



Dr. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION

(Affiliated to the Tamil Nadu Physical Education & Sports University, Chennai)

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M.P.Ed

Programme Outcomes

After completion of the M.P.Ed programme, the teacher trainees should be able to

1. Consider the use of kinesiological and biomechanical principles in sports and how they relate to nutritional requirements for athletes.
2. Evaluate psychological factors, physical fitness components, and fundamental playing abilities in a range of sports and activities.
3. Examine the effects of training and exercise on the muscular, cardiovascular, and respiratory systems.
4. Calculate scale, dispersion, and central tendency measurements; then, make a study plan and report.
5. Organize various therapeutic workouts and stretching exercises to speed healing from sports injuries.
6. Find individuals with intellectual disabilities who can participate in the Special Olympics and assist persons with disabilities in developing their physical and motor skills.
7. In the areas of physical education and sports, use Microsoft programmes, online databases, and cutting-edge athletic items and equipment.
8. Engage in asanas, bandhas, mudras, kriyas, and pranayama.
9. Create a cutting-edge physical education curriculum and plan sports events that encourage student participation. Construct a jumping activities area, a throwing events arena, and a running track.
10. Plan a lot of recreational games and provide the different practise plans for different sports and games.

Programme Specific Outcomes

- PSO 1** : Developing the most morally upright physical education instructors feasible
- PSO 2** : Capable of handling the Physical Education curriculums for the CBSE, Anglo Indian, and Tamil Nadu State matriculation syllabus
- PSO 3** : Comprehensive understanding of Indian culture.