

PONDICHERY UNIVERSITY

(A Central University Established by an Act of Parliament No. 53/1985)

BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES) HONORS

SYLLABUS



UGC- NEP 2020 REGULATIONS

SCHEME OF EXAMINATION AND SYLLABUS FOR THE

BACHELOR OF PHYSICAL EDUCATION & SPORTS (B.P.E.S.) HONORS

(UG - CCFUP –Based on UGC- NEP-2020 Effective from Academic Year 2023-24)

(FOUR YEARS - EIGHT SEMESTERS - NEP)

2023-2024 ONWARDS

UGC- NEP 2020 Regulations (2023-24 onwards)

Bachelor of Physical Education & Sports (B.P.E.S.) HONORS

(EIGHT SEMESTERS - NEP)

Preamble:

Physical Education is a form of one of the most effective means of education imparted through physical exercises, recreational activities and sports. It is an integral part of education. Which by mere participation in it gives the outcomes. These outcomes are both instant as well as have strong carry over values in the life. The children as well as the adults and the old enjoy physical activities & sports and gets benefit in the form of stronger muscles and bones, increased energy, coordination level and most importantly the decreased risk of developing chronic diseases.

The curriculum framework for a B.P.E. S (Bachelor of Physical Education & Sports) Honors 4-YEAR UG course is intended to provide a broad framework within the Physical Education programme and responds to the needs of student's requirements and based on The National Education Policy of India 2020 (NEP 2020). The framework is expected to assist in the maintenance of standard and uniformity of Physical Education degrees across the country. This will also help in periodic programme review within a broad framework of agreed expected graduate attributes, qualification descriptors, programme learning outcomes and course-level learning outcomes. The framework does seek to bring about uniformity in syllabi for a programme of study in Physical Education, teaching-learning process as well as learning assessment procedures. However, the framework is also intended to allow flexibility and innovation in programme design.

Aims of the Bachelor's degree programme in Physical Education

Physical education is not only concerned with the physical outcome that accrue from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in motor activities. The overall aim of bachelor's degree programme in Physical Education is;

- The acquisition and refinement of motor skills,
- To equip the students with the scientific knowledge of body response to various types of exercise.
- Maintenance of fitness for optimal health and wellbeing,
- Attainment of knowledge and the growth of positive attitude towards physical activity

and sports.

- Attain wholesome development through physical education and sports
- Attain knowledge of the rules, regulation and their interpretation for “officiating” in sports and games
- Inculcate the ability to organize sports and games in a professional manner
- Enhance knowledge on scientific principles from allied subjects in Physical Education & Sports
- Understand the concepts and role of different methods of sports training
- Develop desirable health habits and social integration of sportspersons

Eligibility

- Candidate must have passed the Higher Secondary Examination (+2) or any other examination recognized as equivalent.
- The reservation in seats for SC/ST/OBC/PWD/EWS and other categories shall be as per the rules of the Central Government/State Government, whichever is applicable.
- The candidate also shall be physically and medically fit to undergo vigorous physical activity apart from the minimum eligibility criteria.
- Minimum eligibility the applicant must have represented the District/School in any game/Sports.

Other requirements

- Candidate seeking admission to BPES Honors must qualify the Physical Fitness Test (**Appendix-I**)
- Be free from Physical Deformities.
- Should be Medically Fit to undergo the course.
- Minimum eligibility the applicant must have represented the District/Inter School or higher in any game/Sports.
- Sports weightage marks (**Appendix-II**) will be added in the total percentage of +2 marks for overall merit of the student.

Eight Semester Ordinance

- Degree Title: BPES (Honors)
- Name of the Faculty: Faculty of Physical Education and Sports

- Duration: The BPES (Honors) programme shall be of duration of 4 (four) academic years, that is, 8 (eight) semesters.
- If the Students left the course after 1st, 2nd & 3rd year as per NEP-2020 the degree/certificate title as follows:

1 Year (Two Semesters)	Certificate in Physical Education & Sports (CPES)
2 Years (Four Semesters)	Diploma in Physical Education (DPES)
3 Years (Six Semesters)	Bachelor's Degree in Physical Education (BPES)
4 Years (Eight Semesters)	Bachelor's Degree with Honors in Physical Education (BPES Honors)

Admission Procedure:

Admission shall be made on merit on the basis of marks obtained in the entrance examination (Physical Fitness test, interview and percentage in qualifying examination) or any other selection process as per the policy of the State Government/ Affiliating University.

Duration of the Course

The course shall be of Four-year duration spread over eight semesters. The total working days for a semester shall not be less than 90 working days. The curriculum and syllabi for course shall be as prescribed from time to time. The Maximum duration to complete the course shall be 7 years.

Scheme of selection:

The selection of candidates for the B.P.E.S degree course is based on the following,

Appendix - I

Sl. No.	Details	Marks
1.	Physical Fitness Test (100 mts Run, Shot put, Broad Jump & 12/8 minutes (Run/Walk Test)	40 Marks
2.	Games Proficiency Test (Games listed in SGFI/ AIU)	25 Marks
3.	Sports Achievement	25 Marks
4.	Qualifying Exam Mark	10 Marks
Total		100 Marks

Duration:

The course shall be of Four-year duration spread over eight semesters. The total working days for a semester shall not be less than 90 working days. The curriculum and syllabi for course shall be as prescribed from time to time. The Maximum duration to complete the course shall be 7 years.

Attendance and Condonation

Students must have 75% of attendance in each course (Theory and Practical separately) for appearing in the examination.

Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form along with the Medical Certificate or proof of participation in intercollege /inter university/National/International competitions or proof of participation in NCC/NSS programme. Students who have below 65% of attendance are not eligible to appear for the examination.

Lateral Entry

As per NEP, students have a choice of exit and entry into the Programme of Study multiple number of times. UGC specifies that about 10% of seats over and above the sanctioned strength shall be allocated to accommodate the Lateral Entry students or as prescribed by the Pondicherry University.

Definitions and Term Used in NEP

Terms used in the NEP-CBCS Regulations shall have the meaning assigned to them as given below unless the context otherwise requires:

Credit

A credit is the number of hours of instruction required per week for the given subject in a given semester of 18-20 weeks. One credit is equivalent to 1 hours of teaching (lecture or tutorial or practical) per day or 30 hours of practice or field work or community engagement and service per Semester.

Academic Year

It means the year starting on 1st day of July and ends on the 30th day of June succeeding year.

Residence time

It means the time, a student spends for attending classes in the College/Institution

(either Online/Offline) as a full-time student and enrolled in any Academic programme of the Institution.

Semester

It means 18-20 weeks (90 Working days) of teaching- learning session of which two weeks shall be set apart for examinations and evaluation.

Grade

It means a letter grade assigned to a student in a Course for his performance at academic sessions as denoted in symbols of: O(outstanding), A+(Excellent), A (Very good), B+(good), B (Above average), C(average), P(Pass) F(fail) and Ab (Absent) with a numeric value of O=10, A+=9, A=8, B+=7, B=6, C=5 P=4, and F=0, Ab=0;

Grade Point Average (GPA)

It means an average of the Grades secured by a student in all courses in a given academic session duly weighted by the number of credits associated to each of the courses.

Cumulative GPA (CGPA)

It is the weighted average of all courses the student has taken in a given Programme.

A Common Course

The set of courses that all students who are admitted to any Programme of the University are required to study; these courses include,

Languages (English- Modern Indian languages),

NEP Specific Courses- viz.

Understanding India, Environmental sciences/Education, Health and wellbeing/Yoga, Digital & Technological solutions.

Major Discipline

The core subject mandatory for the programme, Major discipline may be a single discipline or interdisciplinary/ multidisciplinary.

Minor Discipline

Allied Subject to Major Discipline.

- “Minor discipline Cognate” refers to a pool of courses offered by the parent department/ cognate (allied) departments.
- (ii)“Minor discipline Generic” refers to the subsidiary/elective subject chosen from a basket of courses offered by different departments other than the minors offered by the parent department.

Credit Requirement

Degree/Diploma/Certificate Programme means the minimum number of credits that a student shall accumulate to achieve the status of being qualified to receive the said Degree, Diploma/Certificate as the case may be.

Exit option

The option exercised by the students, to leave the Programme at the end of any given Academic year.

Lateral entry

A student being admitted into an ongoing Programme of the University otherwise than in the 1st year of the programme.

Vocational Studies/Education

This refer to set of activities for participation in an approved project or practical or lab, practices of application of scientific theories, studio activities involving students in creative artistic activities, workshop- based activities, field-based learning projects, and Community engagement services, etc... (These courses are expected to enable students to incorporate the learned skills in daily life and start up entrepreneurship.)

Skill-based learning/project

This refers to activities designed to understand the different socio-economic contexts, first-hand understanding of the policies, regulations, organizational structures, processes, and programs that guide the development process.

Work-based internship

This refers to structured internships with local industry, businesses, artists, crafts

persons etc. which will further improve employability.

Structure of Academic Programme

The BPES Programme offered under NEP shall be denoted in terms of credits. Each course/subject in a given Programme of study shall carry certain number of credits which will be awarded on completion of the said course.

Breakup of Credits and Courses

The Undergraduate BPE programme offered by Colleges shall conform to the Structure specified by the UGC Framework, 2023.

The student of 1-year certificate programme is mandated to complete a minimum of 40 credits,

The student of 2- year diploma programme shall complete 80 credits,

The student of 3-year degree programme is mandated to complete a minimum of 120 credits and the student of 4 - year Honors degree programme shall complete 160 credits

NEP Framework has specified the number of credits that a Bachelor student has to earn every year. **Table - I** specify the number of credits and number of courses that a student is expected to complete in 1st to 4th year duration respectively.

Sl. No	Courses	1st Year Certificate	2nd Year Diploma	3rd Year Degree	4th Year Honours
1.	Major Disciplinary Courses	8cr	30cr	60cr	80cr
2.	Minor Discipline Courses	8cr	16cr	24cr	32cr
3.	Multi- Disciplinary Courses	6cr	9cr	9cr	9cr
4.	Ability Enhancement Courses	4cr	8cr	8cr	8cr
5.	Skill Enhancement Course	6cr	9cr	9cr	9cr
6.	Common Value added courses	8cr	8cr	8cr	8cr
7.	Community Service	-	-	2cr	2cr
8.	Research Dissertation Project	-	-	-	12cr
		42cr	80cr	120cr	160cr

NEP Classification of Courses and specification:

1. Major Disciplinary Courses: (MJD)

Major disciplinary courses are subject specific compulsory subjects that a student has

to complete to obtain the UG/UG (Hons) Degree in the given discipline. Major disciplinary courses shall constitute 50% of the total credits.

MJD-1: History and Foundation of Physical Education

MJD-2: Exercise Physiology

MJD-3 Kinesiology & Sports Biomechanics

MJD-4 Methods of Physical Education

MJD-5 Sports Training

MJD-6 Test & Measurement in Physical Education

MJD-7 Athletics (Track & Field Events) Theory

MJD-8 Sports Psychology

MJD-9 Talent Identification in Sports

MJD-10 Sports Injuries and Rehabilitation

MJD-11 Sports Nutrition

MJD-12 Adapted Physical Education

MJD-13 Sports Engineering

MJD-14 Sports Journalism

MJD-15 Sports Medicine

MJD-16 Sports Entrepreneurship

MJD-17 Sports Technology

MJD-18 Research Methodology in Physical Education

MJD 19: Application of Statistics in Physical Education

MJD 20: Sports Sociology*

(*optional for 8th semester)

2. Minor Disciplinary Course: (MID)

Minor disciplinary courses refer to those subjects which are allied to the major discipline. These allied courses provide better understanding of the subjects.

MID-1 Major Games – 1 (Basketball, Badminton, Kabaddi & Kho-kho) & Indigenous Activities - I (Calisthenics, Minor Games, Drills & Marching) Practical

MID-2 Major Games – II (Ballbadminton, Hockey, Table Tennis & Volleyball) & Indigenous Activities- II (Dands & Baiteks, Light Apparatus & Yoga) Practical

MID-3 Major Games - III (Cricket, Football, Handball & Tennis) & Indigenous Activity - III (Lezume, General Fitness & Aerobic Dance) Practical

MID-4 Athletics (Marking of Track & Field Events) & & Indigenous Activity (Pyramid, Bharathiam, Hoops) Practical

MID-5 Major Games- IV (Gymnastics, Swimming & Taekwondo) Practical

MID-6 Indigenous Activities (Lezium, Mallakhamb & Weight Lifting) Practical

MID-7 Recreation & Camping

3. Multi-Disciplinary courses:

All undergraduate students are mandated to pursue 9 credits worth of courses in such Multi-disciplinary subjects/Courses other than has Major/Minor discipline. The students shall choose any 3 multiple disciplinary courses of the following:

MLD-1 **Natural Sciences** (Herbal Nutrition/ Basic Botany/ Basic Zoology/ Basic Microbiology/ Fundamentals of Biotechnology)

MLD-2 **Physical Sciences** (Electronics in Everyday Life/ Chemistry in Everyday Life/ Science and Society/ Energy in Everyday Life/ Basic Mathematics)

MLD-3 **Humanities/Social Sciences** (Basic Economics Concepts and Measurement/ Basics of Accounting/ French for Beginners/ Commercial Geography/ Introduction to Public Administration)

4. Ability Enhancement courses: (12 Credits)

All undergraduate students are mandated to complete & Credits worth of Courses which are expected to focus on communication skills, Linguistic skills, critical reading enhance academic writing skills for articulation and presentation of their thoughts clearly and coherently. These courses include.

AEC-1 English-1

AEC-2 MIL-1 (Tamil/Telugu/Hindi/Malayalam/French/Bengali)

AEC-3 English-2

AEC-4 MIL-2 (Tamil/Telugu/Hindi/Malayalam/French/Bengali)

5. Skill Enhancement Course/ Practical Courses:

These courses are focused at imparting practical skills, hands- on Training, soft skills, etc. to enhance the employability of students

SEC- Basic and Systemic Anatomy & Physiology

SEC- Computer Applications in Physical Education

SEC- Sports Management

Value Added common course:

Under NEP, the UGC has proposed for 6 to 8 credits worth of common course which are likely to add value to overall knowledge base of students. These course include the following:

VAC-1 Understanding India

VAC-2 Environmental Science

VAC-3 Digital and Technological

VAC-4 Health, Wellness & Yoga Education

6. Community Service:

As per the UGC guidelines all UG students should be exposed to 4 to 6-week Summer Internship in industrial organisation/Training Labs/Research Institutions/Educational Institutions etc. Such Summer Internship is proposed to be conducted in between 4th Semester and 5th semester. A review report and award of grade based on practical skills learned by students during the 5th Semester will be given.

7. Research Project (12 Credits)

Sports Politics

Evaluation

Theory Exams Total Marks: 100

All Credit courses are evaluated for 100 marks. Internal Assessment component is for 25 marks and the End Semester University exam is for 75 marks.

Break up of Internal Assessment summer marks:

Total Internal Assessment mark for a theory subject is 25 marks. The breakup is:

i)	Mid Semester Exam (one) -	20 Marks
ii)	Percentage of Attendance -	5 Marks
Total -		25 Marks

Practical/Research Projects Exams Total Marks: 100

All Practical/Research Projects are evaluated for 100 marks. Internal Assessment component is for 50 marks and the End Semester University exam is for 50 marks.

Break up of Internal Assessment marks for Practicals /Project work/ Internships subjects:

Faculty member in-charge of practical shall evaluate the practical subjects for 50 marks. The break up is as follows:

i) Skill Demonstration/Knowledge/ Discipline	15
ii) Practical Record/Internship Report	30
iii) Percentage of Attendance	05
Total	50

The End Semester University exam is for 50 marks (EXTERNAL).

Marks for Attendance for both theory & practical is as follows:

Below 75%	0
75% - 80%	1
80% - 85%	2
85% - 90%	3
90% - 95%	4
95% - 100%	5

Internal Test Scheme:

Principal of the College schedules the Mid-Semester Exam for all courses during 8/9th week of start of classes. All faculty members are expected to conduct this Mid-Semester exam for 1.30 hr duration and evaluate, upload the marks to Controller of Examinations of University. Colleges are also requested to preserve the answer books of Mid-Semester exams until declaration of results by the University.

End-Semester University Exam:

Controller of Examinations (COE) of Pondicherry University schedules the End-Semester exams for all theory and practical subjects based on University calendar.

A detailed Exam Time Table shall be circulated to all Colleges at least 15 days before the start of exams mostly during 15/16th week of the Semester. Question Papers shall be set externally based on BOS approved syllabus. All students who have a minimum of 70% attendance are eligible to attend the end-semester exams. The breakup of end semester marks:

Theory subjects (Sec A, Sec B and Sec C) Question from all units of Syllabus	75 marks
Practical/Internship ProjectWork subjects (Based on Practical Exams/Presentation/Viva)	50 marks

Consolidation of Marks and passing Minimum

Controller of Examinations of the University consolidates the Internal Assessment marks uploaded by the Colleges and marks secured by students in end-semester examination. The total marks will be converted into letter grades as shown in the following Table -2. As per NEP Regulations, the passing minimum is 50% marks (IA + End semester put together)

Arrear Exam:

A student who failed to secure 50% marks in aggregate is declared as Failed and he is eligible to take up supplementary examination by registering to the said course in the following Semester. All other candidates who failed due to shortage of attendance, those who are seeking to improve the grade shall repeat the course.

TABLE – 2

Range of Marks	Equivalent Letter Grade	Meaning	Grade Points for Calculation of CGPA
91 to 100	O	Outstanding	10
81 to 90	A+	Excellent	9
71 to 80	A	Very Good	8
60 to 70	B+	Good	7
61 to 65	B	Above Average	6
56 to 50	C	Average	5
50 to 55	P	Pass	4
Below 50	F	Fail	0
Absent	Ab	Absent	0

Letter Grades and Calculation of CGPA:

Total Marks Secured by a student in each subject shall be converted into a letter grade. UGC Framework suggested a Country wide uniform letter grades for all UG courses. The following Table shows the range of marks secured by a student and corresponding letter grades and the grade points for calculation of CGPA.

Calculation of Semester Grade Point average and CGPA:

Semester Grade Point Average (SGPA) is calculated by taking a weighted average of all grade points secured by a candidate from all subjects registered by him/her in the given Semester. The weights being the number of credits that each subject carries.

Cumulative Grade Point Average (CGPA) CGPA shall be calculated as the weighted average of credits that course carries and the value of Grade points averaged for all subjects.

Declaration of Results:

Controller of Examinations (COE) of the University shall declare the results of the programme following the CGPA secured by students by the end of 6th Semester and 8th Semester.

Pass Classes

Range of CGPA	Result
9.0 above	First Class with distinction
7.0 above	First Class
Below 6.9	Second Class

PONDICHERRY UNIVERSITY

Annexture-I

COURSE STRUCTURE AND SCHEME OF EXAMINATIONS FOR B.P.E.S.

Se	Levels	Major	Minor	Multi-	Ability	Skill	Value added	Total
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me ste r	of Teachin g	Disciplina ry Courses	Disciplin ary Courses	Disciplin ary Courses	Enhanceme ntcourses	Enhancem ent/Practi cal Courses	/Common Course	Credits
I	100 Level	MJD- 1 (4credit)	MID-1 (4credit)	MLDC-1 Natural Sciences (3 credit)	AEC-1 English-1 (3 credit)	PC-1 Practical- 1 (3 credit)	VAC-1 EVS (2cr) & VAC-2 Understanding India (2cr) (4 credit)	21 credit
II	100 Level	MJD-2 (4 credit)	MID-2 (4 credit)	MLDC-2 Social Sciences (3 credit)	AEC-2 MIL-1(Tamil/ Telugu/Malay alam/ Hindi/ Bengali) (3 credit)	PC-2 Practical-2 (3 Credit)	VAC-3 Health & Yoga (2cr) &VAC-4 Digital Technology Education (2cr) (4 credit)	21 credit
Exit option with Certificate in Physical Education (CPES)								

Se me ste r	Levels of Teachin g	Major Disciplina ry Courses	Minor Disciplin ary Courses	Multi- Disciplin ary Courses	Ability Enhanceme ntcourses	Skill Enhancem ent/Practi cal Courses	Value added /Common Course	Total Credits
III	200 Level	MJD-3 (8credit)	MID-3 (4credit)	MLDC-3 Natural Sciences (3 credit)	AEC-3 English-II (3 credit)	PC-3 Practical-3 (3 credit)	-	21 credit
IV	200 Level	MJD-4 (8 credit)	MID-4 (4 credit)	-	AEC-4 MIL- II (Tamil/ Telugu/Malay alam/ Hindi/ Bengali) (3 credit)	PC-4 Practical-4 (3 Credit)	Community Service For 4-6 week (2 credit)	21 credit
Exit option with Certificate in Physical Education (DPES)								

Se me ste r	Levels of Teachi ng	Major Disciplinar yCourses	Minor Disciplin ary Courses	Multi- Disciplin ary Courses	Ability Enhanceme ntcourses	Skill Enhancem ent/Practi cal Courses	Value added /Common Course	Total Credits
V	300 Level	MJD- 7 MJD- 8 (8credit)	MID-5 (4credit)	-	-	PC-5 Practical-5 (4 credit)	Internship in Educational Institution For 4-6 week (4 credit)	20 credit
VI	300 Level	MJD-9 MJD-10 MJD-11 (12 credit)	MID-6 (4 credit)	-	-	PC-6 Practical-6 (4 Credit)	-	20 credit
Exit option with Certificate in Physical Education (BPES)								

Se me ste r	Levels of Teachi ng	Major Disciplinary Courses	Minor Discipli nary Courses	Multi- Disciplin ary Courses	Ability Enhanceme ntcourses	Skill Enhancem ent/Practi cal Courses	Value added /Common Course	Total Credits
VII	400 Level	MJD- 12 MJD- 13 MJD- 14 (12 credit)	MID-7 (4credit)	-	-	PC-7 Practical-5 (4 credit)	-	20 credit
VII I	400 Level	MJD-15 MJD-16 (12 credit)	Research Project (12 Credit) Research + Viva					20 credit
(OR) Optional for 8th Semester								
VII I	400 Level	MJD-15 MJD-16 MJD-17* MJD-18* (18 credit)	-	-	-	PC-7 Practical- 8 (4 credit)	-	20 credit
Bachelor's Degree with Honors in Physical Education (BPES HONORS)								

SEMESTER I

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 1	Major Disciplinary courses (compulsory)	MJD-1: History and Foundation of Physical Education	4	5
MID 1	Major Disciplinary courses	MID-1(A): Major Games – 1 (Basketball, Badminton, Kabaddi & Kho-kho) Indigenous Activities - I (Calisthenics, Minor Games, Drills & Marching) Practical	4	5
MLD 1	Multi-Disciplinary courses (compulsory)	MLD-1. Natural Sciences*	3	4
AEC I & II	Ability Enhancement courses I & II English or Indian Language	AEC-1 (A). Tamil – I	3	4
SEC	Skill Enhancement Course	SEC-1(A): Basic and Systemic Anatomy & Physiology	3	4
VAC	NEP Value added common courses I & II (compulsory)	VAC-1. Environmental Science	2	4
		VAC-2. Understanding India (Theory/Field based)	2	4
		Total Credits/ Total Hours of Work	21 Credit	30 Hours

***Note: Anyone of the following - Herbal Nutrition/ Basic Botany / Basic Zoology / Basic Microbiology / Fundamentals of Biotechnology**

SEMESTER –II

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 2	Major Disciplinary courses (compulsory)	MJD-2: Exercise Physiology	4	5
MID 2	Major Disciplinary courses	MID-2(A): Major Games – II (Ballbadminton, Hockey, Table Tennis & Volleyball) Indigenous Activities- II (Dands & Baiteks, Light Apparatus & Yoga) Practical	4	5
MLD 2	Multi-Disciplinary courses (compulsory)	MLD-2. Physical Sciences*	3	4
AEC III & IV	Ability Enhancement courses III& IV English or Indian Language	AEC-4 (A). MIL – 2 (Tamil/Telugu/Hindi/Malayalam/French)	3	4
SEC	Skill Enhancement Course	SEC-2(A): Computer Applications in Physical Education	3	4
VAC	NEP Value added common courses I & II (compulsory)	VAC-3. Health, Wellness & Yoga Education	2	4
		VAC-4. Digital Technology (Theory/Field based)	2	4
		Total Credits/ Total Hours of Work	21 Credit	30 Hours

***Note: Anyone of the following - Electronics in Everyday Life / Chemistry in Everyday Life / Science and Society / Energy in Everyday Life / Basic Mathematics**

SEMESTER III

SEMESTER III

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 3	Major Disciplinary courses (compulsory)	MJD 3: Kinesiology & Sports Biomechanics	4	5
MJD 4		MJD 4: Methods of Physical Education	4	5
MID 3	Major Disciplinary courses	MID-3(A): Major Games - III (Cricket, Football, Handball & Tennis) Indigenous Activity (Lezume, General Fitness & Aerobic Dance) Practical	4	5
MLD 3	Multi-Disciplinary courses (compulsory)	MLD-3: Humanities & Social Sciences*	3	4
AEC V & VI	Ability Enhancement courses	AEC-5 (A). English- II	3	4
SEC	Skill Enhancement Course	SEC-3(A): Sports Management	3	4
		Total Credits/ Total Hours of Work	21 Credit	27 Hours

***Note: Anyone of the following - Basic Economics Concepts and Measurement / Basics of Accounting / French for Beginners / Commercial Geography / Introduction to Public Administration**

SEMESTER -IV

SEMESTER IV

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 5	Major Disciplinary courses (compulsory)	MJD 5: Sports Training	4	5
MJD 6		MJD 6: Test & Measurement Theory	4	5
MJD 7		MJD 7: Athletics (Track & Field Events) Theory	4	5
MID 4	Minor Disciplinary courses	MID-4(A): Athletics (Marking of Track & Field Events) & Indigenous Activity (Pyramid, Bharathiam, Hoops) Practical	4	5
AEC VII & VIII	Ability Enhancement courses VII & III	AEC-8 (A). MIL -IV (Tamil/Telugu/Hindi/Malayalam/French)	3	4
Project	WP/Internship	Community Engagement	2	6
		Total Credits/ Total Hours of Work	21 Credit	30 Hours

SEMESTER –V**SEMESTER V**

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 8	Major Disciplinary courses (compulsory)	MJD 8: Sports Psychology	4	5
MJD 9		MJD 9: Talent Identification in Sports	4	5
MJD 10		MJD 10: Sports Injuries and Rehabilitation	4	5
MID 5	Minor Disciplinary courses	MID-5(A): Major Games- IV (Gymnastics, Swimming & Taekwondo)	4	5
SKD	Skill Development Course	MJD 15 – Summer Internship	4	6
		Total Credits/ Total Hours of Work	20 Credit	26 Hours

SEMESTER –VI**SEMESTER VI**

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 11	Major Disciplinary courses (compulsory)	MJD 11: Sports Nutrition	4	5
MJD 12		MJD 12: Adapted Physical Education	4	5
MJD 13		MJD 13: Sports Engineering	4	5
MJD 14		MJD 14: Sports Journalism	4	5
MID 6	Minor Disciplinary courses	MID-6(A): Indigenous Activities (Lezium, Mallakhamb & Weight Lifting)	4	5
		Total Credits/ Total Hours of Work	20 Credit	25 Hours

SEMESTER – VII

SEMESTER VII

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 15	Major Disciplinary courses (compulsory)	MJD 15: Sports Medicine	4	5
MJD 16		MJD 16: Sports Entrepreneurship	4	5
MJD 17		MJD 17: Sports Technology	4	5
MID 7	Minor Disciplinary courses	MID-7(A): Recreation & Camping	4	5
MID 8		MID-8(A): Educational Tour	4	5
		Total Credits/ Total Hours of Work	20 Credit	25 Hours

SEMESTER - VIII

SEMESTER VIII

Code No	Nature of Course	Title of the Course	Credits	Hons of Teacher
MJD 18	Major Disciplinary courses (compulsory)	MJD 18: Research Methodology in Physical Education	4	5
MJD 19		MJD 19: Application of Statistics in Physical Education	4	5
MID	Research Project	Research Project	12	15
MJD 20	or Major Disciplinary Course 3	or MJD 20: Sports Sociology (*optional for 8th semester)		
		Total Credits/ Total Hours of Work	20 Credit	25 Hours