

**Sant Gadge Baba Amravati University, Amravati**  
**Department of Physical Education**  
**Programme Outcomes, Programme Specific Outcomes and Course Outcomes**

Name of the Department: **Physical Education**

Faculty: **Interdisciplinary**

S.No.		Name of the Program	Program Outcome (Pos) <b>Compulsory</b>
01.		<b>M.P.Ed.</b>	<ol style="list-style-type: none"> <li>1. Prepare physical education teacher.</li> <li>2. Fulfilled the need of physical education teachers of the society from grass root level to higher education.</li> <li>3. Maintain health &amp; Fitness of society.</li> <li>4. Promote all round development of society (physical, mental, social, and spiritual)</li> </ol>
			Program Specific Outcome(PSOs) <b>Compulsory</b>
			<ol style="list-style-type: none"> <li>1. Develop the need based Teaching resources in sports and Physical Education.</li> <li>2. Contribute as trained Workforce to provide teaching learning support from school level to higher education</li> <li>3. Contribute as researcher in making sports policy, curriculum design and in evaluation reforms.</li> </ol>
		Duration of Program	1/2/3/4 Sem. (2 Years )
		Total Number of semesters	4 semesters
<b>Semester I, II, III, IV</b>	<b>Code (Course)</b>	<b>Name of the Course (Paper)</b>	<b>Course Outcome (Cos) – Compulsory</b>  Employability, Entrepreneurship and Skill Development (Please mention for respective course, if any)
<b>Semester I</b>	MPCC 101	Research Process in Physical Education & Sports Sciences;	<ul style="list-style-type: none"> <li>• Understand need and scope of research in Physical Education, outline the process of conducting research, identify potential research areas in Physical Education &amp; Sports Sciences ;</li> </ul>

	MPCC-102;	Physiology of Exercise;	<ul style="list-style-type: none"> <li>• Understand Human body and understand the functions of important physiological systems including the cardio-respiratory.</li> <li>• Muscular and metabolic systems, understand how these systems interact to yield integrated physiological responses to exercise, sports training and environment such as high altitude.</li> </ul>
	MPCC-103	Yogic Sciences	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of professional ethics in yoga science, Recognize the need to engage in lifelong learning through continuing education and research; engage in lifelong learning and professional development through self-study, continuing education or professional and doctoral level studies.</li> </ul>
	MPEC-101	Tests, Measurement and Evaluation in Physical Education	<ul style="list-style-type: none"> <li>• Develop an assessment instrument (a health &amp; fitness test, skill test of various games and sports etc.) and a scoring.</li> <li>• Develop knowledge, skills, and abilities related to health and fitness assessment;</li> <li>• Technique of Evaluate students' performance on the assessment instrument.</li> </ul>
	MPEC-102	Sports Technology	<ul style="list-style-type: none"> <li>• General Principles and purpose of</li> <li>• Instrumentation in sports, Understand technological advancement &amp; Science of Sports Materials, Information regarding modern equipment and Training Gadgets</li> </ul>
<b>Semester II</b>	MPCC-201;	Applied Statistics in Physical Education & Sports;	<ul style="list-style-type: none"> <li>• Convert a problem description into testable research hypotheses. Select appropriate statistical tools to investigate a research hypothesis.</li> <li>• Select standard experiment designs, with consideration of selection process, data collection, issues of bias, causality and confounding, based on specifications of a scientific study;</li> </ul>

	MPCC-202;	Sports Biomechanics & Kinesiology;	<ul style="list-style-type: none"> <li>• Define and contrast physical fitness, physical activity, exercise, and health.</li> <li>• Understand how the skeletal and neuromuscular structures of the human body adapt and contribute to motor performance, fitness, and wellness.</li> <li>• Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.</li> <li>• Identify and explain the mechanisms underlying biomechanical, physiological changes that occur during after acute and chronic exercise.</li> <li>• Understand how mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.</li> </ul>
	MPCC-203;	Information & Communication Technology (ICT) in Physical Education;	<ul style="list-style-type: none"> <li>• Define information and communication technology;</li> <li>• Define the purpose and scope of ICT in physical education.</li> <li>• List out potential use of ICT in Physical education. Apply basic ICT skills in planning and teaching at school level. create web-based learning environment using virtual classrooms and web based educational applications</li> <li>• Compare and contrast social, ethical, and legal issues surrounding technology</li> <li>• Teach scoring and recording of raw data organizing using ICT. Use a system map or a block diagram to identify the components of an ICT system.</li> </ul>
	MPEC-201;	Sports Journalism and Mass Media;	<ul style="list-style-type: none"> <li>• Aim to develop your love of sport so that you can share it with others through creative use of writing, imaginative use of sound and astute use of pictures.</li> <li>• Empower you with the confidence to ask difficult questions of big name stars and make sure you have a front row seat at big sports events.</li> </ul>

			<ul style="list-style-type: none"> <li>• Encourage you to think about sport, ask questions about how it is reported and attempt to identify the forms that sports journalism will take in the future.</li> </ul>
	MPEC-202	Sports Management and Curriculum Designs in Physical Education	<ul style="list-style-type: none"> <li>• Understand need and scope of curriculum.</li> <li>• Differentiate between formal, informal and co-curricular activity.</li> <li>• Outline the process of designing curriculum.</li> <li>• Analysis of various models of curriculum. Incorporate an understanding of ethical, legal, and socio-cultural issues in managerial decision making and policy determinations in sport</li> <li>• Employ sound principles of strategic planning, financial management, risk management, and human resource management in sport Apply a fundamental knowledge and practical understanding of sport marketing, communication, and event management principles</li> </ul>
<b>Semester III</b>	MPCC-301;	Scientific Principles of Sports Training;	<ul style="list-style-type: none"> <li>• Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance.</li> <li>• Observed and evaluate coaching styles, including coaching objectives and philosophy.</li> <li>• Utilize and enhance team sports programming and teaching strategies.</li> <li>• Understand Periodization of training for team Games &amp; Individual sports person.</li> </ul>
	MPCC-302;	Sports Medicine	<ul style="list-style-type: none"> <li>• Develop and defend clinical reasoning skills in the clinical education setting when interacting with Injured players.</li> <li>• Provide students with hands-on training through handling injured players.</li> <li>• Understanding therapeutic modules for sport injures.</li> </ul>

	MPCC-303;	Health Education and Sports Nutrition;	<ul style="list-style-type: none"> <li>• Contribute to the sports nutrition and dietetics fields in the different sports environments, including Nutrition Education and Research on Sports Nutrition.</li> <li>• Demonstrate cultural competence in providing nutrition information and care, including knowledge of multicultural food practices, community programs and disparities in food, nutrition and healthcare.</li> <li>• Understand the role of nutrition in maintaining health and performance.</li> </ul>
	MPEC-301;	Sports Engineering;	<ul style="list-style-type: none"> <li>• Understand the sport engineering and associated terminology.</li> <li>• General Principles and purpose of Instrumentation in sports.</li> <li>• Describe the basic structure and function of connective, muscle and nerve cells and tissues, and their interactions in the musculoskeletal and nervous systems.</li> <li>• Understanding the construction and maintenance of infrastructure.</li> </ul>
	MPEC-302.	Physical Fitness and Wellness	<ul style="list-style-type: none"> <li>• Understand the basic principles of warming up and cooling down prior to training and their implication for safe participation.</li> <li>• Understand the physical fitness requirements for undertaking a training programme in which all parts of the body are worked at intensities appropriate for high levels of performance.</li> <li>• Understand how to improve performance &amp; health related fitness components.</li> </ul>
<b>Semester IV</b>	MPCC-401;	Athletic Care and Rehabilitation;	<ul style="list-style-type: none"> <li>• Develop understanding of the key concepts of underpinning Sport Rehabilitation and prevention of injuries.</li> <li>• Built on pre-existing skills of anatomy and physiology and develop them to a more advance level.</li> <li>• Develop the ability to reflect on, and critically evaluate, their own performance within a wider professional and academic outline.</li> </ul>

MPCC-402;	Sports Psychology;	<ul style="list-style-type: none"> <li>• Understand the role of the brain in human performance and apply psychological techniques and theories to human performance within sports condition on Players.</li> <li>• To develop positive attitude of sports person &amp; teach players to cope with adverse situations.</li> <li>• Explain the major perspectives of psychology (e.g. biological, cognitive, behavioural, sociocultural, etc.)</li> <li>• Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance.</li> </ul>
MPCC-403;	Dissertation;	<ul style="list-style-type: none"> <li>• Recognise the importance of planning and preparation required to undertake a research project.</li> <li>• Creating synopsis for dissertation subject.</li> <li>• Finding Relevant reviews for the study.</li> <li>• Develop a thorough understanding of the chosen subject area.</li> <li>• Demonstrate the ability to collate and critically assess/interpret data.</li> <li>• Develop an ability to effectively communicate knowledge in a scientific manner.</li> <li>• Provide recommendations based on research findings.</li> </ul>
MPEC-401;	Value & Environmental education;	<ul style="list-style-type: none"> <li>• Understand key concepts from economic, political, and social analysis as they pertain to the design and evaluation of environmental policies and institutions.</li> <li>• Appreciate concepts and methods from ecological and physical sciences and their application in environmental problem solving.</li> <li>• Appreciate the ethical, cross-cultural, and historical context of environmental issues and the links between human and natural systems.</li> <li>• To understand role of sports in moral value development.</li> </ul>
MPEC-402.	Education technology in Physical Education	<ul style="list-style-type: none"> <li>• Identify, describe, and apply emerging technologies in teaching and learning environments.</li> </ul>

			<ul style="list-style-type: none"> <li>• Plan, design, and assess effective learning environments and experiences.</li> <li>• Implement curriculum methods and strategies that use technology to maximize student learning.</li> <li>• Develop technology-enabled assessment and evaluation strategies.</li> <li>• Facilitate instruction in the new literacies that emerge within digital / interactive learning environments</li> </ul>
	<b>Code (Course)</b>	<b>Name of the Course (Practical)</b>	
<b>Semester I (Practical)</b>	MPPC-101;	Track & Field (Track event Performance)	<ul style="list-style-type: none"> <li>• Fundamental skills–Short and Middle distance.</li> <li>• Use of Starting blocks- stance on the blocks. Body position at the start-starting technique. Change in body position during running.</li> <li>• Movements of the arms, stride length and frequency. Position of torso while running and at finish.</li> <li>• Advanced Skills Various techniques of sprint start: Bullet start, standing start and Active game practice. Tournaments held at National and International levels, Distinguished sports awards and personalities</li> <li>• Lead up activities, General rules and their interpretations, Duties of officials, officiating in competition.</li> <li>• Competitions and Marking of the play area.</li> </ul>
	MPPC-102;	Specialization in Indigenous Games;	<ul style="list-style-type: none"> <li>• Student get History of the game, Measurement and Preparation of the Fields, Equipment's and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and Regulations of game.</li> <li>• Methods of coaching, Officials and their signals.</li> <li>• Modern trends in the game, latest record of the game awards.</li> </ul>
	MPPC-103;	Yoga;	<ul style="list-style-type: none"> <li>• Student get knowledge about Kriyas in yoga.</li> <li>• Understand key concepts Pranayam and its benefits with practical.</li> <li>• Learning Aerobics and its practical uses.</li> </ul>

			<ul style="list-style-type: none"> <li>• Mudras (Eight types of Mudra)</li> </ul>
	MPPC-104	Teaching/Coaching Lesson Athletics (Track Event)	<ul style="list-style-type: none"> <li>• The students need to develop proficiency in taking teaching classes in Track events under school situation. In view of this, the students shall be provided with teaching experience.</li> </ul>
<b>Semester II (Practical)</b>	MPPC-201;	Track & Field (Field Event Performance);	<ul style="list-style-type: none"> <li>• Fundamental skills- <ul style="list-style-type: none"> <li>A. Jumping Events(High Jump/Long Jump/Triple Jump)</li> <li>B. Throwing Events(Shot-put/Discuss/Javelin/Hammer Throw)</li> </ul> </li> <li>• Tournaments held at National and International levels, Distinguished sports awards and personalities</li> <li>• Related to the events. Warming-up-General free hand exercises, specific work out, Fundamental skills,</li> <li>• Lead up activities, General rules and their interpretations, Duties of officials, officiating in class.</li> <li>• Competitions and Intramurals, Marking of the play area.</li> </ul>
	MPPC-202;	Team Games Specialization;	<ul style="list-style-type: none"> <li>• History of the game, Measurement and Preparation of the Fields, Equipments and materials</li> <li>• Required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and Regulations of game, Methods of coaching, Officials and their signals.</li> <li>• Modern trends in the Game, latest record of the game awards.</li> </ul>
	MPPC-203;	Practical (ICT);	<p>Understand the role of MS software in physical education like-</p> <ul style="list-style-type: none"> <li>• <b>M.S. Word:</b> Copy file &amp; paste, Create file, Create folder. File open, Front size &amp; styles create table.</li> <li>• <b>M.S. Excel:</b> Create table, insert border. Ascending and descending number. Sum, average &amp; percentage.</li> <li>• <b>M.S. PowerPoint:</b> Create slides, background colour, slide effects, hide slide. Presentation</li> <li>• <b>E-mail:</b> Create E-mail address, send E-mail, receive E-mail ID</li> <li>• <b>Internet:</b> Searching Web, side, download.</li> </ul>



			<ul style="list-style-type: none"> <li>• Student will give practice session for use of practical knowledge in Physical education</li> </ul>
	MPPC-204	Teaching/Coaching Lesson Athletics(Field Event)	<ul style="list-style-type: none"> <li>• The students need to develop proficiency in taking teaching classes infield events under school Situation. In view of this, the students shall be provided with teaching experience.</li> </ul>
<b>Semester III (Practical)</b>	MPPC-301	Individual Game Specialization;	<ul style="list-style-type: none"> <li>• Student get History of the game, Measurement and Preparation of the Fields, Equipments and materials</li> <li>• required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and Regulations of game,</li> <li>• Methods of coaching, Officials and their signals,</li> <li>• Modern trends in the game, latest record of the game awards.</li> </ul>
	MPPC-302	Coaching Lesson; (INDIGENOUS GAME)	<ul style="list-style-type: none"> <li>• The students need to develop proficiency in taking coaching classes in Indigenous games under School situation. In view of this, the students shall be provided with coaching experience.</li> </ul>
	MPPC-303	Classroom Teaching Lesson;	<ul style="list-style-type: none"> <li>• Lessons on theory of different indigenous sports &amp; games.</li> <li>• The students need to develop proficiency in taking teaching lessons as per selected.</li> <li>• Develop class control skill in pupil teacher.</li> </ul>
	MPPC-304	Internship.	<ul style="list-style-type: none"> <li>• Student establish a positive classroom environment and deliver instruction that is clear, structured, engaging, flexible, and designed and adapted for diverse learning Through Physical education.</li> <li>• Student effectively plan for establishing a positive classroom community and plan for instruction that meets diverse student needs.</li> <li>• Pupil Teacher analyse student work to determine student progress toward and mastery of lesson and unit learning objectives while identifying trends in the data that may reveal inequitable outcomes for various student groups.</li> <li>• Student identifies aspects of their plan and execution or other factors which</li> </ul>

			did or did not support student learning. Candidates determine next steps based upon evidence.
<b>Semester IV (Practical)</b>	MPPC-401	Laboratory Practical (1. Sports Psychology 2. Physiology of Exercise 3. Sports Biomechanics and Kinesiology)	<ul style="list-style-type: none"> <li>• Understanding Application of Instrument based Psychological Tests for the sport person.</li> <li>• Understanding Application of Questionnaire base test for the sport person.</li> <li>• Physiology of Exercise practicals like Pulse rate, Heart rate, Blood pressure, Haemoglobin &amp; Vital Capacity test in physiological lab environment.</li> <li>• Sports Biomechanics and Kinesiology Anthropometry measurements, Mechanical analysis of various athletic skills.</li> </ul>
	MPPC-402	Project Practical (Management and Organization)	<ul style="list-style-type: none"> <li>• To develop skills and competencies to organize school and community games and sports.</li> <li>• To empower Pupil-Teachers to inspire their students to actively participate in Physical Exercises, Games and organisation necessary skills like National Flag, Opening and Closing Ceremonies, Practical of the organization of Sports / Athletic Meet, Tournament, Organization of Sports Festival etc.</li> </ul>
	MPPC-403	Coaching Lesson; (FOREIGN GAME)	<ul style="list-style-type: none"> <li>• To develop skills and competencies to organize school and global community games and sports.</li> <li>• The students need to develop proficiency in taking coaching classes in foreign games under school situation. In view of this, the students shall be provided with coaching experience.</li> </ul>
	MPPC-404	Class Room Teaching Lesson.	<ul style="list-style-type: none"> <li>• Lessons on theory of Different foreign sports &amp; games.</li> <li>• The students need to develop proficiency in taking teaching lessons as per selected Foreign games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience.</li> </ul>

You are also free to include any relevant information.

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Head/Coordinator/Director