

**Outcome  
of  
B.P.Ed Course**

- 1 A degree in B.P.Ed can lead to a variety of career starting from being part of the chosen sport to being a physical fitness trainer.
- 2 This is useful to maintain the fitness of human body.
- 3 Candidates having a deep passion for sports and related activities.
- 4 This is a field that help stick around the fitness of your body by promoting the importance of exercise and nutrition.
- 5 Main purpose of these courses to increase the sports performance.

**Class- B.P.Ed Ist Sem.**

**Subject – Sports Training**

- 1 to know the importance of scientific principle of sports training.
- 2 to know about scientific principles for enhancement of sports performance.
- 3 to create the awareness regarding research in the field of scientific principles of sports training.
- 4 to know about various technique for development of physical and motor fitness.
- 5 to know about the role of tactics and strategy for sports performance.

**B.P.Ed**  
**3<sup>rd</sup> Sem.**  
**Sports Psychology**

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- 2 [ksy euksfoKku ds n~okjk ubZ izfrHkkvksa dh [kkst djds f[kykM+h dks mlDs y{; rd igq;pk ldrs gSA
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- 4 [ksy euksfoKku ds fl)karksa dk O;okgfjd thou esa iz;ksx fd;k tkrk gSA
- 5 [ksy euksfoKku ls O;fDrxr fofHkUurkvksa ds vk/kkj ij izf'k{k.k nsus esa ennxkj gSA