



Programme Level Outcomes (PLO) and Course Level Outcomes (CLO) for B.P. Ed

Vision:

- To equip the present student teachers to prepare the learners to face the global challenges and vagaries of the future.

Mission:

- To inculcate in the minds of teacher trainees, an absolute desire for 'Learning to teach and Teaching to learn' with the will of leadership; To inspire the learners to acquire knowledge and skill so as to enable them to apply these tools to benefit the society at large.

Values:

- Flexibility – to cope with any situation
- Willingness – to contribute to innovation
- Interest for lifelong learning
- Spirit of Team work
- Social, moral and spiritual values
- Freedom - of thought and expression
- Respect - for diversity and the dignity of the individual
- Responsibility - as good citizens and towards the environment.
- Excellence - in intellectual, personal.
- Integrity - in character and knowledge.
- Inclination to use new technologies and inter-Disciplinary approach

After completing the B.P. Ed Course, the students will develop the followings:

1. **Factual Knowledge:** Students will learn about physical education from a variety of fields, gaining professional, technical, and academic knowledge. They will put knowledge, concepts, and experiences from the course together and link them to everyday life.
2. **Development of professional knowledge:** They will be able to acquire the personal, professional, and social skills necessary for the vocation of teaching.





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- Organizational capabilities:** They will get the opportunity to foster potential within themselves for organising physical education programmes and different related activities. Additionally, they are able to run social and player rehabilitation programmes.
- Motivational capacities:** After completing the course, the student will acquire the capacity to inspire their students so that they may actively participate in Physical and Yogic Exercises, Games and Sports.
- Social skills:** Social skills will be developed among the trainees through the participation of various games and sports activity.
- Knowledge of mental health:** The student will be able to acquire knowledge on mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
- Promotion of indigenous games:** They will be able to promote the indigenous games, sports and yogic practices among learner.

Course learning Outcomes (CLO) for B.P.Ed

Sl No	Course	Course Code	Title of the course	Course Learning Outcomes (CLO)
SEMESTER - I				
1	Core courses	CC-101	History, Principle and Foundation of Physical Education & Olympic Movement.	The student teachers will be able to : <ul style="list-style-type: none">• Explain the concepts of physical Education• Elaborate the concepts of development of Physical Education in India as well as in west Bengal• State the Principles of Physical education• Acquire the knowledge of Olympic moment
2		CC - 102	Anatomy and Physiology	The student teachers will be able to : <ul style="list-style-type: none">• State the idea of human body and Anatomy Physiology in Physical education• Explain muscular system, digestive system, respiratory system, circulatory, excretory, endocrine and nervous system• Illustrate the effect of exercise on different system

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3		CC-103	Health Education and Environmental Studies	The student teachers will be able to : <ul style="list-style-type: none"> • Describe the concepts of the health & physical education • Discuss the health problems in India • Explain the concepts of environmental concern • Explain the natural resources including disaster management
4	Elective courses	EC-101	Physical Literacy through Movement Education	The student teachers will be able to : <ul style="list-style-type: none"> • Explain motor skills and its movement pattern • Participate in various physical activity • Prepare pedagogical models for Physical literacy and movement education
5		EC-102	Officiating and Coaching	The student teachers will be able to : <ul style="list-style-type: none"> • State the concepts of officiating and coaching • Discuss the role of coach and officials • Realize the qualities of coaches and mentors
6	Practical courses	PC-101	Track and Field: All Running Event, Running Broad Jump & Triple Jump-	The student teachers will be able to : <ul style="list-style-type: none"> • Acquire the skills of running events including broad jump and triple jump
7		PC-102	Swimming (Free Style & Back Stroke) or Gymnastics Floor	The student teachers will be able to : <ul style="list-style-type: none"> • Acquire the skills of swimming and gymnastics in floor
8		PC-103	March Past Mass Demonstration Activities: Indigenous Sports Kabaddi, Kho-Kho and Archery	The student teachers will be able to : <ul style="list-style-type: none"> • Demonstrate dumble, lezim, calisthenics • Acquire skill of march pasting • Develop the skill of Indigenous game like Kho-Kho, Kabadi and Archery
9		PC-104	Yoga- Weight Training Aerobics	The student teachers will be able to : <ul style="list-style-type: none"> • Develop skills among themselves in Yogasana, weigh training and Aerobics
SEMESTER - II				
10	Core courses	CC-201	Yoga Education	The student teachers will be able to : <ul style="list-style-type: none"> • Discuss about aims, objectives and methods of Yoga

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				<ul style="list-style-type: none">• Explain the effect of yogic practices on human body• Express their idea on modern trends of yoga
11		CC - 202	Educational Technology and Methods of Teaching in Physical Education	The student teachers will be able to : <ul style="list-style-type: none">• Know the concept of Educational technology• Identify the different techniques of teaching physical education• Compare between verbal and nonverbal communications• Demonstrate using Teaching Aids• Prepare Teaching Aids and Learning design
12		CC- 203	Organization and Administration	The student teachers will be able to : <ul style="list-style-type: none">• State the concept of organization and administration in physical education• Gain knowledge on office management• Prepare Time Table for schools• Explain different types of tournaments
13	Elective courses	EC- 201	Contemporary issues in physical education, fitness and wellness	The student teachers will be able to : <ul style="list-style-type: none">• State the concept of fitness, wellness and life style• Mention the principles of exercise programme
14		EC- 202	Sports Nutrition and Weight Management	The student teachers will be able to : <ul style="list-style-type: none">• State the concept of nutrition and nutrients• Explain importance of weight management• Clarify the steps of weight management
15	Practical courses	PC- 201	Track and Field Jumping Events-High Jump and Throwing Events, Shot Put, Discus and Javelin	The student teachers will be able to : <ul style="list-style-type: none">• Acquire competency in jumping events• Develop skills on throwing events
16		PC- 202	Gymnastics- for men-Parallel bar & Vaulting horse/Box , women- Balancing Beam& Vaulting horse/box OR	The student teachers will be able to : <ul style="list-style-type: none">• Acquire the skills of breast stroke and butterfly stroke swimming• Acquire skills on gymnastics in floor





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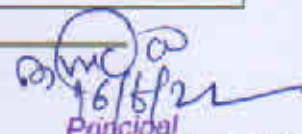
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			Swimming- Breast stroke & Butterfly stroke	
17		PC-203	Team Games: Football, Netball, Volleyball, Handball Racket Sports: Badminton/Table Tennis/Squash/Tennis	The student teachers will be able to : <ul style="list-style-type: none">• Acquire the skills of football, volleyball and throwball• Develop the skills of Table tennis, badminton and tennis
18		TP-204	Teaching practice	The student teachers will be able to : <ul style="list-style-type: none">• Teach physical education and school subjects• Teach outdoor games
SEMESTER - III				
19	Core courses	CC-301	Sports Training	The student teachers will be able to : <ul style="list-style-type: none">• Acquaint about sports training• Describe about strength, speed, endurance, power and balance• Plan regarding sport training programme
20		CC-302	Computer Application in Physical Education and Sports Science.	The student teachers will be able to : <ul style="list-style-type: none">• Gain basic knowledge on computer application• Apply Microsoft word, Excel and power point in physical education
21		CC-303	Sports Psychology and Sociology in Physical Education and Sports.	The student teachers will be able to : <ul style="list-style-type: none">• Gain basic knowledge on sports psychology• Define learning and its types of learning• Discuss about growth and development• Relate physical education with social science• Understand about culture and its effect on peoples life
22	Elective courses	EC-301	Sports Medicine, Physiotherapy and Rehabilitation	The student teachers will be able to : <ul style="list-style-type: none">• Classify different types of sport medicines• Gain basic knowledge on doping• Apply physiotherapy knowledge in the sports field• Gain basic knowledge on rehabilitation
23		EC-302	Curriculum Design	The student teachers will be able to :

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				<ul style="list-style-type: none">• Explain modern concept of curriculum on physical education• Tell about principles of curriculum construction
24	Practical courses	PC-301	Combative Sports: Karate/Judo/Fencing/Boxing /Taekwondo/Wrestling/Lathi	The student teachers will be able to : <ul style="list-style-type: none">• Develop skills on combative sports like karate, taekwondo, lathi
25		TP-302	Teaching Practice:	The student teachers will be able to : <ul style="list-style-type: none">• Develop teaching skills among themselves
26		TP-303	Sports Specialization-Coaching	The student teachers will be able to : <ul style="list-style-type: none">• Develop coaching capabilities among themselves
27		TP-304	Teaching Practice: Yoga or Aerobics	The student teachers will be able to : <ul style="list-style-type: none">• Develop teaching skills on yoga and aerobics among themselves
SEMESTER IV				
28	Core courses	CC-401	Measurement and Evaluation in Physical Education	The student teachers will be able to : <ul style="list-style-type: none">• Gain basic knowledge on measurement and evaluation• Differentiate between measurement and evaluation• Know how to administer psychological test• Know how to test sports skills
29		CC - 402	Kinesiology and Biomechanics	The student teachers will be able to : <ul style="list-style-type: none">• Know basic concepts on kinesiology and biomechanics• Differentiate kinetics and kinematics of human movement
30		CC-403	Research and Statistics Physical Education	The student teachers will be able to : <ul style="list-style-type: none">• Understand basic of research and its importance in the field of physical education• Classify different types of research• Learn how to write research proposal• Analyse data with the help of statistics
31	Elective courses	EC-401	Theory of Sports and Games	The student teachers will be able to : <ul style="list-style-type: none">• Discuss about different principles of coaching• State the importance of weight training

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32		EC-402	Sports Management	The student teachers will be able to : <ul style="list-style-type: none">• Understand sports management• Develop leadership qualities among themselves• Illustrate financial management in physical education
33		PC-401	Games Specialization: Evaluation Performance Ability	The student teachers will be able to : <ul style="list-style-type: none">• Acquire skills in the specific games
34	Practical courses	PC-402	Adventure activity/Outdoor activity: Camping/Trekking/Hiking/Rock-Climbing/Artificial Climbing / Educational Tour etc.	The student teachers will be able to : <ul style="list-style-type: none">• Gain skills on trekking and camping• Develop leadership qualities among themselves
35		PC-403	Team Games: Cricket, Basketball, Hockey, Softball, Baseball, Throw ball and Tennikoit	The student teachers will be able to : <ul style="list-style-type: none">• Develop skills on Cricket, Basketball Throw ball among themselves
36		PC-404	AAHPERD Youth Fitness Test Standardized Skill Test	The student teachers will be able to : <ul style="list-style-type: none">• Understand how to test physical fitness of the individual

PRINCIPAL

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