

## **M.P.ED ( 2YEAR COURSE)**

### **Semester I Theory Courses**

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

##### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Enhance the competency of research ability of students
2. To know about the research methods and types
3. To create the awareness regarding research for enhances the quality of higher education
4. Able to formulate the hypothesis
5. To increase the writing ability for research reporting

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

##### **Learning Outcomes**

The learning outcome of the paper are as:

6. To Know the role of exercise physiology on sports performance
7. To know about the Effects of exercise on different system of human body
8. To create the awareness regarding research in the field of exercise physiology
9. Able to test the Physiological Parameters
10. To Know about the function of internal human body

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

##### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the role of Yogic Sciences on sports performance
2. To know about the benefits of Pranayama and Asana on health of the Athletes
3. To create the awareness regarding research in the field of Yogic Sciences
4. Able to perform the various Yogic Practices
5. To Know about the benefits of Kriya and Mudra of Yoga
6. To established the relationship of Yoga and Sports

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

##### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the importance of sports technology on sports performance
2. To know about the benefits of scientific materials of the Athletes for sports performance

3. To create the awareness regarding research in the field of Sports Technology
4. Able to perform the various test related to skills in various sports
5. To Know about that benefits of modern equipment for performance and minimize the sports related injuries

## **Semester II**

### **Theory Courses**

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

##### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the importance of Applied statistics in physical education
2. To know about the benefits of Applied statistics for research of Physical education.
3. To create the awareness regarding research in the field of Applied statistics
4. Able to apply the different statistical test for hypothesis testing
5. To Know about that benefits of Applied statistics in illustration of sports related data.

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

##### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the importance of sports biomechanics and Kinesiology on sports performance
2. To know about the various physical law of motion for reducing the Injuries and enhancement of sports performance
3. To create the awareness regarding research in the field of Sports Biomechanics
4. To know about the Qualitative and Quantitively Analysis of sports related skills
5. To Know about mechanical analysis of sports related skills

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

##### **Learning Outcomes**

The learning outcome of the paper are as :

1. To Know the importance of Athletic care and rehabilitation of sports person
2. To know about the rehabilitation process of injured athletes
3. To create the awareness regarding research in the field of Sports Biomechanics
4. To know about that how to care about Athletes to avoiding sports injuries
5. To Know about the different technique related to relaxation and rehabilitation of Athletes

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

#### **Learning Outcomes**

The learning outcome of the paper are as :

1. To Know the importance of sports journalism and mass media for sports
2. To know about the role of sports journalism and mass media for active participation in sports
3. To create the awareness regarding research in the field of sports journalism and mass media
4. To know about that how to write the report for publishing in news papers
5. To Know about the technique for highlighting the reports in sports

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

#### **Learning Outcomes**

The learning outcome of the paper are as :

1. To Know the importance of sports Management and curriculum Design
2. To know about how to organised sports competition
3. To create the awareness regarding research in the field of sports Management and curriculum Design
4. To know about that intramural and extramural tournaments
5. To Know about the role of curriculum design for effective teaching and learning in physical education

### **Semester III Theory Courses**

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

#### **Learning Outcomes**

The learning outcome of the paper are as :

1. To Know the importance of Scientific Principles of sports training
2. To know about scientific principle for enhancement of sports performance
3. To create the awareness regarding research in the field of Scientific Principles of sports training
4. To know about various technique for development of physical and motor fitness
5. To Know about the role of tactics and strategy for sports performance

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

#### **Learning Outcomes**

The learning outcome of the paper are as :

1. To Know the role of sports medicine for sports performance

2. To know about adverse effects of doping in sports
3. To create the awareness regarding research in the field of sports medicine
4. To know about various technique for relaxation of sports person
5. To Know about the various therapy for sports injuries

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

#### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the health education in physical education
2. To know about effects of nutrition in sports performance
3. To create the awareness regarding research in the field of sports nutrition
4. To know about various communicable and Non communicable Disease.
5. To Know about the health service and personal Hygiene of Students and athletes

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

#### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the sports Engineering in physical education
2. To know about role **Mechanics of engineering materials** in sports performance
3. To create the awareness regarding research in the field of sports Engineering.
4. To know about various **Sports Dynamics, mechanical Principles for sports achievements.**
5. To Know about the care and maintenance of sports equipment

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

#### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the sports concept and technique of Physical Fitness
2. To know about role **foods and Nutrition** in sports performance
3. To create the awareness regarding research in the field of physical fitness and wellness.
4. To know about various **techniques of Aerobic and anaerobic exercise and its benefits**
5. To Know about the flexibility exercise and its role on sports performance

**Semester IV**  
**Theory Courses**

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

**Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the Information and communication Technology in physical education
2. To know about role Information and communication Technology in class room teaching in physical education
3. To create the awareness regarding research in the field of Information and communication Technology.
4. To know about various fundamental of computers in physical education
5. To Know about the MS Office Applications in physical education

**MPCC-402 SPORTS PSYCHOLOGY**

**Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the role of sports Psychology sports performance
2. To know about effects of various psychological factors sports performance
3. To create the awareness regarding research in the field of sports psychology
4. To know about various motivational technique psychological problems for sports performance.
5. To Know about the psychological preparation of sports

**MPCC-403 DISSERTATION**

**Learning Outcomes**

The learning outcome of the paper are as:

1. To Know about the process of research in physical education
2. To know about review of related literature in research
3. To create data analysis in research
4. To know about statistical intervention in research.
5. To increase the writing competency in research reporting

**MPEC-401 VALUE AND ENVIRONMENTAL EDUCATION**

**Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the Value and Environmental education in physical education
2. To know about role of Environmental education in class room teaching in physical education

3. To create the awareness regarding research in the field of Environmental education.
4. To know about Rural Sanitation and Urban Health
5. To Know about the Natural Resources and related environmental issues

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

### **Learning Outcomes**

The learning outcome of the paper are as:

1. To Know the educational technology in physical education and sports
2. To know about role of educational technology in class room teaching in physical education
3. To create the awareness regarding research in the field of educational technology .
4. To know about nature and scope of educational technology.
5. To Know about the Instructional Design and AudioVisual Media in Physical Education