



## **TWO YEAR BACHELOR OF PHYSICAL EDUCATION PROGRAMME**

### **(B.P.Ed.)**

#### **PROGRAM LEARNING OUTCOMES(PLOs):**

After completion of the two-year B.Ed. program, the student teacher will be able to achieve following program learning outcomes\_

#### **1. Demonstrate Proficiency in a Variety of Physical Activities:**

Graduates will be able to perform and teach a wide range of physical activities, including team sports, individual sports, and fitness exercises, with a high level of skill and competence.

#### **2. Understand Human Anatomy and Physiology:**

Graduates will have a comprehensive understanding of human anatomy and physiology, including the musculoskeletal, cardiovascular, and respiratory systems, to design safe and effective exercise programs.

#### **3. Apply Pedagogical Techniques:**

Graduates will be equipped with teaching and coaching skills to effectively communicate, instruct, and motivate individuals and groups in physical education and sports settings.

#### **4. Design and Implement Fitness Programs:**

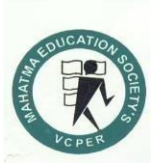
Graduates will be able to assess fitness levels, design personalized fitness programs, and track progress to help individuals improve their physical health and well-being.

#### **5. Promote Health and Wellness:**

Graduates will understand the importance of promoting physical activity as a means to enhance overall health and well-being, and they will be able to educate and encourage others to adopt active lifestyles.

#### **6. Sports Science Knowledge:**

Graduates will have a solid foundation in sports science, including biomechanics, sports psychology, nutrition, and exercise physiology, to support athletes and fitness enthusiasts in optimizing their performance.



**7. Adaptation and Inclusion:**

Graduates will be able to adapt physical education and sports programs to cater to diverse populations, including individuals with disabilities, and promote inclusive and equitable participation.

**8. Ethics and Professionalism:**

Graduates will exhibit ethical conduct and professionalism in their interactions with clients, colleagues, and the community, adhering to the highest standards of integrity in the field of physical education.

**9. Research and Critical Thinking:**

Graduates will possess the skills to critically evaluate research in the field, conduct research, and apply evidence-based practices to enhance physical education and sports training.

**10. Leadership and Management:**

Graduates will be prepared for leadership roles in physical education, sports coaching, and related fields, with the ability to manage teams, programs, and facilities effectively.

**11. Lifelong Learning:**

Graduates will recognize the importance of ongoing professional development and lifelong learning, staying current with evolving trends and research in physical education and sports science.

**12. Communication and Collaboration:**

Graduates will excel in communication and collaboration, working effectively with diverse groups of individuals, including students, athletes, parents, and fellow professionals.

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