

**Hanuman Vyayam Shala Krida Mandal,
Physical Education College, Yavatmal**

Programme Learning Outcomes (PLO's) & Course Learning Outcomes (CLO's)

Programme Learning Outcomes (PLO's)

Programme: B.P.Ed.

1. To enable the trainee-learners to understand the nature, purpose and philosophy of Physical Education.
2. To prepare teachers of Physical Education.
3. To develop personal, professionals and social competencies.
4. To develop potential for planning and organizing.
15. To inspire students to actively participate in yogic exercises, games and sports.
6. To enable teachers to develop personality, character, will power, democratic values and positives attitude towards life among students through Physical Education.
7. To make teachers capable of imparting basic knowledge about health, hygiene, nutrition and physical fitness.
8. To develop skills and competencies to organize school and community games and sports.
9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
10. To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
11. To promote appreciation and interest for indigenous games, sports and yogic practices among trainee-learner.
12. To create awareness about health and hygiene in the community.

B.P.Ed. (Semester I) Course Learning Outcomes (CLO's)

Sr. no. Course	Course Code	Course Name	Course Outcomes
1	DSC-1	History, Principle and Foundation of Physical Education	<ol style="list-style-type: none"> 1. Identify the scope of Physical Education. 2. Describe historical perspectives of Physical education in India. 3. Apply the various isms of Indian philosophy. 4. Promote the ideas of Fitness in the society. 5. Evaluate and give the knowledge about the science in physical education
2	DSC- 2	Anatomy and Physiology	<ol style="list-style-type: none"> 1. Explain the organization of the human body and its regulation. 2. Describe the support and movement of systems of the body. 3. Memorize the knowledge of the human body and its function. 4. Analyse the structural aspect of systems of the body. 5. Explain the fundamentals of human body organs. 6. Analyse the functional aspects of Human body. 7. Identify and compare the effects of Exercise on Various system
3	DSC – 3	Management of Physical Education and Sports & Games	<ol style="list-style-type: none"> 1. Summarize the concept and to equip with the essential skills of sports management. 2. Develop the qualities and competencies required for the sports manager. 3. Use knowledge and implement concepts of planning. 4. Apply leadership style and methods 5. Organize and Administration of Sports Programs. 6. Prepare financial proposals for physical education & sports Programme. 7. Organization, designing and evaluating the sports events.
4	DSE-1	Information & Communication Technology In Physical Education and Sports	<ol style="list-style-type: none"> 1. Apply Information and communication technology in Sports and physical education. 2. Create awareness regarding research in the field of information and communication Technology.

		& Games	<ol style="list-style-type: none"> 3. Apply various fundamentals of computers in physical education. 4. Application of MSOFFICE for various activities in physical education. 5. Recognize use of software in Physical Education
5	DSE- 2	Olympic Movement	<ol style="list-style-type: none"> 1. Explain the philosophy and history of Olympic Movements. 2. Apply knowledge of Olympic Ideals, Code, Ethics, protocol etc. 3. Classify Olympic, Para Olympic Games and committees. 4. Classification and identification of the Olympic values. 5. Explain the concept of Olympics in organizing various sports activities. 6. Recognize functional operations of national and international Olympic Federations.
6	Practical	Track and Field	<ol style="list-style-type: none"> 1. Perform in running in Competitive Sports & Games. 2. Develop the concept of the Games and Sports skill. 3. Analyze & interpret the skills. 4. Demonstrate and assess various techniques of starts and finish. 5. Interpret the rules and regulations in real game situation. 6. Organize and officiate the track & field event in real situation.
7	Practical	Indoor & Water Sports	<ol style="list-style-type: none"> 1. Give performance in Gymnastics, Weightlifting & Swimming in Competitive Sports & Games. 2. Develop the concept of the Games and Sports skill. 3. Analyze and interpret the skills. 4. Demonstrate and assess various techniques of starts and finish. 5. Interpret the rules and regulations in real game situations 6. Organize and officiate matches in real game situations
8	Practical	Indigenous Sports	<ol style="list-style-type: none"> 1. Performance in Indigenous sports (Kabaddi, Kho-Kho & Malkhamb) in Competitive Sports & Games. 2. Develop the concept of the Games and Sports skill. 3. Analyze & interpret the skills. 4. Demonstrate and assess various techniques of starts and finish. 5. Interpret the rules and regulations in real game situation. 6. Organise and officiate a match in real game situations. 7. Develop innovative techniques in Indigenous sports
9	Practical	Mass Demonstration Activities	<ol style="list-style-type: none"> 1. Explain the importance of Mass demonstration activity. 2. Develop the concept of the activity skill. 3. Develop the concept of Dance skill. 4. Analyze & interpret the skills. 5. Appraise the rules and regulations. 6. Demonstrate and assess various techniques. 7. Develop the concept of Cooperation and coordination. 8. Build self discipline in lifestyle.

B.P.Ed. (Semester II) Course Learning Outcomes (CLO's)

Sr. no. Course	Course Code	Course Name	Course Outcomes
1	DSC-1	Yoga Education	<ol style="list-style-type: none"> 1. Apply yogic exercise in sports performance. 2. Explain about the benefits of pranayama and Asanas for health 3. Create the awareness regarding research in field of Yoga. 4. Correlate yoga with sports. 5. Use the knowledge of Upanishads and its importance in life. 6. Apply knowledge of Yoga sutra, Astang Yoga and Hat yoga. 7. Classify and Identify the Yogic practices' 8. Apply the Yogic knowledge for the society
2	DSC- 2	Educational Technology and Methods of Teaching in Physical Education	<ol style="list-style-type: none"> 1. Identify and apply educational technology in physical education and sports 2. Explain role of educational technology in classroom teaching 3. Create the awareness regarding research in the field of educational

			<p>technology.</p> <ol style="list-style-type: none"> 4. Interpret about nature and scope of educational technology. 5. Develop instructional Design and Audio -Visual Media 6. Develop proficiency in construction of Lesson Plans for various physical educational activities. 7. Apply the principles of class management and factors affecting class management. 8. Acquire the skills and utilization of various teaching aids for conduct of physical education program effectively.
3	DSC -3	Methodology of Teaching Special Subjects - English /Marathi /Hindi/ Mathematics / Science/ Geography/ History/ Civics / Sports coaching.	<ol style="list-style-type: none"> 1. Explain the importance of language in teaching skills. 2. Apply methods and techniques of teaching in various subject. 3. Acquire information and make use on current directions. 4. Develop proficiency, interests and needs of trainee-learners. 5. Enable the trainee-learner to use technology to enrich language teaching.
4	DSE-1	Contemporary issues in Physical Education, Fitness, and Wellness	<ol style="list-style-type: none"> 1. Use the modern concept of Fitness and Wellness. 2. Apply various techniques of Aerobic and anaerobic exercise and demonstrate its benefits 3. Employ the knowledge about concept of holistic health through fitness and wellness. 4. Orient toward the approach of positive life style in the society. 5. Develop competencies in health and fitness sector. 6. Realize and apply the fitness and wellness management techniques. 7. Relate the contemporary health issues and its interventions. 8. Design different fitness training program for different age groups. 9. Explain and demonstrate common injuries and their management.
5	DSE- 2	Sports Nutrition and Weight Management	<ol style="list-style-type: none"> 1. Describe the components of Sports Nutrition. 2. Recognise the role of food and nutrition in sports performance. 3. Apply the principles of Weight Management. 4. Application of human energy and energy balance. 5. Recognise the role of food in Physical performance. 6. Explain the importance and identify the use of diet for various life cycles.
6	Practical	Track and Field	<ol style="list-style-type: none"> 1. Describe the importance of Jumping Event. 2. Demonstrate and assess various techniques of Athletics. 3. Interpret the rules and regulations in real competition situation. 4. Organise and officiate competition/matches in real game situation in athletic competition.
7	Practical	Indoor & Water Sports	<ol style="list-style-type: none"> 1. Recognise the importance of Water sports in Competitive Sports & Games 2. Identify the values of Water sports. 3. Memorize the values of Yogic exercises and Kriya in day to day life. 4. Analyze & interpret the Indoor sports (Gymnastic) skills and Yogic exercises. 5. Appraise the rules & regulations of Indoor sports (Gymnastic). 6. Demonstrate and assess various techniques of Gymnastics & Yogic Practices. 7. Interpret the rules and regulations in real competition and game situations. 8. Organize Gymnastic events & Yoga competition.
8	Practical	Racket Sports	<ol style="list-style-type: none"> 1. Analyze & interpret the Indoor sports (Racket) skills. 2. Appraise the rules & regulations of Indoor sports (Racket games). 3. Demonstrate and assess various styles/technique of Racket sports. 4. Interpret the rules and regulations in real competition and game

			situations. 5. Organize matches in real game situations in Racket sports.
9	Practical	Teaching Practices	<ol style="list-style-type: none"> 1. Transfer the knowledge as a professional personnel to cater the diverse needs of the students 2. Demonstrate the practical concepts of teaching practices as specialized opted subject teaching method. 3. Demonstrate the practical concept in Mass Demonstrative activities 4. Organize and compose mass demonstration 5. Conduct physical education program for various age groups 6. Identify and evaluate the problem involved during teaching a lesson 7. Develop free hand exercises emphasizing on physical fitness, rhythmic sense and neuromuscular coordination.

**Hanuman Vyayam Shala Krida Mandal,
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Programme Learning Outcomes (PLO's) & Course Learning Outcomes (CLO's)

Programme Learning Outcomes (PLO's)

Programme: B.P.E.S.

1. To enable the trainee-learners to understand the nature, purpose and philosophy of Phy. Edu.
2. To prepare teachers of Physical Education.
3. To develop personal, professional and social competencies.
4. To develop potential for planning and organizing.
15. To inspire students to actively participate in yogic exercises, games and sports.
6. To enable teachers to develop personality, character, will power, democratic values and positive attitude towards life among students through Physical Education.
7. To make teachers capable of imparting basic knowledge about health, hygiene, nutrition and physical fitness.
8. To develop skills and competencies to organize school and community games and sports.
9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
10. To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
11. To promote appreciation and interest for indigenous games, sports and yogic practices among trainee-learner.
12. To create awareness about health and hygiene in the community.

B.P.E.S. (Semester I) Course Learning Outcomes (CLO's)

Sr. no. Course	Course Code	Course Name	Course Outcomes
1	1TP01	English Hindi Marathi	<ol style="list-style-type: none"> 1. Explain the importance of language as a subject in life. 2. Apply the methods and techniques of teaching, various aspects of language teaching. 3. Apply current directions in English/Hindi/Marathi language teaching. 4. Identify and be sensitive to the proficiency, interests and needs of trainee-learners. 5. Apply the technology to enrich language teaching.
2	1TP02	Foundation of Physical Education	<ol style="list-style-type: none"> 1. Apply knowledge about foundation of physical education. 2. Identify historical perspectives of physical education in India. 3. Apply the ideology of Indian philosophy. 4. Apply the ideas of Fitness Promotion.
3	1TP03	Anatomy	<ol style="list-style-type: none"> 1. Apply knowledge about the functions of the human body and its regulation. 2. Correlate the human body and its function. 3. Analyze the structural aspect of systems of the body. 4. Explain the fundamental of human body organs.
4	1TP04	Fundamental Of Computer Use In Physical Education	<ol style="list-style-type: none"> 1. Application of computer in Physical education 2. Explain the components of computer 3. Applications of MS Word and MS Excel and MS power Point
5	1PC01	Major Team Game	<ol style="list-style-type: none"> 1. Explain the importance of Major games in Competitive Sports & Games. 2. Develop the concept of the Games and Sports skill. 3. Demonstrate and assess various techniques. 4. Interpret the rules and regulations in real game situations. 5. Organize and officiate matches in real game situations.
6	1PC02	Track And Field	<ol style="list-style-type: none"> 1. Explain the importance of Running in Competitive Sports & Games and general in life.

			<ol style="list-style-type: none"> 2. Develop the concept of the Track and Field events. 3. Analyze and interpret the skills. 4. Demonstrate and assess various techniques of starts and finish. 5. Interpret the rules and regulations in real game situations. 6. Organise and officiate real competition situations.
7	1PC03	Yoga And Wrestling	<ol style="list-style-type: none"> 1. Develop the concept of Yoga and Wrestling. 2. Analyze & interpret the skills. 3. Demonstrate and assess various techniques of starts and finish. 4. Interpret the rules and regulations in real game situation. 5. Organize and officiate matches in real game situations.
8	1PC04	Formal Activity	<ol style="list-style-type: none"> 1. Explain the importance of mass demonstration activity. 2. Develop command on marching and drill. 3. Analyse & interpret the skills. 4. Demonstrate and assess various techniques of drum and side drum. 5. Demonstrate the mass drill 6. Perform various folk dance. 7. Promote discipline in drill and marching.

B.P.E.S. (Semester II) Course Learning Outcomes (CLO's)

Sr. no. Course	Course Code	Course Name	Course Outcomes
1	2TP01	Physiology Of Exercise	<ol style="list-style-type: none"> 1. Create awareness for the human body and various physiological systems 2. Explain the role of exercises for various physiological systems 3. Classify concept of Energy, Muscles, Circulatory system, Respiratory System 4. Analysis of sport movement and design movement oriented exercises.
2	2TP02	Kinesiology	<ol style="list-style-type: none"> 1. Explain the objectives of kinesiology 2. Classify and application of axes and plane to the human body 3. Categorize fundamental of body movement 4. Locate and demonstrate action of major muscles of various joints 5. Apply mechanical concepts in sports and games.
3	2TP03	Yoga	<ol style="list-style-type: none"> 1. Classify and Identify the Yogic practices' and Asanas. 2. Demonstrate the Yogic practices and Asana. 3. Describe Upanishads and importance in life. 4. Describe Yoga sutra, Astang Yoga and Hat yoga. 5. Apply the knowledge of Yogic practices for society
4	2TP04	Sports Sociology	<ol style="list-style-type: none"> 1. Develop and apply the knowledge of sports sociology 2. Explain effect of appearance, sociability and specialization on sport participation 3. Describe Sport as an art. 4. Develop and apply the knowledge of social factors concerning sports in society and social system 5. Modify the concept of sports women. 6. Relate sports and socialization
5	2PC01	Major Team Game	<ol style="list-style-type: none"> 1. Explain the importance of Major games in Competitive Sports & Games. 2. Develop the concept of the Games and Sports skill. 3. Analyse & interpret the skills.

			<ul style="list-style-type: none"> 4. Demonstrate and assess various techniques. 5. Interpret the rules and regulations in real game situations. 6. Organise and officiate matches in real game situations.
6	2PC02	Gymnastics	<ul style="list-style-type: none"> 1. Explain the importance of Gymnastics. 2. Develop and demonstrate Gymnastics. 3. Analyse & interpret the skills. 4. Demonstrate and assess various techniques of starts and finish. 5. Interpret the rules and regulations in real game situations. 6. Organise and officiate matches in real game situations.
7	2PC03	Yoga	<ul style="list-style-type: none"> 1. Develop and demonstrate Yoga. 2. Analyze & interpret the skills. 3. Demonstrate and assess various techniques of starts and finish. 4. Appraise the rules and regulations in real game situations. 5. Organise and To officiate matches in real game situations.
8	2PC04	Formal Activity	<ul style="list-style-type: none"> 1. Develop mass demonstration activity. 2. Develop command on marching and drill. 3. Analyse & interpret the skills. 4. Demonstrate and assess various techniques of drum and side drum. 5. Demonstrate the mass drill 6. Demonstrate various folk dance 7. Promote discipline in drill and marching

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Programme Learning Outcomes (PLO's) Programme Specific Outcomes (PSO's)

Programme Learning Outcomes (PLO's)

1. Maintain health & Fitness of society.
2. Promote all round development of society (physical, mental, social, and spiritual)
3. Effective Communication: Speak, read, write and listen clearly in person and through electronic media.
4. Effective Citizenship: Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
5. Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

PSOS:

1. Prepare physical education teacher.
2. Fulfilled the need of physical education teachers of the society from grass root level to higher education.
3. Develop the need based teaching resources in sports and Physical Education.
4. Contribute as trained Workforce to provide teaching learning support from school level to higher education.
5. Contribute as researcher in making sports policy, curriculum design and in evaluation reforms.

M.P.Ed. (Semester I) Course Learning Outcomes (CLO's)

Sr. no. Course	Course Code	Course Name	Course Outcomes
1	DSC-1	RESEARCH METHODOLOGY IN PHYSICAL EDUCATION & SPORTS	1. Determine need and scope of research in Physical Education. Design of conducting research. 2. Identify potential research areas in Physical Education & Sports Sciences 3. Apply ethics of research.
2	DSC-2	PHYSIOLOGY OF EXERCISE	1. To create awareness of human body & physiological systems. 2. To demonstrate the effect of exercise on various systems. 3. Discusses metabolic and energy transformation. 4. Associate climatic condition and sports performance. 5. Describe cryogenic aids.
3	DSC-3	YOGIC SCIENCES	1. Demonstrate an understanding of professional ethics in yoga science. 2. Recognize the need to engage in lifelong learning through continuing education and research. 3. Learning and professional development through self-study. 4. Categorization Mudras and Kriyas. 5. Application of Yogic science for sports performance.
4	DSC-4	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	1. Develop an assessment instrument (a health & fitness test, skill test of various games and sports etc.) and a scoring. 2. Develop knowledge, skills, and abilities related to health and fitness assessment; 3. Techniques of Evaluate students' performance assessment of various instruments and create new tests.
5	MPPC-101	TRACK & FIELD (Track event performance)	1. Demonstrate Fundamental skills–Short and Middle distance running. 2. Use of Starting blocks- stance on the blocks. Body position at the start& starting technique. Change in body position during running. 3. Modify movements of the arms, stride length and frequency. 4. Interpret Position of torso while running and at finish. 5. Application of Advanced Skills & Various techniques of start: Sitting start, standing start and Active game practice. 6. Interpretation of Lead up activities, General rules, Duties of officials 7. Able to Officiating in various level Competitions and Marking of the

			play area.
6	MPPC-102	SPECIALIZATIONS IN INDIGENOUS GAME (INDIAN GAME)	<ul style="list-style-type: none"> • Explain history of the various Indigenous games. • Able to design and prepare the play fields, Equipment's and materials required. • Demonstrate Fundamental skill, Lead up games, system of play, rules, Regulations of game, Officials and their signals. • Create and execute Strategy's, Techniques, Tactics in game situation. • Give original example and applications various Methods of coaching. • Evaluate Modern trends in the game, latest record, awards of the game
7	MPPC-103	YOGA	<ul style="list-style-type: none"> • Able to demonstrate proficiency at the Yoga-asanas. • Utilize and execute Kriyas in yoga. • Explain key concepts of Pranayama and its benefits. • Learning Aerobics and its practical uses. • Determine and categorization of Mudras.
8	MPPC-104	TEACHING/COACHING LESSON ATHLETICS (TRACK EVENTS)	<p>Develop proficiency in taking teaching classes in Track events under school/college situation.</p> <ul style="list-style-type: none"> • Provided teaching experience to students. • Interpret Methods of coaching, Officials and their signals. • Evaluate Modern trends in the game, latest record, awards of the game.

M.P.Ed. (Semester II) Course Learning Outcomes (CLO's)

Sr. no. Course	Course Code	Course Name	Course Outcomes
1	DSC-1	APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS	<ul style="list-style-type: none"> • Convert a problem and describe into testable research hypotheses. • Apply statistical tools to investigate a research hypothesis. • Use of standard experiment designs, with application of statistics analysis of research hypothesis. • Application of computer software for statistics.
2	DSC-2	SPORTS BIOMECHANICS AND KINESIOLOGY	<ol style="list-style-type: none"> 1. Describe terminology of sports biomechanics and Kinesiology. 2. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance. 3. Identify and explain the mechanisms underlying biomechanical, physiological changes that occur during after acute and chronic exercises. 4. Apply mechanical principles to the analysis of human movement to assess and improve performance and reduce risk of injury. 5. Application of mechanical principle to analysis human movement for performance. 6. To design safety devices. 7. To prepare a mode to reduce the risk of injury. 8. To invent and event new techniques, styles of various sports.
3	DSC-3	INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION	<ol style="list-style-type: none"> 1. Describe information and communication technology. 2. Recognize purpose and scope of ICT in physical education. 3. Apply basic ICT skills in planning and teaching at school level. create web-based learning environment using virtual classrooms and web based educational applications 4. To educate required social, ethical, and legal issues surrounding technology

			<p>5. To create scoring and recording of raw data and organizing using ICT.</p> <p>6. Design sport related software.</p> <p>7. Identify the components of an ICT system by using system map or a block diagram.</p>
4	DSC-4	MANAGEMENT IN PHYSICALEDUCATION AND SPORTS	<p>1. Demonstrate the concept of sports management.</p> <p>2. Differentiate between formal, informal and co-curricular activity.</p> <p>3. Outline the process of designing curriculum.</p> <p>4. Analyze various models of curriculum. Incorporate an understanding of ethical, legal, and socio-cultural issues in managerial decision making and policy determinations in sport</p> <p>5. Employ sound principles of strategic planning, financial management, risk management, and human resource management in sport</p> <p>6. Apply a fundamental knowledge and practical understanding of sport marketing, communication, and event management principles</p> <p>7. Creative use of available resources.</p>
5	MPPC-201	TRACK & FIELD (FIELD EVENTS PERFORMANCE)	<p>Demonstrate Fundamental skills</p> <p>A. Jumping Events(High Jump/Long Jump/Triple Jump)</p> <p>B. Throwing Events(Shot-put/Discuss/ Javelin/Hammer Throw)</p> <ul style="list-style-type: none"> • Explain and demonstrate the importance of warming-up-general free hand exercises, specific work out related to the events. • Use and maintain of Field, equipment, jumping pit, toe board etc. • Demonstrate the body position at the runway & jumping / vaulting technique and Change in body position during running, jumping, and throwing. • Application of Advanced Skills & Various techniques of:- <p>A. Jumping Events(High Jump/Long Jump/Triple Jump)</p> <p>B. Throwing Events(Shot-put/Discuss/ Javelin/Hammer Throw)</p> <ul style="list-style-type: none"> • Interpretation of Lead up activities, General rules, Duties of officials • Able to organize and Officiate various level Competitions and Marking of the play area
6	MPPC-202	TEAM GAMES SPECIALIZATION (FOREIGN GAME)	<p>Explain History of the various foreign games.</p> <ul style="list-style-type: none"> • Able to design and prepare the play fields, Equipment's and materials required. • Demonstrate Fundamental skill, Lead up games, system of play, rules, Regulations of game, Officials and their signals. • Create and execute Strategy's, Techniques, Tactics in game situation. • Demonstrate and apply various Methods of coaching. • Evaluate Modern trends in the game, latest record, awards of the game etc.
7	MPPC-203	PRACTICAL I.C.T.	<p>1. Discover the milestones of ICT history.</p> <p>2. Acknowledging the role of technologies in modern society and the potential</p> <p>3. Comprehend the role of MS software in physical education.</p>

			<p>like- M.S. Word, M.S. Excel, M.S. PowerPoint</p> <p>4. Create E-mail address, send E-mail, and receive E-mail ID</p> <p>5. Internet: Searching Web-site, Searching information on the Internet about a pre-established topic.</p> <p>6. Apply ICT to refine basic and complex motor skills and apply them to increasingly complex games, activities and sport-specific situations.</p>
8	MPPC-204	TEACHING / COACHING LESSON ATHLETICS (FIELD EVENTS)	<p>Develop proficiency in taking teaching classes in field events under school/college situation.</p> <ul style="list-style-type: none"> • Provided teaching experience to students. • Interpret Methods of coaching, Officials and their signals. • Evaluate Modern trends in the game, latest record, awards of the field events.