

# Kalinga University

## Education

### Bachelor Of Physical Education

#### PO

| S. No. | Program Outcome (PO) Description                                                                                                                                                                                                                                                                            |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives. |
| 2      | Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.                                                                        |
| 3      | Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.                                                                                                                                                                                             |
| 4      | Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.                                                                        |
| 5      | Effective Citizenship: Demonstrate empathetic social concern and equity-centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.                                                                                      |
| 6      | Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.                                                                                                                                                        |
| 7      | Environment and Sustainability: Understand the issues of environmental contexts and sustainable development                                                                                                                                                                                                 |
| 8      | Self Independent Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.                                                                                                                             |

## PSO

| S. No. | Program Specific Outcome (PSO) Description                                                                                                          |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.                                      |
| 2      | Students will develop practical, theoretical skills in Physical Education.                                                                          |
| 3      | Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently. |
| 4      | Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed, NET, SET ETC.                                                     |



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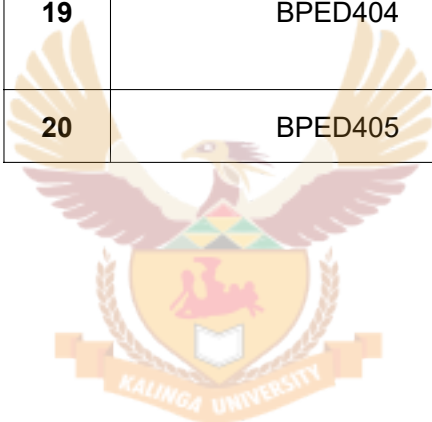
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# CO

| S.No. | Course Code | Course Name                                                          | Course Outcome (CO's) - Description                                                                                                                                                                                                                                                                                                                                |
|-------|-------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1     | BPED101     | History Principles and foundation of Physical Education              | <b>CO1:</b> implications of Physical education and sports in society.<br><b>CO2:</b> To acquaint the students with different Issues, challenges and opportunities in Physical education & sports.                                                                                                                                                                  |
| 2     | BPED102     | Anatomy and Physiology                                               | <b>CO1:</b> Understand the basic structure and function of the human body.<br><b>CO2:</b> Understand the effect of exercise on the different systems.<br><b>CO3:</b> Understand the normal movements of the body.<br><b>CO4:</b> Understanding how body gets fuel for its working.                                                                                 |
| 3     | BPED103     | Health Education and Environmental Studies                           | <b>CO1:</b> The Student Teacher will get information regarding nutrition and its.<br><b>CO2:</b> Importance to human body, nutrition for selective diseases and illness.<br><b>CO3:</b> It will make students aware Environmental issues.                                                                                                                          |
| 4     | BPED104     | Olympic Movement                                                     | <b>CO1:</b> To understand the History and Philosophy of Olympic Movement.<br><b>CO2:</b> To understand the Values and Ethics of sports and sportsmanship.<br><b>CO3:</b> To know different State and National level Awards.<br><b>CO4:</b> To understand Protocols and commissions of Olympic games.                                                               |
| 5     | BPED105     | Officiating and Coaching                                             | <b>CO1:</b> Student teacher will understand the duties and responsibilities of officiating and coaching.                                                                                                                                                                                                                                                           |
| 6     | BPED201     | Yoga Education                                                       | <b>CO1:</b> The course will develop appropriate practices in student teacher.                                                                                                                                                                                                                                                                                      |
| 7     | BPED202     | Educational Technology and Methods of Teaching in Physical Education | <b>CO1:</b> Implement effective teaching practices & preventive class & behavior management strategies.<br><b>CO2:</b> Design & develop curriculum plan, unit plan and well-structured lesson plan that addresses contextual description.<br><b>CO3:</b> Optimize & facilitate learning by choosing and employing appropriate teaching styles, models, strategies. |
| 8     | BPED203     | Organization and Administration                                      | <b>CO1:</b> Student teacher will articulate the role of Physical educators and understand various associated & non- instructional roles & responsibilities. Recognize the importance of continued professional growth & advocacy of the profession.                                                                                                                |
|       |             |                                                                      | <b>CO1:</b> Understand the concept of physical activity, exercise, fitness, and wellness and will be able to recognize the long term benefits of maintaining a high level of wellness for living in today's world.                                                                                                                                                 |

|    |         |                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| 9  | BPED204 | Contemporary issues in physical education fitness and wellness | <b>CO2:</b> Define the dimensions of wellness and strategies to improve them.<br><b>CO3:</b> Demonstrate an understanding of the physiological benefits of exercise, physical activity, physical fitness and wellness.<br><b>CO4:</b> Obtain the ability to apply principles of physical fitness, to positively modify own Personal lifestyle.<br><b>CO5:</b> Define principles involved in increasing and maintaining physical fitness.<br><b>CO6:</b> To motivate students to adopt physically active lifestyles. |
| 10 | BPED205 | Sports Nutrition and Weight Management                         | <b>CO1:</b> The Student Teacher will get information regarding nutrition and its.<br><b>CO2:</b> Importance to human body, nutrition for selective diseases and illness.<br><b>CO3:</b> It will make students aware about supplements and Ergogenic aids and its effects on human body.                                                                                                                                                                                                                             |
| 11 | BPED301 | Sports Training                                                | <b>CO1:</b> To understand the different types and classification of sports & games.<br><b>CO2:</b> To understand the Values and Ethics of sports and sportsmanship.<br><b>CO3:</b> To understand the basic rules, equipment and terminologies in sports and Games.<br><b>CO4:</b> To know different State and National level.<br><b>CO5:</b> To understand different technologies used in Sports and Games.                                                                                                         |
| 12 | BPED302 | Computer Applications in Physical Education                    | <b>CO1:</b> To enable students to communicate effectively in different situation, enhanced and inculcate leadership qualities.                                                                                                                                                                                                                                                                                                                                                                                      |
| 13 | BPED303 | Sports Psychology and Sociology                                | <b>CO1:</b> performance and development of sportsmen. Problems faced by sportsmen and remedies to achieve better performances, It will also help to gain information about Anxiety, Arousal, Stress and understand techniques to overcome them.                                                                                                                                                                                                                                                                     |
| 14 | BPED304 | Sports Medicine, Physiotherapy and Rehabilitation              | <b>CO1:</b> To help students understand nutrition and diet plan pre, during and post competition and acquaint the students with basics of general first aid.                                                                                                                                                                                                                                                                                                                                                        |
| 15 | BPED305 | Curriculum Design                                              | <b>CO1:</b> Know the concept of Curriculum.<br><b>CO2:</b> Learn about Focalization and curriculum construction.                                                                                                                                                                                                                                                                                                                                                                                                    |
|    |         |                                                                | <b>CO1:</b> To understand the concept of Test, Measurement, Evaluation and Assessment Procedure in Physical Education and give examples of each<br><b>CO2:</b> Differentiate formative and summative evaluation, Process and Product evaluation.                                                                                                                                                                                                                                                                    |

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| 16 | BPED401 | Measurement and Evaluation in Physical Education                         | <b>CO3:</b> Identify the purposes of measurement and Evaluation.                                                                                    |
|    |         |                                                                          | <b>CO4:</b> Describe the features of Technical and administrative feasibility that should be considered when selecting test.                        |
|    |         |                                                                          | <b>CO5:</b> Locate and select physical fitness and sports skill tests.                                                                              |
|    |         |                                                                          | <b>CO6:</b> Properly administer psychomotor tests.                                                                                                  |
| 17 | BPED402 | Kinesiology and Biomechanics                                             | <b>CO1:</b> After Studying this Paper students will be able to understand, to analyze basic human movements.                                        |
| 18 | BPED403 | Research and Statistics in Physical Education                            | <b>CO1:</b> This course will make student recognize appropriate inferential statistical tool as per research method and understand data processing. |
| 19 | BPED404 | Theory of sports and games(Specifically sports and games specialization) | <b>CO1:</b> To understand the different types and classification of sports & games.                                                                 |
|    |         |                                                                          | <b>CO2:</b> To understand the dimensions and component of sports.                                                                                   |
|    |         |                                                                          | <b>CO3:</b> To understand the basic rules, equipment and terminologies in sports and Games.                                                         |
|    |         |                                                                          | <b>CO4:</b> To understand different Physical fitness components.                                                                                    |
| 20 | BPED405 | Sports Management                                                        | <b>CO1:</b> Student teacher will acquaint with the budget management, school programme of Physical Education and sports.                            |



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