

**Teerthanker Mahaveer University**  
**TMIMT College of Physical Education**

**M.P.Ed. (Master of Physical Education)**

**Programme Specific Outcome**

<b>PSO-1</b>	:	Remembering and understanding the concepts, theories, functions, structures, procedures, terminology and skills of physical education and sports sciences.
<b>PSO-2</b>	:	Applying appropriate tools, methods, strategies, tactics and techniques of teaching and coaching for the development of sports skills and health issues.
<b>PSO-3</b>	:	Applying and demonstrating skills in different sports and teaching situations.
<b>PSO-4</b>	:	Analyzing and evaluating physical fitness, sports skills, and health issues.
<b>PSO-5</b>	:	Creating and applying fitness programs, research tools for the promotion of health and fitness.

**Course Outcomes**

<b>MPED101</b>	<b>CO-1</b>	Understanding the concepts of research methodology.
	<b>CO-2</b>	Applying the appropriate research methods in specific research situations.
	<b>CO-3</b>	Analyzing the research problem, literature sources and research designs.
	<b>CO-4</b>	Evaluating the research situation & tools and selecting appropriate tools for research.
	<b>CO-5</b>	Developing or writing the research report.
<b>MPED102</b>	<b>CO-1</b>	Remembering the concept of exercise physiology.
	<b>CO-2</b>	Understanding the mechanism of muscular contraction, energy sources and drugs.
	<b>CO-3</b>	Understanding the mechanism of cardiovascular system and bioenergetics.
	<b>CO-4</b>	Applying the knowledge of exercises for developing various body systems.
	<b>CO-5</b>	Applying the concept of exercise for climatic conditions.
<b>MPED103</b>	<b>CO-1</b>	Remembering the concepts of yogic sciences.
	<b>CO-2</b>	Understanding various asanas, pranayama, kriyas, Mudras and Bandhas.
	<b>CO-3</b>	Understanding various types of meditations.
	<b>CO-4</b>	Applying knowledge in demonstration of Kriyas, Asanas, Pranayams, Mudras, Bandhas and Meditations.
	<b>CO-5</b>	Applying the knowledge of yogic exercises for developing various body systems.
<b>MPED104</b>	<b>CO-1</b>	Remembering the concepts of test, measurement and evaluation in physical education.
	<b>CO-2</b>	Understanding the concept of motor fitness & different test procedures.
	<b>CO-3</b>	Applying anthropometric and aerobic-anaerobic tests.
	<b>CO-4</b>	Applying and evaluating various physical fitness test & skill test in the field of physical education.
	<b>CO-5</b>	Applying and evaluating physical fitness and sports skill test.
<b>MPED201</b>	<b>CO-1</b>	Remembering and Understanding the concepts of applied statistics.

	<b>CO-2</b>	Understanding the basics of applied statistics in physical education and sports.
	<b>CO-3</b>	Applying the measures of central tendency, dispersions & scales, probability distributions, inferential and comparative statistics.
	<b>CO-4</b>	Applying and evaluating the descriptive and inferential statistics. CO-
	<b>CO-5</b>	Analyzing various graphs and descriptive & inferential statistics.
<b>MPED202</b>	<b>CO-1</b>	Remembering the fundamental concepts of sports biomechanics and kinesiology.
	<b>CO-2</b>	Remembering the fundamental concepts of muscles with actions.
	<b>CO-3</b>	Understanding the fundamentals of motions and forces in sports.
	<b>CO-4</b>	Understanding the fundamentals of projectile, lever and dynamics.
	<b>CO-5</b>	Applying and evaluating the leverage, Newton's laws of motion and various movements.
<b>MPED203</b>	<b>CO-1</b>	Remembering and Understanding the concepts of athletic care and rehabilitation.
	<b>CO-2</b>	Remembering and Understanding the concepts of sports injuries, care & treatment.
	<b>CO-3</b>	Understanding the concepts of massage, postures and rehabilitation.
	<b>CO-4</b>	Applying the knowledge of first aid, care of sports injuries, manipulation of massage, correct posture and rehabilitation from the injuries.
	<b>CO-5</b>	Analyzing the common sports injuries, postural deformities and there cure.
<b>MPED205</b>	<b>CO-1</b>	Remembering the concepts of sports, event & facilities management.
	<b>CO-2</b>	Remembering and understanding the concepts of equipment's and public relation.
	<b>CO-3</b>	Understanding the concepts of curriculum design.
	<b>CO-4</b>	Applying the knowledge to organize event, purchasing of equipment's and developing curriculum with their sources.
	<b>CO-5</b>	Analyzing and evaluating the different kinds of indoor and outdoor facilities and events.
<b>MPED301</b>	<b>CO-1</b>	Remembering the concept of sports training.
	<b>CO-2</b>	Understanding various training components & training process.
	<b>CO-3</b>	Understanding the training process.
	<b>CO-4</b>	Applying the knowledge for making effective training plans.
	<b>CO-5</b>	Creating the new periodization and training session.
<b>MPED302</b>	<b>CO-1</b>	Remembering the various concepts of sports medicine and therapeutic exercise.
	<b>CO-2</b>	Understanding the prevention from sports injuries.
	<b>CO-3</b>	Understanding the various spine injuries and exercises.
	<b>CO-4</b>	Applying and understanding the various physiological effects of massage.
	<b>CO-5</b>	Applying and understanding the therapeutic modalities.
<b>MPED303</b>	<b>CO-1</b>	Remembering the concepts of health education and sports nutrition.
	<b>CO-2</b>	Understanding the concept of various communicable diseases, personal hygiene and health services.
	<b>CO-3</b>	Understanding and planning for healthful school environment.
	<b>CO-4</b>	Applying the knowledge for preparing diet plan and managing body weight.

	<b>CO-5</b>	Analyzing & evaluating health records for creating health awareness.
<b>MPED305</b>	<b>CO-1</b>	Remembering the concepts of physical fitness and wellness.
	<b>CO-2</b>	Understanding the components of physical fitness and wellness.
	<b>CO-3</b>	Understanding to managing the emotional wellness – Fears, phobias, anxiety, depression, anger, sleep, mental stress.
	<b>CO-4</b>	Applying and assessing the physical fitness levels of players.
	<b>CO-5</b>	Applying the knowledge of yoga and nutrition for development of physical fitness and wellness.
<b>TMUPS-301</b>	<b>CO-1</b>	Utilizing effective verbal and non-verbal communication techniques in formal and informal settings
	<b>CO-2</b>	Understanding and analyzing self and devising a strategy for self-growth and development.
	<b>CO-3</b>	Adapting a positive mindset conducive for growth through optimism and constructive thinking.
	<b>CO-4</b>	Utilizing time in the most effective manner and avoiding procrastination.
	<b>CO-5</b>	Making appropriate and responsible decisions through various techniques like SWOT, Simulation and Decision Tree.
	<b>CO-6</b>	Formulating strategies of avoiding time wasters and preparing to-do list to manage priorities and achieve SMART goals.
<b>MPED401</b>	<b>CO-1</b>	Remembering the concepts of information & communication technology in physical education.
	<b>CO-2</b>	Remembering, identifying and analyses computer hardware, software and network components.
	<b>CO-3</b>	Understanding and solving the basic information system problem by applying system development, word processing.
	<b>CO-4</b>	Understand the concepts of ICT and its need/importance in the field of physical education.
	<b>CO-5</b>	Applying the knowledge to visualize the data statistics in form of graphical representation.
<b>MPED402</b>	<b>CO-1</b>	Remembering the concepts of psychology and sports psychology.
	<b>CO-2</b>	Remembering the fundamental concepts of goal setting.
	<b>CO-3</b>	Understanding the effects of various psychological variables on sports performance.
	<b>CO-4</b>	Understanding different methods of studying of behavior of sports person.
	<b>CO-5</b>	Applying the various social problems and their effect on sports performance.
<b>MPED403</b>	<b>CO-1</b>	Remembering the concepts of value and environmental education.
	<b>CO-2</b>	Remembering the concepts of value education, value systems, environmental education and rural sanitation.
	<b>CO-3</b>	Understanding the celebration of various environmental days.
	<b>CO-4</b>	Understanding the role and importance of pollution control board.
	<b>CO-5</b>	Understanding the urban health, natural resources and related environmental issues.
<b>MPED404</b>	<b>CO-1</b>	Remembering the concepts of educational technology in physical education and sports.
	<b>CO-2</b>	Understanding the various teaching techniques that used in the field of

		physical education and sports.
	<b>CO-3</b>	Understanding the various teaching aids.
	<b>CO-4</b>	Applying knowledge of teaching techniques in preparing general and specific lessons.
	<b>CO-5</b>	Analyzing and evaluating various teaching aids and techniques.
<b>TMUPS-401</b>	<b>CO-1</b>	Communicating effectively in a variety of public and interpersonal settings.
	<b>CO-2</b>	Applying concepts of change management for growth and development by understanding inertia of change and mastering the Laws of Change.
	<b>CO-3</b>	Analyzing scenarios, synthesizing alternatives and thinking critically to negotiate, resolve conflicts and develop cordial interpersonal relationships.
	<b>CO-4</b>	Functioning in a team and enabling other people to act while encouraging growth and creating mutual respect and trust.
	<b>CO-5</b>	Handling difficult situations with grace, style, and professionalism.