



**P.E.S. COLLEGE OF PHYSICAL EDUCATION**  
**NAGSENVANA CAMPUS, GYNASIUM BUILDING,**  
**AURANGABAD.**

**Program Description**

A Master of Physical Education (M.P.Ed) program aims to develop professionals with advanced knowledge and skills in physical education, sports, and related fields. Graduates are prepared for diverse roles, including teaching, coaching, research, and leadership positions in various settings. Master of Physical Education (M.P.Ed) Two Year (Four semester Choice based Credit system- CBCS) program is a professional program in the faculty of physical education with the weightage of 75% & 25% under CBCS effective from the Academic Year 2016-2017 & onwards.

It is an integral part of the education system. The scope of Physical Education as a subject is very broad, it is a multidisciplinary subject. It caters to the need for development of the students on physical, mental and social aspects. The post-graduate level course in Physical Education contains subjects like Research Process in Physical Education & Sports Sciences, Physiology of Exercise, Yogic Sciences, Constitution of India, Elective courses such as Test Measurement & Evaluation in P.E, Sports Technology, with Various Practical courses in first & second semester, Laboratory practical, Applied Statics in P.E & Sports, Sports Biomechanics and Kinesiology, Athletic care and Rehabilitation, sports journalism and mass media , sports management and curriculum design in P.E. and Various Practical courses in third & fourth semester. Scientific Principles of sports training, sports medicines, Health education and fitness and wellness, life guard courses, Fitness & gym instructor, information & communication technology (ICT) in P.E., Sports Psychology, Research dissertation, value and environmental education, Educational Technology in P.E.

The complete and constant personal as well as team efforts led to the introduction of the subject in the college in every session by the **Dr. Babasaheb Ambedkar Marathwada University.**

**Different Courses/Papers under CBCS Syllabus prescribed by the Dr. Babasaheb Ambedkar Marathwada University.**

Semester	Core Course/Paper Code	Title of the Course/Paper
Sem- 1	Theory- MPCC -101 MPCC-102 MPCC-103 MPEC- 101 (elective) MPEC- 102 (elective)	1. Research Process in Physical Education & Sports Sciences 2. Physiology of Exercise 3. Yogic Sciences 4. Constitution of India 5. Test Measurement & Evaluation in P.E 6. Sports Technology

	<p>Practical- MPPC-101 MPPC-102 MPPC-103 MPPC- 104</p>	<ol style="list-style-type: none"> <li>1. Track &amp; Field1.Running events,2. Gymnastics, 3. Swimming</li> <li>2. Laboratory Practical, Sports Psychology, Physiology of exercise, sports Biomechanics and Kinesiology</li> <li>3. Yoga, Aerobics/self defence/technique martial arts/taekwando/shooting/archery (any one activity + yoga)</li> <li>4. 4. Adventure activities/mass demonstration</li> </ol>
<b>Sem- 2</b>	<p>Theory- MPCC-201 MPCC202 MPCC-203 MPEC-201 (elective) MPPC-202 (elective)</p>	<ol style="list-style-type: none"> <li>1. Applied statistics in physical education &amp; sports</li> <li>2. Sports Biomechanics and Kinesiology</li> <li>3. Athletic care and Rehabilitation</li> <li>4. sports journalism and mass media</li> <li>5. sports management and curriculum design in P.E</li> </ol>
	<p>Practical- MPPC- 201 MPPC-202 MPPC-203 MPPC-204</p>	<ol style="list-style-type: none"> <li>1. Track &amp; field jumping events + hurdles/swimming (any one)</li> <li>2. Games Specialization-Kho-Kho,/badminton/T.T./Tennis/Squash/baseball.</li> <li>3. Teaching Lessons of Indigenous activities and sports-5 lessons (4Internal+1 external)</li> <li>4. Classroom teaching lessons on theory of different sports &amp; games (4Internal+1 external)</li> </ol>
<b>Sem- 3</b>	<p>Theory- MPCC- 301 MPCC-302 MPCC-303 MPEC-301 (elective) MPPC-302 (elective)</p>	<ol style="list-style-type: none"> <li>1. Scientific Principal of sports training.</li> <li>2. Sports medicine</li> <li>3. Health education &amp; Sports Nutrition</li> <li>4. Sports engineering</li> <li>5. Physical fitness and wellness</li> </ol>
	<p>Practical- MPPC-301 MPPC-302 MPPC-303 MPPC-304 Service Course -Any One</p>	<ol style="list-style-type: none"> <li>1. Track &amp; Field III: Throwing events Introduction of Heptathlon event. /Gymnastics/swimming (any one).</li> <li>2. Games Specialisation III. Boxing/fencing/judo/karate/Wushu (any two)</li> <li>3. Coaching Lessons of track &amp; field/gymnastics/swimming-5 lesson (4 internal &amp;1 external)</li> <li>4. Coaching lessons of game specialization -5 Lessons 4 internal &amp;1 external)</li> <li>5. Life Guard Course/Fitness &amp; GYM Instructor.</li> </ol>
<b>Sem- 4</b>	<p>Theory MPCC-401 MPCC-402 MPCC-403 MPEC-401 MPEC-402</p>	<ol style="list-style-type: none"> <li>1. Information technology &amp; Communication technology (ICT) in physical education. ch and Statics in P.E.</li> <li>2. Sports Psychology</li> <li>3. Dissertation</li> <li>4. Value&amp; Environmental Education. (elective)</li> <li>5. Education Technology in P.E. (elective)</li> </ol>

	Practical MPPC-401 MPPC- 402 MPPC-403 MPCC-404	<ol style="list-style-type: none"> <li>1. Track &amp; Field introduction of Decathlon event/ Gymnastic/swimming practical skills. (any one)</li> <li>2. Games Specialisation-Practical Skills (any two)</li> <li>3. Officiating Lessons of Track &amp; Field/Gymnastic/ swimming. 5 lesson(4 internal and 1 external)</li> <li>4. Officiating Lessons of Game Specialisation 5 - Lessons. 4 internal and 1 external.</li> </ol>
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### **Program outcomes**

A variety of motor skills and abilities related to lifetime leisure activities 2. Improved understanding of the importance of maintaining a healthy lifestyle 3. Improved understanding of movement and the human body. Improved knowledge of rules and strategies of particular games and sports.

Students who choose to actively participate in quality physical education programs receive a variety of benefits, including values, physical fitness and understands that both are related After completion of the course, students will educate to Apply knowledge of physical education, in play, sports & games and understand they can utilize their knowledge in rules and regulation. Sports management, Organization & administration of Sports event program. The course focuses to develop the mastering knowledge in physical education. This knowledge and conception are essential to understand the higher-level Games and Sports and understanding the role of physical education in sports science and research in physical education.

Basic knowledge of health education is essential to educate school children to health for socially to citizens with holistic wellbeing. Improving developmental outcomes such as discipline confidence, self-regulation, character, motivation, perseverance and leadership. These outcomes are positive development of physical, social, psychological and physiological assets, qualities, and characteristics that are potentially acquired through physical Education programs master degree.

### **Program Specific outcomes**

Physical education is not only concerned with the physical outcome that increase from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in activities. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they advance through the program. The overall objectives of Physical Education are-

1. To understand the importance of physical education by studying the history.
2. To help the students to know more about the human body which helps for higher level of sports achievements and adopt training method.
3. To know about health aspects and maintain good health and fitness for higher achievements in sports.
4. Maintenance of fitness for optimal health and well-being.
5. The acquisition and refinement of motor skills.
6. To equip the students with the knowledge domain of body response to different types of exercises.
7. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.
8. To understand the values and ethics of life and personality development.

## **Course outcomes**

**CO1. Research Process in Physical education & Sports Sciences:** Focus on equipping individuals with the skills and knowledge to conduct and understand research and statistics effectively. These course outcomes typically include the ability to identify research problems, formulate research questions and hypotheses, select appropriate research designs, collect and analyze data, interpret results, and communicate findings effectively. Students also learn to critically evaluate research methodologies and their limitations, understand ethical considerations in research, and appreciate the importance of research in Physical education field.

**CO2. Physiology of Exercise:** The curriculum provides with the ability to, define physiology and its importance of human anatomy in the field of physical education and importance of physiology in the field of P.E. Physiological outcomes refer to the physical changes and effects on the body resulting from various factors, such as exercise, disease, or interventions. These outcomes can include changes in vital signs, organ function, hormone levels, and overall physical health.

**CO3. The Yogic Science:** The Yogic science and Health education activities will develop a sense of discipline in the students and will understand the needs and importance of yoga in physical education and sports. Yogic Sciences, encompassing yoga philosophy, practices, and therapy, aims for holistic well-being by integrating physical, mental, and spiritual development. Outcomes include improved physical health, stress reduction, enhanced mental clarity, and a deeper sense of self-awareness. Graduates can pursue careers in yoga instruction, therapy, research, and related fields within the wellness and healthcare industries.

**CO4. Test, Measurement & Evaluation in Physical Education:** The course curriculum provides with the ability to, Test, Measurement & Evaluation, criteria, Classification and administration of test, physical fitness test, sports skill test requirements, formulate, and analyze complex physical education and sports sciences related problems to reaching verified conclusions.

**CO5. Sports Technology:** The outcomes include enhanced athlete performance, improved training methodologies, increased fan engagement, and better injury prevention. Innovations like wearable technology, AI-powered analysis, and virtual reality are transforming how athletes train, compete, and how fans experience sports. Additionally, these technologies are contributing to more efficient sports management and data-driven decision-making.

**CO6. Track & Field Running Events (Any One):** In track and field running events, the outcome is determined by the order in which athletes complete the race, with the first person to cross the finish line declared the winner. There are various running events, including sprints, middle-distance, long-distance, hurdles, and relays, each with its own set of rules and strategies. Achieving the best possible time or position is the primary goal in these events.

**CO6. Laboratory Practical (Psychology & Physiology):** Psychological interventions help build self-belief and drive to achieve goals. Sports psychology aims to enhance athletic performance and overall well-being by addressing the mental aspects of sports. Key outcomes include improved performance, enhanced mental resilience, better team dynamics, and increased enjoyment of sports participation. Physiology learning outcomes encompass a broad range of knowledge and skills related to how the body works. These include understanding the structure and function of various organ systems, how they interact, and how they respond to challenges and diseases. Students also develop skills in experimental design, data analysis, and scientific communication.

**CO7. The Yoga, Aerobics/ self-defense:** The Yoga science and Health education activities will develop a sense of discipline in the students and will understand the needs and importance of yoga in physical education and sports. Self-defense training provides numerous positive outcomes, including enhanced physical and mental well-being, improved confidence and assertiveness, and a heightened sense of personal safety. It equips individuals with the skills and awareness to protect themselves and others, while also fostering a proactive mindset and promoting healthy lifestyle choices.

**CO8. Adventure Activities:** Adventure activities offer a wide range of positive outcomes, including personal development, improved social skills, enhanced physical and mental health, and a stronger connection with nature. These activities often require teamwork, problem-solving, and resilience, leading to increased self-confidence and a sense of accomplishment. They can also provide a healthy way to manage stress and improve overall well-being.

**CO9. Applied statistics in physical education & sports:** Applied statistics learning outcomes generally focus on developing the ability to analyze data, interpret results, and make informed decisions based on statistical methods. These outcomes often include proficiency in statistical software, understanding of various statistical models, and the ability to communicate findings effectively. Graduates also gain skills in critical thinking, problem-solving, and research, which are valuable in diverse professional settings.

**CO10. Sports biomechanics and kinesiology:** offer several key outcomes related to improving athletic performance and injury prevention. These fields provide tools for analyzing movement, optimizing technique, and developing training strategies to enhance performance and reduce injury risk. Understanding biomechanical principles and kinesiological concepts allows for better exercise programming, technique observation, and cueing for fitness clients.

**CO11. Athletic care and rehabilitation:** it aims to help injured athletes return to their pre-injury level of function and performance safely and effectively. This process involves restoring strength, flexibility, range of motion, and proprioception, as well as addressing pain management and psychological factors. A multidisciplinary approach, including physical therapy, strength and conditioning, and potentially surgery, is often necessary for optimal outcomes.

**CO12. Sports journalism and mass media:** Sports Journalism and Mass Media" offers an in-depth exploration of the ever-evolving field of sports reporting. It has significantly impacted how sports are consumed and understood, leading to increased accessibility, diverse coverage, and a greater emphasis on storytelling and data-driven analysis.

**CO13. Sports management and curriculum design:** Sports management and curriculum design in physical education aim to develop well-rounded professionals with a blend of theoretical knowledge and practical skills applicable to the sports industry. Curriculum design ensures students acquire specific competencies, including critical thinking, communication, and ethical decision-making, while also fostering an understanding of the broader social, cultural, and business aspects of sports.

**CO14. Track and field jumping events:** include high jump, long jump, triple jump, and pole vault. The outcome of each event is determined by the distance or height achieved by the athlete. In high jump, the goal is to clear the highest bar. In long jump and triple jump, the goal is to jump the farthest distance.

**CO15. Games Specialization:** A specialization in games, whether in design or programming, leads to a variety of outcomes including the ability to create and work with real-time applications, develop games for different platforms, and enhance communication and managerial

skills. Additionally, students gain a solid foundation for careers in game design, level design, technical design, technical art, game programming, or game production.

**CO16. Teaching Lessons of Indigenous activity:** Integrating Indigenous knowledge and perspectives into education promotes a more inclusive and holistic learning experience for all students. This approach fosters a stronger sense of identity, pride, and self-esteem among Indigenous students while also promoting cultural understanding and respect for diversity among all learners.

**CO17. Classroom Teaching:** Learning outcomes are statements that describe the knowledge or skills students should acquire by the end of a particular assignment, class, course, or program. They help students: understand why that knowledge and those skills will be useful to them. Additional time and a suitable mode for the successful completion of tests. Modification of the curriculum because it presents specific difficulties for them. Provision of adapted, modified, or alternative activities in different content areas. Accessible texts and materials to suit their ages and levels of learning. Respect for home languages and relating to his/her socio-cultural milieu (e.g., traditions and customary practices etc.). Appropriate management of classrooms (e.g., management of noise, glare, etc.). Provision of additional support by using (Information and Communications Technology (ICT), video or digitized formats.

**CO18. Scientific principles of training:** able to understand the "Sports training scientifically based and pedagogically organised process which through plagedes and systematic effect on performance ability and performance rediness being I sports perfection and performance improvement as well as in sports competition"

**CO19. Sports Medicines:** help to understand Sports medicine principles revolve around preventing injuries, promoting safe participation, and optimizing performance through a multi-disciplinary approach. Key principles include injury prevention strategies, proper training techniques, appropriate rehabilitation protocols, and ethical considerations. Outcomes in sports medicine include enhanced athletic performance, reduced injury rates, faster return to play, and improved overall well-being.

**CO20. Health Education and Sports Nutrition:** It helps to understand the aims to improve individuals' and communities' health and well-being by promoting informed decision-making and healthy behaviors. Key outcomes include increased health knowledge and awareness, adoption of healthy lifestyles, reduced risk factors for disease, and improved health outcomes. It also aims to empower individuals to manage their health effectively and participate actively in healthcare decisions.

**CO21. Sports engineering:** It focuses on using engineering principles to enhance athlete performance, safety, and the overall enjoyment of sports. This field encompasses the design of sports equipment, the development of training methodologies, and the creation of safer sports environments.

**CO22. Physical fitness and wellness:** outcomes encompass a range of benefits including improved physical health, mental well-being, and overall quality of life. These benefits stem from regular physical activity and a holistic approach to health.

**CO.23 Information and Communication Technologies in P.E.** : Information and Communication Technologies (ICT) enhance Physical Education and Sports by improving learning, performance, and engagement. ICT tools like video analysis, data tracking, and online platforms offer valuable resources for skill development, performance analysis, and feedback. Furthermore, ICT can increase accessibility to information, promote healthy

behaviors, and personalize learning experiences.

**CO24.** Sports psychology outcomes encompass a range of psychological and performance-related benefits for athletes. These include improved performance, enhanced mental resilience, better stress management, and stronger teamwork skills. By focusing on psychological skills training, athletes can learn to manage anxiety, enhance focus, and develop positive self-talk, ultimately optimizing their potential. Furthermore, sports psychology can contribute to an athlete's overall well-being by fostering a positive mindset, improving self-esteem, and promoting a sense of belonging.

**Principal**

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