

**College of Physical Education
Teerthanker Mahaveer University**

B.P.Ed. (Bachelor of Physical Education)

Programme Specific Outcome

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	:	Analysing and relating various tests and skills.
PSO-4	:	Evaluating and measuring health and fitness issues.
PSO-5	:	Creating and designing research problem, training sessions, diet plans, lessons plans and periodizations.

Course Outcomes

BPED105	CO-1	Remembering the concepts, history, principles and foundation of physical education.
	CO-2	Remembering the concepts of biological, psychological and sociological aspect of physical education and sports.
	CO-3	Understanding different body types based on both psychological and physiological parameters.
	CO-4	Understanding the different kinds of laws of learning in physical education.
	CO-5	Applying the different philosophies of physical education and laws of learning in teaching learning situations.
BPED106	CO-1	Remembering the concepts of anatomy and physiology.
	CO-2	Understanding the concepts of human body systems, fuel for muscular work, neuromuscular junction and hormones.
	CO-3	Understanding the effects of exercises on various body systems.
	CO-4	Understanding the functions of various body organs and systems.
	CO-5	Applying the concept of diet for performance enhancement and recovery of the body.
BPED107	CO-1	Remembering the concepts of health education and environmental studies.
	CO-2	Understanding the issues related to Health & environment.
	CO-3	Applying various tools for measuring health parameters.
	CO-4	Analyzing & evaluating health records for creating health awareness.
	CO-5	Creating healthy, hygienic and environmental friendly environment.
BPED205	CO-1	Remembering the concepts of yoga education.
	CO-2	Understanding various asanas, pranayama, kriyas, Mudras and Bandhas.
	CO-3	Understanding various types of meditations.
	CO-4	Applying knowledge in demonstration of kriyas, asanas, pranayams, mudras, bandhas and Meditations.

	CO-5	Applying the knowledge to organize yoga competitions.
BPED206	CO-1	Remembering the concepts of educational technology and methods of teaching in physical education
	CO-2	Understanding the various teaching techniques that used in the field of physical education and sports.
	CO-3	Understanding the various teaching aids.
	CO-4	Applying knowledge of teaching techniques in preparing general and specific lessons.
	CO-5	Analyzing and evaluating various teaching aids and techniques.
BPED207	CO-1	Remembering the concepts of organization and administration in physical education.
	CO-2	Understanding the needs and importance of office management, record, register & budget.
	CO-3	Applying the knowledge for office management, facilities and equipment management.
	CO-4	Applying the knowledge to create various fixtures.
	CO-5	Applying knowledge to form time-table and to plan various intramural and extramural tournaments.
BPED210	CO-1	Remembering the concepts of human value and professional ethics in sports.
	CO-2	Remembering the constitutional values of India.
	CO-3	Understanding the concepts of Women & Sports.
	CO-4	Understanding the specific problems related to female athletes.
	CO-5	Applying code of ethics in coaching and training.
BPED 209	CO-1	Remembering and understanding the concepts of sports nutrition.
	CO-2	Understanding the concepts of weight management and energy metabolism.
	CO-3	Understanding the concepts of diet plan and exercise schedule.
	CO-4	Applying BMI tool.
	CO-5	Analyzing different weight categories through BMI and suggest the solutions for body weight management.
BPED301	CO-1	Remembering the concept of sports training.
	CO-2	Understanding various training components & training process.
	CO-3	Understanding the training process.
	CO-4	Applying the knowledge for talent identification.
	CO-5	Creating the new periodization and training session.
BPED302	CO-1	Remembering the various concepts of computer applications in physical education & sports.
	CO-2	Understanding input and output devices.
	CO-3	Applying and compose format and edit the word documents.
	CO-4	Applying the knowledge of using MS Excel.
	CO-5	Applying the formation of slide show presentation.
BPED303	CO-1	Remembering the concepts of educational psychology and sociology.
	CO-2	Remembering the fundamental concepts of sports psychology and sports-sociology.
	CO-3	Understanding the effects of various psychological variables on sports performance.

	CO-4	Understanding different methods of studying of behaviour of sports person.
	CO-5	Applying the various social problems and their effect on sports performance.
BPED304	CO-1	Remembering the meaning, definition, aim, objectives, concept of sports medicine, principle, importance of physiotherapy.
	CO-2	Understanding the prevention from sports injuries.
	CO-3	Understanding the use of first aid treatment, and various physiological effects of massage.
	CO-4	Understanding the correct therapeutic exercises, massage technique and therapeutic modalities.
	CO-5	Applying various therapeutic exercises.
TMUGS-301	CO-1	Utilizing effective verbal and non-verbal communication techniques in formal and informal settings
	CO-2	Understanding and analysing self and devising a strategy for self-growth and development.
	CO-3	Adapting a positive mind-set conducive for growth through optimism and constructive thinking.
	CO-4	Utilizing time in the most effective manner and avoiding procrastination.
	CO-5	Making appropriate and responsible decisions through various techniques like SWOT, Simulation and Decision Tree.
	CO-6	Formulating strategies of avoiding time wasters and preparing to-do list to manage priorities and achieve SMART goals.
BPED401	CO-1	Remembering the concepts of measurement and evaluation in physical education.
	CO-2	Remembering the Classification and Administration of test.
	CO-3	Understanding the concept of Physical Fitness Tests.
	CO-4	Applying and evaluating various physical fitness test & sports skill test in the field of physical education.
	CO-5	Applying and evaluating physical fitness and sports skill test.
BPED402	CO-1	Remembering the fundamental concepts of anatomy, physiology, kinesiology and biomechanics.
	CO-2	Remembering the fundamental concepts of Kinematics and Kinetics of Human Movement.
	CO-3	Understanding the fundamentals of Mechanical Concepts.
	CO-4	Understanding the fundamentals of Kinematics and Kinetics of Human Movement.
	CO-5	Applying and evaluating the leverage, Newton's laws of motion and projectile during performing sports skills.
BPED403	CO-1	Remembering the fundamental concepts of research and statistics.
	CO-2	Understanding the concepts of survey of related literature.
	CO-3	Understanding and applying the statistical models in physical education and sports.
	CO-4	Understanding and applying the basics of statistical analysis.
	CO-5	Analyzing statistical problems and preparing research report.
BPED406	CO-1	Remembering the fundamental of English communication skills.
	CO-2	Understanding the fundamental of English writing skills.

	CO-3	Understanding the fundamental of professional skills.
	CO-4	Applying the knowledge of communication and writing skills.
	CO-5	Applying the knowledge of professional skills.
BPED405	CO-1	Remembering the concepts of sports management.
	CO-2	Remembering the concepts of planning.
	CO-3	Understanding the various leadership styles.
	CO-4	Understand the Concept of budgeting.
	CO-5	Applying the knowledge for budget making.
TMUGS-401	CO-1	Communicating effectively in a variety of public and interpersonal settings.
	CO-2	Applying concepts of change management for growth and development by understanding inertia of change and mastering the Laws of Change.
	CO-3	Analyzing scenarios, synthesizing alternatives and thinking critically to negotiate, resolve conflicts and develop cordial interpersonal relationships.
	CO-4	Functioning in a team and enabling other people to act while encouraging growth and creating mutual respect and trust.
	CO-5	Handling difficult situations with grace, style, and professionalism.