

PROGRAM OUTCOMES (POs)

Bachelor of Physical Education (B.P.Ed.) – Two Year (CBCS) P.E.S. College of Physical Education

Upon successful completion of the B.P.Ed. program, the graduates will be able to:

PO1: Apply Fundamental Knowledge of Physical Education

Demonstrate a comprehensive understanding of the history, foundations, principles, aims, and values of Physical Education, and apply this knowledge in school and community settings.

PO2: Understand Human Body Functioning for Sports Performance

Explain anatomical, physiological, biomechanical, and kinesiology concepts and apply them to enhance performance, prevent injuries, and support scientific training.

PO3: Demonstrate Effective Teaching Competence

Design, organize, and deliver age-appropriate physical education lessons, using suitable methodologies, teaching aids, communication skills, and evaluation strategies for classes VI to XII.

PO4: Organize and Manage Sports Activities

Plan, organize, administer, and manage sports events, tournaments, and physical education programs efficiently, following rules, regulations, and ethical guidelines.

PO5: Apply Sports Training Principles

Understand and employ scientific principles of sports training, coaching techniques, training methods, and performance evaluation for different sports and games.

PO6: Promote Health, Fitness, and Wellness

Understand concepts of health education, nutrition, weight management, first-aid, and preventive healthcare to promote lifelong fitness, wellness, and holistic well-being among students and society.

PO7: Demonstrate Skill Proficiency in Sports and Physical Activities

Show competency in various physical activities, athletics, team games, yoga, gymnastics, traditional activities, and combat sports with proper techniques and officiating skills.

PO8: Exhibit Professional Values and Ethics

Demonstrate discipline, fairness, cooperation, leadership, teamwork, respect, and ethical behavior in academics, sports, and community life.

PO9: Use Technology in Physical Education

Utilize educational technology, computer applications, and modern tools in planning lessons, maintaining records, conducting research, and enhancing teaching-learning processes.

PO10: Conduct Research and Evaluation in Physical Education

Develop the ability to apply research methods, statistics, and measurement tools to evaluate physical fitness, sports performance, and teaching effectiveness.

PO11: Foster Social, Emotional, and Psychological Development

Promote positive attitudes, motivation, self-regulation, confidence, stress management, and interpersonal skills through participation in physical activities and sports.

PO12: Contribute to Holistic Personality Development

Integrate physical, social, emotional, psychological, and moral development to prepare students as responsible, disciplined, healthy, and productive citizens.

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Program Outcomes – B.P.Ed Program

The B.P.Ed program aims to prepare professionally competent physical education teachers for schools. Graduates of the program gain a strong foundation in the history, principles, and science of physical education along with practical skills in sports, games, yoga, athletics, and traditional activities. They develop the ability to teach effectively, manage sports events, and apply scientific knowledge of anatomy, physiology, biomechanics, and sports training to enhance performance.

The program promotes health, fitness, and wellness by equipping students with knowledge of nutrition, first-aid, and preventive health care. It also builds skills in research, measurement, and use of technology in teaching. Students develop leadership, discipline, teamwork, and ethical values. Overall, the program fosters holistic development—physical, mental, emotional, and social—enabling graduates to contribute positively to school education and community well-being.

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ATTAINMENT OF PROGRAM OUTCOMES (PO ATTAINMENT)
Bachelor of Physical Education (B.P.Ed.) – Two Year (CBCS)
P.E.S. College of Physical Education, Aurangabad

The attainment of Program Outcomes is evaluated based on students' academic performance, practical skill evaluation, teaching practice, internship, co-curricular participation, and overall professional conduct. The following summarizes how each PO is attained by the learners:

PO1: Apply Fundamental Knowledge of Physical Education – Attained

Students demonstrate strong conceptual understanding of the foundations, history, values, and aims of Physical Education through theory examinations, assignments, and presentations. Their ability to relate theoretical knowledge to school-level teaching confirms high attainment.

PO2: Understand Human Body Functioning for Sports Performance – Attained

Through subjects like Anatomy, Physiology, Kinesiology, and Biomechanics, students effectively apply scientific concepts in training, fitness assessment, and injury prevention. Practical evaluations and viva-voce show that this outcome is well achieved.

PO3: Demonstrate Effective Teaching Competence – Highly Attained

Students conduct supervised practice teaching in schools, prepare lesson plans, and deliver physical education classes using appropriate methodologies. Feedback from mentor teachers and internal assessments indicates excellent teaching competency.

PO4: Organize and Manage Sports Activities – Attained

Students successfully plan and administer intramural competitions, tournaments, annual sports days, and PE programs during their internship. Their ability to manage resources, maintain discipline, and follow rules shows satisfactory attainment.

PO5: Apply Sports Training Principles – Attained

Students exhibit strong understanding of training methods, load management, performance evaluation, and sports coaching principles. Attainment is verified through practical tests, coaching assignments, and seasonal training records.

PO6: Promote Health, Fitness, and Wellness – Attained

Through practical fitness assessments, health education classes, and awareness programs, learners apply knowledge related to nutrition, weight management, and wellness. Their improved fitness levels and ability to educate peers reflect attainment.

PO7: Demonstrate Skill Proficiency in Sports and Physical Activities – Highly Attained

Students show proficiency in athletics, games, yoga, gymnastics, and indigenous sports as assessed through practical exams. Participation in university tournaments and officiating duties further strengthens this attainment.

PO8: Exhibit Professional Values and Ethics – Attained

Students display professionalism, discipline, fair play, teamwork, leadership, and ethical conduct during practical sessions, internships, and sports events. These behaviors are consistently observed and documented.

PO9: Use Technology in Physical Education – Partially to Fully Attained

Students use educational technology such as ICT tools, audio-video aids, computer applications, and digital lesson planning. The attainment is improving each year with increased access to digital resources.

PO10: Conduct Research and Evaluation in Physical Education – Attained

Students conduct basic research projects, apply statistical tools, and use test and measurement techniques for fitness assessment. This PO is achieved through project reports, field work, and evaluation tasks.

PO11: Foster Social, Emotional, and Psychological Development – Attained

Regular participation in sports, group activities, and events helps students build confidence, motivation, stress management, empathy, and interpersonal skills. Observations during practice teaching and competitions confirm attainment.

PO12: Contribute to Holistic Personality Development – Highly Attained

Students demonstrate overall development in physical fitness, communication, leadership, teamwork, ethical values, and self-discipline. Their growth during the two-year program reflects high attainment of holistic development.

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Summary of PO Attainment	
Program Outcome	Attainment Level
PO1	Attained
PO2	Attained
PO3	Highly Attained
PO4	Attained
PO5	Attained
PO6	Attained
PO7	Highly Attained
PO8	Attained
PO9	Partially to Fully Attained
PO10	Attained
PO11	Attained
PO12	Highly Attained

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B.P.Ed. (Bachelor of Physical Education)

The analysis of Program Outcome attainment indicates that students of the B.P.Ed. program have successfully achieved the intended educational outcomes. Learners demonstrate strong foundational knowledge in Physical Education, effective teaching competence, and proficiency in a wide range of sports and physical activities. Scientific understanding of anatomy, physiology, kinesiology, and sports training is well applied in practical situations, leading to improved performance and injury prevention.

Students also exhibit the ability to organize and manage sports events, use assessment tools, and promote health, fitness, and wellness in school and community settings. Their participation in internships, practice teaching, and co-curricular activities fosters social, emotional, ethical, and leadership skills. Technology use and research skills show satisfactory to high attainment, with continuous improvement observed.

Overall, the program successfully supports holistic development—physical, psychological, social, and professional—preparing graduates to excel as competent Physical Education teachers, coaches, and sports professionals.

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COURSE OUTCOMES (COs)

Semester – I

CC-101: History & Foundation of Physical Education and Youth Welfare

After completing this course, the students will be able to:

1. Explain the historical development and philosophical foundations of Physical Education.
2. Describe the role of Physical Education in human development and society.
3. Understand youth welfare programs and their importance in nation building.
4. Apply foundational concepts to school-level physical education programming.

CC-102: Anatomy and Physiology

1. Understand the structure and functions of the human body.
2. Explain the effects of exercise on different body systems.
3. Apply physiological principles to sports performance and fitness.
4. Recognize common injuries and basic preventive measures.

CC-103: Methodology of Teaching Physical Education

1. Apply various teaching methods, styles, and techniques in PE classes.
2. Prepare lesson plans for different age groups and activities.
3. Conduct effective and engaging PE sessions.
4. Use evaluation tools to assess student learning.

EC-101: Methodology of Teaching School Subjects (Marathi/Hindi/English/Math/Science/Geography/History)

1. Use appropriate pedagogical approaches for the chosen school subject.
2. Integrate content knowledge with effective teaching strategies.
3. Prepare structured lesson plans aligned with school curriculum.
4. Demonstrate communication skills in classroom teaching.

Practical Courses (Sem I)

PC-101: Drill, Marching, Mass Display, Lezium

1. Perform drill and marching commands with precision.
2. Demonstrate mass physical activities like PT, Dumbbells, Wands, etc.
3. Perform Lezium activities with proper technique and rhythm.

4. Apply these skills in school assembly and events.

PC-102: Gymnastics & Track Events

1. Perform basic gymnastics and apparatus skills.
2. Execute running events with correct technique.
3. Demonstrate safe practice and spotting techniques.
4. Apply fitness components in training.

PC-103: Kabaddi

1. Demonstrate fundamental skills of Kabaddi.
2. Apply tactics and strategies during gameplay.
3. Officiate Kabaddi matches using proper rules.
4. Enhance agility, coordination, and team spirit.

TP-101: Teaching Practice

1. Deliver effective classroom and PE practical lessons.
2. Apply teaching skills in real school settings.
3. Use teaching aids and evaluation techniques.
4. Reflect on teaching performance for improvement.

Semester – II

CC-201: Principles of Education and Psychology

1. Explain the principles, philosophies, and functions of education.
2. Understand psychological concepts related to learning and development.
3. Apply motivation, learning theories, and behavior management in teaching.
4. Understand individual differences in learners.

CC-202: Organization, Administration & Sports Management

1. Plan and organize school sports events and tournaments.
2. Maintain records, equipment, and facilities professionally.
3. Apply leadership and management principles in PE programs.
4. Demonstrate budgeting and resource management skills.

CC-203: Sports Training

1. Understand scientific principles of sports training.

2. Prepare training schedules and seasonal plans.
3. Apply load, recovery, and training methods.
4. Evaluate athletic performance.

Practical Courses (Sem II)

PC-201: Track & Field (Jumping Events) and Kho-Kho

1. Perform long jump, high jump, and triple jump with proper techniques.
2. Demonstrate basic and advanced skills of Kho-Kho.
3. Officiate events using recognized rules.
4. Apply training drills for improvement.

PC-202: Basketball and Football

1. Execute fundamental and advanced skills of the games.
2. Apply strategies and team formations.
3. Officiate matches using official rules.
4. Enhance endurance, coordination, and teamwork.

PC-203: Wrestling and Volleyball

1. Perform basic holds, locks, and skills in wrestling.
2. Demonstrate serving, receiving, and spiking in volleyball.
3. Practice safe techniques to prevent injuries.
4. Understand game officiating and rules.

Semester – III

CC-301: Yoga Science & Health Education

1. Demonstrate various yoga practices for health and fitness.
2. Explain the role of yoga in mental and physical wellbeing.
3. Understand health education concepts and hygiene.
4. Promote wellness and lifestyle modification.

CC-302: Test, Measurement & Evaluation in Physical Education

1. Explain the need for evaluation in sports and PE.
2. Administer physical fitness tests.

3. Analyze and interpret test results.
4. Use statistical tools in evaluation.

CC-303: Kinesiology & Biomechanics

1. Understand human movement and mechanical principles.
2. Apply biomechanical concepts to improve sports techniques.
3. Analyze motions scientifically.
4. Prevent injuries through correct movement patterns.

Practical Courses (Sem III)

PC-301: Yoga, Mallakhamb, Aerobics & Zumba

1. Demonstrate flexibility, balance, and strength through yoga and mallakhamb.
2. Perform aerobic and rhythmic movements with proper coordination.
3. Use activities to promote fitness.
4. Apply these practices in school PE programs.

PC-302: Training Methods / Athletics (Throwing) / Handball / Softball / Netball / Baseball

1. Execute training methods for conditioning.
2. Perform shot put, discus, javelin techniques.
3. Demonstrate game skills and officiating.
4. Apply tactics and strategies.

Semester – IV

CC-401: Research & Statistics in Physical Education

1. Understand research methods and processes.
2. Develop skills to design basic research projects.
3. Apply statistical tools for data analysis.
4. Prepare research reports.

CC-402: Officiating & Coaching

1. Demonstrate officiating skills in different sports.
2. Prepare coaching plans for school-level teams.
3. Understand responsibilities of coaches and officials.

4. Apply rules and regulations accurately.

EC-401 (Any One: Nutrition / Educational Technology / Sports Medicine / Professional Preparation / Environment & Constitution)

(Example for main outcomes)

1. Apply knowledge of the selected specialization to PE and sports.
2. Use concepts to improve performance, health, or teaching.
3. Demonstrate skill-based application in real situations.
4. Develop advanced understanding in the chosen elective area.

Practical (Sem IV)

PC-401, PC-402, EC-403: Human Pyramids / Racquet Games / Combat Sports / Hockey / Cricket

1. Perform skills with accuracy and safety.
2. Apply rules and officiating methods.
3. Demonstrate tactical understanding of games.
4. Use skills in coaching and school-level training.

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Summary of Course Outcomes (CO Summary)

B.P.Ed. – Two Year (CBCS)

The Course Outcomes across all four semesters of the B.P.Ed. program ensure that students acquire a balanced blend of theoretical knowledge, practical skills, and professional competencies required for effective physical education teaching and sports training. The theoretical courses help students understand the scientific, historical, psychological, managerial, and methodological foundations of Physical Education. Students develop a strong understanding of human anatomy, physiology, kinesiology, biomechanics, sports training principles, education psychology, research methods, and health education.

Practical courses enhance students' proficiency in various sports, games, athletics, yoga, gymnastics, indigenous activities, and combat sports. Students learn officiating skills, coaching strategies, and event management, enabling them to conduct school-level and competitive sports programs confidently. Teaching practice and internship strengthen classroom management, communication skills, lesson planning, and real-time delivery of physical education lessons.

Overall, the COs collectively contribute to developing competent physical education teachers who possess sound subject knowledge, practical expertise, leadership qualities, ethical values, technological competence, and the ability to promote health, fitness, and holistic development in school and community settings.

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SUBJECT-WISE ATTAINMENT REPORT (B.P.Ed.)**Subject- wise Attainment of Course Outcome (CO)**

Subject	Course Outcomes	Assessment Tools	Attainment Method	Attainment Level (%)
SEMESTER-I				
History & Foundation of Physical Education	CO1	Internal Exam, Assignment, Practical	Direct + Indirect Method	78%
Anatomy & Physiology	CO2	Internal Exam, Assignment, Practical	Direct + Indirect Method	82%
Methodology of Teaching Physical Education	CO3	Internal Exam, Assignment, Practical	Direct + Indirect Method	75%
Elective Course (Methodology of School Subject)	CO4	Internal Exam, Assignment, Practical	Direct + Indirect Method	80%
Practical Course – Drill, March, Gymnastics, Track & Kabaddi	CO5	Internal Exam, Assignment, Practical	Direct + Indirect Method	85%
SEMESTER-II				
Principles of Education & Psychology	CO6	Internal Exam, Assignment, Practical	Direct + Indirect Method	74%
Organization, Administration & Sports Management	CO7	Internal Exam, Assignment, Practical	Direct + Indirect Method	79%
Sports Training	CO8	Internal Exam, Assignment, Practical	Direct + Indirect Method	81%

Practical Course – Jumps, Kho-Kho, Basketball, Football, Wrestling	CO9	Internal Exam, Assignment, Practical	Direct + Indirect Method	77%
SEMESTER-III				
Yoga Science & Health Education	CO10	Internal Exam, Assignment, Practical	Direct + Indirect Method	83%
Test Measurement & Evaluation	CO11	Internal Exam, Assignment, Practical	Direct + Indirect Method	76%
Kinesiology & Biomechanics	CO12	Internal Exam, Assignment, Practical	Direct + Indirect Method	82%
Practical Course – Mallakhamb, Aerobics, Training Methods	CO13	Internal Exam, Assignment, Practical	Direct + Indirect Method	80%
Teaching Practices	CO14	Internal Exam, Assignment, Practical	Direct + Indirect Method	88%
SEMESTER-IV				
Research & Statistics in Physical Education	CO15	Internal Exam, Assignment, Practical	Direct + Indirect Method	79%
Officiating & Coaching	CO16	Internal Exam, Assignment, Practical	Direct + Indirect Method	84%
Elective Course – Nutrition / ICT / Sports Medicine etc.	CO17	Internal Exam, Assignment, Practical	Direct + Indirect Method	78%

Practical Course – Human Pyramid, Racket Games, Combat, Hockey/Cricket	CO18	Internal Exam, Assignment, Practical	Direct + Indirect Method	81%
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SUBJECT-WISE ATTAINMENT (SEMESTER-WISE)

B.P.Ed. – Two Year (CBCS)

P.E.S. College of Physical Education, Aurangabad

SEMESTER – I : SUBJECT-WISE ATTAINMENTS

CC-101: History & Foundation of Physical Education

- Students demonstrate understanding of historical development and philosophical foundations.
- They relate youth welfare programs to educational and social development.
- Attainment: **High**

CC-102: Anatomy & Physiology

- Students understand structure and function of the human body.
- They apply exercise physiology principles to training and fitness.
- Attainment: **High**

CC-103: Methodology of Teaching Physical Education

- Students prepare effective lesson plans and demonstrate teaching methods.
- They conduct PE lessons using suitable pedagogical approaches.
- Attainment: **High**

EC-101: Methodology of Teaching School Subjects

- Students apply appropriate pedagogical skills for the chosen subject.
- They develop and execute structured lesson plans.
- Attainment: **Moderate to High**

PRACTICAL COURSES

PC-101: Drill, Marching, Lezium, Mass PT

- Students perform drill, marching, and mass activities with precision.
- Demonstrate rhythm, coordination, and leadership in group activities.
- Attainment: **High**

PC-102: Gymnastics, Track Events

- Students execute basic gymnastics and sprinting techniques safely.
- They show improved flexibility, speed, and coordination.
- Attainment: **High**

PC-103: Kabaddi

- Students master basic skills and strategies.
- They officiate matches confidently.
- Attainment: **High**

TP-101: Teaching Practice

- Students teach 10 practice lessons effectively in real school settings.
- Positive feedback demonstrates strong teaching competence.
- Attainment: **High**

SEMESTER – II : SUBJECT-WISE ATTAINMENTS

CC-201: Principles of Education and Psychology

- Students understand learning theories, motivation, and classroom behavior.
- They apply these concepts to teaching PE in schools.
- Attainment: **High**

CC-202: Organization, Administration & Sports Management

- Students organize tournaments, maintain records, and manage facilities.
- They apply event management skills effectively.
- Attainment: **High**

CC-203: Sports Training

- Students understand scientific principles of training and conditioning.
- They prepare seasonal plans and use effective training methods.
- Attainment: **High**

PRACTICAL COURSES

PC-201: Track & Field (Jumping Events), Kho-Kho

- Students show proper techniques in jumping events and Kho-Kho skills.
- They officiate events and use correct terminology.
- Attainment: **High**

PC-202: Basketball and Football

- Students demonstrate fundamental skills and strategies.
- Perform officiating with accuracy.

- Attainment: **Moderate to High**

PC-203: Wrestling and Volleyball

- Students perform safe wrestling techniques and volleyball skills.
- Participate actively and apply sport-specific tactics.
- Attainment: **High**

SEMESTER – III : SUBJECT-WISE ATTAINMENTS

CC-301: Yoga Science & Health Education

- Students demonstrate yogic practices and explain their benefits.
- They understand health education, hygiene, and wellness concepts.
- Attainment: **High**

CC-302: Test, Measurement & Evaluation in PE

- Students administer fitness tests and interpret results.
- They apply statistical tools for evaluation.
- Attainment: **High**

CC-303: Kinesiology & Biomechanics

- Students analyze human movement using biomechanical principles.
- They apply these concepts to improve sports techniques.
- Attainment: **Moderate to High**

PRACTICAL COURSES

PC-301: Yoga, Mallakhamb, Aerobics & Zumba

- Students demonstrate flexibility, balance, rhythmic movements, and strength.
- They apply these activities in fitness programs.
- Attainment: **High**

PC-302: Training Methods / Throws / Handball / Softball / Netball / Baseball

- Students execute conditioning methods and sport-specific techniques.
- They officiate different games accurately.
- Attainment: **Moderate to High**

SEMESTER – IV : SUBJECT-WISE ATTAINMENTS

CC-401: Research & Statistics in Physical Education

- Students design small-scale research studies and analyze data.
- They prepare project reports using statistical methods.
- Attainment: **Moderate to High**

CC-402: Officiating & Coaching

- Students demonstrate officiating skills across multiple sports.
- They prepare coaching plans for school teams.
- Attainment: **High**

EC-401: Elective Courses (Nutrition / Sports Medicine / Ed-Tech / Professional Preparation / Environment & Constitution)

- Students understand and apply advanced concepts from their selected elective.
- They use this knowledge in teaching, training, or health promotion.
- Attainment: **Moderate to High**

PRACTICAL COURSES

PC-401: Human Pyramids / Chess / Shooting

- Students demonstrate balance, coordination, and strategy-based skills.
- Attainment: **High**

PC-402: Racquet Games (Badminton/TT/Tennis/Ball Badminton)

- Students perform strokes, footwork, and officiating duties accurately.
- Attainment: **High**

EC-403: Multigym / Combat Sports / Hockey / Cricket

- Students demonstrate proficiency in selected sports and conditioning exercises.
- They apply coaching and officiating principles effectively.
- Attainment: **High**

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Summary of Subject-Wise Course Outcome Attainment (B.P.Ed.)

The attainment report reflects consistently strong performance across all semesters, with attainment levels evaluated through **internal exams, assignments, and practical assessments** using both **direct and indirect methods**.

Overall Trends

- Course Outcome (CO) attainment ranges from **74% to 88%**, indicating high achievement across subjects.
- **Practical courses and teaching practice** show the highest attainment (80–88%), demonstrating strong skill-based competency.
- The lowest attainment (74%) appears in *Principles of Education & Psychology*, though still above acceptable benchmarks.
- Most theoretical subjects achieve between **75% and 83%**, showing balanced academic understanding.

Semester-Wise Highlights

- **Semester I:** Attainment ranges from **75–85%**, with the highest in practical activities (85%).
- **Semester II:** Attainment ranges from **74–81%**, reflecting steady performance with strong outcomes in *Sports Training* (81%).
- **Semester III:** Strongest semester overall, ranging from **76–88%**, with a peak in *Teaching Practices* (88%).
- **Semester IV:** Attainment between **78–84%**, with *Officiating & Coaching* achieving the highest score (84%).

Conclusion

The B.P.Ed. program demonstrates **strong course outcome achievement across all subjects**, with especially high performance in **practical skill-oriented and teaching-related components**. The overall attainment indicates effective teaching-learning processes and successful student engagement throughout the program.

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