

**Bombay Physical Culture Association's**  
**College of Physical Education**  
**Wadala, Mumbai (Maharashtra)**

**Programme Outcomes**

Our **vision** is 'बलम राष्ट्रस्य वर्धनम्' that means strength for nation building ... by empowering youth with physical, mental, intellectual, emotional and social fitness blended with integrity and harmony.

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Our **mission** is Facilitating Physical Education, par excellence, preparing a cadre of professionals matching global standards who are not only physically fit but have quest for intellectual excellence through world class research and above all have ability to produce good citizens with healthy body and sound mind having human values with civic responsibilities.

In this concerned programme outcomes from B.P.Ed. and M.P.Ed. Programme aims to equip students with Knowledge, skills, Techniques, values, attitudes, leadership, readiness/qualities Civic responsibilities for lifelong learning.

The programme Outcomes will be communicated to students and alumni for their awareness. It will be uploaded in college website and also displayed on college notice board which will help the students to compare different course outcomes before admission.

Programme	Programme Outcomes	Course Outcomes	Skill Development related to employability and Entrepreneurship development
B.P.Ed.	<ul style="list-style-type: none"> <li>The vision is to empower students to be physically educated and have fun while Survive. 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</li> </ul>	<p>After completion of the course, students will educate to Apply knowledge of physical education, in play, sports &amp; games and understand they can utilize their knowledge in rules and regulation. Sports management, Organisation &amp; administration of Sports event programme aim and objectives of physical education</p>	<ul style="list-style-type: none"> <li>The course focuses to develop the basic knowledge in physical education. This knowledge and conception is essential to understand the higher-level Games and Sports and understanding the role of science in sports</li> <li>Basic knowledge of health education is essential to educate school children</li> </ul>

	<p>to health for socially to citizens with holistic well being.</p> <ul style="list-style-type: none"> <li>• Physiological health is the most commonly mentioned benefit of regular physical activity.</li> <li>• Highly desirable benefits of a physically active lifestyle are mastery of motor and sport-specific skills that contribute to competence in lifelong physical activities, attaining social and psychological life skills (e.g., interpersonal skills, resistance skills)</li> <li>• Improving developmental outcomes such as discipline confidence, self-regulation, character, motivation, perseverance and leadership.</li> <li>• These outcomes are positive development of physical, social, psychological and physiological assets, qualities, and characteristics that are potentially acquired through physical Education programme.</li> </ul>	<p>and Sports Sciences in the professional world.</p> <ul style="list-style-type: none"> <li>➤ The ability to act &amp; participate voluntarily with an informed awareness of issues related to civic life is by far the quality of responsible a good citizen.</li> <li>➤ Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation</li> <li>➤ Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.</li> <li>➤ Understand the Test, Measurement and Evaluation in physical education, Health, Fitness and Wellness</li> <li>➤ Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.</li> <li>➤ Awareness of role of trainer, Coach and related personnel in preventing rehabilitation of sports injuries and improvement / enhancing the overall performance.</li> <li>➤ Prepare training schedule for various sports and games</li> <li>➤ Know sports management and employ principles of strategic planning, and</li> </ul>	<p>about the importance of Health education.</p> <ul style="list-style-type: none"> <li>• The knowledge of anatomy, physiology, Kinesiology and biomechanics, Sports Psychology and its role in enhancing the performance will make student aware about the importance of these subjects.</li> <li>• Developed physical fitness through track and field event. The knowledge is essential for the experiment of higher physical education research</li> </ul>
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		<p>financial and human resource management.</p> <ul style="list-style-type: none"> <li>➤ Understand the basic principles of Anatomy, Physiology and Health Education.</li> <li>➤ Apply the principles of Yoga to live healthy and active life style.</li> <li>➤ Design tournament fixtures and structures to organizing competitions.</li> <li>➤ Design and practice the new methods of technique of officiating</li> </ul>	
<p><b>M.P.Ed.</b></p>	<ul style="list-style-type: none"> <li>• The Goal of the programme is to facilitate the development of balanced human beings who have the wisdom to create a life of passion, purpose and peace. Positive youth development goals are salient for many reasons, such as</li> <li>• The programme will enhance youths' desire to continue physical activity for self-determined reasons like enjoying experiences, identifying as a physically active person.</li> <li>• To Seeking health and fitness benefits. Participating out of internally driven reasons and attaining positive health and social, well-being, psychological, and physical assets translate to continued interest in and value</li> </ul>	<p>The Master of Physical Education (M.P.Ed.) Programme is also meant for preparing Physical Education Teacher for secondary education (classes XI and XII) level as well as Assistant Professor / Directors / Sports officers in Colleges /Universities. 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 behaviours that students acquire as they progress through the program.</p> <ul style="list-style-type: none"> <li>➤ Identify the research problem in the field of physical Education and sports</li> <li>➤ Apply the systematic methods in writing research thesis</li> <li>➤ Analyse the techniques and of body posture to bring out healthy change.</li> </ul>	<ul style="list-style-type: none"> <li>• The basic knowledge and conception of physical education is essential to understand the higher-level Games and Sports. The content of course is also important to qualify the students for NET, SET, JRF and also other job oriented examinations for Physical Education Master's Students.</li> <li>• Developed physical fitness through track and field event. The knowledge is essential for the experiment of higher physical education research.</li> <li>• Learning and psychological factors is building block to understand the psychology for physical education students of at higher level. The content of course is also important to qualify the NET, SET, and other job-oriented</li> </ul>

	<p>toward a lifetime of physical activity. In this monograph, we define a positive youth development</p> <ul style="list-style-type: none"> <li>• To achieve the perspective, delineate goals and contexts of effective youth development activities / events, review the research evidence for physical activity as a context for youth development, and make recommendations for how a variety of stakeholders such as parents, educators, and healthcare providers can optimize positive youth development through UG programmes.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Evaluate the battery test and others tests prescribed by the government efficiently</li> <li>➤ Understand and apply the statistics in research.</li> <li>➤ Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.</li> <li>➤ Reflect upon motivational psychology as applied to sports activities</li> <li>➤ Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.</li> <li>➤ Prepare training schedule not only for sports person but also the common people and importantly for special population.</li> <li>➤ Know sports management and employ principles of strategic planning, and financial and human resource management.</li> </ul>	<p>examinations for Physical education students.</p> <ul style="list-style-type: none"> <li>• Practicing Yogic exercises for quality life.</li> </ul>
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