as a professional personnel to cater the diverse needs of the students
2. Demonstrate the practical concepts of teaching practices as specialized opted subject teaching method.
3. Demonstrate the practical concept in Mass Demonstrative activities
4. Organize and compose mass demonstration
5. Conduct physical education program for various age groups
6. Identify and evaluate the problem involved during teaching a lesson
7. Develop free hand exercises emphasizing on physical fitness, rhythmic sense and neuromuscular coordination.

## **Programme: B.P.E.S.**

### **Programme Learning Outcomes (PLO's)**

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3. To develop personnel, Professionals and Social competencies required in teaching profession of physical education.
4. To develop potential for planning and organizing Physical Education programmes and other play activities.
5. To empower trainee-learners to inspire their students to actively participate in Physical and Yogic Exercises, Games and Sports.
6. To enable teachers to develop personality, character, will power, democratic values and positives attitude towards life among their students through Physical Education.
7. To make teachers capable of imparting basic knowledge about health, hygiene, nutrition and physical fitness.
8. To develop skills and competencies to organize school and community games and sports.
9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
10. To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
11. To promote appreciation and interest for indigenous games, sports and yogic practices among trainee-learner.
12. To create awareness about health and hygiene in the community.

## **B.P.E.S. (Semester I) Course Learning Outcomes (CLO's)**

### **1TP01 : ENGLISH**

The students would be able to:

1. Explain the importance of language as a subject in life.
2. Apply the methods and techniques of teaching, various aspects of language teaching.
3. Apply current directions in English language teaching.
4. Identify and be sensitive to the proficiency, interests and needs of trainee-learners.
5. Apply the technology to enrich language teaching.

### **1TP01 : HINDI**

The students would be able to:

1. Explain the importance of language as a subject in life.
2. Apply the methods and techniques in various aspects of language teaching.
3. Apply current directions in Hindi language teaching.
4. Develop proficiency, interests and needs of trainee-learners.
5. Apply technology to enrich language teaching.

### **1TP01 : MARATHI**

The students would be able to:

1. Explain the importance of language as a subject in life.
2. Apply the methods and techniques of teaching in various aspects of language teaching.
3. Apply current directions in Marathi language teaching.
4. Develop proficiency, interests and needs of trainee-learners.
5. Apply technology to enrich language teaching.

### **1TP02 : FOUNDATION OF PHYSICAL EDUCATION**

The students would be able to:

1. Apply knowledge about foundation of physical education.
2. Identify historical perspectives of physical education in India.
3. Apply the ideology of Indian philosophy.
4. Apply the ideas of Fitness Promotion.

### **1TP03 ; ANATOMY**

The students would be able to:

1. Apply knowledge about the functions of the human body and its regulation.
2. Correlate the human body and its function.
3. Analyze the structural aspect of systems of the body.
4. Explain the fundamental of human body organs.

### **1TP04 : FUNDAMENTAL OF COMPUTER USE IN PHYSICAL EDUCATION**

The students would be able to:

1. Application of computer in Physical education
2. Explain the components of computer
3. Applications of MS Word and MS Excel and MS power Point

### **1PC01 : MAJOR TEAM GAME**

The students would be able to:

1. Explain the importance of Major games in Competitive Sports & Games.
2. Develop the concept of the Games and Sports skill.
3. Demonstrate and assess various techniques.
4. Interpret the rules and regulations in real game situations.
5. Organize and officiate matches in real game situations.

### **1PC02 : TRACK AND FIELD**

The students would be able to:

1. Explain the importance of Running in Competitive Sports & Games and general in life.
2. Develop the concept of the Track and Field events.
3. Analyze and interpret the skills.
4. Demonstrate and assess various techniques of starts and finish.
5. Interpret the rules and regulations in real game situations.
6. Organise and officiate real competition situations.

### **1PC03 : YOGA AND WRESTLING**

The students would be able to:

1. Develop the concept of Yoga and Wrestling.
2. Analyze & interpret the skills.
3. Demonstrate and assess various techniques of starts and finish.
4. Interpret the rules and regulations in real game situation.
5. Organize and officiate matches in real game situations.

### **1PC04 : FORMAL ACTIVITY**

The students would be able to:

1. Explain the importance of mass demonstration activity.
2. Develop command on marching and drill.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques of drum and side drum.
5. Demonstrate the mass drill
6. Perform various folk dance.
7. Promote discipline in drill and marching.

## **Programme: BPES Semester II**

### **2TP01 : PHYSIOLOGY OF EXERCISE**

The students would be able to:

1. Create awareness for the human body and various physiological systems
2. Explain the role of exercises for various physiological systems
3. Classify concept of Energy, Muscles, Circulatory system, Respiratory System
4. Analysis of sport movement and design movement oriented exercises.

### **2TP02 : KINESIOLOGY**

The students would be able to:

1. Explain the objectives of kinesiology
2. Classify and application of axes and plane to the human body
3. Categorize fundamental of body movement
4. Locate and demonstrate action of major muscles of various joints
5. Apply mechanical concepts in sports and games.

### **2TP03 : YOGA**

The students would be able to:

1. Classify and Identify the Yogic practices' and Asana's.
2. Demonstrate the Yogic practices and Asana.
3. Describe Upanisadas and importance in life.
4. Describe Yoga sutra, Astang Yoga and Hatayoga.
5. Apply the knowledge of Yogic practices for society

### **2TP04 : SPORTS SOCIOLOGY**

The students would be able to:

1. Develop and apply the knowledge of sports sociology
2. Explain effect of appearance, sociability and specialization on sport participation
3. Describe Sport as an art.
4. Develop and apply the knowledge of social factors concerning sports in society and social system
5. Modify the concept of sports women.
6. Relate sports and socialization

### **2PC01 : MAJOR TEAM GAME**

The students would be able to:

1. Explain the importance of Major games in Competitive Sports & Games.
2. Develop the concept of the Games and Sports skill.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques.
5. Interpret the rules and regulations in real game situations.
6. Organise and officiate matches in real game situations.

## **2PC02 : GYMNASTICS**

The students would be able to:

1. Explain the importance of Gymnastics.
2. Develop and demonstrate Gymnastics.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques of starts and finish.
5. Interpret the rules and regulations in real game situations.
6. Organise and officiate matches in real game situations.

## **2PC03 : YOGA**

The students would be able to:

1. Develop and demonstrate Yoga.
2. Analyze & interpret the skills.
3. Demonstrate and assess various techniques of starts and finish.
4. Appraise the rules and regulations in real game situations.
5. Organise and To officiate matches in real game situations.

## **2PC04 : FORMAL ACTIVITY**

The students would be able to:

1. Develop mass demonstration activity.
2. Develop command on marching and drill.
3. Analyse & interpret the skills.
4. Demonstrate and assess various techniques of drum and side drum.
5. Demonstrate the mass drill
6. Demonstrate various folk dance
7. Promote discipline in drill and marching