

#### 4. Bachelor of Physical Education (B.P.Ed.):

The Bachelor of Physical Education programme, generally known as B.P.Ed. shall be a professional programme meant for preparing leaders of physical educational from classes VI to X and for conducting physical educational and sports activities in classes XI and XII.

#### Duration:

The B.P.Ed. programme shall be of a duration of two academic years; i.e. four semesters. However, the students shall be permitted to complete the programme within a maximum of three academic years.

#### Attendance :

The minimum attendance of student-teachers' shall have to be 80% for all course work and practicum, and 90% for school internship.

#### Scheme of Study :

1st Year Part-A (Theory)						
ANNUAL DISTRIBUTION OF THE COURSES						
Course No.	Course Name	Hours	Credits	Theory (External)	(Internal)	Total Marks
CC-101	History, Principles and foundation of Physical Education.	4	4	80	20	100
CC-102	Anatomy and Physiology	4	4	80	20	100
CC-103	Health Education and Environmental Studies.	4	4	80	20	100
CC-104	Officiating and Coaching.	4	4	80	20	100
CC-105	Methods of Teaching, Organization and Administration.	4	4	80	20	100
CC-106	Optional (Select Any one of the following).	4	4	80	20	100
EC-101	Olympic Movement	4	4	80	20	100
EC-102	Yoga Education.					
EC-103	Sports Nutrition and Weight Management.					
<b>Total</b>		<b>24</b>	<b>24</b>	<b>480</b>	<b>120</b>	<b>600</b>
Part-B (Practical)						
Course No.	Course Name	Hours	Credits	Theory (External)	(Internal)	Total Marks
PC-101	Track and Field (Crouch Start, Relay, Triple Jump, Javelin Throw).	6	4	60	40	100
PC-102	Team Games: Baseball/Cricket/Football/Hockey.	6	4	60	40	100
PC-103	(i) Indigenous Sports : Kabaddi/Yoga/Kho-Kho/Wrestling. (ii) Mass Demonstration Activities: Dumbbells/Tipri/Wands/Hoop.	6	4	60	40	100
<b>Total</b>		<b>18</b>	<b>12</b>	<b>180</b>	<b>120</b>	<b>300</b>
Part-C (Teaching Practice)						

(i) Classroom Teaching	6	4	40	10	50
(ii) Outdoor Teaching			40	10	50
	<b>06</b>	<b>4</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>Grant Total (1st Year):</b>	<b>Part A + Part B + Part C = 1000 Marks</b>				

<b>2nd Year Part-A (Theory)</b>						
<b>ANNUAL DISTRIBUTION OF THE COURSES</b>						
<b>Course No.</b>	<b>Course Name</b>	<b>Hours</b>	<b>Credits</b>	<b>Theory (External)</b>	<b>(Internal)</b>	<b>Total Marks</b>
CC-201	Sports Training.	4	4	80	20	100
CC-202	Computer Application in Physical Education.	4	4	80	20	100
CC-203	Sports Psychology and Sociology.	4	4	80	20	100
CC-204	Kinesiology and Biomechanics.	4	4	80	20	100
CC-205	Research and Statistics in Physical Education.	4	4	80	20	100
CC-206	Optional (Select Any one of the following).	4	4	80	20	100
EC-201	Theory of Sports and game.	4	4	80	20	100
EC-202	Sports Management.					
EC-203	Sports Medicine, Physiotherapy and Rehabilitation.					
<b>Total</b>		<b>24</b>	<b>24</b>	<b>480</b>	<b>120</b>	<b>600</b>
<b>Part-B (Practical)</b>						
<b>Course No.</b>	<b>Course Name</b>	<b>Hours</b>	<b>Credits</b>	<b>Theory (External)</b>	<b>(Internal)</b>	<b>Total Marks</b>
PC-201	Track and Field (High Jump, Long Jump, Shot-put & Discuss Throw).	6	4	60	40	100
PC-202	Team Games: Handball/Basketball/Volleyball.	6	4	60	40	100
PC-203	(i) Racquet Sports. Badminton/Table-Tennis/Tennis/Ball Badminton. (ii) Mass Demonstration Activities; Umbrella/Lezium/March past/Movement Lesson.	6	4	60	40	100
<b>Total</b>		<b>18</b>	<b>12</b>	<b>180</b>	<b>120</b>	<b>300</b>
<b>Part-C (Teaching Practice)</b>						
(i) Athletic Lesson		6	4	40	10	50
(ii) Game Lesson.				40	10	50
		<b>06</b>	<b>4</b>	<b>80</b>	<b>20</b>	<b>100</b>
<b>Grant Total (2nd Year):</b>	<b>Part A + Part B + Part C = 1000 Marks</b>					
<b>Grand Total (1st Year + 2nd Year)</b>	<b>Part A + Part B + Part C = 2000 Marks</b>					