



TWO YEAR BACHELOR OF PHYSICAL EDUCATION PROGRAMME (BPED)

COURSE LEARNING OUTCOMES(CLOs):

After studying the different courses student teacher will be able to achieve the different course learning outcomes as mentioned below:

Course-I: Foundation of Physical Education and Sports.

The student teacher will be able to _

1. Demonstrate an understanding of relationship between Philosophy, Education and Physical education.
2. Articulate the goals of Education and Physical Education.
3. Understand the contribution of Philosophers of Education and Physical Education.
4. Demonstrate the knowledge of the History of Physical Education.
5. Comprehend contemporary modern development and social aspects of Physical Education.

Course-II: Yoga Education and Environmental Studies.

1. Demonstrate an In-Depth Understanding of Yoga's Concept, Nature, and Historical Origins.
2. Apply Yoga Principles and Practices to Enhance Physical Education and Sports Performance.
3. Analyze the Anatomy and Physiology of Yoga Asanas (Postures) and Pranayama (Breathing Exercises).
4. Develop Problem-Solving Skills for Addressing Environmental Challenges.
5. Evaluate the Impact of Yogic Practices on Holistic Health and Well-Being.

Course-III: Methodology of teaching (optional methods)

➤ English method

The student teacher will be able to _

1. Recognize the significance of language as a subject in daily life.
2. Demonstrate mastery of effective language teaching methods and techniques.
3. Stay informed about current trends in English language teaching.
4. Tailor instruction to match learners' proficiency, interests, and needs.
5. Leverage technology to enhance language instruction.

➤ Marathi method

The student teacher will be able to _

1. Recognize the significance of Marathi language as a subject in daily life.
2. Demonstrate mastery of effective language teaching methods and techniques.
3. Stay informed about current trends in Marathi language teaching.
4. Tailor instruction to match learners' proficiency, interests, and needs.
5. Leverage technology to enhance language instruction.



➤ **Hindi method**

The student teacher will be able to _

1. Recognize the significance of Hindi language as a subject in daily life.
2. Demonstrate mastery of effective language teaching methods and techniques.
3. Stay informed about current trends in Hindi language teaching.
4. Tailor instruction to match learners' proficiency, interests, and needs.
5. Leverage technology to enhance language instruction.

➤ **History method**

The student teacher will be able to _

1. Recognize the educational significance of history within school curricula.
2. Demonstrate proficiency in effective history teaching methods.
3. Conduct critical analysis of history textbooks and resources.
4. Recognize the value of co-curricular activities in history education.
5. Develop competence in crafting and utilizing instructional materials.

➤ **Geography method**

The student teacher will be able to _

1. Master the skills of pedagogical and textbook analysis.
2. Demonstrate proficiency in various geography teaching methods and their classroom application.
3. Harness technology and learning resources for geography instruction.
4. Master the organization of co-curricular activities in geography education.
5. Understand the multifaceted role of the geography teacher in the contemporary educational context.

➤ **Science method**

The student teacher will be able to _

1. Acquire proficiency in diverse Science teaching approaches and methods.
2. Demonstrate competence in utilizing learning resources for enhanced science education.
3. Create and utilize a variety of instructional materials for Science education.
4. Comprehend the qualities, responsibilities, and ongoing professional growth of a science educator.
5. Analyze and address various issues in science education.

➤ **Mathematics method**

The student teacher will be able to _

1. Comprehend the essence and significance of Mathematics concepts and values.
2. Acquire profound knowledge in pedagogical analysis of various Mathematical concepts.
3. Demonstrate mastery of various teaching methods and techniques in mathematics.
4. Develop competency in Mathematics education.
5. Cultivate the ability to organize and conduct recreational Mathematical activities.



Course-IV, Course-VIII, Course-XIII & Course-XVII: Physical Education Activities

1. Major Games and Sports

Upon completing this module, students will:

- 1.1. Demonstrate Proficiency: Exhibit competence in a variety of major games and sports, including team sports (e.g., football, basketball), individual sports (e.g., tennis, badminton), and traditional sports.
- 1.2. Rules and Strategies: Understand and apply the rules, regulations, and strategies specific to different major games and sports disciplines.
- 1.3. Coaching Skills: Acquire foundational coaching skills, including teaching techniques, effective communication with athletes, and organizing practice sessions.
- 1.4. Sportsmanship: Demonstrate good sportsmanship, fair play, and ethical behavior during competitions and games.

2. Rhythmic Activities and Drills:

Upon completing this module, students will:

- 2.1. Perform Rhythmic Activities: Demonstrate competence in various rhythmic activities and drills, including dance routines and synchronized movements.
- 2.2. Choreography and Creative Expression: Create and perform choreographed routines that showcase creativity and artistic expression.
- 2.3. Musical Awareness: Develop an understanding of the relationship between rhythm and music and how it influences rhythmic activities.
- 2.4. Teaching Skills: Gain the ability to teach and lead rhythmic activities effectively, promoting coordination and creativity among participants.

3. Fitness Developmental Exercises:

Upon completing this module, students will:

At the conclusion of this course, students will have the capability to:

- 3.1. Assess Physical Fitness: Perform fitness assessments to evaluate individual physical fitness levels and design customized fitness programs.
- 3.2. Exercise Prescription: Develop fitness routines tailored to specific fitness goals, addressing areas such as cardiovascular health, muscular strength, flexibility, and endurance.
- 3.3. Safety and Injury Prevention: Demonstrate knowledge of safe exercise techniques and strategies for preventing injuries during fitness training.
- 3.4. Progressive Training: Design and implement progressive fitness plans that adapt to an individual's changing fitness levels.

4. Yogic Practices:

Upon completing this module, students will:

- 4.1. Yogic Asana Proficiency: Perform a variety of yogic asanas (postures) with precision and understanding of their physical and mental benefits.
- 4.2. Breathing Techniques: Master yogic breathing techniques (pranayama) and their role in enhancing physical and mental well-being.
- 4.3. Meditation and Mindfulness: Understand and practice meditation and mindfulness techniques for stress reduction and enhanced mental clarity.
- 4.4. Teaching Yoga: Develop the skills to teach yoga sessions effectively, emphasizing proper alignment and safety.



5. Co-curricular Activities:

Upon completing this module, students will:

- 5.1. Participation and Leadership: Actively engage in and contribute to co-curricular activities, including organizing events, clubs, or extracurricular programs.
- 5.2. Teamwork and Collaboration: Demonstrate effective teamwork and collaboration skills when working with peers in co-curricular activities.
- 5.3. Event Management: Plan, execute, and manage co-curricular events, applying organizational and leadership skills.
- 5.4. Communication Skills: Enhance communication skills, including public speaking, presentation, and interpersonal communication, in the context of co-curricular activities.

Course-V: Anatomy physiology and Health Education.

The student teacher will be able to _

1. Demonstrate comprehensive understanding of human body structure and function.
2. Acquire in-depth knowledge of the effects of exercise on overall body health.
3. Understand the significance and need for health education and community health.
4. Familiarize themselves with school health programs.
5. Acquire profound knowledge of HIV/AIDS prevention education.

Course-VI: Officiating Coaching and Sports Training.

The student teacher will be able to _

1. Comprehend the fundamental concepts and principles of officiating and coaching across various games and sports.
2. Demonstrate proficiency in understanding the rules, regulations, and officiating protocols of different games and sports.
3. Familiarize themselves with the roles and responsibilities of officials and coaches.
4. Recognize the dimensions and markings of different sports play fields, courts, and arenas.
5. Understand the concept, principles, and varieties of sports training.

Course-VII: Organization Administration and Mgmt. in Physical Education.

The student teacher will be able to _

1. Recognize the significance of physical education management.
2. Acquire knowledge of physical education and sports management at various levels.
3. Demonstrate proficiency in organizing diverse physical education programs.
4. Understand government schemes and plans pertaining to physical education and sports.
5. Gain expertise in planning, personnel management, facility management, and budget management.

Course-IX: Practice Teaching and Internship in Optional Methods

The student teacher will be able to _

1. Apply pedagogical theories and techniques in real classroom settings.
2. Demonstrate effective classroom management and instructional skills.
3. Assess student progress and adapt teaching approaches.
4. Collaborate with mentor teachers and education professionals.
5. Reflect on and improve teaching practices.



Course-X: Psychology of Education, Physical Education and Sports

The student teacher will be able to _

1. Comprehend the nature, scope, and methods of psychology in education, physical education, and sports.
2. Demonstrate proficiency in understanding the process of learning, including factors that facilitate and hinder it.
3. Understand the concepts of intelligence and creativity, along with the teacher's role in nurturing them.
4. Comprehend the significance of individual differences in education, physical education, and sports.
5. Recognize the concepts of personality and factors influencing its development, along with the teacher's role in promoting mental health.

Course-XI: Fitness Wellness, Nutrition and Weight mgmt.

The student teacher will be able to _

1. Demonstrate comprehensive understanding of the components of physical fitness.
2. Acquire profound knowledge of sports nutrition principles.
3. Apply understanding of human energy to real-life situations.
4. Comprehend the critical role of nutrition in enhancing physical performance.
5. Demonstrate proficiency in designing appropriate diets for different life stages.

Course-XII: Methodology of teaching Physical Education

The student teacher will be able to _

1. Comprehend the Role and Significance of Physical Education within School Curricula.
2. Demonstrate Proficiency in Various Teaching Methods for Physical Activities.
3. Effectively Plan and Define Objectives for Different Lesson Types.
4. Organize and Conduct Tournaments and Athletic Meets.
5. Understand the Construction and Marking of Track and Field Events.

Course-XIV: Measurement Evaluation and Statistic in Physical Education

The student teacher will be able to _

1. Demonstrate profound understanding of the concepts of measurement, evaluation, and assessment in physical education.
2. Acquire in-depth knowledge of various physical education tests.
3. Demonstrate proficiency in administering and interpreting physical fitness tests.
4. Comprehend various sports skill assessment methods.
5. Apply simple statistical procedures for evaluation and assessment.

Course-XV: Sports Medicine, Physiotherapy and Rehabilitation

The student teacher will be able to _

1. Comprehend the nature and significance of sports medicine in the context of physical education and sports.
2. Acquire profound knowledge of medical issues among athletes and their rehabilitation.
3. Demonstrate proficiency in identifying and managing sports injuries.
4. Acquire knowledge regarding therapeutic modalities used in sports medicine.
5. Understand medical problems and implement rehabilitation strategies.



Course- XVI: Kinesiology and Biomechanics

The student teacher will be able to_

1. Comprehend the nature and scope of biomechanics within physical education and sports.
2. Recognize the significance of movement analysis, kinesiological analysis, and biomechanical analysis.
3. Demonstrate knowledge of antagonistic and agonistic muscles in human movement.
4. Apply mechanical principles to enhance fundamental skills and sports techniques.
5. Solve elementary problems related to motion and force.

Course- XVIII: Practice Teaching in Physical Education

The student teacher will be able to_

1. Demonstrate effective instruction and communication skills.
2. Apply pedagogical theories and methods to facilitate student learning.
3. Implement assessment and feedback strategies.
4. Adapt teaching approaches to diverse learner needs.
5. Reflect on teaching practices and continuous improvement.
