

**College of Physical Education
Teerthanker Mahaveer University**

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

Programme Specific Outcome

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

Course Outcomes

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

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

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

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| | | 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. |
| TMUPS-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. |