

**BACHELOR OF VOCATIONAL  
MODERN COLLEGE  
(A DEGREE COURSE UNDER THE Aegis of UGC and NSQF)  
Affiliated to MANIPUR UNIVERSITY**

***PHYSICAL EDUCATION AND SPORTS NUTRITIONIST***

**PROGRAMME OUTCOME**

The Bachelor of physical education and sports nutrition (BVPESN) is a professional course meant for preparing education teacher for high school (class I to X) level. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge and behaviors that students acquire as they progress through the program. Further, each course in the programme spells out clear instructional objectives which are mapped to the student outcomes.

**SEMESTER I**

**BVPESN-103: FOUNDATION OF PHYSICAL EDUCATION**

After completion of this course, PHYSICAL EDUCATION (theory) Apply knowledge of physical education, growth education, and in the professional world and development, play, sports and games knowledge, history of physical education. Analyze the concepts and issues pertaining to Physical Education. Formulate the principles, philosophy and concepts about Physical Education.

**BVPESN-104: SPORTS NUTRITION**

Completion of this course will enable the students to develop an understanding of the appropriate nutrition practices in relation to exercise or sport training to promote health, energy and adaptations.

**BVPESN-105: YOGA EDUCATION-I (ASANAS)**

On completion of this course students will have hands of experience to demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination. Demonstrate the ability to perform yoga movements in various combination and forms. Understand and apply the knowledge of basic sequencing, and effective group management. Apply the principles of Yoga to live healthy and active life style. Promote the awareness of health through yoga. Analyse the techniques and of body posture to bring out healthy change. Develop the knowledge through practice, participate and organize.

**SEMESTER II**

**BVPESN-203: ANATOMY AND PHYSIOLOGY**

Completion of this course will enable the students to know the basics of anatomy, physiology, exercise physiology, musculo-skeletal system, circulatory system, digestive system respiratory system, nervous system.

**BVPESN-204: NUTRITION FOR RESISTANCE AND POWER SPORTS**

On completion of this course students will be able to gain the detailed knowledge of the metabolism of nutrients and of nutritional requirements in resistance and power sports activities.

**BVPESN-205: YOGA EDUCATION-II (PRANAYAMA AND KRIYAS)**

Having successfully completed this course student will learn PRANAYAMA and KRIYA and They will be having the concepts of pranayama and kriya.

**SEMESTER III****BVPESN-303: KINESIOLOGY AND BIOMECHANICS**

The students will: Utilize fundamental knowledge of exercise physiology, biomechanics & motor learning to address health, fitness, and sport. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance.

**BVPESN-304: DIET PLANNING FOR SPORTSPERSON WITH SPECIAL CONDITION**

On completion of this course students Will develop skills to establish daily caloric requirement and to design the diet plan and to make Diet Planning for different Sportsperson with Special Condition.

**BVPESN-305: GAMES AND SPORTS ACTIVITIES**

On completion of this course students will have hands of experience to perform track and field events, swimming, gymnastic, badminton, table tennis, football, hockey, volleyball. They will also have the concepts of these games.

**SEMESTER IV****BVPESN-403: SPORTS PSYCHOLOGY AND SOCIOLOGY**

On completion of this course students will be able to understand psychology, learning, learning curve, motivation, instinct, and emotion, stress, personality and sociological aspects etc. Explain group mechanisms and group psychology in a sports context. Reflect upon motivational psychology as applied to sports activities. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.

**BVPESN-404: HEALTH EDUCATION AND FIRST AIDS**

Having successfully completed this course student will learn health, health education, personal hygiene, health problems-prevention and control, physical fitness and wellness, health and first-aid-management and sports injuries.

**BVPESN-405: NUTRITION FOR TEAM SPORTS**

Completion of this course will enable the students to know the classification and physiology of field and court sports, requirement of micro nutrient, guidelines and nutrition supplement of different team sports.

## **SEMESTER V**

### **BVPESN-503: SCIENCE OF SPORTS TRAINING**

Understand training as performance-based science. Explain different means and methods of various training. Prepare training schedule for various sports and games. Appraise types of periodization for performance development. Create various training facilities and plans for novice to advance performers.

### **BVPESN-504: EVALUATION IN PHYSICAL EDUCATION**

The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education. The students will be able to construct and conduct the physical fitness and sports skill test. The students will be able to implement the criteria of test selection. Know about the different types of test for different sports and games. Apply the tests in minor research areas. Analyse the performance and movements in the field of sports. Evaluate the battery test and others tests prescribed by the government efficiently.

### **BVPESN-603: DIETARY SUPPLEMENTS AND FUNCTIONAL FOODS**

Anti doping:

## **SEMESTER VI**

### **BVPESN-603: SPORTS MANAGEMENT**

The student would understand the importance of management of Physical Education. He shall gain knowledge regarding management of Physical Education and Sports at different level. He will be able to organize various Physical Education program. He would know about planning of facility and financial management.