Bachelor of Physical Education and Sports (BPES)

Program Outcomes (POs)

At the end of the programme students will be able to:

PO1: Demonstrate a strong foundation in the theoretical and practical aspects of physical education, sports science, officiating, coaching and related disciplines.

PO2: Exhibit proficiency in planning, organizing, and delivering effective physical education programs for diverse age groups and abilities.

PO3: Possess coaching expertise, including the ability to analyze and enhance individual and team performance in various sports.

PO4: Apply sports science principles to enhance athletic performance, prevent injuries, and contribute to the overall well-being of individuals involved in physical activities.

PO5: Adhere to high standards of ethical behaviour and professionalism in all aspects of their careers, demonstrating integrity and respect.

Programme Specific Outcome

PSO1: Demonstrate the ability to effectively teach physical education, utilizing innovative teaching methods to engage and inspire students.

PSO2: Excel in sports coaching, employing advanced coaching techniques to develop athletes and teams to their full potential.

PSO3 : Contribute to research and innovation in physical education and sports science, applying their knowledge to advance the field.

PSO4: Apply effective teaching and coaching methodologies to enhance learning and skill development in a variety of sports and physical activities

Course Outcomes (COs)

CO1: Understand the principles of physical education, sports science, and exercise physiology.
CO2: Demonstrate proficiency in a variety of physical activities and sports, including techniques, rules, and strategies.
CO3: Apply concepts of health, fitness, and wellness to promote healthy lifestyles and prevent lifestyle-related diseases.
CO4: Exhibit leadership and management skills in organizing sports events, fitness programs, and recreational activities.
CO5: Conduct research and apply critical thinking to analyze trends, challenges, and innovations in physical education and sports.

On completion of the program the student will be able to

SEMESTER : 1

SUBJECT	COURSE OUTCOMES
HISTORY AND FOUNDATION OF PHYSICAL EDUCATION **TOTAL HOURS : 60** **CREDITS: 4**	**CO1:** Understand the historical development of physical education. **CO2:** Identify the philosophical underpinnings of physical education. **CO3:**To recognize and develop the physical education practices and policies throughout history.
HUMAN ANATOMY AND HUMAN PHYSIOLOGY **TOTAL HOURS: 60** **CREDITS : 4**	**CO1:** Demonstrate an understanding of the structure of the human body, including the organization of cells, tissues, organs, and organ systems. **CO2**:Comprehensive understanding on anatomical and physiological concepts on healthcare, research, and education.
COMPUTER APPLICATIONS AND TECHNOLOGY **TOTAL HOURS: 45** **CREDITS : 2**	**CO1:**Students will grasp the principles of computer hardware and software, including the components of a computer system, input/output devices, and the role of operating systems and application software. Students will develop a foundation in computer applications and technology that will enable them to effectively use and apply technology in various personal, academic, and professional contexts.
OFFICIATING AND COACHING – FOOTBALL AND RUNNING EVENTS **TOTAL HOURS: 60** **CREDITS : 3**	**CO1:** Demonstrate a thorough understanding of the rules and regulations governing football and running events, including game play, penalties, and safety guidelines. **CO2:**Develop officiating skills, including the ability to interpret and apply rules, make accurate calls, and enforce fair play during football matches and running events.

FUNDAMENTALS OF PHYSICAL TRAINING, DRILLS AND MARCHING **TOTAL HOURS: 60** **CREDITS : 3**	**CO1**:Develop proficiency in drill and marching techniques, including footwork, formations, commands, and proper execution of military-style drills. **CO2:**Improve their physical conditioning and readiness through regular participation in physical training.
FUNDAMENTALS OF TRACK AND FIELD **TOTAL HOURS: 90** **CREDITS : 2**	**CO1:**Demonstrate proficiency in the execution of various track events, including sprinting, middle-distance running, hurdling, and relay races, displaying proper form, technique, and race strategies. **CO2:**Experience in organizing and managing track and field events, including meet scheduling, facility setup, event officiating, timing, scoring, and participant coordination.
English 1 **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:** Master the language skills in a functional approach/context. **CO2:** Examine the functions of literary texts in academic and professional situations. **CO3:** Compare and contrast language components efficiently. **CO4:** Exhibit project based learning

SEMESTER : 2

Subject	**Course Outcomes**
EXERCISE PHYSIOLOGY **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:**Examine the effect of exercise on various bodily systems and interpret the role of exercise manipulations on muscular systems. **CO2:**Illustrate the effect of exercises on the skeletal system. **CO3:** Analyze the role of balanced diet on digestive and excretory systems explain various respiratory parameters and impact of exercise on respiratory system. **CO4:** Understand the nervous system and its functions

ENGLISH 2 **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:**Instill humanitarian ethics for lifelong situations. Exercise language skills in a functional approach/context. **CO2:** Examine functions of literary texts in academic and professional situations. **CO3:**Compare and contrast language components efficiently. Exhibit project based learning.
ENVIRONMENTAL SCIENCES **TOTAL HOURS: 30** **CREDITS : 2**	**CO1:** Understand the concept and function of the environment and recognise the physical, chemical and biological components of the earth's systems and their functions. **CO2:** To identify common and adverse impacts of human activities on biotic communities, soil, water and air quality and suggest sustainable strategies to mitigate these impact
SPORTS FACILITY MANAGEMENT **TOTAL HOURS: 75** **CREDITS : 3**	**CO1:** Compare and contrast the managerial aspects of planning, design and construction of sport facilities. **CO2:** Evaluate risk management theory and apply it to sport facilities. Analyze key issues relating to human resource management in sport facilities. **CO3:** Evaluate contemporary issues, trends and challenges in sport facility management.
FUNDAMENTALS OF BASKETBALL AND VOLLEYBALL **TOTAL HOURS: 90** **CREDITS : 3**	**CO1**:Execute fundamental basketball skills, such as dribbling, passing, shooting, and defensive techniques. **CO2:**Perform essential volleyball skills, including serving, passing, setting, spiking, and blocking **CO3:**Experience in organizing and managing events, including meet scheduling, facility setup, event officiating, timing, scoring, and participant coordination.
FUNDAMENTALS OF CRICKET AND TABLE TENNIS **TOTAL HOURS: 90** **CREDITS : 3**	**CO1:**Execute fundamental cricket skills, such as batting, bowling, and fielding techniques. **CO2:**Perform essential table tennis skills, including grip, strokes, serves, and footwork. **CO3:** Experience in organizing and managing events, including meet scheduling, facility setup, event officiating, timing, scoring, and participant coordination.

SEMESTER: 3

Subject	Course Outcomes
KINESIOLOGY AND SPORTS BIOMECHANICS **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:**Demonstrate knowledge of human anatomy and physiology relevant to sports performance. **CO2:**Explain the principles of kinesiology, including muscle function, joint mechanics, and the neuromuscular system. **CO3:**Analyze sports movements using biomechanical concepts, including force, motion, and torque. **CO4:** Apply knowledge of biomechanics to improve technique, efficiency, and performance in various sports.
SPORTS PSYCHOLOGY AND SOCIOLOGY **TOTAL HOURS: 60** **CREDITS : 4**	**CO1:**Identify and explain psychological factors influencing individual and team performance in sports. **CO2:**Analyze the role of motivation, goal-setting, and mental preparation in athletic success. **CO3:**Explore the connection between physical activity, exercise, and mental health. **CO4:**Understand the psychological benefits of sports participation in promoting overall well-being.
SPORTS TRAINING **TOTAL HOURS: 60** **CREDITS : 4**	**CO1**:Understand fundamental principles of sports training, including specificity, overload, progression, and reversibility. **CO2:**Understand the physiological adaptations that occur in response to training. **CO3:**Demonstrate knowledge of strength training and conditioning exercises appropriate for various sports. **CO4:**Design and implement resistance training programs to improve strength, power, and muscular endurance.
FUNDAMENTALS OF TRACK AND FIELD-THROWING EVENTS AND HOCKEY **TOTAL HOURS: 90** **CREDITS : 3**	**CO1:**Demonstrate proper techniques for shot put, discus, and javelin throws. **CO2:**Understand the biomechanics involved in each throwing event. **CO3:**Demonstrate proficiency in essential hockey skills, including dribbling, passing, receiving, shooting, and defensive techniques. **CO4:**Experience in organizing and managing events, including meet scheduling, facility setup, event officiating, timing, scoring, and participant coordination.

FUNDAMENTALS OF RACQUET GAMES-TENNIS AND BADMINTON **TOTAL HOURS: 90** **CREDITS : 3**	**CO1:**Demonstrate proficiency in fundamental tennis strokes, including forehand, backhand, volley, and serve. **CO2:**Understand the biomechanics and proper form for each tennis stroke. **CO3:**Demonstrate proficiency in basic badminton strokes, including forehand and backhand clears, drops, smashes, and serves. **CO4:**Experience in organizing and managing events, including meet scheduling, facility setup, event officiating, timing, scoring, and participant coordination.

SEMESTER :4

Subject	Course Outcomes
HEALTH EDUCATION **TOTAL HOURS: 90** **CREDITS : 3**	**CO1:**Understand various aspects of health and wellness. **CO2:**Empowering them to make informed decisions that contribute to a healthy lifestyle. **CO3:**Identify and explain the dimensions of health, including physical, mental, emotional, social, and spiritual aspects.
TEST AND MEASUREMENT EVALUATION IN PHYSICAL EDUCATION **TOTAL HOURS: 60** **CREDITS : 4**	**CO1:**Equipments students with the knowledge and skills necessary for effective assessment and evaluation in physical education. **CO2:**Design and administer tests to assess various components of physical fitness, including cardiovascular endurance, muscular strength, flexibility, and body composition.
ADAPTIVE PHYSICAL EDUCATION **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:** Understand the benefits of inclusive physical education for individuals with diverse abilities. **CO2:**Recognize and understand various disabilities and exceptionalities. **CO3:**Conduct assessments to determine the unique needs and abilities of individuals with disabilities.

FUNDAMENTALS OF TRACK AND FIELD-JUMPING EVENTS AND SWIMMING **TOTAL HOURS: 90** **CREDITS : 3**	**CO1:**Demonstrate proficiency in the techniques of long jump, triple jump, high jump. **CO2:**Demonstrate proficiency in fundamental swimming strokes, including freestyle, backstroke, breaststroke, and butterfly. **CO3:**Experience in organizing and managing events, including meet scheduling, facility setup, event officiating, timing, scoring, and participant coordination.
FUNDAMENTALS OF COMBATIVE GAME-WRESTLING AND JUDO **TOTAL HOURS: 90** **CREDITS : 3**	**CO1:**Demonstrate proficiency in basic wrestling techniques, including stance, takedowns, escapes, and pinning combinations. **CO2:**Demonstrate various techniques of judo. **CO3:**Experience in organizing and managing events, including meet scheduling, facility setup, event officiating, timing, scoring, and participant coordination.
PHYSIOTHERAPY IN SPORTS AND EMERGENCY CARE **TOTAL HOURS: 60** **CREDITS : 3**	**CO1:**Comprehensive knowledge and skills in physiotherapy specific to sports injuries and emergency care. **CO2**: Assessment, treatment, and rehabilitation of sports-related injuries. as well as the management of acute emergencies in a sports setting

SEMESTER : 5

Subject	Course Outcomes
SPORTS MANAGEMENT **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:**Comprehensive understanding of the sports industry, including its structure, stakeholders, and key trends shaping the field. **CO2**: Develop skills in sports marketing, including market analysis, branding, sponsorship, advertising, promotions, and fan engagement strategies.
METHODS IN PHYSICAL EDUCATION	**CO1**:Develop skills in planning effective and engaging physical education lessons, incorporating a variety of teaching strategies, activities, and assessments to meet diverse student needs and learning objectives.

TOTAL HOURS: 45 **CREDITS : 3**	**CO2:**Classroom management techniques and strategies for creating a positive and inclusive learning environment in physical education **CO3:** Conduct physical education in a variety of educational settings, including elementary, middle, and high schools, sports clubs, and other youth development organizations.
SPORTS NUTRITION **TOTAL HOURS: 45** **CREDITS : 3**	**CO1**:Develop a comprehensive understanding of the nutritional requirements of athletes, including macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals), and their roles in energy metabolism, muscle function, and recovery. **CO2:** Interpret and apply dietary guidelines and recommendations specific to athletes, including guidelines for carbohydrate loading, protein intake, hydration, and timing of meals and snacks relative to exercise.
ATHLETIC CARE AND REHABILITATION **TOTAL HOURS: 60** **CREDITS : 3**	**CO1:** Identify common athletic injuries. **CO2**:Develop and implement individualized treatment plans for athletic injuries, incorporating modalities such as therapeutic exercise, manual therapy, taping, bracing, and therapeutic modalities.
FITNESS TRAINING **TOTAL HOURS: 60** **CREDITS : 3**	**CO1:**Learn about periodization principles and methods for organizing and progressing exercise programs. **CO2:** Learn to design and implement individualized exercise programs tailored to clients' specific needs and goals.
FUNDAMENTALS OF NETBALL AND KABADDI **TOTAL HOURS: 60** **CREDITS : 2**	**CO1:** Demonstrate a comprehensive understanding of the rules and regulations governing netball and kabaddi, including gameplay, scoring, fouls, and penalties. **CO2:** Develop technical proficiency in fundamental skills and techniques specific to netball and kabaddi.
COACHING LESSON **TOTAL HOURS: 90**	**CO1:** Learn and apply sport-specific coaching techniques, strategies, and tactics relevant to their chosen sport. **CO2:**Demonstrate skill development, game strategy, and performance analysis.

CREDITS : 3	**CO3:** Analyze coaching roles in a variety of settings, including youth sports leagues, school teams, community programs, and elite-level competition, equipping them with the knowledge, skills, and attitudes necessary for success as coaches.

SEMESTER: 6

Subject	**Course Outcomes**
EXERCISE PRESCRIPTION AND THERAPEUTIC EXERCISES **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:** Learn to conduct client evaluations and health screenings to assess medical history, current health status, risk factors, and contraindications for exercise prescription. **CO2:** Understand principles of exercise prescription, including specificity, overload, progression, individualization, and reversibility, and how to apply these principles to design effective exercise programs.
ERGONOMICS AND DOPING IN SPORTS **TOTAL HOURS: 45** **CREDITS : 3**	**CO1**:Relate to the circumstances under which prescription and non-prescription performance enhancing drugs may be taken. **CO2:** Develop an understanding of the most common classes of medications and supplements used for evidence based medical treatment of athletes **CO3:** Understand the management process for an athlete after an Adverse Analytical Finding. Advise on the prevention of inadvertent doping
SPORTS JOURNALISM **TOTAL HOURS: 30** **CREDITS : 2**	**CO1:**Develop an understanding of the sports media landscape, including traditional print media, broadcast media, digital media platforms, and social media. **CO2**:Develop skills in sports writing, including news reporting, feature writing, opinion pieces, game recaps, athlete profiles, and investigative journalism, across various media platforms.
ATHLETIC TRAINING **TOTAL HOURS: 90** **CREDITS : 3**	**CO1**: Demonstrate a comprehensive understanding of the principles and concepts of athletic training. **CO2:** Understand injury prevention, assessment, treatment, and rehabilitation.
STRENGTH AND CONDITIONING	**CO1:** Learn principles of strength training, including muscular strength, power, hypertrophy, endurance.

TOTAL HOURS: 90 **CREDITS : 3**	**CO2:** Design effective strength training programs for athletes and fitness enthusiasts. **CO3:** Learn to select appropriate exercises for different muscle groups and movement patterns.
FUNDAMENTALS OF SOFTBALL AND HANDBALL **TOTAL HOURS: 90** **CREDITS : 3**	**CO1:** Demonstrate a comprehensive understanding of the rules, regulations, and fundamental skills of softball or handball, including gameplay, positions, scoring, and basic strategies. **CO2:** Develop technical proficiency in fundamental skills and techniques specific to softball or handball, including throwing, catching, batting, pitching (softball), dribbling, passing, shooting, and defending.

SEMESTER: 7

Subject	Course Outcomes
CAPSTONE Project Part 1 - Mentored Research 1 **TOTAL HOURS: 120** **CREDITS : 8**	**CO1:** Understand the research process. **CO2:** Develop skills in conducting primary and secondary research. **CO3:**Demonstrate proficiency in data collection, analysis, and interpretation techniques. **CO4:** Communicate research findings effectively through written reports and presentations.
Integrated seminars and Program designing **TOTAL HOURS: 30** **CREDITS : 1**	**CO1:** Demonstrate a comprehensive understanding of the concept of integrated seminars. **CO2:** Develop skills in researching and synthesizing information from multiple disciplines. **CO3:** Understand the principles of program design in an interdisciplinary context.
Sports Entrepreneurship, Leadership **TOTAL HOURS: 45** **CREDITS : 3**	**CO1:** Develop a comprehensive understanding of entrepreneurship principles as applied to the sports industry. **CO2**:Apply management principles to lead and motivate teams within the sports industry.

Counseling in Sports **TOTAL HOURS: 45** **CREDITS : 3**	**CO1**: Explore counseling techniques tailored to the unique needs and challenges of athletes. **CO2:** Understand performance anxiety and stress-related issues through counseling interventions.
Talent identification	**CO1:** **CO2:** **CO3:**

SEMESTER: 8

Subject	Course Outcomes
CAPSTONE Project Part 2 Mentored Research 2 **TOTAL HOURS: 180** **CREDITS : 6**	**CO1:** Demonstrate advanced research skills in the chosen field of study, building upon the foundation established in Part 1 **CO2:** Develop and execute a comprehensive research plan under the guidance of a mentor or advisor. **CO3:** Collect, analyze, and interpret data effectively, drawing meaningful conclusions and implications from the research findings
Academic Writing	**CO1:** Demonstrate mastery of citation styles, referencing conventions, and formatting guidelines **CO2:** Write research papers, literature reviews, and other academic documents
Field work 2	**CO1:**Apply theoretical knowledge gained in the classroom to real-world situations during fieldwork. **CO2**:.Demonstrate practical skills relevant to the field of study. **CO3**: Understand and address the challenges encountered during fieldwork.
Latest advancements in Sports and Exercise Sciences	**CO1:** Explore cutting-edge research, technologies, and methodologies in sports and exercise sciences **CO2:** Analyze the implications of recent advancements for athlete performance **CO3:** Critically evaluate the validity and reliability of new techniques, tools