



**KARNATAKA STATE AKKAMAHADEVI WOMENS UNIVERSITY,VIJAYAPURA
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES**

**Dr.Sakpal Hoovanna
Chairman**

**Mob:9945208418
Email: hs.sakpal@gmail.com**

CO and PO of B.P.Ed and M.P.Ed Courses:

Program Outcomes:

The department of Physical Education and Sports science is considered as an Multi Interdisciplinary subject having roots in various branches of the Universe of Knowledge viz.. Psychology, Management Sociology, Statistics, Computer Science, Medical Sciences, Applied Sciences, Sports Training, Biomechanics etc., The Discipline has been drastically influenced by sports engineering and its application to such an extent that the rare characteristics and structure of the discipline has its own identity in the present world.

Hence, the Programme of the Master of Physical Education and Bachelor of Physical Education is to produce human sources who can be the part of physical education, physical activities, sports and games in the digital era.

The B.P.Ed. and M.P.Ed Programmes are Professional Programme meant for preparing Physical Education teachers for Senior Secondary Level as well as Assistant Professor/Directors/ Sports Officers in Colleges/ Universities and Teachers Educators in College of Physical Education.

The M.P.Ed and B.P.Ed. Programms are designed to integrate the Study of Childhood, Social Context of Physical Education, Subject knowledge, Pedagogical Knowledge , aim of physical education and communication skills. The programms comprises of compulsory and Optional Theory as well as Practical Courses and Compulsory internship in school/College/Sports Organizations/Sports Academy / Sports Club.

B.P.Ed Courses		
Course code	Title of the Course	Course out comes
CC-101	Principles and Foundation of Physical Education	<ol style="list-style-type: none">1. Understand the relationship between general education and physical education.2. Understand the process of socialization through physical education3. Understand the philosophical

		<p>foundations of physical education</p> <ol style="list-style-type: none"> 4. Understand the philosophical theories related to physical education. 5. Able to classify the body types. 6. Understand the theories of learning.
CC-102	Anatomy and Physiology	<ol style="list-style-type: none"> 1. Students understand the meaning and definition of anatomy and physiology. 2. Understand the functions of skeleton system and types of joints. 3. Understand the structure and functions of various systems of human body. 4. Understand the effect of exercise on various systems of human body
CC-103	History of Physical Education	<ol style="list-style-type: none"> 1 Understand the historical foundation of physical education. 2 Understand the process of development of physical education in India. 3 Understand the contributions of various personalities related to physical education. 4 Students will familiar with the origin and history of Olympics, Asian, Commonwealth and Afro-Asian Games. 5 Enable the student to gain the knowledge on major international tournaments and cups.
EC-101	Health Education and Environmental Studies	<ol style="list-style-type: none"> 1. Understand the concept and dimensions of health. 2. Gain the knowledge about prevention and treatment of communicable and non communicable diseases. 3. Understand the students with school health program. 4. Understand the process of plastic recycling and prohibition of plastic. 5. Understand the causes and prevention of environmental pollution.
EC-102	General Science and Computer Applications in Physical	<ol style="list-style-type: none"> 1. Understand the theory of evaluation and heredity.

	Education	<ol style="list-style-type: none"> 2. Know the Components and sources of balance diet. 3. Understand the principles of physics as applied to sports skills 4. Applications of latest technology in physical education and sports. 5. Familiarize the students with fundamental concept of computer.
CC-201	Educational Technology and Methods of Teaching in Physical Education	<ol style="list-style-type: none"> 1. Familiarize the students with meaning, definition and types of education. 2. Understand the various methods of teaching. 3. Enable the student to gain the knowledge about different teaching aids. 4. Familiarize the students with the command and their practical application. 5. Enable the students to develop presentation techniques.
CC-202	Organization and Administration in Physical Education	<ol style="list-style-type: none"> 1. Familiarize the students with meaning and definition of organization and administration. 2. Understand the steps of planning process. 3. Know the methods of maintaining various records and registers related to physical education and sports. 4. Understand the methods of maintenance of infrastructures. 5. Understand the process of making time table. 6. Understand the organizational procedure of various types tournaments
CC-203	Sports Nutrition and Weight Management	<ol style="list-style-type: none"> 1. Familiarize the students with meaning and definition of sports nutrition. 2. Understand the role of nutrition in sports. 3. Know the components of nutrition and their functions. 4. Know the relationship between exercises and weight management. 5. Acquire the knowledge regarding

		<p>healthy lifestyle approach.</p> <p>6. Gain the knowledge to design diet plan for different sport</p>
EC-201	Yoga, Fitness and Wellness	<ol style="list-style-type: none"> 1. Familiarize the students with meaning and definition of yoga. 2. Understand the difference between yogic practice and physical exercise. 3. Understand the Astanga yoga and their principles. 4. Enable the students to differentiate the bandhas, kriyas and mudras. 5. Understand the relationship between fitness and wellness. 6. Gain knowledge regarding various aspects and its practical implications fitness lifestyle management.
EC-202	History of Games and Sports	<ol style="list-style-type: none"> 1. Familiarize the students with meaning and definition of games and sports. 2. Understand the role of games and sports in physical education. 3. Know about the misconception about sports and games. 4. Understand the origin and history of indigenous and western games. 5. Familiarize the students with history, objectives and functions of various national and international sports bodies
CC-301	Sports Training	<ol style="list-style-type: none"> 1. Work as physical education teachers and coaches with greater efficiency. 2. Apply the acquired and in-depth knowledge as well as their methodical competences in practical sports training under different conditions. 3. Choose appropriate and more effective training measures for the preparation of athletes for national and international competitions 4. Can act as multipliers in the selected sports discipline, e.g. by organizing training and further education courses for sports instructors in their home country. 5. Promote further development of sports

		structures and acquisition of new target groups in the field of sport.
CC-302	Officiating and Coaching	<ol style="list-style-type: none"> 1. Work as physical education teachers, coaches and referees with greater efficiency. 2. Understand the philosophy and duties of a coach. 3. Know the different methods of officiating. 4. Apply the acquired and in-depth knowledge as well as their methodical competences in practical sports training under different conditions.
CC-303	Sports Medicine, Physiotherapy and Rehabilitation	<ol style="list-style-type: none"> 1. Understand the meaning, definition and importance of sports medicine in physical education. 2. Familiarize with the method and procedure of first aid and types of bandage. 3. Gain knowledge about therapeutic modalities as well as their practical application. 4. Familiarize the students with various types of massage. 5. Enable the students to gain the knowledge about free mobility exercises of various joints of human body.
EC-301	Curriculum Design and Supervision	<ol style="list-style-type: none"> 1. Understand the role of a teacher in curriculum design. 2. Understand the steps of curriculum design. 3. Familiarize the students with the construction of curriculum. 4. Discuss the meaning, definition and importance of supervision in physical education. 5. Understand the supervision techniques at various level.
EC-302	Recreation and Camp	<ol style="list-style-type: none"> 1. Orient the students about meaning, scope, importance and principles of recreation.

		<ol style="list-style-type: none"> 2. Familiarize the students to make planning of recreational programmes. 3. Gain knowledge about availability of various recreational facilities. 4. Understand the meaning and definition of camping. 5. Understand the method of selecting camping site. 6. Understand the role and responsibility of a camp leader..
CC-401	Test, Measurement and Evaluation in Physical Education	<ol style="list-style-type: none"> 1. Understand the meaning of test, measurement and evaluation. 2. Enable the student to construct a standardized test. 3. Familiarize the student with the procedure of administrating the test. 4. Understand and practice various test to measure physical fitness. 5. Understand and practice various test to measure physical fitness
CC-402	Kinesiology and Biomechanics	<ol style="list-style-type: none"> 1. Understand the meaning and scope of Kinesiology and Biomechanics in Physical Education and sports 2. Familiarize the students with movements at different joints. 3. Understand different movement of muscles. 4. Know the principles of physics as applied to sports skills 5. Application of laws of biomechanics in various skills and athletic events.
CC-403	Sports Management	<ol style="list-style-type: none"> 1. Understand the meaning and scope of sports management. 2. Understand the procedure of event management in physical education and sports. 3. Understand the meaning of leadership and different styles of leadership. 4. Familiarize the student with the procedure of program planning. 5. Understand the steps in making a good sports budget.

<p>EC-401</p>	<p>Research and Statistics in Physical Education</p>	<ol style="list-style-type: none"> 1. Familiarize the student with the dimensions and methods of research. 2. Orient the student to make an informed choice from the large number of alternative methods and experimental designs available. 3. Analyze an event or process or phenomenon to identify the cause and effect relationship 4. Enable the student to present a good research proposal. 5. Familiarize the student with the nature of research and scientific writing.
<p>EC-402</p>	<p>Sports Journalism and Sociology</p>	<ol style="list-style-type: none"> 1. Meaning, scope and changing trends of journalism in sports. 2. Role of journalism in sports promotion and vice-versa and Media. 3. Develop professional competencies, skills and knowledge regarding sports journalism. 4. Acquire the writing skills in the field of sports. 5. Understand the socialization process through physical education. 6. Understand the status of women sports in India. 7. Understand the importance of women participation in sports.
<p>M.P.Ed Courses</p>		
<p>MPECC 101</p>	<p>Research Process in Physical Education & Sports Sciences</p>	<ol style="list-style-type: none"> 1. Familiarise the student with the dimensions and methods of research. 2. Orient the student to make an informed choice from the large number of alternative methods and experimental designs available. 3. Analyse an event or process or phenomenon to identify the cause and effect relationship 4. Enable the student to present a good research proposal. 5. Familiarise the student with the nature of research and scientific writing

		<ol style="list-style-type: none"> 6. Empower the student with the knowledge and skills they need to undertake a research project, to present a conference paper and to write a scientific article. 7. Find solution to scientific or non-scientific and social problem to overcome or solve the problem in occurring in our day life
MPECC 102	Physiology of Exercises	<ol style="list-style-type: none"> 1. Understand the meaning and scope of sports physiology in physical education. 2. Understand the skeletal and muscular system and their role in improving performance. 3. Understand the changes in cardio vascular, respiratory and hormonal system during exercise. 4. Understand the effect of exercise on various physiological systems. 5. Exercise prescription for special conditions such as hypertension, diabetes, obesity etc. 6. Understand the changes during exercise in various environmental conditions. 7. Understand the physiological differences in women and their performances.
MPEOEC 101	Open Elective Paper – Health Education and Sports Nutrition	<ol style="list-style-type: none"> 1. Understand the concept and dimensions of health. 2. Gain the knowledge about prevention and treatment of communicable and non communicable diseases. 3. Familiarize the students with school health program. 4. Understand concept sports nutrition. 5. Understand the concept of BMI and weight management.
MPEEC101	Test, Measurement and Evaluation in Physical Education	<ol style="list-style-type: none"> 1. Placement in classes/programs or grouping based on ability 2. Determine what knowledge, skills, abilities, habits and attitudes have been acquired.

		<ol style="list-style-type: none"> 3. Determine what progress or extent of learning attained. 4. Determine strengths, weaknesses, difficulties and needs of students. 5. Help in study habits formation. 6. Develop the effort-making capacity of sports persons. 7. Serve as aid for guidance, counselling, and prognosis. 8. Serve as basis or guide for curriculum making and developing. 9. Evaluation of achievement to determine if individuals have reached important objectives.
MPEEC102	Health Education and Sports Nutrition	<ol style="list-style-type: none"> 1. Understand the concept and dimensions of health. 2. Gain the knowledge about prevention and treatment of communicable and non communicable diseases. 3. Familiarize the students with school health program. 4. Understand concept sports nutrition. 5. Understand the concept of BMI and weight management.
MPECC 201	Sports Psychology and Sociology	<ol style="list-style-type: none"> 1. Understand the profile of psychological requirements of an applied sports psychology. 2. Psychological aspects and methods for effective motor learning. 3. Psychological training for optimizing one's mental state, to cope with stress and to increase psychological load tolerance. 4. How to psychologically work with difficult athletes and injuries in sports. 5. Successful coaching in individual sports and team sports. 6. Means and methods of an event – specific, psychological preparation for competitions. 7. Psychological training methods in sport.
MPECC 202	Sports Management and	<ol style="list-style-type: none"> 1. Understand the importance of sport

	Curriculum design in Physical Education	<p>management of physical education sports</p> <ol style="list-style-type: none"> Gain the knowledge regarding planning and personal, facility. Budget .management. Sports physical education Understand the various aspects curriculum designing in professional preparation Physical education Gain the knowledge regarding HRM, Scientific purchasing. Job analysis and its process, sports communication. Health and fitness industry in sports
MPECC 201	Open Elective Recreation and Leadership	<ol style="list-style-type: none"> Orient the students about meaning, scope, importance and principles of recreation. Familiarize the students to make planning of recreational programmes. Gain knowledge about availability of various recreational facilities. Understand the meaning and definition of camping. Understand the method of selecting camping site. Understand the role and responsibility of a camp leader
MPEEC202	Athlete care and Rehabilitation	<ol style="list-style-type: none"> Participate regularly in developmentally age-appropriate movement and motor skills. Develop a healthy level of flexibility, balance, muscular strength and endurance, body composition and cardio-respiratory endurance. Develop competency in movement and motor skills. Learn game rules and strategies and demonstrate their use in game settings. Demonstrate appropriate social skills in physical activity setting. Understand the benefits of regular physical activity. The adapted physical education program also emphasizes the importance of physical activity and personal fitness.

MPEEEEC	Sports Jourlism	<ol style="list-style-type: none"> 1. Meaning, scope and changing trends of journalism in sports. 2. Role of journalism in sports promotion and vice-versa and Media. 3. Develop professional competencies, skills and knowledge regarding sports journalism. 4. Acquire the writing skills in the field of sports.
MPECC301	Scientific Principles of Sports Training	<ul style="list-style-type: none"> • Work as physical education teachers and coaches with greater efficiency. • Train athletes and teams appropriately to their age in the selected sports discipline. • Apply the acquired and in-depth knowledge as well as their methodical competences in practical sports training under different conditions. • Analyse development tendencies in their selected sports discipline and to take this into consideration when planning their own training process; • Choose appropriate and more effective training measures for the preparation of athletes for national and international competitions • Act as multipliers in the selected sports discipline, e.g. by organizing training and further education courses for sports instructors in their home country. • Promote further development of sports structures and acquisition of new target groups in the field of sport.
MPECC 302	Sports Bio-Mechanics and Kinesiology	<ol style="list-style-type: none"> 1. The meaning and scope of Kinesiology and Biomechanics in Physical Education and sports 2. The location of muscles and the involvement of muscles in movement 3. Principles of physics as applied to sports skills 4. Application of laws of biomechanics in various skills and athletic events.

		<ol style="list-style-type: none"> 5. The methods of analyzing skills and detecting faults during the performance of these skills. 6. Usage of various technique and tools to analyze skills. 7. The method of improving skills thereby increasing efficiency of skill performance
MPEOEC301	Open Elective Health Fitness and Wellness	<ol style="list-style-type: none"> 1. Development competencies, skill and knowledge required for the fitness and life style management 2. Understand the relationship between fitness and wellness 3. Acquire the knowledge regarding healthy lifestyle approach. 4. Gain knowledge regarding various aspects and its practical implications fitness lifestyle management
MPEEC 301	Sports Medicine	<ol style="list-style-type: none"> 1. The concept of sports medicine and its significance in sports performance. 2. The development of the profession of sports medicine and its regularity bodies. 3. Injuries occurring in the upper extremities and their rehabilitation 4. Injuries occurring in the lower extremities and their rehabilitation <p>The technique and benefits of massage</p>
MPEEC302	Sports Nutrition	<ol style="list-style-type: none"> 1. Understand the concept and Nutrition. 2. Role of nutrition in sports performance. 3. Familiarize the students with school health program. 4. Understand concept sports nutrition. 5. Understand the concept of BMI and weight management.
MPECC401	Applied Statistics in Physical Education	<ol style="list-style-type: none"> 1. Understand the concepts of statistics in physical education. 2. To use population mean, as an estimate of the sample mean, 3. To make inferences about a population based on information we get from a sample taken from the population <p>To make inferences about a sample with a high degree of reliability</p>

MPECC 402	Information Communication Technology in Physical Education (ICT)	<ol style="list-style-type: none"> 1. State the meaning of information and communication technology 2. Concept, elements, process and types of communication 3. Concept and importance of ICT 4. Fundamentals of computers 5. MS office applications. 6. ICT in teaching learning process project based learning 7. Justify the need and significance of ICT in education. 8. Explain the historical perspective of educational technology 9. State the emerging trends in educational technology 10. E-learning and web based learning
MPEOEC 401	Health Fitness and Wellness	<p>Development competencies, skill and knowledge required for the fitness and life style management</p> <ol style="list-style-type: none"> 2. Understand the relationship between fitness and wellness 3. Acquire the knowledge regarding healthy lifestyle approach. 4. Gain knowledge regarding various aspects and its practical implications fitness lifestyle management
MPEEC 401	Yoga Studies	<ol style="list-style-type: none"> 1. Understand the common grounds of yoga and physical education and sports 2. Understand the anatomy and Physiology of asanas and pranyams kriyas. 3. Gain knowledge regarding the application yoga 4. Gain knowledge regarding the effects of yoga exercise on the human body health and sports

		<ol style="list-style-type: none"> 5. Understand the teacher role, responsibilities to promote yoga education school and society 6. Knowledge of classical and theoretical foundations of the field of Yoga.
MPEEC402	<p>A)Values and environmental Education</p> <p style="text-align: center;">OR</p> <p>B)Sports Journalism (Open Elective)</p>	<ol style="list-style-type: none"> 1. Promote a new understanding and framework to help students achieve positive and purposeful lives for themselves and their communities through engaging with values to guide and inform their behavior. 2. This approach offers a new way of thinking about education and how children and young people can be supported to develop to become successful and happy members of the society 3. Environmental education is concerned with those aspects of human behavior which are more directly related to man's interaction with bio-physical environment and his ability to understand this interaction. 4. Help the social group and individuals to acquire knowledge of pollution and environmental degradation. 5. Help social groups and individual to acquire a set of values for environmental protection