



**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. Examine how biomechanical and kinesiological concepts are used in sports activities and relate them to athletes' dietary needs.
2. Assess psychological variables, aspects of physical fitness, and fundamental playing skills in a variety of sports and activities.
3. Analyze how exercise and training affect the respiratory, cardiovascular, and muscular systems.
4. Compute central tendency, dispersion, and scale measures, and create a study plan and report.
5. Provide first aid for sports injuries and organise several therapeutic workouts and stretching routines for recovery.
6. Help people with disabilities improve their physical and motor skills and find people with intellectual impairments who can compete in the Special Olympics.
7. Use Microsoft programmes, online resources, and cutting-edge sporting goods and equipment in the fields of physical education and sports.
8. Perform bandhas, mudras, kriyas, asanas, and pranayama.
9. Develop a cutting-edge physical education curriculum and organize sports programmes based on student involvement. Build a running track, a throwing events arena, and a jumping activities arena.
10. Organize numerous recreational games and illustrate the various training schedules for various sports and games.

### **Programme Specific Outcomes**

- PSO 1** : Creating the best possible physical education teachers with moral principles
- PSO 2** : Capable of handling the Physical Education curriculums for the CBSE, Anglo Indian, and Tamil Nadu State matriculation syllabus
- PSO 3** : Thorough knowledge of Indian culture.