

Bachelor of Physical Education
Ist Semester (CBCS)
Part –A Theory Course

| Code | Title of Papers | Total Hours | Credits | Internal Marks | External Marks | Total Marks |
|----------------------------------|--------------------------------------------------------------------------------|-------------|-----------|----------------|----------------|-------------|
| PET101 | History Principles and Foundation of Physical Education | 4 | 4 | 40 | 60 | 100 |
| PET102 | Anatomy & Physiology | 4 | 4 | 40 | 60 | 100 |
| PET103 | Health Education and Environmental; Studies | 4 | 4 | 40 | 60 | 100 |
| Elective Course (Any one) | | | | | | |
| PET106 | Olympic Movement | 4 | 4 | 40 | 60 | 100 |
| PET107 | Officiating and Coaching | | | | | |
| Part -B Practical Course | | | | | | |
| PEP101 | Track and Field (Running events) | 6 | 4 | 40 | 60 | 100 |
| PEP102 | Swimming/Gymnastic/Shooting | 6 | 4 | 40 | 60 | 100 |
| PEP103 | Indigenous Sports: Kabaddi/Malkhamb/Lezium/March Past | 6 | 4 | 40 | 60 | 100 |
| PEP104 | Mass Demonstration activities Kho- Kho/Dumbbells/Tipri/Wands/Hoops/Umbrella | 6 | 4 | 40 | 60 | 100 |
| Total | | 40 | 32 | 320 | 480 | 800 |

Note: - Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.

IInd Semester
(CBCS)
Part –A Theory Course

| Code | Title of Papers | Total Hours | Credits | Internal Marks | External Marks | Total Marks |
|--------|----------------------------------------------------------------------|-------------|---------|----------------|----------------|-------------|
| PET201 | Yoga Education | 4 | 4 | 40 | 60 | 100 |
| PET202 | Educational Technology and Methods of Teaching in Physical Education | 4 | 4 | 40 | 60 | 100 |
| PET203 | Organization & Administration | 4 | 4 | 40 | 60 | 100 |

Elective Course (Any One)

| | | | | | | |
|--------|-----------------------------------------------------------------|---|---|----|----|-----|
| PET204 | Contemporary issues in physical education, fitness and Wellness | 4 | 4 | 40 | 60 | 100 |
| PET205 | Sports Nutrition and Weight Management | | | | | |

Part -B Practical Course

| | | | | | | |
|--------|------------------------------------------------------|---|---|----|----|-----|
| PEP201 | Track and Field (Jumping Events) | 6 | 4 | 40 | 60 | 100 |
| PEP202 | Yoga/Aerobics/Gymnastics/Swimming | 6 | 4 | 40 | 60 | 100 |
| PEP203 | Racquet Sports: Badminton/Table Tennis/Squash/Tennis | 6 | 4 | 40 | 60 | 100 |

Part-C Teaching Practices

| | | | | | | |
|--------------|--------------------------------------------------------------------------------------------|-----------|-----------|------------|------------|------------|
| PETP201 | Teaching Practices(05 lessons in class room teaching and 05 lessons in outdoor activities) | 6 | 4 | 40 | 60 | 100 |
| Total | | 40 | 32 | 320 | 480 | 800 |

Note: - Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.

IIIrd Semester
(CBCS)
Part –A Theory Course

| Code | Title of Papers | Total Hours | Credits | Internal Marks | External Marks | Total Marks |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------|----------------|----------------|-------------|
| PET301 | Sports Training | 4 | 4 | 40 | 60 | 100 |
| PET302 | Computer Applications in Physical Education | 4 | 4 | 40 | 60 | 100 |
| PET303 | Sports Psychology and Sociology | 4 | 4 | 40 | 60 | 100 |
| Elective Course (Any One) | | | | | | |
| PET304 | Sports Medicine, Physiotherapy, and Rehabilitation | 4 | 4 | 40 | 60 | 100 |
| PET305 | Curriculum Design | | | | | |
| Part -B Practical Course | | | | | | |
| PEP301 | Track and Field (Throwing Events) | 6 | 4 | 40 | 60 | 100 |
| PEP302 | Combative Sports: Martial Art/Karate/Judo/Fencing/Boxing Taekwondo/Wrestling(any two out of these) | 6 | 4 | 40 | 60 | 100 |
| PEP303 | Team Games: Baseball/Cricket/Football/Hockey/Softball/Volleyball Handball/Basketball/Netball(Any Two) | 6 | 4 | 40 | 60 | 100 |
| Part-C Teaching Practices | | | | | | |
| PETP301 | Teaching Practices(Teaching Lesson Plans for Racquet Sport/Team Games/ Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing School) | 6 | 4 | 40 | 60 | 100 |
| Total | | 40 | 32 | 320 | 480 | 800 |

Note: - Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.

IVth Semester
(CBCS)
Part –A Theory Course

| Code | Title of Papers | Total Hours | Credits | Internal Marks | External Marks | Total Marks |
|--------|--------------------------------------------------|-------------|---------|----------------|----------------|-------------|
| PET401 | Measurement and Evaluation in Physical Education | 4 | 4 | 40 | 60 | 100 |
| PET402 | Kinesiology and Biomechanics | 4 | 4 | 40 | 60 | 100 |
| PET403 | Research and Statistics in Physical Education | 4 | 4 | 40 | 60 | 100 |

Elective Course (Any one)

| | | | | | | |
|--------|---------------------------|---|---|----|----|-----|
| PET404 | Theory of Sports and Game | 4 | 4 | 40 | 60 | 100 |
| PET405 | Sports Management | | | | | |

Part -B Practical Course

| | | | | | | |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|----|----|-----|
| PEP401 | Track and Field/Swimming/Gymnastics (Any One) | 6 | 4 | 40 | 60 | 100 |
| PEP402 | Kabaddi /KhoKho/ Baseball/ Cricket/ Football/ Hockey/ Softball/Volleyball/Handball/Basketball/Netball/ Badminton/Table-Tennis/Squash/Tennis(any three of these) | 6 | 4 | 40 | 60 | 100 |

Part-C Teaching Practices

| | | | | | | |
|----------------|-------------------------------------------------------------------------|------------|------------|-------------|-------------|-------------|
| PETP401 | Sports Specialization: Coaching lessons plans (one of sports 5 lessons) | 6 | 4 | 40 | 60 | 100 |
| PETP402 | Games Specialization: Coaching lessons plans (one for games 5 lessons) | 6 | 4 | 40 | 60 | 100 |
| Total | | 40 | 32 | 320 | 480 | 800 |
| G.Total | | 160 | 128 | 1280 | 1920 | 3200 |

Note: - Total no. hours required to earn 4 credits for each Theory Course are 68-80 hours per semester where as 102-120 hours for each Practicum Course.