

Matsyodari Shikshan Sansthas  
College of Physical Education Jalna,



Program Description

Bachelor of Physical Education (B.P.Ed) Two Year (Four semester Choice based Credit system- CBCS) program is a professional program meant for preparing teachers of physical Education in classes VI TO X and for conduction physical education and sports activities in classes XI and XII. B.P.Ed program shall be designed to integrat the study of childhood, social context of Physical Education, subject knowledge, aim of Physical Education and communication skills. The Program comprises of compulsory and optional theory as well as practical courses and Compulsory school internship.

Physical education aims to develop all aspects of the human personality through physical and sports activities. Being a subject of science, it has its own value in society and human life.

Physical Education is a form of one of the most effective means of education imparted through exercises, fun activities and sports. It is an integral part of the education system. The scope of Physical Education as a subject is very broad, it is a multidisciplinary subject. It caters to the need for development of the students on physical, mental and social aspects. The graduate level course in Physical Education contains subjects like History and Foundation of Physical Education, Anatomy and Physiology, Methodology of teaching physical education, methodology of Teaching School Subject, Principals of education psychology, Organization, Administration and sports management, Sports Training, Yoga Science, Test Measurement & Evaluation in P.E., Kinesiology and Biomechanics, Research and Statics in P.E., Officiating & Coaching, Health Education and Nutrition, Sports Training, and all Practical practices etc. which are aimed to give detailed knowledge and skills to the students of teachers education Institute-TEI.

All the program shall run on Choice Based Credits (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the development in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

The complete and constant personal as well as team efforts led to the introduction of the subject in the college in every session by the Dr. Babasaheb Ambedkar Marathwada University.

Different Courses/Papers under CBCS Syllabus prescribed by the Dr. Babasaheb Ambedkar Marathwada University.

Semester	Core Course/Paper Code	Title of the Course/Paper
----------	------------------------	---------------------------



Sem- 1	Theorycc-101 cc-102 cc-103 EC- 101 (Any one)	<ol style="list-style-type: none"> <li>1. History &amp; foundation of physical education and youth welfare policies</li> <li>2. Anatomy and physiology Methodology of teaching physical education</li> <li>3. Methodology in teaching physical education</li> <li>4. Methodology in teaching school subject- Marathi/Hindi/English/mathematics/ Science/Geography/History (Choose any one)</li> </ol>
	PracticalPC-101 PC-102 PC-103 TP- 101 (Any one)	<ol style="list-style-type: none"> <li>1. Drill and March and Flag hoisting 2. Mass physical activity (Mass P.T. Dumbbell's /flag/wands etc. 3. Lezium (Ghati or Baroda).</li> <li>2. Gymnastics (FX/PB/HB/BB), Track and Field (Running events) Kabaddi</li> <li>3. Teaching Practices of School</li> <li>4. Subject: A. Academic lessons 05 nos.) B. Physical education classroom teaching (05 nos.)</li> </ol>
Sem- 2	Theorycc-201 CC202 cc-203	<ol style="list-style-type: none"> <li>1. Principles of Education and Psychology</li> <li>2. Organization, Administration and Sports Management.</li> <li>3. Sports Training</li> </ol>
	PracticalPC-201 PC-202 PC-203	<ol style="list-style-type: none"> <li>1. 1. Track &amp; Field (Jumping Events), 2. Kho-kho</li> <li>2. 1. Basketball 2. Football</li> <li>3. 1. Wrestling 2. Volleyball</li> </ol>
Sem- 3	Theorycc-301 cc-302 cc-303	<ol style="list-style-type: none"> <li>2. Yoga Science &amp; Health education</li> <li>3. Test Measurement &amp; Evaluation in P.E Kinesiology and Biomechanics</li> </ol>
	PracticalPC-301 PC-302 (Any One) PC-303	<ol style="list-style-type: none"> <li>1. 1. Yoga, 2. Mallkhamb /lathikati, dandbaitak, 3. Aerobics and Zoomba</li> <li>2. 1. Training Methods, 2. Athletics (Throwing event) 3. Handball/softball/netball/baseball</li> </ol>

Sem- 4 Theory I. Research and Statics in P.E. cc-401 2. Officiating & Coaching cc-402 3. I. Nutrition, weight management, fitness & EC-401 (Any one) wellness 2. Educational technology & computer application in P.E., 3. Sports medicines,



Physiotherapy & rehabilitation, 4. Professional Preparation, & curriculum designing, 5. Environmental studies & Indian Constitution & IPC

Practical 1. Human Pyramids/Chess/Shooting (Any cc- 401 One) cc-402 2. Racquets Games (Any One)

EC-403 Badminton/TT/Lawn tennis/Ball Badminton

3. 1. Multigym, 2. Combat sports (any one)  
Boxing/Judo/Martial arts/Fencing/Taekwando.
4. 1. Hocke , 2. Cricket

### Program outcomes

The vision is to empower students to be physically educated and have fun while survive. Students who choose to actively participate in quality physical education programs receive a variety of benefits, including values, physical fitness and understands that both are related After completion of the course. students will educate to Apply knowledge of physical education, in play, sports & games and understand they can utilize their knowledge in rules and regulation. Sports management. Organization & administration of Sports event programme aim and objectives of physical education. The course focuses to develop the basic knowledge in physical education. This knowledge and conception are essential to understand the higher-level Games and Sports and understanding the role of science in sports. Basic knowledge of health education is essential to educate school children to health for socially to citizens with holistic wellbeing. Physiological health is the most commonly mentioned benefit of regular physical activity. Highly desirable benefits of a physically active lifestyle are mastery of motor and sport specific skills that contribute to competence in lifelong physical activities, attaining social and psychological life skills (e.g., interpersonal skills, resistance skills). Improving developmental outcomes such as discipline confidence, self-regulation, character, motivation, perseverance and leadership. These outcomes are positive development of physical, social, psychological and physiological assets, qualities, and characteristics that are potentially acquired through physical Education programme.

### Program Specific outcomes

Physical education is not only concerned with the physical outcome that increase from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in activities. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviours that students acquire as they advance through the program. The overall objectives of Physical Education are-

1. To understand the importance of physical education by studying the history.
2. To help the students to know more about the human body which helps for higher level of sports achievements and adopt training method.
3. To know about health aspects and maintain good health and fitness for higher achievements in sports.
4. Maintenance of fitness for optimal health and well-being.
5. The acquisition and refinement of motor skills.
6. To equip the students with the knowledge domain of body response to different types of exercises.
7. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.
8. To understand the values and ethics of life and personality development.

## Course outcomes

CO1. History & foundation of Physical education and youth welfare policies: Physical education will help the students to Understand definition and scope, aims & objectives. Different Olympic games. Importance of P.E. in present era and Physical education history around the world and understand the different Olympic games. Identify the history of physical education in India, History of P.E in Maharashtra, Modern and Ancient Olympic, Asian games. Youth welfare policies various national and state welfare policies, funding scheme, national sports code for sports association. Youth welfare policies that emphasize physical education have positive outcomes across physical, mental, and social well-being



C02. **Anatomy and Physiology:** The curriculum provides with the ability to, define the anatomy and physiology and its importance of human anatomy in the field of physical education and importance of physiology in the field of P.E. Ability to understand the skeletal system arrangement, function, types of bones and extremities joints of the body and their types, Cardiovascular system The respiratory system, digestive system, excretory system, endocrine glands, nervous system muscular system etc.

C03. **Methodology** of teaching Physical Education: Learn to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences. Teaching techniques, teaching aids, Lesson planning and Teaching Innovations.

C04. Elective Course (any one): Ability to learn and design the methodology of teaching school special subject method i.e. Marathi, English, Hindi, science, mathematics, History, Geography lesson plans for effective teaching in schools. Understand the aims and objectives of language their lesson planning and teaching aids and devices for effective teaching.

COS. Practical Course: Prepare the students to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society. Equip the students with the ability to communicate effectively among a range of audiences/ stakeholders about Drill & marching Mass physical activity Lezium (Ghati & Baroda), Gymnastics (F.X/V.T./H.B./P.B./BB./, Track and field events (Running) Kabaddi.

COG. Principle of Education and **Psychology:** The curriculum provides with the ability to understand the principles of education and psychology, nature of educative process, introduction to psychology and educational psychology.

C07. Organization, Administration and Sports management: Prepare the students to analyze the Organization administration and sports management importance and needs of it in P.E. Understand the office management, record, register & budget, facilities & Time-Table management, Competition organization, management function and planning with essential skills of sports management.

C08. Sports Training: Acknowledgement of the need and an ability to engage in ongoing professional development. Meaning and definition of sports training, principles of sports training, training components, training process, periodization and planning. training in physical education aims to improve physical fitness, acquire sports skills, enhance tactical and technical abilities, and develop mental and psychological attributes.

C09. Practical Course: Ability to identify the practical's courses creation, evaluation, and administration of physical education and sport events such as Athletics Jumping events, KhoKho general skills, basketball, football, volleyball and wrestling fundamental skills.

CO10. The Yoga science and Health Education: The Yoga science and Health education activities will develop a sense of discipline in the students and will understand the needs and importance of yoga in physical education and sports. The curriculum of this course provides introduction &

foundation of yoga, Asthnaga Yoga, suryanamaskara Asanas, BaNdhas mudras, Shatkriyas/Shudhikriyas.

COII. Test, Measurement & Evaluation in Physical Education: The course curriculum provides with the ability to, Test, Measurement & Evaluation, criteria, Classification and administration of test, physical fitness test, sports skill test requirements, formulate, and analyze complex physical education and sports sciences related problems to reaching verified conclusions.

C012. **Kinesiology** and Biomechanics: Capability to gain the knowledge of kinesiology and biomechanics, fundamental concepts of anatomy and physiology, Kinematics and Kinetics of human movement of basic sciences which will be relevant and appropriate to physical education and sports sciences resulting in solution of complex sports related issues and problems.

C013. Practical Course: Ability to identify the practical's course including Mallakhamb & Rope Mallakhamb/Dandbaithak/Lathikathi, Aerobics and Zoomba, Training methods for generak fitness training methods motor fitness components, Throwing Events, Handball/softball/basketball/baseball and Physical education lessons on ground to develop the overall development of trainee teachers. The evaluation and administration of physical education and sport events the internship experience provides knowledge of command to teach and coach the activities at school level.

C014. Teaching Practices: the development of trainee teachers' professional identity during field teaching practice further promoted their professional commitment; that is, it promoted their emotional evaluation and belief in the teaching profession. They serve as the linking bridge that connects classroom learning with practical or real-world applications, making academic concepts more relatable for students.

C015. Research and Statistics in Physical Education: Focus on equipping individuals with the skills and knowledge to conduct and understand research and statistics effectively. These course outcomes typically include the ability to identify research problems, formulate research questions and hypotheses, select appropriate research designs, collect and analyze data, interpret results, and communicate findings effectively. Students also learn to critically evaluate research methodologies and their limitations, understand ethical considerations in research, and appreciate the importance of research in Physical education field.

C016. Officiating and Coaching: outcomes focus on developing a comprehensive understanding of the principles, practices, and responsibilities involved in both roles, as well as the ability to apply this knowledge in practical settings. Key outcomes include understanding the philosophy and ethics of coaching and officiating, developing the skills and knowledge to effectively coach and officiate, and promoting sportsmanship and fair play.

Col 7. Elective Course (any one): Nutrition, weight management and fitness and wellness, Educational technology, sports medicines, physiotherapy and rehabilitation environmental studies and Indian constitution AND IPC are the elective courses involved to develop multidimensional development of students.

C018. Practical Course: Focusses on the practical teachings of activities of human pyramids/chess/shooting/Racquets games/badminton/Multigym/Combat sports Hockey/Cricket Learning about the rules and strategies of various games and sports. Its outcomes encompass a wide range of developmental areas, aiming to create well-rounded individuals with a passion for physical activity and a healthy lifestyle. These outcomes focus on physical, cognitive, social, and emotional growth.



Principal  
Mss College of Physical Education  
Jalna.

*Mandhekar*  
PRINCIPAL