



# Manipal University Jaipur

## Faculty of Management Commerce and Arts Department of Liberal Arts and Social Sciences

### Bachelor Of Physical Education and Sports (Honours / Honours with Research)

*(2026 Onwards)*

## Program Outcomes and Program Specific Outcomes

### Program Outcomes (POs)

- PO1: Disciplinary Knowledge:** Apply comprehensive knowledge of physical education, sports sciences, fitness, wellness, coaching, and sports management.
- PO2: Scientific and Analytical Ability:** Analyze human movement, physical fitness, and sports performance using scientific principles and evidence-based practices.
- PO3: Research Competency:** Plan, conduct, analyze, and present research in physical education and sports sciences using appropriate methodologies and ethical standards.
- PO4: Critical Thinking and Problem Solving:** Identify and solve problems related to teaching, training, performance enhancement, and health promotion through critical reasoning.
- PO5: Communication Skills:** Communicate effectively in oral, written, and digital modes for teaching, coaching, research dissemination, and professional engagement.
- PO6: Digital and Technological Literacy:** Utilize modern technologies, digital tools, and data-analysis software for sports training, evaluation, and research.
- PO7: Ethics and Professional Values:** Demonstrate ethical conduct, fair play, inclusivity, leadership values, and compliance with anti-doping and professional norms.
- PO8: Indian Knowledge Systems and Indigenous Sports:** Integrate Indian traditional games, yoga, and indigenous physical activities into physical education and sports practices.
- PO9: Health, Fitness, and Well-being Promotion:** Design and implement physical activity, fitness, and wellness programmes to enhance individual and community health.
- PO10: Lifelong Learning and Employability:** Demonstrate readiness for higher studies, research, entrepreneurship, and diverse careers through continuous learning and skill development.

### Program Specific Outcomes (PSOs)

- PSO1:** Plan, deliver, and evaluate physical education lessons and sport-specific coaching programmes using appropriate pedagogical and training principles.
- PSO2:** Apply principles of exercise physiology, biomechanics, sports psychology, and training methods to assess fitness and enhance sports performance.
- PSO3:** Design and conduct research, analyze data using scientific and statistical tools, and interpret findings in the field of physical education and sports sciences.
- PSO4:** Develop and implement fitness, wellness, and community-based physical activity programmes while promoting Indian knowledge systems and indigenous sports.