

BACHELOR OF PHYSIAL EDUCATION AND SPORTS

PROGRAMME CODE- 08UGR003

PROGRAMME EDUCATIONAL OBJECTIVE

- To provide better leadership in the field of Physical Education.
- Students will learn basic sports science.
- To produce excellent teachers in Physical Education and Sports
- To provide right concept about health and factors influencing health.
- To provide basic concept about sports training and coaching.

PROGRAMME OUTCOMES

Physical Education and sports is the study, practice and appreciation of the art and science of human movement. While movement is both innate and essential to an individuals growth and development, it is the role of Physical Education to provide instructional activities that not only promote skill development and proficiency but also enhance an individual's over health. Physical education not only fulfills a unique role in education but is also an integrate part of the whole education process. To develop a comprehensive outlook of an individual with a strong civic position moral qualities, sense of responsibilities and independent, initiative, to learnt person who is able to successfully socialize and to use different forms of physical education and sports in daily life to protect his or her own health and promote effective professional activities.

PROGRAMME SPECIFIC OUTCOMES

To provide each students with the opportunity to participate in a comprehensive program consisting of skill development, lead up games, team sports and physical fitness activities.

Course Code: 3EBPE101

Course Name: Foundation of Physical Education

Course Objective

- This course offers an introduction of Physical Education and Olympic Movement. It aims to develop understanding about physical education, its aim and objectives, philosophical foundation.

Course Outcome

- Understand the concept of physical education and the various principles of Physical Education.

Course Code: 3EBPE102

Course Name: Anatomy & Health Education

Course Objective

- This course will enable students to understand the structural and functional aspect of human body. This course will enable students to understand the concept, dimensions, spectrum and determinants of Health and Health Education. It aims to understanding of Health problems in India,

Course Outcome

- Understand the different systems of human body, Identify and describe the different organs of the human body and its regulation, measure the bodily functions such as blood pressure, pulse/heart rate, different lung volume, gaseous exchange, capacity, amount of lactic acid etc.
- Understand the concept of health Education,
- Students will able to understand about hygiene and nutrition.

Course Code: 3EBPE201

Course Name: Applied Psychology in Physical Education

Course Objective

- This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs, tradition and socialization through physical education.

Course Outcome

- Describe the role of sports psychology for athletes and in their performance, apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among athletes.

Course Code: 3MBFE101

Course Name: Principle & History of Physical Education

Course Objective

- This course enable the students to learn about ancient and modern development and changes in the field of Physical Education.

Course Outcome

- Students understand the ancient and modern development, various agencies related to Physical Education and Sports, different terminology of Physical Education and Sport.

Course Code: 3EBPE301**Course Name: Organization and Administration of Physical Education****Course Objective**

- This course enable the students to learn about organization & administration in Physical Education

Course Outcome

- Understand the how organize Physical education programe, competition, how prepare and maintain budget and records etc.

Course Code: 3EBPE302**Course Name: Test and Measurement****Course Objective**

- This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.

Course Outcome

- Understand the need & importance of test, measurement and evaluation in physical education, describe the criteria, classification and administration of test, develop concepts related to test, measurement & evaluation, construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education, explain different physical fitness and skill tests.

Course Code: 3EBPE40**Course Name: Fundamentals of Sports Biomechanics****Course Objective**

- Knowledge of Biomechanics and Kinesiology is important for understanding the human movement, including those involved in sports and games. This course begins with an overview of Biomechanics and Sports Kinesiology followed by fundamental concepts, mechanical concepts, kinematics and kinetics of human movement.

Course Outcome

- Define and describe the term kinesiology and biomechanics, explain mechanical concepts (force, lever, Newton's laws of motion and Projectile), develop an understanding of the fundamental connection between structure and basic functions for

muscles and joint, analyse sport movements and design movement-oriented exercise prescriptions.

Course Code: 3EBPE402

Course Name: Recreation and leisure activity

Course Objective

- Main objective of this course is to students understand about recreational institutions, planning recreational programme.

Course Outcome

- Students are understand the recreation planning criteria. Recreational institutions etc.

Course Code: 3EBPE501

Course Name: Sports Management Theory

Course Objective

- This course will enable students to understand the management of organization, Sports competition and public relation.

Course Outcomes

- Understand the managerial function of sports management, understand the importance of Management in Physical Education and Sports, describe the public relation and media management

Course Code: 3EBPE502

Course Name: Methods of Physical Education

Course Objective

- This course will enable students to understand the Various teaching methods, presentation technique, class formation etc.

Course Outcome

- After completing this course, the students will be able to understand the methods related to physical education, construction and making play field and track etc.

Course Code: 3EBPE31

Course Name: Introduction to Yoga

Course Objective

- This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle.

Course Outcome

- Understand the yoga and its historical development, differentiate between various stages of astanga yoga, demonstrate different asanas, pranayamas and kriyas, apply and demonstrate various benefits of yoga to be applied in the field of sports.

Course Code: 3EBPE32**Course Name: Fundamentals of sports training****Course Objective**

- This course will enable students to understand the modern concept of sports training. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.

Course Outcome

- Understand the modern concept of sports training., describe the principles of sports training, evaluate and develop system of sports training – basic performance, intermediate performance and high performance training, plan training sessions, realize and apply the Methods of Technique Training, design different training program for Training Component, explain Periodization and its types, identify talents.

Course Code: 3EBPE601**Course Name: Professional Preparation in Physical Education****Course Objective**

- The main objective of this course is to enable the students regarding professional preparation and curriculum design.

Course Outcome

- After study this course students are learn how to prepare as a profession in the field of physical education and how develop curriculum.

Course Code: 3EBPE602**Course Name: Physical fitness****Course Objective**

- The main objective of this course is to enable the students regarding physical fitness.

Course Outcome

- After study this course students are learn how to gain and maintain physical fitness.

Course Code: 3EBPE603

Course Name: Kinesiology

Course Objective

- Knowledge of Kinesiology and Biomechanics is important for understanding the human movement, including those involved in sports and games. This course begins with an overview of Kinesiology and Sports Biomechanics followed by fundamental concepts, mechanical concepts, kinematics and kinetics of human movement.

Course Outcome

- Define and describe the term kinesiology and biomechanics. explain mechanical concepts (force, lever, Newton's laws of motion and Projectile). develop the knowledge and appreciation of the importance of the study of kinesiology as a foundation for further studies in biomechanics and performance analysis. develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.

Course Code: 3EBPE604

Course Name: Sports Journalism

Course Objective

- This course will enable students to understand the mass media, growth of sports communication Journalistic technique, ethics of writing, roll of public relation etc.

Course Outcomes

- Student are able to know about mass media, Journalistic techniques, ethics of sports writing, Public relation etc.

MASTER OF PHYSIAL EDUCATION AND SPORTS

PROGRAMME CODE- 08PGR003

PROGRAMME OBJECTIVE

- To develop highly skilled scholars in the field of physical education.
- To master the competencies and skills needed to become professional physical education and sport resource person.
- To sensitive about emerging issue in physical education and sports
- To develop in the students an inquiring mind and ability to employ reasoning rational thinking, critical thinking in the problem and issue relating to the field.
- To provide opportunity for creativity, self expression and provide information on continued professional growth.

PROGRAMME OUTCOMES

Define learning outcomes for MPES which is encourages a holistic approach based on a socio-ecological perspective. Promote greater integration and balance between social and physical science. Contextualize physical education with a set of attitudes and values that signify the importance of movement as a valued human practice. Centralized 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 contribution to the enhancement to the society. Promote the learning of new skills, enhance, extend, inform and critique the deliberate use of exercise, play, sports and other forms of physical activity within and individual and societal context.

PROGRAMME SPECIFIC OUTCOMES

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 area of endeavor, fostering a pedagogy based around critical thought and action

Course Code: 6EMPE101

Course Name: Research process in Physical Education and Sports

Course Objective

- The objective of the course is understand the modern concept of research. This course will enable students to understand statistics in physical education and sports. It aims to develop understanding about the need and importance of research in physical education and sports, research problem, survey of related literature

Course Outcomes

- understand the basic framework of research process.
- understand the classification of research.
- describe the research process.

- identify various sources of information for literature review and data collection.
- know how to organize, manage, and present data.
- use and apply a wide variety of specific statistical methods.
- Formulate research problem.
- search literature reviews.
- understand statistical models used in physical education and sports

Course Code: 6EMPE102

Course Name: Physiology of Exercise

Course Objective

- Objective of the course the enable students to understand the physiological aspect of athlete during exercise or performance.
- Enable the students to understand climatic condition and sports performance. Enable the students to understand metabolism and energy transfer during exercise or performance.

Course Outcomes

- understand how react different systems of human body during exercise and games.
- Understand how body acclimatized after altitude training.
- understand the physiological effects of the exercise on different systems of human body.
- measure the bodily functions such as blood pressure, pulse/heart rate, different lung volume, gaseous exchange, capacity, amount of lactic acid etc.

Course Code: 6EMPE103

Course Name: Sports Management

Course Objective

- This course will enable students to understand the management of organization.

Course Outcomes

- understand the managerial function of sorts management.
- understand the importance of Management in Physical Education and Sorts.
- describe the public relation and media management.

Course Code: 6EMPE104

Course Name: Test Measurement and Evaluation in Physical Education Theory

Course Objective

- This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.

Course Outcomes

- understand the need & importance of test, measurement and evaluation in physical education.
- describe the criteria, classification and administration of test.
- develop concepts related to test, measurement & evaluation.
- construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
- explain different physical fitness and skill tests.

Course Code: 6EMPE201

Course Name: Applied Statistics in Physical Education and Sports

Course Objective

- This course will enable students to understand the modern concept of research and statistics in physical education and sports. It aims to develop understanding and analysis capability of raw data.

Course Outcomes

- understand the basic framework of research process.
- understand the calculation of raw data.
- describe the research analysis.

Course Code: 6EMPE202

Course Name: Sports Biomechanics and Kinesiology

Course Objective

- Knowledge of Biomechanics and Kinesiology is important for understanding the human movement, including those involved in sports and games. This course begins with an overview of Biomechanics and Sports Kinesiology followed by fundamental concepts, mechanical concepts, kinematics and kinetics of human movement.

Course Outcomes

- define and describe the term kinesiology and biomechanics.
- explain mechanical concepts (force, lever, Newton's laws of motion and Projectile).
- develop the knowledge and appreciation of the importance of the study of kinesiology as a foundation for further studies in biomechanics and performance analysis.
- develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.
- identify the goals of exercise and sports biomechanics.
- describe the methods used to achieve the goals of exercise and sports biomechanics.
- analyse sport movements and design movement-oriented exercise prescriptions

Course Code: 6EMPE203

Course Name: Professional preparation in Physical Education Theory

Course Objective

- This course will enable students to understand the professional preparation in physical education in India. It aims to develop understanding about the field of physical education and curriculum design.

Course Outcomes

- understand the preparation in graduate level.
- understand the preparation in post graduate level ..
- Understand about curriculum design.
- Student are enable to understand evaluation process in physical education.

Course Code: 6EMPE204

Course Name: Health Education and Sports Nutrition

Course Objective

- This course will enable students to understand the modern concept of Health education and nutrition. It aims to develop understanding about the Health problem, Hygiene, weight management etc.

Course Outcomes

- understand the concept of health and hygiene. training.
- Plan nutritional plan.
- Understand about health problem in India.
- Student are enable to understand weight management.

Course Code: 6EMPE301

Course Name: Scientific Principle of Sports Training

Course Objective

- This course will enable students to understand the modern concept of sports training. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.

Course Outcomes

- understand the modern concept of sports training.
- describe the principles of sports training.
- evaluate and develop system of sports training – basic performance, intermediate performance and high performance training.
- plan training sessions.

- realize and apply the Methods of Technique Training.
- design different training program for Training Components.
- explain Periodization and its types.
- identify talents.

Course Code: 6EMPE302

Course Name: Officiating and Coaching

Course Objective

- This course will enable students to understand the principle of officiating and coaching. Knowledge about officials duties, responsibilities, qualities of good coach coaching concept.

Course Outcomes

- understand the concept of officiating and coaching. training.
- Coach and officials duties.
- rules regulations of various tournaments.

Course Code: 6EMPE303

Course Name: Sports Journalism

Course Objective

- This course will enable students to understand the mass media, growth of sports communication Journalistic technique, ethics of writing, roll of public relation etc.

Course Outcomes

- describe the role of sports Journalism for promotion of sports .
- apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children.
- describe the general ethics of writing.
- describe the role of public relationship.

Course Code: 6EMPE304

Course Name: Computer application and use of SPSS in Physical Education

Course Objective

- This course will enable students to understand the importance of information and communication technology (ICT)and use of SPSS in the field of Physical Education. It aims to develop understanding about the components of computer, application software used in Physical Education and sports, format and editing features of MS word, MS excel and MS power point.

Course Outcomes

- understand the application of computers in Physical Education.
- describe the importance of information and communication technology (ICT).
- understand how use SPSS software.
- Recognize and use application software used in Physical Education and sports.
- Create, format and edit features of MS word, MS excel and MS power point

Course Code: 6EMPE305

Course Name: Athletic Care and Rehabilitation

Course Objectives

- This course will enable students to understand the modern concept of sports medicine. It aims to develop
- understanding about the aim and objectives of sports medicine, athletes care and rehabilitation, prevention of injuries in sports, guiding principles of therapeutic modalities.

Course Outcomes

- Outline the objectives of sports medicine and rehabilitation in athletic performance.
- take care of the preventive and curative aspect of sports injuries.
- Apply the concept of rehabilitation exercise in post injury care.
- realize and apply different modalities of therapy.

Course Code: 6EMPE401

Course Name: Sports Psychology

Course Objective

- This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs, tradition and socialization through physical education.

Course Outcomes

- describe the role of sports psychology for athletes and in their performance.
- apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children.
- describe the general characteristics of various stages of growth and development.
- describe the personality and its characteristics
- Develop skill proficiency in psychological assessment.
- Develop programs and strategies to enhance athletic participation among school children.

- understand the psycho-sociological aspects of human behavior in relation to physical education and sports
- understand socialization through participation in Physical Education and sports activities
- Understand the culture and its effect on life style of people

Course Code: 6EMPE402

Course Name: Sports Medicine

Course Objective

- This course will enable students to understand the concept, dimensions, spectrum and determinants of Sports medicine and rehabilitation. It aims to understanding sports related injuries in related sports and games its causes and prevention, rehabilitation through corrective exercise and rehabilitation.

Course Outcomes

- understand about the concept of Sports medicine.
- understand the injuries related to specific body part or game.
- understand about corrective exercise and rehabilitation process.

Course Code: 6EMPE403

Course Name: Physical Fitness and Wellness

Course Objective

- This course will enable students to understand the modern concept of physical fitness and wellness. It aims to develop understanding about the concept of physical education and fitness, principles of exercise program, safety education and fitness promotion, and modern lifestyle.

Course Outcomes

- understand the modern concept of physical fitness and wellness.
- employ the knowledge about concept of holistic health through fitness and wellness.
- orient students toward the approach of positive life style.
- develop competencies for profile development, exercise guidelines adherence.
- apply the holistic concept of health and wellness.
- realize and apply the fitness and wellness management techniques.
- acquaint towards contemporary health issues and its interventions.
- design different fitness training program for different age group.
- explain common injuries and their management

Course Code: 6EMPE404

Course Name: Sports Technology

Course Objective

- This course will enable students to understand the concept about sports technique. It aims to develop understanding about instrumentation, sports material, playing surface, playing equipments, training gadgets etc.

Course Outcomes

- Understand the purpose advantages and uses of sports technology.
- differentiate between various playing surface material.
- Students are capable to maintain different playing field.
- students are able to use and understand training and coaching gadgets.

Course Code: 6EMPE405

Course Name: Yoga science

Course Objective

- This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle. The student will also conceptualize and practice astanga yoga, various asanas and pranayama with reference to wellness.

Course Outcomes

- Understand the yoga and its historical development.
- differentiate between various stages of astanga yoga.
- demonstrate different asanas, pranayamas and kriyas.
- apply and demonstrate various benefits of yoga to be applied in the field of sports.
- relate yoga with health and wellness.
- develop yogic programs/schedules.

DOCTOR OF PHILOSOPHY
(Ph. D – Physical Education)
PROGRAMME CODE: PH.D003

PROGRAMME OBJECTIVE

The PhD. (Physical Education) program aims to make knowledgeable, skilled research scholars. The curriculum of this program is provide good scholastic knowledge with the scientific view in field of Physical Education. It is an integrated theory and practical course to develop research, skill in Physical Education and related areas also. After successfully completion of the program, the researcher can eligible for job in higher education.

PROGRAMME OUTCOMES

The program would enable students to perform the following :

- The course would equip student with necessary qualification assistant professor in a college.
- Prepare research proposal for Physical Education and allied areas .
- Use online resources, libraries, databases etc.
- Create/prepare research paper for different topics in field of sports and Physical Education.
- Present and publish research papers in the field of sports and Physical Education.

PROGRAMME SPECIFIC OUTCOMES

Demonstrate a thorough understanding of research methodologies and techniques at an advanced level, engage in critical intellectual enquiry, implement effective academic and personal strategies for carrying out research projects independently and ethically, communicate research findings at a diverse range of levels, evaluate one's own research in relation in important and latest issues in the field.

Course Code: 5010112601

Course Name: Research Methodology

Course Objective

- The objective of the course is to enable M. Phil scholar to understand the methods of research & different computer applications in research and apply the knowledge and skills in conducting research work.

Course Outcome

- After learning this subject scholars will be able to understand the concepts and process of research and will able to carry out their research work effectively considering the ethics of research for usefulness of society.

Course Code: 5010152701

Course Name: Sports Psychology

Course Objective

- This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs, tradition and socialization through physical education.

Course Outcomes

- Describe the role of sports psychology for athletes and in their performance, apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children, describe the general characteristics of various stages of growth and development, describe the personality and its characteristics, understand socialization through participation in Physical Education and sports activities, Understand the culture and its effect on life style of people.

Course Code: 5010152702

Course Name: Management of Physical Education and Sports

Course Objective

- To acquaint the students understand the scope and importance if management in Physical Education, to acquit the students with concept & principles of management in physical education, to acquaint the students to manage the programme of competitions, intramurals the basic level of competitions, to acquaint the students with the budget management, school programme of Phy. Edn. and sports.

Course Outcomes

- After completing the course students are able to handle Sports ,games & Physical Education managerial task.

Course Code: 5010152703

Course Name: Sports Training

Course Objective

- To understand the scientific sports training process & principles, To develop attitudes and skills in designing sports training programs, To be better prepared to be a good

researcher, To enable student to understand principles of sports training to develop and implement sports training programme and other training programmes.

Course Outcomes

- After completing the course students are able to understand training process and relate its to field of research work.

Course Code: 5010152704

Course Name: Physical Fitness & Wellness

Course Objective

- To enable student to understand Principles of Physical Fitness and wellness, to introduce students to various exercise for developing fitness, to introduce students to various training methods in sports, to enable students improve overall & specific fitness, To help them create database of exercises & training protocols, to enable student to assess fitness using different techniques, to understand the principles of exercise prescription, to understand the guidelines & be able to design the exercise plans for variety of Population.

Course Outcomes

- After completing the course students are able to understand importance of Physical fitness & wellness.

Course Code: 5010152705

Course Name: Yoga

Course Objective

- To understand the history of yoga, yogic concept, asana, pranayam, and kriyas.

Course Outcomes

- Understand the basic concept of yoga & framework of research process in the field of yoga.