

Gurukula Kangri (Deemed to be University) Haridwar

Bachelor of Physical Education (BPEd)

The course structure is designed for the betterment of the Physical education students so that they can train the school going kids in scientific training procedure. The entire programme of B.P.Ed. is based on allied stream of science and arts i.e. History, Principles and foundation of Physical Education, Anatomy and Physiology, Health Education and Environmental Studies, Olympic Movement, Officiating and Coaching, Yoga Education, Organization and Administration, Contemporary issues in physical education, Fitness and wellness, Sports Nutrition and Weight Management, Sports Training, Computer Application in Physical Education, Sports Psychology and Sociology, Sports Medicine Physiotherapy and Rehabilitation, Curriculum Design, Measurement and Evaluation in Physical Education, Kinesiology and Biomechanics, Research and Statistics in Physical Education, Theory of Sports and Game, Sports Management and Bhartiya Gyan Parampara (Specially designed to get knowledge about Veda and traditions of Indian Mythology). Similarly, the B.P.Ed. students go through the wide range of practical classes, the practicals are designed for the total development of individuals.

Course Outcomes (CO)

CO 1 - History, Principles and foundation of Physical Education- Physical education can no longer be treated as separate entity. Physical education cannot be separated from educational process. It is therefore said to be an integral part of total process of education.

CO 2 - Anatomy and Physiology- The studies of Anatomy and Physiology provides the basic knowledge for understanding of human structure and functioning of the body organs. Human **anatomy** is the scientific study of the body's structures. Some of these structures are very small and can only be observed and analyzed with the assistance of a microscope. Other larger structures can readily be seen, manipulated, measured, and weighed. The word "anatomy" comes from a Greek root that means "to cut apart." Whereas anatomy is about structure, physiology is about function. Human **physiology** is the scientific study of the chemistry and physics of the structures of the body and the ways in which they work together to support the functions of life. Much of the study of physiology centers on the body's tendency toward homeostasis.

CO 3 - Health Education and Environmental Studies- Environmental education also deals with rules and phenomena with a significant impact on human health. The theoretical basis for healthy living, the natural phenomena and happenings in the ecosystem, are altered by anthropogenic effects differing by region. The most important of them are introduced to the students in the form of compulsory environmental education.

CO 4 - Olympic Movement- This subject is helpful for the students to understand the Olympic history as well as modern trends in Olympics.

CO 5 - Officiating and Coaching- In all the events, officiating has possessed a very important part and officials play very important role in all the events. Value and status of officiating has raised because now sports has gained a lot of importance throughout the world. Now officiating is considered an essential part of all the competitions.

CO 6 - Yoga Education - Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of **Yoga education** are: 1) To enable the student to have good health. 2) To practice mental hygiene.

CO 7 - Organization and Administration – This subject helps the students to understand the values and ethics of Organization and Administration.

CO 8 - Contemporary issues in physical education – There is a vital role of Contemporary issues in physical education as an individual's level of physical activity or sports participation can

be influenced by a number of factors and can fluctuate according to their age and stage of life. Some of the issues that can influence a person's physical activity levels include: age, gender and gender inequality, cultural diversity, access to facilities, risk management and safety and access to physical activity for different population groups e.g. children.

CO 9 - Fitness and Wellness - Fitness is very important for good health. Besides feeling better mentally, exercising can help protect us from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick.

CO 10 - Sports Nutrition and Weight Management - What are the best foods for better energy and performance? What types of food can be used to build muscle and enhance strength and power? Competitive athletes are continuously seeking ways to optimize their performance, and nutrition is an important area that can help them achieve their goals

CO 11 - Sports Training - Every sport activity needs specific type of physical fitness, and hence, the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility is an important aim and objective of sports training.

CO 12 - Computer Application in Physical Education - Technology penetrates in every spheres of life. Computers become an essential part of life. It works as the research object and its application in the combination with the sports training and performance enhancement. The need of introducing the computer technology into the sports training and its future trend in development, in order to improve the technical content, and the effectiveness of sports training. Computer science in sport is an interdisciplinary discipline that has its goal in combining the theoretical and practical field and methods of the areas of sport science and for physical education.

CO 13 - Sports Psychology and Sociology – Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors.

CO 14 - Sports Medicine Physiotherapy and Rehabilitation – This subject is helpful to care children and young people suffering from any acute or chronic condition, who practice or want to practice sport.

CO 15 - Curriculum Design – This subject is helpful in understanding how to design the frame work for individuals.

CO 16 - Measurement and Evaluation in Physical Education - A very important subject which deals with various tests and how to conduct and evaluate the performance of players.

CO 17 - Kinesiology and Biomechanics - Kinesiology and Biomechanics in sport incorporates a detailed analysis of sport movements in order to minimise the risk of injury and improve sports performance.

CO 18 - Research and Statistics in Physical Education - This is invaluable tool for building on crucial knowledge; it's also the most reliable way to understand the complexities of various issues to maintain our integrity. Statistical knowledge helps to use the proper methods to collect the data, employ the correct analyses, and effectively present the results.

CO 19 - Theory of Sports and Game – This subject deals with the rules and regulations of various games. It is very helpful for students to know about the structure and functions of different games.

CO 20 - Sports Management - Management in sport organizations provide sports development, general planning activities in the field of sports, organizes all relevant resources, processes and functions, exercised a policy of human resources development, organized sports and business functions, provide communication and coordination

CO 21-Track & Field- They have learned how to motivate themselves and stay focused, even without encouragement. Track and field will teach you about honesty and how much you want to succeed. You should give it a go if you want some healthy competition in your life

CO 22 – Gymnastics- Gymnastic is also known as mother of all the games it is very helpful for develop motor movements in the early age of player.

CO 23 - Indigenous Activity – This practical is related with traditional Indian exercises.

CO 24 - Mass Demonstration Activities – This practical provides the coordination and discipline among the students.

CO 25 - Racket Sports: Badminton/ TT/Squash/Tennis - This practical is helpful in learning the Racket games including skills marking, Officiating etc.

CO 26 - Teaching Practices - Teaching Practices environment is one of the most important factors affecting student learning. Such an environment provides relevant content, clear learning goals and feedback, opportunities to build social skills, and strategies to help students succeed

CO 27 - Combative Sports - Combat sports and martial arts offer a fantastic way to get fit, engage with friends, eat better, cope with stress and importantly, develop a character of respect and humility that is integral to all effective martial arts. Combat Sports teach self-defense because they learn confidence and self-reliance.

CO 28 - Team Games - This practical is helpful in learning the team games including skills marking, Officiating etc. This practical consist of various games like Hockey, Football, Cricket, Basketball, Volleyball etc.

CO 29 - Games specialization – This practical deals with the specialization of individuals as choice of their respected games.

CO 30 - Teaching Practice Class room - Classroom environment is one of the most important factors affecting student learning. Such an environment provides relevant content, clear learning goals and feedback, opportunities to build social skills, and strategies to help students succeed