

## OBJECTIVES AND OUTCOMES

### VINAYA BHAVANA

(Institute of Education)

### DEPARTMENT OF EDUCATION

### TWO-YEAR BACHELOR OF EDUCATION ( B.Ed.) PROGRAMME

#### B.Ed: 111

#### CHILD'S GROWTH AND DEVELOPMENT

On completion of the course the students will be able to

1. Know about the concept, characteristics, nature and principles of growth and development. Factors influencing growth and various types of development.
2. Understand physical, motor, cognitive, language, emotional, moral, social and personality developments and their educational implications.
3. Understand role of the home, school and community in the growth and development of the child

#### B.ED. 112

#### EDUCATION IN EMERGING INDIAN SOCIETY

Student trainees will be able to:

1. Understand the concept of education in emerging Indian society.
2. Understand the relationship between education and society.
3. Understand the role of education in the context of National Development.
4. Understand the professional role of teachers.
5. Understand the role of education for national and international understanding.

#### B.ED-113

#### SCHOOL ORGANISATION AND MANAGEMENT

On completion of the Course, the student-teachers will be able to:

1. Understand the concept of school organization and management
2. Understand about the classroom organization and Tagorian perspectives on classroom organization.
3. Understand and apply the process of management and managerial skills in the relevant field.
4. Understand about the various components of classroom management and role of teachers in this regard.

## OBJECTIVES AND OUTCOMES

### **B.Ed. 114**

#### **EDUCATION FOR SUSTAINABLE DEVELOPMENT**

##### **OBJECTIVES:**

On completion of the course the student-teacher will be able to

1. Understand and appreciate the concept of Sustainable Development in wider perspective.
2. Understand the relationship between Education and Individual and its role in SD
3. Understand the nature and diversified role of schools in contemporary Indian Society for Sustainable Development
4. Explores the dimensions of Human & Child Rights in School and Social context
5. Understand the relevance of Education in Socio-Cultural context and influence of Education on quality of Life.
6. Understand the need and importance of education for peace and the national and international efforts for ensuring peace.
7. Examine the changing emphasis on Education in the context of Globalization, Liberalization and Privatization.

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## OBJECTIVES AND OUTCOMES

### **B.Ed. 115 EDUCATIONAL TECHNOLOGY & ICT**

#### **OBJECTIVES:**

After completing the course the students will be able to:

1. explain the meaning, nature and scope of ET and its importance in Educational field
2. state and explain components and factors of communication.
3. explain different modalities of teaching and designing instructional system.
4. apply Educational Technology in formal, non-formal, informal including open and distance education system.
5. define and explain models of teaching and its application.
6. suggest modification of teaching behaviours by Simulation, Micro Teaching Flanders' Interaction analysis.
7. develop instructional systems and design instructional strategies by different methods.
8. outline different emerging trends in Educational Technology and their use.
9. Preparing a poem, poster, animation or cartoon on any thought provoking theme related to SD and promote it online and in campus.
10. Design a programme for Life Skills Training /peace education/environmental conservation/Educational Awareness as a part of community development.
11. Submission of at least one assignment.

### **B.Ed. 116 WORK EDUCATION-I**

#### **OBJECTIVES:**

On completion of the Course, the student-teachers will be able:

1. To understand the meaning, nature, scope and objectives teaching work Education.
2. To be acquainted with the Work Education Programmes and activities.
3. To understand the principles of organizing work Education programme
4. To be able to make selection of work Education projects for different classes.
5. To be acquainted with various tools and techniques of Evaluation of work education programme.

### **B.Ed. 121 LEARNING AND TEACHING**

#### **OBJECTIVES:**

To enable students:

1. To understand the process of Learning and their Utility in the Teaching Learning Process.
2. To recognize & describe the major theoretical approaches to learning as well as understand the implications of these approaches for teaching-

## OBJECTIVES AND OUTCOMES

- learning process.
3. Learn the factors affecting learner's environment.
  4. To understand the Concept and Process of teaching.
  5. Conceptualise a framework for understanding teaching-learning situation as well as the method of analysing and reflecting upon learning episodes.

### **B.Ed. 123**

#### **ASSESSMENT FOR LEARNING**

##### **OBJECTIVES:**

To enable the students to

1. Understand the nature Meaning of Measurement and Evaluation
2. Acquaint with the Approaches and techniques
3. Formulate research-worthy problem
4. Construct of an Achievement Test
5. develop skill to write and evaluate research report
6. develop the concept of Statistical Measurement

### **B.Ed. 124**

#### **PEDAGOGICAL KNOWLEDGE OF BENGALI**

##### **OBJECTIVES:**

1. To understand method of teaching different contents in Bengali as methodology of teaching.
2. To understand various approaches for successful planning of teaching and learning Bengali.
3. To understand the nature, characteristics, aims and objectives of Bengali.

### **B.Ed. 124**

#### **PEDAGOGICAL KNOWLEDGE OF ENGLISH**

##### **OBJECTIVES:**

On completion of the course, the student-teachers will be able to:

1. Know the historical evolution, importance and nature of English language.
2. Formulate specific objectives in behavioural terms for classroom teaching.
3. Understand the problems of teaching English as second language in India.
4. Learn various methods and Techniques of teaching English

**B. Ed. 124**

**PEDAGOGICAL KNOWLEDGE OF HINDI**

**OBJECTIVES:**

1. Understand the aspects of linguistic behavior in Hindi language.
2. Understand the position and content of Hindi language taught at secondary level.
3. Understand the constitutional provisions and historical preview of Hindi language.
4. Understand the role of Hindi in India; in nation and in International arena.
5. Understanding multilingualism and its implication in classroom situation.
6. Understand and develop linguistics systems and other languages skills of Hindi language used in classroom teaching.
7. Understand the use of different strategies used in Hindi teaching.

**B.Ed. 124**

**PEDAGOGICAL KNOWLEDGE OF SANSKRIT**

**OBJECTIVES:**

On completion of the course, the student-teachers will be able to:

1. Understand the nature, and importance of Sanskrit as classical language.
2. Understand the place of Sanskrit in school curriculum.
3. Understand the aims, objectives & principles Sanskrit teaching
4. Understand various educational inputs of becoming a good Sanskrit teacher
5. Acquaint with the innovations in Sanskrit teaching and use them during internship teaching
6. Understand and develop skills for assessing learning in Sanskrit.

**B.Ed.124**

**PEDAGOGICAL KNOWLEDGE OF ECONOMICS**

**OBJECTIVES:**

On completion of the course the student-teachers will be able to:

1. Know the historical evolution, importance and nature of Economics.
2. Formulate specific objectives in behavioral terms for classroom teaching.
3. Understand various methods to teach Economics in secondary schools.
4. Prepare lesson plan and teaching-aids to teach course material.
5. Assess the learners and understand continuous evaluation system.
6. Apply innovative approaches to develop interest, various skills and attitudes

**B.Ed. 124**

**PEDAGOGICAL KNOWLEDGE OF EDUCATION**

**OBJECTIVES:**

On completion of the course, the student teachers will be able to:

1. Understand education in historical, contemporary and futuristic perspectives.
2. Acquire knowledge about aims and general objectives of teaching education.
3. Develop ability to identify difficulties in learning concepts and generalization and provide suitable remedial instruction.
4. Understand the methods of teaching with regard to various dimensions of Education.
5. Understand various educational inputs of becoming a good teacher.

**B.Ed.124**

**PEDAGOGICAL KNOWLEDGE OF GEOGRAPHY**

**OBJECTIVES:**

On completion of the course, the student-teacher will be able to understand:

1. The nature, characteristics and historical review of Geography as a discipline.
2. The role, importance, status, objectives and problems of teaching Geography in Secondary School.
3. The preparation of lesson plans and teaching-aids for classroom teaching.
4. The appropriate use of various methods and techniques of teaching Geography.
5. The knowledge and skills of preparing question paper, unit plan, lesson plan and plans of evaluation of students' progress in Geography.

**B.Ed. 124**

**PEDAGOGICAL KNOWLEDGE OF HISTORY**

**COURSE OBJECTIVES:**

After completion of this course the student-teachers will be able to:

1. Justify the importance of teaching History at the secondary level.
2. Examine critically the major Concepts, Natures and Objectives of teaching History.
3. Outline the Values of teaching History for National Integration and International Understanding.
4. Acquire the ability to develop Instructional Support Materials for effective teaching.
5. Develop understanding of various Skills and Methods of teaching History and utilize by integrating these understandings in Lesson Planning for effective teaching.
6. Describe the role of History teacher in the emerging National and International Context.
7. Understand controversial Issues in the light of History and handle them effectively.

**B.Ed. 124**

**PEDAGOGICAL KNOWLEDGE OF LIFE SCIENCE**

**OBJECTIVES:-**

1. Recognize the important of teaching life sciences in schooleducation.
2. Better understanding Life science through content and methodologicalenrichment.
3. Acquire qualities and responsibilities, required for teaching lifescience.
4. Develop appropriate skill-set to present Life-Science teaching in tune with learners' learningstyle.
5. Acquire competencies for planning Life-Scienceinstruction.
6. Acquire competencies for developing tools and techniques for evaluating Life-Science Education, conducting pedagogical analysis and planning actionresearch.
7. Acquire competencies for developing balanced curriculum of Life-Science at schoollevel.

**B.Ed. 124**

**PEDAGOGICAL KNOWLEDGE OF MATHEMATICS**

**OBJECTIVES:**

On completion of course the student-teachers will be able to:

1. Get a clear perspective of the nature of mathematics and its historical development with special emphasis on contributions of Indian mathematicians.
2. Acquire skills in teachingmathematics.
3. Recognize mathematics outside theclassroom.
4. Acquire competencies of selecting and structuring instructionalstrategies.
5. Understanding on Gurudeva's perspective for effective teaching &learning.
6. Have skill of transacting the different kinds of mathematicalknowledge.
7. Acquire skills in preparation and use of support materials for teaching specific topics in mathematics.
8. Get competencies for planning mathematics instruction, developing tools for evaluating mathematical learning, conducting pedagogical analysis, and planning actionresearch.

**B.Ed. 124**

**PEDAGOGICAL KNOWLEDGE OF MUSIC**

**OBJECTIVES:**

## OBJECTIVES AND OUTCOMES

On successful completion of the course the student-teacher will be able to:

1. Understand the nature, importance and historical review of music.
2. Understand the aims and objectives of teaching music.
3. Acquaint themselves with the various methods and approaches of teaching music.
4. Understand the place of music in school curriculum.
5. Understand and develop skills in the process of evaluation in music.
6. Acquaint themselves with the innovations in teaching music.

### **B.Ed. 124**

#### **PEDAGOGICAL KNOWLEDGE OF PHILOSOPHY**

##### **OBJECTIVES:**

On completion of the course, the student-teachers will be able to have:

1. Clear perspective of the nature of philosophy and its historical development with special emphasis on contributions of Indian and Western philosophy.
2. Better understanding of Philosophy through content enrichment.
3. Understanding of the important place of philosophy in school curriculum.
4. Understanding on Gurudev's perspective for effective teaching & learning.
5. Competencies of selecting and structuring instructional strategies and support materials for teaching specific topics in philosophy.
6. Competencies for planning philosophical instruction, developing tools for evaluating philosophical learning, conducting pedagogical analysis and planning action research.

### **B.Ed. 124**

#### **PEDAGOGICAL KNOWLEDGE OF PHYSICAL SCIENCES**

##### **OBJECTIVES:**

On successful completion of the course, the student-teachers will be able to:

1. Understand clear perspective of the nature of Physical Science and its historical development.
2. Understand the aims and objectives of teaching physical science and its relationship with other branches of science.
3. Appreciate the role of science in day life and its relevance to modern society.
4. Develop adequate skills to select and use different methods of teaching the content of physical science.
5. Develop abilities and competencies for planning for teaching physical sciences, organizing laboratory facilities and equipment and designing pupil centered teaching learning experiences.
6. Develop skills to design and use various evaluation tools to measure learning achievement in physical sciences.



**B.ED. 124**

**PEDAGOGICAL KNOWLEDGE OF STATISTICS**

**OBJECTIVES:**

On completion of course the student-teachers will be able to:

1. Clear perspective of the nature of statistics and its historical development.
2. Acquire skills in teaching statistics.
3. Acquire competencies of selecting and structuring instructional strategies.
4. Understanding on Gurudeva's perspective for effective teaching & learning.
5. Get skill of transacting the different kinds of statistical knowledge.
6. Acquire skills in preparation and use of support materials for teaching specific topics in statistics.
7. Have competencies for planning statistics instruction, developing tools for evaluating statistical learning, and conducting pedagogical analysis.

**B.Ed. 125**

**CURRICULUM DEVELOPMENT**

**OBJECTIVES:**

To students are expected to:

1. Develop understanding of underlying principles of curriculum development
2. Develop understanding for different types of model of curriculum development
3. Develop understanding of underlying principles of instructional strategies
4. Develop understanding of underlying principles of evaluation
5. Develop understanding for teaching competences and skills
6. Develop understanding for instructional media

**B.Ed. 126**

**WORK EDUCATION II**

**OBJECTIVES:**

After completion of the course the students' teachers will be able-

1. To understand the importance and relevance of Practices in work education
2. To be acquainted with different kinds practical activities relating work education.
3. To understand the techniques and methodologies involved in Artistic handicraft, Horticulture, Weaving and Woodwork.
4. To understand the relationship between world of Work and world of learning.
5. To develop specific skills of production.
6. To be acquainted with methods of evaluation of practical work.

**B.ED-132**

**PEDAGOGICAL KNOWLEDGE OF SCHOOL SUBJECTS-B**

In this paper the student teachers will perform the following activities. The performance of the student teachers will be evaluated internally

**B.Ed. 133**

**SCHOOL INTERNSHIP**

**A. PRACTICETEACHING**

A student teacher is required to deliver 50 numbers of lessons in the Teaching Subject. He / She is also required to maintain a Record of Practice Teaching Lesson in the teaching subject

**B.Ed. 141**

**CONTEMPORARY INDIA AND EDUCATION**

**OBJECTIVES:**

After completion of the course the students' teachers will be able to-

1. Understand about the concept of national development and its different indicators.
2. Understand about the various programmes related to universalisation elementary education and its implementation.
3. Understand about the various programmes related to secondary education and its implementation
4. Understand about the various contemporary issues in education.

**B.Ed. 143**

**INCLUSIVE EDUCATION**

**OBJECTIVES:**

1. To acquire the concept, Importance and Objectives of inclusive education.
2. To explain the Concept, Characteristics, Causes, Prevention and Remedies for Various Disabilities.
3. To acquire basic knowledge on Teaching Learning Strategies, Vocational Training and Curriculum Adjustment for Disabled.
4. To understand the policy perspectives, Schemes and role of the National Institutes and Other agencies for rehabilitation of Disabled.
5. To develop critical understanding of the recommendations of various commissions and committees towards teacher preparation for inclusive education.
6. To realize the causes of educational backwardness of socially disadvantaged sections.

## OBJECTIVES AND OUTCOMES

7. To know about several Efforts, Schemes and Programmes for Empowerment of disadvantaged sections.

### **B.Ed. 144**

#### **YOGA AND HEALTH EDUCATION**

##### **COURSE OBJECTIVES:**

1. To help understand the meaning, Definition and the various types of yoga.
2. To understand different types of Asanas, Pranayams and their effect to promote a sound physical and mental health.
3. To practice different types of Asanas and Pranayams.
4. To make students aware regarding various types of communicable diseases, their prevention and first aid.
5. To help understand the importance of Health Education.

### **B.ED 146.1**

#### **PEACE AND VALUE EDUCATION**

##### **Objectives:**

##### **On completion of the course the student teachers will be able to**

1. Understand the concept and types of values in life and relevance of peace.
2. Get an insight into the strategies of inculcation of values among children.
3. Develop awareness about the different agencies and sources of values in life.
4. Develop skills and techniques needed to teach value and peace education.
5. Work for active role of the teacher in maintaining peace and values.
6. Get motivation by the work of renowned Philosophers, Sufis & Saints and noble laureate people in the field of peace and maintaining values in society.

### **B.Ed.146.2**

#### **GUIDANCE AND COUNSELING**

##### **OBJECTIVES:**

On completion of this course, the students will be able to:

1. Understand the meaning, characteristics, types, nature, scope and ethical issues of guidance and counseling.
2. Acquire knowledge about guidance and counseling services, techniques of data collection and skills & qualities required to be a counselor.
3. Identify the children and adolescents who require guidance and counseling.
4. Collect data and Organize guidance and counseling services in their educational institution.
5. To develop an understanding of adjustment, mental health with special reference

to adolescentstage.

**B.Ed.146.3**

**DISTANCE AND OPEN SCHOOLING**

**COURSE OBJECTIVES:**

1. To orient students with the nature and need of distance education in the present day Indian society.
2. To expose students to different kinds of information and communication technologies and enable them to be familiar with their use in teaching-learningprocess.
3. To enable students to understand various modes of Student-support-services and developin them skills to manage such services for various kinds of programmes through distance education.
4. To enable students to evaluate distance education programmes and to develop in them the ability to enhance the quality and standards of suchprogrammes.

**B.Ed. 146.4**

**DEVELOPMENT OF INDIAN EDUCATION**

**OBJECTIVES:**

1. To help students understand the developments of education in ancient India.
2. To enable the students to acquire knowledge about the characteristics features of Vedic Education
3. To enable the students understand about the impact of Heterodox Indian Traditions on education.
4. To acquaint students with cross-border impacts on Indianeducation.

**B.Ed. 146.5**

**PHYSICAL EDUCATION**

**OBJECTIVES**

1. To help the student teachers to be acquainted with the importance of Physical Education Programme in respect of all-round development of the students and for developing Personalitytraits.
2. To help the student teachers to acquire knowledge of preparing fixture and track marking with provision ofstagers.
3. To enable the student teachers in planning Physical Education activities to deal with the problems andsolutions

**B. Ed: 146.6**

**Human Rights Education**

**OBJECTIVES:**

**On completion of the course students will be able to-**

1. Develop the idea of Human Rights Education and its historical development in western and Indian perspective
2. Develop an understanding about the emerging issues related to human rights and challenges to its protection.
3. Realize the problems of socially disadvantaged groups and weaker sections
4. Understand the mechanism of the human rights protection in India
5. Realize the need of human rights education and its provision in India.
6. Know about various Acts and Legal provisions for the Protection of various rights in India.

Understand the working of various national and international agencies of Human Rights Protection

**B.ED: 146.8**

**ENVIRONMENTAL EDUCATION**

**OBJECTIVES**

- a. To enable the student teachers to know the historical development environmental education in India as well as in abroad.
- b. To enable the student teachers to realize the need environmental education for sustainable development.
- c. To orient the student teachers with the various aspects environmental education.
- d. To acquaint the student teachers with approaches to overcome various environmental issues

**B.ED: 146.8**

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**B.ED: 146.8**

**INTRODUCTION TO EDUCATIONAL RESEARCH**

**OBJECTIVES**

1. Comprehending the concept and purpose of educational research
2. Identifying the types of research
3. Develop research proposal on the specified topic of research
4. Carry out minor research study in their work-situation
5. Recognizing teachers' potential to carry on research
6. Apply statistical techniques to analyze

**TWO- YEAR M. ED. (MASTER OF EDUCATION) PROGRAMME**

**SEMESTER - I**

**MED-211: EDUCATION STUDIES**

**Course Objectives:**

On the completion of the course students will be able to:

1. examine issues related to education as interdisciplinary subject,
2. understand the socio-cultural context of education,
3. reflect on the contexts in which the school and teacher education institutions are working,
4. understand the basic concepts/issues of education with reference to kind of concerns the NCF (2005) has raised, and
5. discuss the emerging dimensions of school and teacher education.

**MED-212: PHILOSOPHICAL PERSPECTIVE ON EDUCATION**

**Course Objectives:**

On the completion of the course students will be able to:

1. understand about the relationship between Philosophy and Education,
2. know the contributions of various Indian schools of philosophy to the field of education,
3. understand about the contributions of great Indian and western thinkers on education, understand about the impact of western philosophy on Indian education, and
4. understand about the contemporary philosophical thoughts and their bearing on education.

## OBJECTIVES AND OUTCOMES

### **MED-213: PSYCHOLOGICAL PERSPECTIVE ON EDUCATION**

#### **Course Objectives:**

On the completion of the course students will be able to:

1. develop understanding about psychological basis of education and different perspectives of learning,
2. gain an understanding of various types of development and apply their knowledge of development in improving the teaching-learning process,
3. understand the changing concept of intelligence, emotional intelligence and their applications, and
4. develop the understanding of Indian and Western perspective on personality and effectively adjusting to an ever changing world.

### **MED-214: METHODOLOGY OF EDUCATIONAL RESEARCH**

#### **Course Objectives:**

On the completion of the course students will be able to:

1. comprehend the nature and process of undertaking research in education,
2. understand different methods of educational research,
3. know code of ethics in conducting case study and action research,
4. develop skills to select case study and action research problem,
5. develop skills to write case study and action research proposals, and
6. develop skills how to write report of case study and action research

### **MED-215: PRACTICUM**

#### **MED-215.1: COMMUNICATION FOR SELF DEVELOPMENT**

#### **Course Objectives:**

On the completion of the course student-teachers will be able to:

1. build a repertoire of functional vocabulary,
2. acquaint with words and phrases relevant to the immediate communication tasks,
3. comprehend the concepts in between dialogues,
4. enrich students with four basic communication skills: listening, speaking, reading and writing, and
5. understand management of self and to effectively communicate.

### **SEMESTER – II**

#### **MED-221: SOCIOLOGICAL PERSPECTIVE ON EDUCATION**

#### **Course Objectives:**

On the completion of the course students will be able to:

1. comprehend the social context of education and its operational dimensions as a social sub-system,
2. recognize the role of education in a changing social context,

## OBJECTIVES AND OUTCOMES

3. provide an understanding of certain current problems and issues of education in the social context, and
4. recognize the relevance of Educational Sociology as forming ground of the discipline, 'Education'.

### **MED-222: CURRICULUM STUDIES**

#### **Course Objectives:**

On the completion of the course students will be able to:

1. develop understanding of underlying Principles & Model of curriculum development,
2. develop understanding of underlying principles of instructional strategies,
3. develop understanding of underlying principles of evaluation,
4. develop understanding for instructional media, teaching competencies and skills, and
5. develop understanding for pedagogical concerns.

### **MED-223: TECHNIQUES OF ANALYSIS IN EDUCATIONAL RESEARCH**

#### **Course Objectives:**

On the completion of the course the students will be able to:

1. understand the nature of data in educational research,
2. present research data graphically
3. examine relationship between different variables
4. estimate the characteristics of populations,
5. formulate and test specific hypotheses, and
6. use appropriate analysis techniques to analyse qualitative data.

### **MED-224: TEACHER EDUCATION**

#### **Course Objectives:**

On the completion of the course students will be able to:

1. understand the concept and nature of Teacher Education and its development in India,
2. acquaint the students with the roles and functions of different agencies of Teacher Education in India,
3. know and understand the policies governing Teacher Education;
4. acquaint with various the management aspects of Teacher Education, and
5. enable the students to understand the problems and issues of Teacher-Education

### **MED-225: INTERNSHIP IN TEACHER EDUCATION**

#### **Internship Objectives:**

On the completion of the course students will be able to:



## OBJECTIVES AND OUTCOMES

1. provide field experience to the students to develop competencies and skills required for becoming teachers, action researcher and teacher educator,
2. comprehend the functioning of Teacher Education Institutions or Education Research Institutes, and
3. carry out action research in concerned areas.

### SEMESTER- III

#### **MED-231: DISSERTATION-I (REVIEW AND PROPOSAL)**

Students are required to review studies in their respective interest area of research and present a proposal of a research problem in education.

#### **MED-232: CURRICULUM, PEDAGOGY AND ASSESSMENT**

##### **Course Objectives:**

On the completion of the course students will be able to:

1. acquaint the students with the policy perspective on curriculum,
2. identify and develop courses, and develop curriculum materials,
3. understand varying needs of learners to plan for their instruction,
4. understand assessment, its procedures and its tools and techniques, and
5. construct items of assessment devices and analyse pupils' performances from various perspectives.

#### **MED-233: PLANNING AND MANAGEMENT OF SCHOOL EDUCATION**

##### **Course Objectives:**

On the completion of the course the students will be able to:

1. understand the meaning and approaches of educational planning, and structure of existing educational administration,
2. understand how to improve the quality of school education and the policy measures relating to school education
3. know and understand management of different schools, human resources in schools and classroom, and
4. develop the skills of leadership, to resolve conflicts, of decision-making and of supervision.

## OBJECTIVES AND OUTCOMES

### **MED-234: ELECTIVE (ANY ONE)**

#### **MED-234.1: INCLUSIVE EDUCATION**

##### **Course Objectives:**

On the completion of the course students will be able to:

1. explain the Concept, Characteristics, Causes, Prevention and Remedies for Various Disabilities,
2. analyze Special Education, Integrated Education and Inclusive Education practices and identify and utilize existing resources for promoting Inclusive practice,
3. acquire basic knowledge on Teaching Learning Strategies, Vocational Training and Curriculum Adjustment for Disabled ,
4. realize the causes of educational backwardness of socially disadvantaged sections, and
5. know about several Efforts, Schemes and Programmes for Empowerment of disadvantaged sections

#### **MED-234.2: EDUCATION FOR SUSTAINABLE DEVELOPMENT**

##### **Course Objectives:**

On the completion of the course students will be able to:

1. understand concepts, components and dimensions of sustainable development,
2. account for discourses on sustainable development in relation to roadmaps and objectives,
3. identify and discuss didactic opportunities and challenges in relation to education for sustainable development,
4. discuss innovative ideas and practices, policies and programmes in education for sustainable development, and
5. to understand the concerns of sustainable development in Santiniketan since its genesis.

#### **MED-234.3: HUMAN RIGHTS, PEACE AND VALUES EDUCATION**

##### **Course Objectives:**

It is expected that on completion of the course the students will be able to:

1. recognize the importance of peace, values, child rights and human rights in the context of Indian culture,
2. comprehend the concept of values, values education, peace, and peace education and
3. develop capacity to act rightly on moral values, democratic values and human values in and outside the classroom through various values activities, and
4. perform their roles in safeguarding Child Rights and Human Rights.

## OBJECTIVES AND OUTCOMES

### **MED-235: SCHOOL INTERNSHIP**

#### **School Internship Objectives:**

On the completion of the course students will be able to:

1. know and understand about the recent development in the method subject specific content and schoolcurriculum,
2. develop competencies of conducting micro and simulated teaching and developing and delivering demonstration lessons,
3. make critical observation of the competencies and deficiencies of intern-teachers of B.Ed. programme, and
4. know children with disabilities and make a plan for their education.

### **SEMESTER-IV**

### **MED-241: DISSERTATION-II (REPORT WRITING AND VIVA-VOCE)**

Students are required to write and submit a research report on their respective research problem in education and appear before a Viva-Voce Examination.

### **MED-242: EDUCATIONAL TECHNOLOGY AND ICT**

#### **Course Objectives:**

On the completion of the course students will be able to:

1. understand the concept and various forms of educational technology,
2. design instruction in various systems of education,
3. know the instructional design and modes of development of self learning material,
4. understand the scope of ICT and its applications in teaching learning ,and
5. know the recent innovations and future perspectives of Education Technology.

### **MED-243: ECONOMICS OF EDUCATION**

#### **Course Objectives:**

On the completion of the course students will be able to:

1. to make the students understand the concepts of economics of education, economic development human capital, and human resource development,
2. to understand the extent various types and levels of education contribute to economic development,
3. to know and understand how to forecast human power, estimate cost-benefits of education, and analysis of cost-effectiveness in education, and
4. to comprehend the processes of generating and utilizing sources and resources of finances for education

## OBJECTIVES AND OUTCOMES

### **MED-244: ELECTIVE (ANY ONE)**

#### **MED-244.1: GUIDANCE AND COUNSELING**

##### **Course Objectives:**

On the completion of the course students will be able to:

1. understand the meaning, characteristics, types, nature, scope and issues of guidance and counselling,
2. acquire knowledge about guidance and counselling services, techniques of data collection and qualities required to be a counselor,
3. identify the children and adolescents who need guidance and counseling, and
4. promote mental health of and how to counsel of children and adolescents at school for better adjustment.

#### **MED-244.2: YOGA EDUCATION AND PERSONALITY DEVELOPMENT**

##### **Course Objectives:**

On the completion of the course students will be able to:

1. comprehend the metaphysical concepts which support the Yoga Philosophy like the Purusha and Prakriti. Budhi (Mahtat) and Ahamkar,
2. understand the meaning and relevance of yoga as a way to spiritual ascent of man via physical and mental integration,
3. understand the socio-psychological basis leading to a dynamic transformation of personality, and
4. understand the scientific basis and therapeutic values of yoga.

#### **MED-244.3: COMPUTER APPLICATIONS IN EDUCATIONAL RESEARCH**

##### **Course Objectives:**

On the completion of the course students will be able to:

1. develop awareness about uses of computer applications in Educational Research,
2. develop understanding about the various aspects of data analysis software,
3. understand the process of locating the research studies on Internet and use of online journals and online books, and
4. analyze their own data through different computer software like SPSS.

#### **MED-245: PRACTICUM**

##### **MED- 245.1: COMMUNITY ENGAGEMENT AND SOCIAL RESPONSIBILITY**

##### **Course Objectives:**

On the completion of the course students will be able:

1. to develop understanding about social responsibility in a community, and
2. to carry out field based activities for delivering social responsibility in community

**MED-245.2: ACADEMIC WRITING IN TEACHER EDUCATION**

**Course Objectives:**

On the completion of the activities outlined in the course students will be able to:

1. aware and understand any emerging ideas in Teacher Education, and
2. develop competence of preparing abstract and reviewing books, articles and theses.

**MED- 245.3: INNOVATIVE TEACHING-LEARNING MATERIALS**

**Course Objectives:**

On the completion of the course student-teachers will be able to:

1. conceptualizing TLM and understanding them from pedagogic and socio-cultural perspective,
2. familiarizing oneself with the range of possibilities in developing and utilizing TLM,
3. Identifying the characteristics that make TLM good or bad,
4. Identifying the issues relating to preparation, analysis, production and dissemination of TLM, and
5. enriching classroom teaching with innovative TLM.

**MASTER OF ARTS IN EDUCATION (M.A. IN EDUCATION) PROGRAMME**

**SEMESTER-I**

**EDN-311: PHILOSOPHICAL FOUNDATIONS OF EDUCATION**

**Course Objectives:**

On completion of the course, it is expected that the students will be able to:

- recognize the importance and significance of studying philosophical enquiry as basis of education,
- apply the propositions of different philosophical schools in educational practices,
- familiar with the contributions of classical philosophies towards education,
- comprehend the contemporary developments in educational field and apply those, and
- realize the multicultural merger in Indian philosophy and its impact on modern Indian educational thoughts.

**EDN-312: PSYCHOLOGICAL FOUNDATIONS OF EDUCATION**

**Course Objectives:**

On the Completion of the Course Students will be able to:

- conceptualize the theories of learning, motivation and their utility in the teaching-learning process,
- understand the concept of development, individual differences, and gain an understanding of different theories of development and its implications,
- understand the concept of intelligence, types of intelligence, theories of intelligence and its educational implications,
- understand the concept of personality from indian, western perspective and its theories, and develop the knowledge about adjustment, and
- get practical exposure about various psychological tests, experiments and demonstrate their understanding.

**EDN-313: SOCIOLOGICAL FOUNDATIONS OF EDUCATION**

**Course Objectives:**

On completion of the course, it is expected that the students will be able to:

- comprehend sociological foundations of education,
- familiarize with the sociological inquiry and its relevance in the process of education,
- interpret social structure, culture and social inequality in indian society,
- recognize the role of education in a changing social context,
  - provide an understanding of certain current problems and issues of education in the social context,
- recognize the contribution of sociology towards the discipline, education,
  - recognize the relevance of educational sociology as forming ground of the discipline, 'education', and

## OBJECTIVES AND OUTCOMES

- analyze the sociological and cultural dimensions of education and the related issues in pretext of presentera.

### **EDN-314: METHODOLOGY OF EDUCATIONAL RESEARCH**

#### **Course Objectives:**

On completion of this course, it is expected that the students will be able to:

- comprehend the nature and process of undertaking research in education,
- understand different approaches to educational research,
- select the method appropriate for undertaking a research problem, and
- develop research proposal and write a good research report.

### **SEMESTER - II**

### **EDN -321: TECHNIQUES OF ANALYSIS IN EDUCATIONAL RESEARCH**

#### **Course Objectives:**

On completion of this course, it is expected that the students will be able to:

- understand the nature of data and their description,
- predict value of a dependent variable based on the values of one or more independent variables,
- formulate and test specific hypotheses,
- generalize quantitative and qualitative data with confidence, and
- use appropriate techniques of analyses to analyze quantitative and qualitative data.

### **EDN-322: DEVELOPMENT OF EDUCATION IN INDIA**

#### **Course Objectives:**

On completion of this course, it is expected that the students will be able to:

- conceptualize the objectives, Agencies, Curriculum, Teaching Method, Teacher Pupil relationship and discipline, Merits and Demerits of Vedic, Buddhist and Muslim Education System,
- familiar with the contribution of various major Committees and Commissions on Education set up during British period,
- acquire the knowledge of Policies and Programmes related to various level of education since independence, and
- recognize the importance of recent initiatives in the field of education and the provisions made for realizing it.

### **EDN-323: CURRICULUM STUDIES**

#### **Course Objectives:**

## OBJECTIVES AND OUTCOMES

On the completion of the course students will be able to:

- develop understanding of underlying approaches to curriculum and curriculum design,
- develop understanding of underlying principles of curriculum development and implementation,
- develop understanding of underlying principles of curriculum evaluation, and
- develop understanding on National and International curriculum concerns.

### **EDN-324: EDUCATIONAL PLANNING AND MANAGEMENT**

#### **Course Objectives:**

On the completion of the course the students will be able to:

- understand the concept, importance and approaches of educational planning,
- understand how to develop plan in education,
- develop knowledge of managing human, financial and other resources, and
- develop skills how to reduce conflicts, manage the changes and apply techniques for better management of educational institutions.

### **SEMESTER-III**

### **EDN-331: DISSERTATION-I (REVIEW AND PROPOSAL)**

Students are required to review studies in their respective interest area of research and present a proposal of a research problem in education.

### **EDN-332: ASSESSMENT IN EDUCATION**

#### **Course Objectives:**

On completion of the course the students will be able to:

- develop the concept of assessment and its basic principles,
- aware of assessment tools and techniques and how to determine their efficiency,
- construct varieties of items and develop different assessment tools and techniques, and
- grade and compare their performance across subjects and grade.

### **EDN-333: EDUCATIONAL TECHNOLOGY**

#### **Course Objectives:**

On completion of this course, it is expected that the students will be able to:

- understand the concept, nature, scope and significance of educational technology,
- use technology in teaching and learning process,
- apply ICT for management of classroom and institution, and
- manage change based on emerging trends in educational technology.

### **EDN-334: ELECTIVE - I (ANY ONE)**



## OBJECTIVES AND OUTCOMES

### **EDN-334.1: ENVIRONMENTAL EDUCATION**

#### **Course Objectives**

It is expected that on completion of the course, the students will be able to:

- conceptualize the concept of environmental education, the man and environment relationship, development of environmental education and to develop an eco-friendly attitude towards environment,
- be familiar with the issues and concerns of environment and enable them to solve those through various approaches,
- enhance the awareness of the students related to environment especially about ecosystem, and to develop an attitude to participate in various environmental programme for sustainable development,
- exposed to the policies and laws relating to various aspects of environment and lead as law abiding citizens, and
- develop skills for integrating environmental education curriculum into curriculum at various levels of education.

### **EDN-334.2: ECONOMICS OF EDUCATION**

#### **Course Objectives:**

On the completion of the course students will be able to:

- make the students understand the concepts of economics of education, economic development human capital, and human resource development,
- understand the extent various types and levels of education contribute to economic development,
- know and understand how to forecast human power, estimate cost-benefits of education, and analysis of cost-effectiveness in education, and
- comprehend the processes of generating and utilizing sources and resources of finances for education.

### **EDN-334.3: INCLUSIVE EDUCATION**

#### **Course Objectives:**

On the completion of the course students will be able to:

- explain the concept, characteristics, causes and educational provisions for various disabilities,
- analyze special education, integrated education and inclusive education practices and identify and utilize existing resources for promoting inclusive practice,
- realize educational problems of socially disadvantaged sections and marginalized genders,
- acquire basic knowledge on teaching learning strategies, vocational training and curriculum adjustment for disabled, and
- know about several efforts, schemes and programmes for empowerment of disadvantaged sections and Marginalized Genders

## OBJECTIVES AND OUTCOMES

### EDN-334.4: OPEN AND DISTANCE LEARNING

#### Course Objectives

It is expected that on completion of the course, the students will be able to:

- comprehend the nature and importance of distance education,
- be familiar with various students support service through distance education,
- be exposed to intervention strategies used for studies in distance mode, and
- develop ability for evaluating quality and standards of different open and distance learning programmes.

### SEMESTER-IV

#### EDN-341: DISSERTATION -II (REPORT WRITING AND VIVA-VOCE)

Students are required to write and submit a research report on their respective research problem in education and appear before a Viva-Voce Examination.

#### EDN -342: EDUCATIONAL THOUGHT AND PRACTICES OF RABINDRANATH TAGORE

##### Course Objectives:

It is expected that on completion of the course, the students will be:

- familiar with the genesis of educational experiences of Rabindranath,
- understand the emergence of the experiments, practiced by Rabindranath,
- acquainted with the Experiences of Rabindranath in the far-east and west through his speeches and writings, that possess contribution in shaping his ideas on education,
- accustomed with the aims of life, education, curricula and teaching as also methodologies for achieving the aims,
- comprehend and imbibe the thoughts of Rabindranath on emancipation of human and societies, and
- compare the Educational thoughts of Rabindranath and the 'show-cased' practices.

#### EDN-343: YOGA EDUCATION

##### Course Objectives:

It is expected that on completion of the course, the students will be able to:

- comprehend the metaphysical concepts which support the Yoga Philosophy like the Purusha and Prakriti. Budhi (Mahtat) and Ahamkar,
- understand the meaning and relevance of yoga as a way to spiritual ascent of man via physical and mental integration,
- understand the socio-psychological basis leading to a dynamic transformation of personality, and
- understand the scientific basis and therapeutic values of yoga.

**EDN-344: ELECTIVE-II (ANY ONE)**

**EDN-344.1: PEACE AND VALUES EDUCATION**

**Course Objectives:**

It is expected that on completion of the course, the students will be able to:

- recognize the importance of peace, values and human rights in the context of Indian culture,
- comprehend the concept of peace, peace education, value, and values education,
- develop capacity to act rightly on peace and values in and outside the classroom through various intervention strategies,
- be familiar with the concepts of human rights, and
- understand the need of human rights for peace- and values-governed life of individuals.

**EDN-344.2: TEACHER EDUCATION**

**Course Objectives**

It is expected that on completion of the course, the students will be able to:

- comprehend the meaning, scope, objectives of teacher education,
- be acquainted with the origin and development of teacher-education,
- analyze different policy measures and recommendations in the field of teacher education,
  - be acquainted with different agencies of teacher education in India and their roles and functions,
- be accustomed with various aspects of teaching programmes, prevailing in the country.
- explore the trends of teacher-education,
- recognize the important research findings in teacher-education, and
- compare the education systems prevailing in our country with other country

**EDN-344.3: EDUCATION FOR DIFFERENTLY ABLED**

**Course Objectives**

It is expected that on completion of the paper, the students will be able to:

- be acquainted with concept, importance and objectives of special education,
  - comprehend the concept, characteristics, causes, prevention and remedies for various disabilities,
  - analyze special education, integrated education and inclusive education practices and identify and utilize existing resources for promoting inclusive practice,
  - acquire basic knowledge on teaching learning strategies, vocational training and curriculum adjustment for disabled, and.
  - be familiar with the policy perspectives, schemes and role of the national institutes and other agencies for rehabilitation of disabled.

## OBJECTIVES AND OUTCOMES

### **EDN-344.4: COMPARATIVE EDUCATION**

#### **Course Objectives:**

On completion of this course, it is expected that the students will be able to:

- comprehend the Concepts, Meaning, Nature, Objectives, Purpose and Scope of Comparative Education,
- be acquainted with various national educational systems in terms of factors and approaches of Comparative Education,
- familiar with the methods and approaches to study Comparative Education,
- deduce skills to assess the efficacy of educational systems of various countries in terms of system and structure,
- be acquainted with modern trends in world education in terms of policy and practices and
- demonstrate the implications of Education for solving problems of Education in India

### DEPARTMENT OF YOGIC ART & SCIENCE VINAYA BHAVANA

#### **BACHELOR OF SCIENCE (YOGA) – BSc. (Honours)in Yoga**

##### **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also, it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

##### **I. Title of the Programme**

The programme shall be called "**Bachelor of science in Yoga**" (BS)

##### **II. Aim of the Programme**

The aim of the programme is to produce "**Yoga therapists for a clinical set up**"

##### **III. Objectives of the programme**

- ✚ To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- ✚ To make the people aware of the therapeutic and preventive value of Yoga.
- ✚ To bring peace and harmony in the society at large by introducing the Yogic way of life.
- ✚ To create therapists of high calibre to make the society free from stress and lifestyle related diseases.

### MASTER OF SCIENCE (YOGA) – MSc.in Yoga

#### Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also, it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breathe slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

#### I. Title of the Programme

The programme shall be called **"Master of science in Yoga" (MS)**

#### II. Aim of the Programme

The aim of the programme is to produce **"Yoga therapist as a paramedical professional"**

#### III. Objectives of the programme

- ✚ Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

## OBJECTIVES AND OUTCOMES

- ✚Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic lifestyle.
- ✚Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.
- ✚To create yoga therapy experts with in-depth knowledge based on yogic texts. For example, to train them 'be and make' i. e., ensure they practice what they teach.
- ✚Social health: To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.

### DOCTOR OF PHILOSOPHY (YOGA) – PhD in (Yoga)

#### Preamble

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. More and more people are getting interested in the scientific and philosophical aspects of yoga. Hence it is important to conduct in depth research in the field of yoga both in the scientific and philosophical dimensions. In this program the impact of yoga in healthcare, personality development will be explored, and the philosophical aspects will also be explored.

#### I. Title of the Programme

The programme shall be called "Doctor of Philosophy (Yoga)" or Ph.D (Yoga)

#### II. Aim of the programme

The aim of the programme is to propagate and promote research in yoga

#### III. Objectives of the programme

- ✚To conduct good quality research in the field of yoga.
- ✚To understand the applications of yoga through scientific method. ✚  
To study the psychophysiological effects of various yoga practices.
- ✚To explore the possible application of yoga in healthcare (theoretical and experimental).

## OBJECTIVES AND OUTCOMES

- ✚ To understand important philosophical concepts given in traditional yoga text.
- ✚ To explore the possible applications of traditional yoga scriptures in modern lifestyle.

### POST GRADUATE DIPLOMA IN YOGA (PGDY)

#### Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

#### I. Title of the course

The course shall be called "**Post Graduate Diploma in Yoga**" (PGDY)

#### II. Aim of the course

The aim of the course is to propagate and promote yoga for positive health

#### III. Objectives of the course

- ✚ To introduce basic concepts of preventive health and health promotion through yoga
- ✚ To introduce concepts of Human Body to the students so as to make their understanding clear about the benefit and contraindication of a practice.
- ✚ To train teachers on preventive health and promotion of positive health through yoga and personality development



### **B.Sc. (Honors) in Physical Education Choice Based Credit System (CBCS)**

#### **Objectives**

In this era of rapid changes in the domain of knowledge, the main objective of B.Sc. (H) in Physical Education is to prepare graduates having deep conceptual understanding and knowledge of the subject as well as the ability to analyse in a given situations and draw out conclusion. The primary aim of the programme is to produce broad base graduates able to face the challenges of this globalised world through creativity, critical thinking and life skills.

The unique morphology of physical education - the constellation of natural sciences and social sciences - provides the multidisciplinary nature of the subject that caters to the modern day necessity in education system. This multidisciplinary knowledge of the subject helps students:

- To understand the basic knowledge of different fields of study in Physical Education.
- To be empowered to establish and develop a viable and forceful line between concepts, theories and practice in the field of Physical Education and Sport Science.
- To develop the ability to choose their learning trajectories and programmes, and thereby choose their own paths in life according to their talents and interests.
- To ensure the unity and integrity of all knowledge across the natural sciences, social sciences and sports.
- To develop good human beings capable of rational thought and action, possessing compassion and empathy, courage and resilience, scientific temper and creative imagination, with sound ethical values.

### **Semester – I**

#### **CC-1: FOUNDATION OF PHYSICAL EDUCATION AND SPORTS SCIENCE**

The Learning Outcomes of this subject are:–

- To familiarize students with foundational concepts and knowledge of Physical Education & Sport Science in reference to biological, psychological, sociological, biomechanical and other foundations.

#### **CC-2: FUNDAMENTAL EXERCISE, FORMAL ACTIVITIES & RHYTHMIC**

The Learning Outcomes of this subject are:–

- To acquaint students with practical knowledge of fundamental exercise, formal activities and rhythmic exercises.

#### **GE-I: PHYSICAL EDUCATION, HISTORY AND NEW HORIZON**

The Learning Outcomes of this subject are:–

- To acquaint students with knowledge of historical development of Physical Education & Sports.
- To provide new perspectives in physical Educations.

### **SEMESTER-II**

#### **CC-3: HEALTH EDUCATION**

The Learning Outcomes of this subject are:–

- To acquaint the students with knowledge of Health, Nutrition, First Aid and Personal & Environmental Hygiene.

#### **CC-4: GYMNASTICS AND ADVENTURE ACTIVITIES**

The Learning Outcomes of this sport are:–

- To acquaint students with theoretical, technical and practical knowledge & fundamental movement skills of Gymnastic and gain proficiency.
- To acquaint students with knowledge about environmental awareness through Adventure activities.

## OBJECTIVES AND OUTCOMES

### **GE-II: PHYSICAL FITNESS AND SKILLS: HRF EXERCISE, TRACK & FIELD, FOOTBALL, VOLLEYBALL, KHO-KHO**

The Learning Outcomes of this sport are:–

- To provide knowledge about fitness and exercises management and its application in games & sports.
- To develop health and fitness of students through training and the development of skills and playing ability of certain major games and sports.

### **SEMESTER-III**

#### **CC-5: ANATOMY & PHYSIOLOGY**

The Learning Outcomes of this subject are:–

- To provide students with the basic knowledge of anatomical structures & functions of human body.

#### **CC-6: PSYCHO-SOCIAL ASPECT OF SPORTS**

The Learning Outcomes of this subject are:–

- To acquaint students with basic concept and knowledge of psychology and sociology.
- To acquaint students with knowledge about psychological perspective of sports.
- To acquaint students with knowledge about sociological perspective of sports.

#### **CC-7: BALL GAMESI: FOOTBALL, VOLLEYBALL, HOCKEY**

The Learning Outcomes of this sport are:–

- To acquaint students with theoretical, technical and practical knowledge & skills of ball games of their choice and gain proficiency.

#### **SEC-I: AQUATICS**

The Learning Outcomes of this sport are:–

- To acquaint students with theoretical, technical and practical knowledge & skills of swimming.
- To provide the knowledge of different strokes in swimming and gain proficiency.

#### **GE-III: LIFESTYLE MANAGEMENT AND PHYSICAL ACTIVITY**

The Learning Outcomes of this subject are:–

## OBJECTIVES AND OUTCOMES

- Students will be educated with the knowledge and importance of wellness lifestyle with the help of Physical exercises and Sporting activities.

### **SEMESTER-IV**

#### **CC-8: FITNESS & WELLNESS**

The Learning Outcomes of this subject are:–

- The course is designed to provide knowledge to the students about health related fitness and wellness. To acquaint with method and process of measuring health related fitness. To appraise prevention and curative concept of lifestyle related diseases.

#### **CC-9: TRACK & FIELD AND WEIGHT TRAINING**

The Learning Outcomes of this sport are:–

- To acquaint students with theoretical, technical and practical knowledge & skills in Track and Field events and in Resistance Training, and gain proficiency.

#### **CC-10: BALL GAMES II: BASKETBALL, HANDBALL, CRICKET**

The Learning Outcomes of this sport are:–

- To acquaint students with theoretical, technical and practical knowledge & skills of ball games of their choice and gain proficiency.

#### **SEC-II: COMBATIVE SPORTS (ANY ONE) JUDO, WRESTLING, KARATE**

The Learning Outcomes of this sport are:–

- To acquaint students with theoretical, technical and practical knowledge & skills of combative sports of their choice and gain proficiency. Female students will be benefited more from this course of self-defense.

#### **GE-IV: SPORTS ACTIVITIES: AEROBICS, BASKETBALL, CRICKET, GYMNASTICS**

The Learning Outcomes of this sport are:–

- To acquaint students with the theoretical, technical and practical knowledge & skills of Sports Activities of their choice and gain proficiency.

## **SEMESTER-V**

### **CC-11: KINESIOLOGY**

The Learning Outcomes of this subject are:–

- To impart knowledge about the various movements of the body affecting performance in sports.

### **CC-12: ACTIVITY SPECIALIZATION PRACTICAL: (ANY ONE): ATHLETICS, BASKETBALL, CRICKET, FOOTBALL, GYMNASTICS, HANDBALL, HOCKEY, VOLLEYBALL & YOGA**

The Learning Outcomes of these sports are:–

- The student will be taught practically in practical classes to ensure the mastery over the skills and advance strategy through performance of training and conditioning respective to the activities.

### **DSE-I: YOGA EDUCATION/ATHLETIC CARE & REHABILITATION**

The Learning Outcomes of this subject are:–

- To provide the knowledge of Yoga including the various Asanas and pranayama and their applications.

### **DSE-II: RACKET SPORTS (ANY ONE) BADMINTON, TABLE TENNIS & TENNIS**

The Learning Outcomes of these sports are:–

- To acquaint students with the theoretical, technical and practical knowledge & skills of Racket Sports of their choice and gain proficiency.

## **SEMESTER-VI**

### **CC-13: SPORTS TRAINING**

The Learning Outcomes of this subject are:–

- To acquaint students with knowledge of training principles and their application in enhancing sports performance.

### **CC-13: ACTIVITY SPECIALIZATION THEORY: (ANY ONE): ATHLETICS, BASKETBALL, CRICKET, FOOTBALL, GYMNASTICS, HANDBALL, HOCKEY, VOLLEYBALL & YOGA**

The Learning Outcomes of these sports are:-

- To acquaint students with theoretical, technical and practical knowledge & skills of respective games and sports of their choice and gain proficiency.

### **DSE-III: SPORTS MANAGEMENT/SPORTS NUTRITION**

The Learning Outcomes of this subject are:-

- To acquaint students with knowledge of management and planning of Sports Competitions & Tournaments. The student learns to plan, organize & execute sports events.
- To acquaint students with knowledge of sports nutrition for better performance. The students learn nutritional importance and plan for various sports.

### **DSE-IV: INDIGENOUS SPORTS (ANY TWO) KHO-KHO, KABADDI & MALLAKHAMB**

The Learning Outcomes of these sports are:-

- To acquaint students with theoretical, technical and practical knowledge & skills of the indigenous sports of their choice and gain proficiency.

### **TWO-YEAR BACHELOR OF PHYSICAL EDUCATION (BPED) PROGRAMME**

Bachelor of Physical Education (BPEd) two year teacher training programme in Physical Education promotes greater integration and balance between the social and physical sciences. Contextualize physical education with a set of attitudes and values that signify the importance of movement as a valued human practice. Once educated in Physical Education, would be able to make positive contributions to the enhancement of society, promote the learning of new skills, enhance, extend, inform and critique the deliberate use of exercise, play, sport and other forms of physical activity within an individual and societal context.

## OBJECTIVES AND OUTCOMES

Bachelor of Physical Education is an undergraduate degree course which deals with the techniques that are useful to maintain the fitness of human body. Candidates having a deep passion for sports and related activities are the right pick for Bachelor of Physical Education course. A degree in B.P.Ed. can lead candidates to a variety of career options starting from being a part of the chosen sport to being a physical fitness trainer. Any candidate aspiring to build a career in the field of Physical Education needs to have certain traits and a range of skills beyond knowing sports. The most popular career path available for candidates after obtaining a B.P.Ed. degree is teaching. However, apart from teaching the graduates of this program would have careers in the various facets of the sporting industry, such as coaches, personal trainers, sports analyst, wellness activity managers and many more that candidates can think of taking up in the field of sports and physical fitness.

**The B.P.Ed. programme's salient objectives are to assist the learner in developing the following competencies:**

- ★ To prepare professionally qualified teachers in Physical Education for Secondary School education.
- ★ To prepare professionally trained professionals for Clubs, Gyms, and Fitness Centers, etc.
- ★ To prepare competent, committed, and willing to perform as professionals.
- ★ To inculcate rational thinking and to develop scientific temperament among the prospective teachers.
- ★ To be able to use organizational, administrative and managerial skills in the practical field.
- ★ To instill in the masses the idea of total fitness and a lasting desire to maintain it
- ★ To provide movement abilities ranging from functional life skills to those needed for successful participation in leisure activities.
- ★ Appreciation and understanding of specific sports, including their origins,
- ★ Cultural impact and aesthetic values.

### **Semester – I**

#### **Theory Courses**

#### **CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

The Learning Outcomes of this subject are:–

- ▲ Understand and appreciate the relationship of Physical Education to the total educational process.

## OBJECTIVES AND OUTCOMES

- ▲ To develop the behavioral and historical perspectives of Physical Education among the students.
- ▲ Define Physical Education and its importance.
- ▲ Understand aims and objectives of physical education.
- ▲ Develop basic knowledge about development of different components of personality.
- ▲ Design a physical education program.
- ▲

### **CC-102 ANATOMY AND PHYSIOLOGY**

The Learning Outcomes of this subject are:–

- ▲ To gain the knowledge of Organization of the human body and its regulation.
- ▲ To understand the support and movement of systems of the body.
- ▲ To understand and analyze the structural aspect of systems of the body.
- ▲ To understand the concept of fundamental of human body organs.
- ▲ To understand and analyze the functional aspects of Human body.
- ▲ To have an ample knowledge of anatomy and physiology so that the sport trainer can improve the performance of his player by knowing the effects of exercises on the various bodily parts of his player.
- ▲ Able to evaluate the performance of his player and to get best results out of his player.
- ▲ Not only sport trainer but a player also can have knowledge of anatomy and physiology and can improve his sporting skill according to the sport/event by knowing the capability of his body.

### **CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

The Learning Outcomes of this subject are:–

- ▲ Understand the concept, aim, objectives and importance of health education.
- ▲ Develop right concept about health and factors influencing health.
- ▲ Identify his/her role and responsibilities in the total school health programme.
- ▲ Justify the need of physical education programme, and contribution of physical education towards the holistic development of students.
- ▲ Understand the significance of play for school children.
- ▲ Designs play activities for different groups of students.
- ▲ Organizing and conducting of sports competitions in school.
- ▲ Acquire knowledge of recreational activities and be able to design recreational programme for school children.
- ▲ Identify various methods and strategies for realizing the objectives of health education.
- ▲ Establish the relationship of man with environment.



## OBJECTIVES AND OUTCOMES

- ▲ Appreciate the role of various agencies working in the area of environment conservation.
- ▲ Understand possible environmental hazards and their negative effects.

### **EC-101 OLYMPIC MOVEMENT (ELECTIVE)**

The Learning Outcomes of this subject are:–

- ▲ To develop social aim to be realized through systematic analysis and understanding of Olympic participation
- ▲ To develop interest and competence of life time participation in games and sports.
- ▲ To develop interest for games and sports as a cultural heritage
- ▲ To develop social qualities such as cooperation sympathy team spirit, helpfulness, tolerance, patience and sportsmanship.

### **EC-102 OFFICIATING AND COACHING (Elective)**

The Learning Outcomes of this subject are:–

- ▲ To train Physical Education Teacher for conducting games/sports tournaments in well organized manner and impart knowledge of Coaching and Officiating of different games/sports.
- ▲ To understand basic concepts & principles of officiating and coaching of different sports.
- ▲ To enable the students to understand the rules, regulations and of different sports.
- ▲ To acquaint the students with the duties and responsibilities of officials and coaches.
- ▲ To acquaint with the roles and responsibilities of coaches and officials.

### **Practical Courses**

#### **PC – 101: Track and Field:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of hurdles and relays.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC 102: Gymnastics:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, exercises, rules of the games and duties of officials in the event of Gymnastics.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC – 102:Swimming:**

The Learning Outcomes of this Sport are:–

## OBJECTIVES AND OUTCOMES

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, pool markings and dimensions, rules of the games and duties of officials in the event of swimming.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 102: Shooting**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, rules of the games and duties of officials in the event of shooting.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 103 Indigenous sports:**

#### **Kabaddi:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills of raiding and defending, techniques, stance, rules of the games and duties of officials in the event of kabaddi.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 103: Malkhambh and Light Apparatus:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, field dimensions, rules of the games and duties of officials in the event of malkhamb and light apparatus.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 104: Kho Kho**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills of running and chasing, techniques, sitting positions, field dimensions, rules of the games and duties of officials in the event of kho-kho.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 104: Dumbells/ Wands/ Hoop/Umbrella/Tipri**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of handling apparatus, techniques, exercises of different counts, stance, in the Dumbells/ Wands/ Hoop/ Umbrella/ Tipri.
- ◆ To develop a knowledge about the historical development of this game.

## **Semester – II**

### **Theory Courses**

### **CC-201 YOGA EDUCATION**

The Learning Outcomes of this subject are:–

- ▲ To understand and to be equipped with the Concepts of Yogic practices and Asana.
- ▲ To be equipped with the knowledge of Upanisadas and its importance in one's life.
- ▲ To be equipped with the knowledge of Yoga sutra, Astang Yoga and Hatayoga.
- ▲ To become familiar with the Yogic practices and Asanas, their values and apply the same to the society.
- ▲ To develop perception an understanding and realizing the value of life.

### **CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHINGN PHYSICAL EDUCATION**

The Learning Outcomes of this subject are:–

- ▲ To understand the role of Educational Technology in modern Physical educational practices.
- ▲ To be acquainted with the approaches and components of Educational Technology.
- ▲ To understand the stages, levels and maxims of teaching.
- ▲ To keep abreast with different innovations in Educational Technology and try them out for improving teaching learning.
- ▲ To deliver the lessons of physical education skillfully and successfully.
- ▲ To understand the importance and types of teaching methods and techniques with its devices to teach various aspects of Physical Education skillfully.
- ▲ To equip with the skills of advanced Teaching Aids for conduct of physical education program effectively.
- ▲ To be proficient in construction of Lesson Plans for various PhysicalEducation activities.
- ▲ To gain the knowledge of classifying the types of presentation-techniques and technical preparations required for physical education lessons.
- ▲ To understand the principles of class management and factors affecting class management.

### **CC-203 ORGANZATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

Learning objectives of this course -

- ▲ To understand the concept of educational management, organization and administration at the school level.
- ▲ To acquaint with the basic principles of school management
- ▲ To develop skills for optimum utilization of resource available

## OBJECTIVES AND OUTCOMES

- ▲ To identify factors conducive to the effective implementation of various school activities.
- ▲ To understand the concept and to equip with the essential skills of sports management.
- ▲ To understand the qualities and to equip with competencies required for the sports manager.
- ▲ To gain the knowledge of the basic concept of planning.
- ▲ To understand the Organization and Administration of Sports Programs.
- ▲ To be familiar with the Preparation of the financial proposals for physical education & sports in Schools/Colleges/Universities.
- ▲ To be equipped with the skill of Organization, designing and evaluating the sports events.

### **EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)**

The Learning Outcomes of this subject are:–

- ▲ Understand the modern concept of Fitness and Wellness.
- ▲ Employ the knowledge about concept of holistic health through fitness and wellness
- ▲ Orient students toward the approach of positive life style.
- ▲ Develop competencies for profile development, exercise guidelines adherence.
- ▲ Apply the holistic concept of health and wellness.
- ▲ Realize and apply the fitness and wellness management techniques.
- ▲ Design different fitness training program for different age group.
- ▲ Explain common injuries and their management.

### **EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)**

The Learning Outcomes of this subject are:–

- ▲ Foster the science of Healthy living and dietary habits.
- ▲ Orient students toward the approach of positive life style.
- ▲ Guide the students about the ill-effects of lifestyle disorders and follow-up consequences in later stages of life.
- ▲ Give an insight on body-weight management and nutrition throughout the life.

### **Practical Courses**

#### **PC – 201: TRACK AND FIELD**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, stance, ground markings and dimensions, rules and duties of officials, etc. in the individual events of jumping.
- ◆ To develop a knowledge about the historical development of this game.

## OBJECTIVES AND OUTCOMES

### **PC – 202: GYMNASTICS:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, apparatus used, rules and duties of officials, etc. in the individual events of gymnastics.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 202: YOGA:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of performing various asanas, techniques, rules and duties of officials, etc. in the event of Yoga.
- ◆ To develop a knowledge about the historical development of yoga.

### **PC – 202: SWIMMING:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, stance, pool markings and maintenance, rules and duties of officials, etc. in the individual events of water polo and diving.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 202: AEROBICS:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, stance, types and variations, in the individual event of aerobics.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 203: BADMINTON:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, stance, rules and their interpretation and duties of officials in the event of badminton.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 203: TABLE TENNIS**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, court dimensions, stance, rules and their interpretation and duties of officials in the event of table tennis.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 203: SQUASH**

The Learning Outcomes of this Sport are:–

## OBJECTIVES AND OUTCOMES

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, court dimensions, stance, rules and their interpretation and duties of officials in the event of squash.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 203: TENNIS**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of fundamental skills, techniques, court dimensions, stance, rules and their interpretation and duties of officials in the event of tennis.
- ◆ To develop a knowledge about the historical development of this game.

### **TP–201: TEACHING PRACTICES**

The Learning Outcomes of this Teaching Practice are:–

To create the classroom like situations and outdoor activities so as to familiarize the student teachers to the real like situations in order to deliver better physical education classes.

## **Semester – III**

### **Theory Courses**

#### **CC-301 SPORTS TRAINING**

The Learning Outcomes of this subject are:–

- ▲ To understand the concept, principles and different forms of sports training.
- ▲ To develop and understand various methods of training.
- ▲ To know technical and Tactical methods to develop training process.
- ▲ To be able to chalk out a training session for all levels of fitness and tournaments.
- ▲ To identify factors Influencing Training Programme

#### **CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION**

The Learning Outcomes of this subject are:–

- ▲ To understand the need and importance of Communication Technology (ICT) .
- ▲ To gain knowledge of the application of Computer in Physical Education
- ▲ To acquaint the learner with basic level operation of Computer in order to effectively use it as a teaching aid.

## OBJECTIVES AND OUTCOMES

- ▲ To understand Application of Software used in Physical Education and sports.

### **CC-303 SPORTS PSYCHOLOGY AND SOCIOLOGY**

The Learning Outcomes of this subject are: –

- ▲ To develop an understanding of the nature and scope of psychology of education, physical education & sports.
- ▲ To understand the nature, steps and factors facilitating and obstructing learning.
- ▲ To develop an understanding of the intelligence, creativity & the role of the teacher in fostering them.
- ▲ To make an understanding on the effect of social and cultural entities on the concept of individual difference and its importance in education, physical education and sports.
- ▲ To develop an understanding of the concept of personality, factors affecting personality development and the role of teacher in promoting mental health of students.

### **EC-301 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)**

The Learning Outcomes of this subject are: –

- ▲ To give an insight on sports injuries and first aid.
- ▲ To provide knowledge about the causes of injuries.
- ▲ To provide therapeutic treatment means for sports injuries and for rehabilitation of post injuries.
- ▲ To provide knowledge about the preventive measures of sports injuries and its causes.
- ▲ To aware the sports person and athlete about the different kinds of injury in respect of different games.

### **EC-302 CURRICULUM DESIGN (Elective)**

The Learning Outcomes of this subject are: –

- ▲ To understand Under Graduate Level of Professional preparation in Physical Education and Sports
- ▲ To develop an understanding of the Profession and Curriculum Design of physical education.
- ▲ To understand the role of teachers in curriculum development.
- ▲ To develop an understanding of the intelligence, creativity & the role of the teacher in fostering curriculum in physical education and sports.

### **Practical Courses**

#### **PC – 301: TRACK AND FIELDS**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, equipments used, ground markings and dimensions, rules and duties of officials, etc. in the event of throwing.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC – 302: BOXING**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, apparatus used, court markings and dimensions, rules and duties of officials, etc. in the individual event of boxing.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC – 302: MARTIALARTS/KARATE**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Martial Arts/Karate.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC – 302: Taekwondo**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Taekwondo.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC – 302: JUDO**

Learning outcomes of this course:

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Judo.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC – 302: WRESTLING**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules, scoring and duties of officials and their positioning, etc. in the event of Wrestling.
- ◆ To develop a knowledge about the historical development of this game.



### **PC – 302: FENCING**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Fencing.
- ◆ To develop a knowledge about the historical development of this game.

### **PC 303:TEAM GAMES**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of various team games.
- ◆ To develop a knowledge about the historical development of this game.

### **PC 303: BASEBALL:**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Baseball.
- ◆ To develop a knowledge about the historical development of this game.

### **PC 303: NETBALL**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Netball.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 303: CRICKET**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, rules and duties of officials, etc. in the event of Cricket.
- ◆ To develop a knowledge about the historical development of this game.

### **PC 303 : FOOTBALL**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Football.
- ◆ To develop a knowledge about the historical development of this game.

### **PC 303: HOCKEY**

The Learning Outcomes of this Sport are:–

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, ground marking, rules and duties of officials, etc. in the event of Hockey.
- ◆ To develop a knowledge about the historical development of this game.

## OBJECTIVES AND OUTCOMES

### **PC – 303: SOFTBALL**

The Learning Outcomes of this Sport are:-

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Softball.
- ◆ To develop a knowledge about the historical development of this game.

### **PC 303: VOLLEYBALL**

The Learning Outcomes of this Sport are:-

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Volleyball.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 303: HANDBALL**

The Learning Outcomes of this Sport are:-

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of Handball.
- ◆ To develop a knowledge about the historical development of this game.

### **PC – 303: BASKETBALL**

The Learning Outcomes of this Sport are:-

- ◆ To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of basketball.
- ◆ To develop a knowledge about the historical development of this game.

### **TP-301: TEACHING PRACTICES**

Learning outcomes of this Teaching Practice are:

- ◆ To train the student teachers to conduct classes and lesson plans on Racket Sports/Team Games/Indigenous Sports both in the department classes as well as in the schools of their internship program.

## **Semester – IV**

### **Theory Courses**

#### **CC-401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

The Learning Outcomes of this subject are:-

- ▲ To understand the concept of Measurement, Evaluation and Assessment Procedure in Physical Education.

## OBJECTIVES AND OUTCOMES

- ▲ To understand different tests in Physical Education.
- ▲ To acquire the knowledge of various tests regarding Physical fitness, Motor and Health related fitness.
- ▲ To understand various sports skill tests.
- ▲ To understand and utilize various statistical procedures for evaluation of human performance.

### **CC-402 KINESIOLOGY AND BIOMECHANICS**

The Learning Outcomes of this subject are:–

- ▲ To value the correct movement techniques whether in performing sports skills or our activities in day-to-day lives.
- ▲ To understand the nature and scope of Kinesiology in Physical Education & Sports.
- ▲ To understand the importance and techniques of movement analysis.
- ▲ To understand the knowledge regarding antagonistic and agonistic muscles involve in the movements.
- ▲ To gain knowledge of the application of mechanical principles to fundamental skills and sports techniques.
- ▲ To understand basic mathematical problems related to motion, force and levers.

### **CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION**

The Learning Outcomes of this subject are:–

- ▲ To lay the foundation of high level studies and researches that can be carried out in the field of physical education so as to develop scientific evidences to the previously existed theories and to find out new ones.
- ▲ To understand need and Importance of Research in Physical Education and sports.
- ▲ To understand the nature and scope of Research and Statistics in Physical Education and Sports.
- ▲ To understand Survey of Related Literature and Research Reports.
- ▲ To understand basics of Statistical Analysis.
- ▲ To prepare Statistical Models in Physical Education and Sports.

### **EC-401 THEORY OF SPORTS AND GAMES (ELECTIVE)**

The Learning Outcomes of this subject are:–

- ▲ Thorough understanding of the rules and regulations, dimensions and prerequisite fitness components.
- ▲ To be able to teach basic and fundamental skills and techniques in various games and sports so as to enhance their interests for higher level of participation later on.

### **EC-402 SPORTS MANAGEMENT**

The Learning Outcomes of this subject are:–

## OBJECTIVES AND OUTCOMES

- ▲ To understand the concept and to equip with the essential skills of sports management.
- ▲ To understand the qualities and to equip with competencies required for the sports manager.
- ▲ To gain the knowledge of the basic concept of planning.
- ▲ To gain the knowledge of the concept of leadership and its known forms.
- ▲ To understand the Organization and Administration of Sports Programs.
- ▲ To be familiar with the Preparation of the financial proposals for physical education & sports in Schools/Colleges/Universities.
- ▲ To be equipped with the skill of Organization, designing and evaluating the sports events.

### Practical Courses

#### **PC-401: TRACK AND FIELD/SWIMMING /GYMNASTICS (ANY OF ONE OUT OF THESE)**

The Learning Outcomes of these Sport are:-

- ◆ To be able to learn and deliver the knowledge of advanced techniques and skills, equipments used, ground markings and dimensions, rules and duties of officials, etc. in the event of throwing.
- ◆ To develop a knowledge about the historical development of this game.

#### **PC-402: KABADDI/ KHO-KHO/ BASEBALL/ CRICKET/ FOOTBALL/HOCKEY/SOFTBALL/ VOLLEYBALL/ HANDBALL/ BASKETBALL/ NETBALL/ BADMINTON/ TABLE TENNIS/ SQUASH/TENNIS (ANY OF ONE OUT OF THESE)**

The Learning Outcomes of these Sports are:-

- ◆ To be able to learn and deliver the knowledge of advanced techniques and skills, tactics, stances, forms, rules and duties of officials, etc.
- ◆ To develop a knowledge about the historical development of the selected game.

#### **TP-401: SPORTS SPECIALIZATION: TRACK AND FIELD / GYMNASTICS /SWIMMING**

Learning outcomes of this Coaching lesson are:

- ◆ To train the student teachers to equip with sports specialization of any discipline mentioned above so as to enhance their teaching ability.
- ◆ To develop a knowledge about the historical development of this game.

#### **TP-402: GAMES SPECIALIZATION: KABADDI, KHO-KHO, BASE BALL, CRICKET, FOOTBALL, HOCKEY, SOFTBALL VOLLEYBALL,**

### **HANDBALL, BASKETBALL, NETBALL, BADMINTON, TABLE TENNIS, SQUASH, TENNIS**

Learning outcomes of this Coaching Lesson are:

- ◆ To train the student teachers to equip with game specialization of any discipline mentioned above so as to enhance their teaching ability and proficiency in handling practical classes.
- ◆ To develop a knowledge about the historical development of this game.

### **TWO-YEAR MASTER OF PHYSICAL EDUCATION (MPED) PROGRAM**

The Master of Physical Education program objective is to provide students with the opportunities to develop the knowledge, skills, and dispositions necessary to meet their personal and professional goals in the fields of physical education and exercise science. The postgraduate programme in physical education acquaints students with the dynamics of sports activities and offers them professional training as well as knowledge about fitness in sports. The course also enables students enhance their skills in the respective field. It helps the students develop fitness strategies and methods applied in sports and other fields.

Master of Physical Education is a two-year duration postgraduate course in physical education. Physical education is a domain concerned with sports related activities and deals with subjects such as sports science, sports psychology, sports research methodology, sports medicine, exercise physiology, etc. Masters in Physical Education is intended for the students pursuing a career in physical education. A problem-solving ability is exactly what a candidate is looking for in that course. Any candidate with courage, perseverance, and competitive spirit may opt for this course. The candidates who excel in activities related to the sport will be more fit for this course. The program is ideal for students with a proven athletic record and fitness experience.

### **Semester I**

#### **Theory Courses**

#### **MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES**

The Learning Outcomes of this subject are:–

## OBJECTIVES AND OUTCOMES

The objective of this subject is to enable student to learn research methodology, methods & techniques in data collection, writing articles and preparing research reports in the field of Physical Education.

### **MPCC-102 PHYSIOLOGY OF EXERCISE**

The Learning Outcomes of this subject are:–

- To understand the role of exercise physiology on sports performance
- To identify about the effects of exercise on different system of human body
- To create the awareness regarding research in the field of exercise physiology
- Able to test the Physiological Parameters
- To Know about the function of internal human body

### **MPCC-103 Yogic Sciences**

The Learning Outcomes of this subject are:–

It helps to know about the benefits of Pranayama and Asana on health of the Athletes. It also creates the awareness regarding research in the field of Yogic Sciences and to know about the benefits of Kriya and Mudra of Yoga. It also helps to understand the relationship between yoga and physical education.

### **MPEC-101 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)**

The Learning Outcomes of this subject are:–

- To develop concepts related to Test, Measurement & Evaluation.
- To construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
- To analyze the physical ability and performance of an individual in various sports.
- To provide scientific techniques in selection and talent identification through various evaluation and grading process applicable in physical education and sports.
- To develop the skills and techniques for construction of new tests for various need related to specific Sports Skills.

### **MPEC-102 SPORTS TECHNOLOGY (Elective)**

The Learning Outcomes of this subject are:–

- To recognize the importance of sports technology on sports performance
- To define the relationship between sports and engineering.
- To explain different materials used in sports.
- To explain concept related to sports dynamics and facility management.
- Describe the importance of ethics within both sports and manufacturing.
- Relate the non-engineering sports world to the knowledge and technologies that engineering has developed.

Practicum Course

**MPPC- 101 TRACK AND FIELD I:  
SPRINT, MIDDLE AND LONG DISTANCE RUNNING,  
LONG JUMP, HIGH JUMP  
(PERFORMANCE IN ANY ONE FROM RUNNING + 2  
JUMPING EVENTS.)**

The Learning Outcomes of this subject are:–

- The objective of the course is well designed to provide an opportunity to teacher educators to learn the history, basic techniques of running and jumping in track and field events.
- To employ the rules and regulations of running and jumping in track and field.

**MPPC- 102 GAMES SPECIALIZATION- I (SECOND BEST)  
(INDIVIDUAL SKILLS, GAME SITUATION, OFFICIATING, LEAD-  
UP GAMES)**

The Learning Outcomes of this subject are

- To provide an opportunity to teacher educators to learn the history, basic techniques of the selected game specialization subject.
- To understand and utilize the rules and regulation of the selected game specialization.

**MPPC- 103 YOGA  
PERFORMANCE IN ASANAS, KRIYAS, BANDHAS &  
PRANAYAMA.**

The Learning Outcomes of this subject are:–

- The purpose of this course is to create awareness among everyone about yoga that helps in transforming body and mind and promoting well-being of the society.
- To teach knowledge, skills, proficiency and teaching techniques necessary for teaching Yoga.

**MPPC-104: CLASS ROOM TEACHING LESSONS**

The Learning Outcomes of this subject is:–

- To provide adequate teaching knowledge and enhance teaching efficiency in the teacher educator for indoor classroom.

### **Semester II**

#### **Theory Courses**

#### **MPCC-201 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS**

The Learning Outcomes of this subject are: –

- To completely describe a data set, using appropriate descriptive statistics.
- To understand a set of descriptive statistics and know the limitations of each measure.
- Students shall be able to use and apply a wide variety of specific statistical methods.
- Students shall identify how to organize, manage, and present data.
- Show ability to explore and organize data for analysis.
- Students shall be able to use and apply a wide variety of specific statistical methods.

#### **MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY**

The Learning Outcomes of this subject are: –

- To improve the basic understanding of Biomechanics and Kinesiology and its application in performing sports activities.
- To explain the concept of mechanical laws involved in human motion.
- To develop a comprehensive understanding of movement analysis
- To develop the ability to perform mechanical analysis of various fundamental movements and sports skills

#### **MPCC-203 ATHLETIC CARE AND REHABILITATION**

The Learning Outcomes of this subject are: –

The objective of the course is to learn and have knowledge about the sports injuries, preventions and rehabilitations of the athletes.

#### **MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)**

The Learning Outcomes of this subject are: –

- To explain the students about the origin and evolution of journalism and mass media.
- To synthesize a basic concept of reporting and editing.
- To enumerate the varied aspects of advertising.

#### **MPEC-202 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Elective)**

The Learning Outcomes of this subject are: –

- To describe organization and administration of sports programmes.



## OBJECTIVES AND OUTCOMES

- To analyze and interpret, business systems, sports management, public administration and marketing techniques.
- To develop opportunities to construct & design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis.

### Practicum Course

#### **MPPC- 201 TRACK AND FIELD II:**

Shot Put, Discus Throw, Javelin Throw (Performance in any two events)

The Learning Outcomes of this subject are:–

- The objective of the course is well designed to provide an opportunity to students to learn the history, basic techniques and rules of selected throwing events in track and field.

#### **MPPC-202 GAMES SPECIALIZATION- II (SECOND BEST)**

Individual skills, game situation, officiating, lead-up games)

The Learning Outcomes of this subject are:–

- To understand the basic skills and techniques, lay out and the rules of the fundamental skills of any one specialized games.

#### **MPPC-203: TEACHING LESSONS OF TRACK AND FIELD**

The Learning Outcome is:–

- To enhance knowledge and efficiency in teaching lessons of both practical as well as theoretical classes in track and field.

#### **MPPC-204: TEACHING LESSONS OF GAME SPECIALIZATIONS**

The Learning Outcome is:–

- To enhance knowledge and efficiency in teaching lessons of both practical as well as theoretical classes in selected game specialization.

### **Semester III**

#### **Theory Courses**

#### **MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

The Learning Outcomes of this subject are:–

- To provide knowledge and concept of sports training.
- To develop an understanding of the technical and tactical training.
- To provide the role of sport sciences to achieve the excellence

#### **MPCC-302 SPORTS MEDICINE**

## OBJECTIVES AND OUTCOMES

The Learning Outcomes of this subject are:–

- To understand the role of sports medicine for sports performance
- To know about adverse effects of doping in sports
- To create the awareness regarding research in the field of sports medicine
- To know about various technique for relaxation of sports person
- To know about the various therapy for sports injuries.

### **MPCC-303 HEALTH EDUCATION AND SPORTS NURTITION**

The Learning Outcomes of this subject are:–

- To have knowledge about human Health and Health Education
- To know about effects of nutrition in sports performance
- To create the awareness regarding research in the field of sports nutrition
- To know about various communicable and non-communicable disease.
- To know about the health service and personal hygiene of students and athletes.

### **MPEC-301 SPORTS ENGINEERING (Elective)**

The Learning Outcomes of this subject are:–

- To have knowledge about the sports Engineering in games and Sports
- To understand about the role of mechanics of engineering materials in sports performance
- To create the awareness regarding research in the field of sports Engineering.
- To know about various sports dynamics, mechanical principles for sports achievements.
- To know about the care and maintenance of sports equipment.

### **MPEC-302 PHYSICAL FITNESS AND WELLNESS (Elective)**

The Learning Outcomes of this subject are:–

- To know the sports concept and technique of physical fitness
- To know about role of foods and nutrition in sports performance
- To create the awareness regarding research in the field of physical fitness and wellness.
- To know about various techniques of aerobic and anaerobic exercise and its benefits.
- To know about the flexibility exercise and its role on sports performance.

### **MPPC- 301 TRACK AND FIELD III: RELAY, TRIPLE JUMP, POLE**

## OBJECTIVES AND OUTCOMES

### **VULT (PERFORMANCE IN ANY TWO EVENTS)**

The Learning Outcomes of this subject is:-

- To provide the opportunity for the students to learn about the basics of relay, triple jump and pole vault events in track and field.

### **MPPC-302 GAMES SPECIALIZATION- III (FIRST BEST) INDIVIDUAL SKILLS, GAME SITUATION, OFFICIATING, LEAD- UP GAMES)**

The Learning Outcomes of this subject is:-

To provide the opportunity for the students to learn about the advance skills and techniques, tactics and strategy of the game specialization.

### **MPPC-303: OFFICIATING LESSONS OF TRACK AND FIELD; GAME SPECIALIZATIONS**

The Learning Outcomes of this subject are:-

- To provide the opportunity for the students to learn and apply about the updated rules and regulation of the track and field and game specialization.
- To understand the updated officiating in track and field; game specialization.

### **MPPC-304: INTERNSHIP**

The Learning Outcomes of this paper is:-

To provide the opportunity to the students to learn and enhance knowledge about the practical application of taking class to the school students in schools at actual environment.

## **Semester IV**

### **Theory Courses**

#### **MPCC-401 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION**

The Learning Outcomes of this subject are:-

- To know the information and communication technology in physical education
- To know about role of information and communication technology in class room teaching in physical education
- To create the awareness regarding research in the field of information and communication technology.
- To know about various fundamental of computers in physical education
- To know about the MS Office applications in physical education

### **MPCC-402 SPORTS PSYCHOLOGY**

The Learning Outcomes of this subject are: –

The objective of this subject is to learn the theories, concepts, and intervention techniques of sport psychology. Topics covered will include motivation theory applied to sport, team dynamics, psychological skills training, the psychology of sport injury, and burnout in sports.

### **MPCC-403 DISSERTATION**

The Learning Outcomes of this subject are: –

To provide opportunity for students to understand and enhance knowledge and interest about the research during their master program.

### **MPEC-401 VALUE AND ENVIRONMENTAL EDUCATION**

The Learning Outcomes of this subject are: –

- To know the value and environmental education in physical education
- To know about role of environmental education in class room teaching in physical education
- To create the awareness regarding research in the field of environmental education.
- To know about rural sanitation and urban health.
- To know about the natural resources and related environmental issues

### **MPEC-402 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS**

The Learning Outcomes of this subject are: –

- To know the educational technology in physical education and sports
- To know about role of educational technology in class room teaching in physical education
- To create the awareness regarding research in the field of educational technology.
- To know about nature and scope of educational technology.
- To know about the instructional design and audio visual media in physical education.

### **Practum Courses**

**MPPC- 401 TRACK AND FIELD IV:  
JAVELIN THROW, HAMMER THROW, HURDLES  
(PERFORMANCE IN ANY TWO EVENTS)**

## OBJECTIVES AND OUTCOMES

The Learning Outcomes of this subject is:-

- To provide the opportunity for the students to learn about the basics of javelin throw, hammer throw and hurdle race events in track and field.

### **MPPC-402: GAMES SPECIALIZATION- IV (FIRST BEST) (INDIVIDUAL SKILLS, GAME SITUATION, OFFICIATING, LEAD-UP GAMES)**

The Learning Outcomes of this subject is:-

To provide the opportunity for the students to learn about the advance skills and techniques, tactics, strategy etc of the game specialization.

### **MPPC-403: COACHING LESSONS OF TRACK AND FIELD**

The Learning Outcomes of this paper are:-

To provide the opportunity to the students to learn and enhance knowledge of coaching in taking lesson of track and field events.

To enhance creativity and apply knowledge in coaching track and field events.

### **MPPC-404: COACHING LESSONS OF GAME SPECIALIZATIONS**

The Learning Outcomes of this paper are:-

To provide the opportunity to the students to learn and enhance knowledge of coaching in taking lessons of selected game specialization.

To enhance creativity and apply knowledge in coaching selected game specialization.

## **Ph.D.in Physical Education**

### **Programme Code- 88**

As per UGC Minimum Standards and Procedure for Award of PhD Degree Regulations 2016, a PhD scholar shall be required to undertake course work for a minimum period of one semester which is compulsory pre-requisite for both full time and part time candidates. As per guidelines of the University Grants Commission, each student has to register for the Ph.D. course work programme, whose objective is the up gradation of knowledge among students. Special emphasis is laid on the methodologies that are required for research. In addition, students are made aware of science ethics and safe practices. Apart from satisfying mandatory requirements, the course work attempts to create a sense of excitement about scientific research.

### **The Programme objectives of the Ph.D. course work are**

## OBJECTIVES AND OUTCOMES

- ⤴ Students will acquire the critical thinking and research skills to become independent scholars, at a level comparable to those who obtain faculty positions at universities.
- ⤴ Students will learn research methods ranging from quantitative and deductive methods to qualitative and inductive methods.
- ⤴ Students will master a specific set of methods appropriate to their dissertation, with the depth needed to produce methodologically rigorous research.
- ⤴ Students will master the theories that underpin their dissertation research, usually drawn from the social sciences or humanities, with the depth needed to produce advanced, theoretically informed research.

### **Course C-I: Research Methodology, Statistics and Computer Application**

This course deals with the principles of research, research methodology and significant phases of research. Students are taught the realistic guidelines to be followed in the choice of field of research, topic of research and formulation of research problem. Key and careful considerations in the choice of tools for the solution of research problem are covered in this module. The module emphasizes the desirable close knit relation between innovation and concept of out of the box thinking. The principles of effective research and the need for a Proactive approach in a successful research programme are also explained. Students will get an insight into the privilege, honour and the associated responsibilities of a researcher. Further Statistics helps students to design data collection plans, analyze data appropriately and interpret and draw conclusions from those analyses. The aims of Computer Application is to provide students with an opportunity to develop understanding of the basic operations of a computer system and computer applications software. Meanwhile, they also develop the skill of using computer applications software for solving problems.

#### **Intended Learning Outcomes of this course are**

- ⤴ To identify and apply appropriate research methodology in order to plan, conduct and evaluate basic research. The Course will furthermore enable

## OBJECTIVES AND OUTCOMES

scholars to distinguish between the scientific method and common sense knowledge while laying the foundation for research skills at higher levels.

- ▲ Describe the value, scope, relevance and mandatory steps of research as well as principles of effective research.
- ▲ Discuss the guidelines to progress from the choice of broad field of research to specific topic of research.
- ▲ Demonstrate the application and utility of the Systematic approach and out of box thinking concepts for research to be effective.
- ▲ Adapt and demonstrate the procedures outlined for a systematic Literature Review
- ▲ Analyze and prepare well-structured research proposal and research paper invoking clearly outlined principles.
- ▲ To completely describe a data set, using appropriate descriptive statistics.
- ▲ To understand a set of descriptive statistics and know the limitations of each measure.
- ▲ Students shall be able to use and apply a wide variety of specific statistical methods.
- ▲ Students shall identify how to organize, manage, and present data.
- ▲ Show ability to explore and organize data for analysis.
- ▲ To develop the students ability to deal with numerical and quantitative issues in business
- ▲ To enable the use of statistical, graphical and algebraic techniques wherever relevant.

### **Course C-II (A): Specialization: Exercise and Sports Physiology**

The course includes the energy systems, neuromuscular concepts as applied to sports and functions of the cardiovascular and respiratory systems during rest, steady state and exhaustive physical activity. Aspects of chemistry, biology, and physics are integrated to explain biological events and their sites of occurrence in the human body as they affect exercise and training. This course satisfies a general education "distribution" requirement in Science and is required for Applied Sport & Exercise Science majors. Includes an in-depth survey of the neuromuscular, metabolic, cardiorespiratory and hormonal

## OBJECTIVES AND OUTCOMES

responses to acute exercise and the physiological adaptations to chronic exercise.

### **Intended Learning Outcomes of this course are**

- ▲ Demonstrate knowledge of general overall physiological principles associated with metabolic processes; musculoskeletal system; cardiovascular system; aerobic and anaerobic program design.
- ▲ Demonstrate knowledge of pathophysiology and risk factors associated with exercise and disease.
- ▲ Demonstrate the ability to administer and interpret health appraisals, fitness, and clinical exercise testing.
- ▲ Demonstrate the ability to administer and interpret electrocardiography and other diagnostic techniques associated with physiological processes.
- ▲ Describe and understand issues involved with patient management and medications.
- ▲ Design and monitor exercise prescriptions and fitness programming.
- ▲ Assess and evaluate nutritional intake and demonstrate the ability to design weight management programs.
- ▲ Demonstrate knowledge of safety, injury prevention, and emergency procedures associated with laboratory activities and general exercise.
- ▲ Demonstrate knowledge of cardiovascular physiology, pulmonary physiology, metabolic processes and associated pathology and risk factors for disease.
- ▲ Demonstrate knowledge of orthopedic/musculoskeletal issues including pathophysiology and risk factors for injury.
- ▲ Demonstrate proficiency in performing laboratory techniques and subsequent analysis of data commonly used in Human Performance Laboratory.
- ▲ Demonstrate knowledge of and show ability to carry out the research process in a collaborative environment.

### **Course C-II (B): Specialization: Exercise and Sports Psychology**

This course will examine relevant issues in the field of applied sport psychology and the application of psychological theories and research to performance in sport, exercise, and non-sport contexts. The course is designed to teach students the basics of psychological skills training and intervention



## OBJECTIVES AND OUTCOMES

development by exploring the application of cognitive strategies, such as goal setting, imagery, positive self-talk, and teambuilding. Students will have the opportunity to develop mental training programs for athletes, exercisers, groups/teams, coaches, and/or non-sport performers. Students will also have the opportunity to develop their understanding of the practice of sport psychology by observing the design and application of evidence-based mental training techniques and interventions.

### **Intended Learning Outcomes of this course are**

- ⤴ Demonstrate understanding of theoretical foundation of the psychological processes that influence human performance in athletic settings.
- ⤴ Identify and apply psychological techniques and strategies to enhance performance in sport and other domains.
- ⤴ Evaluate research in sport psychology and psychological factors related to performance and participation in sport and exercise settings.
- ⤴ Evaluate the needs of clients and plan interventions based on this evaluation.
- ⤴ Choose and apply sport psychology theories and research that best fit different performance and exercise psychology cases.

### **Course C-II (C): Specialization: Exercise and Sports Biomechanics**

This course deals with the introduction of students to concepts of mechanics as they apply to human movement, particularly those pertaining to exercise, sport, and physical activity. The student should gain an understanding of the mechanical principles that govern human motion and develop the ability to link the structure of the human body with its function from a mechanical perspective. An understanding of the biomechanical principles underpinning human movement is a basic requirement for the coach / teacher, performer, therapist and sport and exercise scientist. This module will develop biomechanical laboratory skills and an understanding of biomechanical concepts relating to human movement.

### **Intended Learning Outcomes of this course are**

- ⤴ Demonstrate basic understanding of human movement biomechanics.

## OBJECTIVES AND OUTCOMES

- ▲ Demonstrate basic understanding of linear biomechanical principles and Newtonian mechanics.
- ▲ Review and interpret biomechanical data.
- ▲ Correctly apply fundamental human movement principles in sports skills.
- ▲ Demonstrate an applied understanding of the form and function of the human body.
- ▲ Critically evaluate human movement research in order to design and implement sports training activities.
- ▲ Use qualitative and quantitative reasoning and evidence, synthesizing information from a variety of origins to methodically and systematically solve problems and develop interventions in the human movement domain.

### **Course C-III: Review of Related Literature**

This module deals with survey, review and critical analysis of literature pertaining to the specific field of research identified by the research student in consultation with the supervisory team. This module is a first step in the search, identification and formulation of a research problem of doctoral thesis. Through the initial process of literature review, this module facilitates the student a broader exposure to the status of research work related to the identified specific field of research. This module emphasizes the student to apply good practices and guidelines of a systematic and structured literature review to collect, comprehend, sort and document the available information in open literature. In the context of reviewed contemporary research work, student acquires wider breadth of knowledge in the chosen specific field of research. The outcome of this module enables the research student to progress from the specific field of research to potential specific topic of research confirming the research progress to be on a desirable research trajectory.

### **Intended Learning Outcomes of this course are**

- ▲ Describe the scope and context of the Literature Review through identification of the broad parameters of the chosen specific field of research in Physical Education and Sport Science and discuss the strategies for search of information related to field of research.

## OBJECTIVES AND OUTCOMES

- ⤴ Identify numerous sub topics in critical and allied sport science discipline and sort the collected information on respective sub topics.
- ⤴ Assess the nature, quantum and pace of progress of past research in Physical Education and Sport Science to predict the possible future research trajectories of sub topics related to science of sports and fitness.
- ⤴ Prepare a document highlighting the successful literature search by short listing it to handful of ranked sub topics potentially leading to the choice of specific topic of research.