

## **M.P.Ed. Programme ( Session 2017-2019)**

### **Programme Objectives**

The objective of physical education curriculum is not only physical development but also to equip learners with knowledge, skills, capacities, values, and the enthusiasm to maintain and carry on a healthy lifestyle. It promotes physical fitness, develops motor skills and the understanding of rules, concepts and strategies of playing games and sports. Students learn to either work as part of a team, or as individuals in a wide variety of competitive activities. The main objectives of physical education programme are to:

1. Develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.
2. Develop techniques and tactics involved in organised physical activities, games and sports.
3. Acquire knowledge about human body as its functioning is influenced by physical activities.
4. Understand the process of growth and development as participation in physical activities has positive relationship with it.
5. Develop socio-psychological aspects like control of emotions, balanced behaviour, development of leadership and followership qualities and team spirit through participation in games and sports.

### **Programme Outcomes**

1. Students will develop competency in many movement activities.
2. Students will understand how and why they move in a variety of situations and use this information to enhance their own skills.
3. Students will achieve and maintain a health-enhancing level of physical fitness.
4. Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.
5. Students will demonstrate responsible personal behaviour while participating in movement activities.
6. Students will demonstrate responsible social behaviour while participating in movement activities. Students will understand the importance of respect for others.
7. Students will understand the relationship between history, culture and games.