

GDC Memorial College

Bahal (Bhiwani) – 127028

Affiliated to Ch. Bansi Lal University, Bhiwani

NAAC Accredited Grade “B” (Second Cycle)

Department of Physical Education

Name of Programme: BPES

Session: 2025-26

Semester-V

Kinesiology & Biomechanics (BPES 501)

Course Outcome Description

1. Understand the basic principles of kinesiology and biomechanics.
2. Describe body positions, joint types, and muscle functions.
3. Analyze human movement based on biomechanical and anatomical principles.
4. Apply Newton's laws and motion concepts to physical activities and sports.
5. Perform biomechanical analysis of fundamental movements like walking, running, and throwing.

Program Outcome Description

1. Apply anatomical and biomechanical principles in sports and exercise science.
2. Enhance athletic performance using scientific analysis.
3. Promote injury prevention and safe training practices.
4. Demonstrate understanding of body mechanics in sports and rehabilitation.
5. Engage in research and practical applications of kinesiology in professional settings

Semester-V

Officiating & Coaching (BPES 502)

Course Outcome Description

1. Understand the concept and importance of officiating in sports.
2. Identify and demonstrate the roles and responsibilities of officials in various games.
3. Organize athletic meets and understand administrative procedures in sports.
4. Explain the layouts and rules of major games and sports.
5. Understand track and field events including equipment, rules, and scoring methods.

Program Outcome Description

1. Apply knowledge of physical education, sports science, and rules in professional settings
2. Organize and manage sports events efficiently.
3. Exhibit leadership qualities, sportsmanship, and ethical conduct in all sporting situations
4. Demonstrate practical skills in various sports and games.
5. Use officiating and coaching knowledge in real-life sporting scenarios.
6. Promote health, fitness, and well-being through physical activities.

Semester-V

Computer Application (BPES503)

Course Outcome Description

1. Understand the basic components and functioning of a computer system.
2. Identify input/output devices and their role in data processing.
3. Apply computer applications like MS Word, Excel, and PowerPoint in educational and sports settings.
4. Use spreadsheets for data entry and basic calculations related to physical education and performance tracking.
5. Create and deliver presentations for academic, coaching, and training purposes.

Program Outcome Description

1. Apply information technology tools in physical education, sports, and research.
2. Use computer skills to record, organize, and present physical education data effectively.
3. Demonstrate the ability to create documents, analyze data, and prepare presentations.
4. Promote digital literacy in physical education settings.
5. Enhance coaching and teaching through the use of computer applications

Semester-III

Sports Training-1(24UN-BPES-301)

Course Outcomes

1. Understand the fundamental concepts, aims, and principles of sports training.
2. Recognize the importance and types of exercise in conditioning athletes.
3. Apply various methods of training effectively for different sports needs.
4. Analyze training load and its impact on athletic adaptation and performance.
5. Identify symptoms of overload and implement appropriate remedial strategies.

Program Outcomes

1. Design and implement structured training programs based on scientific principles.
2. Promote athlete conditioning through appropriate exercise selection and management.
3. Monitor training load and adjust programs to optimize performance and prevent injury.
4. Evaluate training outcomes and adapt plans to meet individual athlete needs.
5. Foster knowledge of recovery and injury prevention in sports training contexts

Semester-III

Officiating and Coaching-III (24UN-BPES-302)

Course Outcomes

1. Understand the history and evolution of Football, Hockey, Badminton, and Table Tennis.
2. Identify and describe the official dimensions and layout of the playing fields/courts.
3. Explain key rules, regulations, and conduct of the games.
4. Recognize important tournaments, awards, and organizational bodies governing these sports.
5. Understand the roles and qualifications of officials and maintain proper score sheets.

Program Outcomes

1. Gain comprehensive knowledge of multiple sports, enabling effective coaching and management.
2. Develop competence in officiating and scorekeeping in Football, Hockey, Badminton, and Table Tennis.
3. Enhance ability to organize and manage sports events at various levels.
4. Apply knowledge of sports history and organizations to promote sports culture.

- Utilize selection criteria scientifically for talent identification and team formation.

Semester-III

Education Technology (24UN-BPES-MDC303)

Course Outcome Description

- Understand the meaning, types, and significance of educational technology.
- Explain the concept of teaching and its relationship with training and instruction.
- Identify the phases of teaching and apply general teaching principles.
- Differentiate between various teaching approaches and apply suitable strategies.
- Utilize educational resource centers and technology tools effectively in physical education.

Program Outcome Description

- Apply modern educational technologies in physical education settings.
- Design effective instruction strategies for theory and practical components.
- Demonstrate understanding of educational resources and their applications in sports.
- Exhibit teaching competencies using both traditional and modern tools
- Integrate ICT tools in planning, teaching, and assessment.

Semester-III

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Semester-1

History and Foundation of Physical Education (24UN-BPES-101)

Course Outcomes

- Understand the fundamental concepts, aims, and scope of Physical Education.
- Comprehend the relationship between physical education and general education.
- Analyze growth, development, and anatomical differences affecting sports performance.
- Trace the history and evolution of physical education and Olympic Games globally and in India.
- Recognize the role of national sports federations, initiatives, and awards in promoting sports.
- Gain knowledge about major multi-sport events like Asian Games and National Games.

Program Outcomes

1. Apply theoretical knowledge to practical aspects of physical education and sports training.
2. Promote holistic development integrating physical education with general education.
3. Utilize historical insights to appreciate and contribute to the evolution of sports.
4. Develop awareness of national sports policies, awards, and movements to inspire athletes.
5. Organize and manage sports events effectively at regional, national, and international levels.

Semester-I

Officiating und Coaching-I (24UN-BPES-102)

Course Outcomes

1. Understand the history and development of Basketball, Volleyball, Wrestling, and Boxing.
2. Identify and describe dimensions and layout of courts, mats, and rings.
3. Explain the fundamental rules and regulations of these sports.
4. Recognize major awards, trophies, and tournaments associated with each game.
5. Understand organizational structures and roles of officials in these sports.
6. Maintain proper score sheets and apply player selection criteria effectively.

Program Outcomes

1. Apply knowledge of sport history and rules to coaching and officiating.
2. Develop skills in game management and scorekeeping for multiple sports.
3. Organize and manage sporting events with awareness of governing bodies.
4. Utilize player selection criteria scientifically for talent identification.
5. Promote professionalism and fair play in physical education and sports contexts.

Semester-I

Health Education (24UN-BPES-MDC103)

Course Outcomes

1. Understand the concept, aims, and importance of health and health education.
2. Recognize the importance of personal hygiene and factors influencing it.
3. Apply basic first aid principles to manage common sports injuries effectively.
4. Identify health facilities and programs in schools promoting student wellness.
5. Differentiate between communicable and non-communicable diseases and their impact on health.

Program Outcomes

1. Promote awareness of health education principles for lifelong well-being.
2. Implement personal hygiene and health maintenance strategies.
3. Develop skills in first aid to provide immediate care in emergencies.
4. Facilitate health education programs within school and community settings.
5. Understand disease prevention methods and promote healthy lifestyle choices.

Semester-1

English and Communication Skills-1(24UN-BPES-AEC104)

Course Outcomes

1. Understand and apply fundamental grammar concepts including parts of speech and subject-verb agreement.
2. Develop a strong vocabulary relevant to physical education and general use.
3. Enhance academic writing skills, including drafting, note-taking, summarizing, and sports report writing.
4. Comprehend different forms of communication and varieties of language.
5. Apply effective verbal and non-verbal communication skills in professional and social contexts.

Program Outcomes

1. Use correct grammar and vocabulary for clear and effective communication.
2. Write and present academic and professional documents confidently.
3. Communicate effectively in verbal and non-verbal modes in diverse settings.
4. Understand linguistic diversity and adapt language use accordingly.
5. Apply communication skills in media and sports reporting contexts.