

PROGRAMME OVERVIEW

The National Education Policy of India 2020 (NEP-2020) has stressed upon a learning outcome based curriculum framework for a B.P.E.S (Bachelor of Physical Education and Sports) which is intended to provide a broad frame-work within which the physical education program responds to the needs of students requirements. The NEP 2020 aims to transform the education system by integrating local, national, and international standards. It aims to gradually reduce dropouts and maximize attendance. According to the NEP 2020, students who complete one, two, or three years of UG programmes can use their acquired knowledge to obtain suitable opportunity of employment. To achieve the objectives outlined in the NEP 2020, the BOS of the School of Sports and Yogic Sciences -KIIT DU has prepared the current Four-year Undergraduate Degree Programme (FYUP) structure.

MISSION

Bachelor of Physical Education & Sports (B.P.E.S) is a 4 years degree program which prepares students for the emerging field of sports science and physical education, Bachelor of Physical Education and Sports programme is designed for students to gain specialized knowledge in the areas of physical education and sports. The programme helps the students to chalk out their pathway to become an innovator in the exciting world of physical education and sports. This course also prepares students for the emerging field of sports science and physical education, and equips the students to start careers as health, yoga and fitness instructors, fitness counselors, sports facility planners.

OBJECTIVES

Physical education is not only concerned with the physical outcome that accrue from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in motor activities. The overall aim of bachelor's degree programme in Physical Education and Sports is;

- To the acquire and refine motor skills.
- To equip the students with the scientific knowledge of body response to various types of exercise.
- To maintain fitness for optimal health and wellbeing,
- To attain knowledge and the growth of positive attitude towards physical activity and sports.
- To attain wholesome development through physical education and sports

- To attain knowledge of the rules, regulation and their interpretation for “officiating” in sports and games.
- To inculcate the ability to organize sports and games in a professional manner.
- To enhance knowledge on scientific principles from allied subjects in Physical Education & Sports.
- To understand the concepts and role of different methods of sports training
- To develop desirable health habits and social integration of sportspersons

PROGRAMME OBJECTIVES

- The course is so designed that it meets all the demands of the society in disseminating the knowledge of physical education.
- The programme will enable the students to propagate the importance of physical education at various levels and its requirement for every individual in the society in order to keep oneself healthy and live a stress free and positive life style.
- To build the capacity of students for dissemination of information and documentation on physical education and sports on the results of research and evaluation and studies concerning programmes, experiments and activities related to diverse fields i.e. Society and individual in particular.
- To train the students to meet the challenges faced by the sports persons with respect to doping which is injurious to both health and country to sporting ethics and to protect the physical and mental health of athletes, the virtues of fair play and competition, the integrity of sporting community and the rights of people participating in it at any level whatsoever.
- Through research elements of the programme the students can develop innovative methods of teaching and increase the standard of performance in sport.
- The students graduating with this programme are expected to contribute to the maintenance and improvement of health, provide a wholesome leisure time occupation and enable man to overcome the drawbacks of modern living.
- The students will develop the abilities like will-power and self discipline to become a fully integrated member of the society through physical education and sports at the individual and community level.
- The students are expected to cater to the development of a scientific programme for achieving good health and fitness for corporate sector after acquiring knowledge from various allied sciences and foundation courses.

CAREER OUTCOME (CO)

This undergraduate programme in Physical Education and Sports will prepare one for a career in sports and fitness-related professions as well as in the field of education. This degree will help one teach valuable skills people need to learn to stay physically fit. Graduates in these disciplines can aspire to work in sports administration, fitness health clubs, law enforcement, hospitality industry, educational institutions, etc.

PROGRAM OUTCOMES (PO):

After successful completion of Bachelor of Physical Education & Sports, the students will be able to:

PO No.	Attribute	Competency
PO 1	Professional knowledge	Possess and acquire scientific knowledge to work as a professional, optimizing human function
PO 2	Clinical/ Technical skills	Demonstrate and possess technical skills to provide quality care for athletes and teams
PO 3	Teamwork	Demonstrate ability to be a team player and support shared goals within an interdisciplinary environment
PO 4	Ethical value & professionalism	Possess and demonstrate ethical values and professionalism within the legal framework of the society
PO 5	Communication	Communicate effectively and appropriately within an interdisciplinary environment and the society
PO 6	Evidence based practice	Devise assessment and programs that are evidence informed and aligns with professional excellence
PO 7	Life-long learning	Continues to exhibit interest in enhancing knowledge and skills, which evolve over a period of time
PO 8	Entrepreneurship, leadership and mentorship	Display entrepreneurial inclination, leadership and mentorship skills

PROGRAMME SPECIFIC OUTCOMES (PSO)

- PSO-1 - : Analyze and identify the psychological, anatomical, physiological and sociological factors associated with diverse physical activities
- PSO-2: Organizing, training and officiating for sports and games using appropriate rules, skills, and tactics
- PSO-3 : Design and application of pedagogy using IT and field work for sports education

DISTINGUISH FEATURES

- Application based learning.
- Use of teaching practice, experiential learning and live projects etc. for application-based learning.