

B.P.E. Programme (4 Years)

FIRST SEMESTER

History of Physical Education

Human Anatomy

English Comprehension

Foundational Gymnastics

Fundamentals of Track & Field

Basics of Swimming

Fundamentals of Cricket

Light Apparatus and Minor Games

SECOND SEMESTER

Human Physiology

Movement Education

Communicative English

Gymnastics Practical

Track & Field Practical

Swimming Practical

Cricket Practical

Marshal Art Practical

THIRD SEMESTER

Health Education

Environmental Studies

Kinesiology

Basics of Football

Basics of Basketball

Badminton

Wrestling (Boys) / Rhythmics (Girls)

Weight Training

FOURTH SEMESTER

Methods of Teaching

Educational Psychology

First Aid and Safety Education

Football

Basketball

Softball

Tennis

Teaching Practice

Foundational Internship

FIFTH SEMESTER

Yoga Education

Basics of Computer Application

Methodology of Sports Training

Volleyball

Yoga Practice

Kho Kho

Table Tennis

Teaching Practice

SIXTH SEMESTER

Educational Technology

Organization and Administration in Physical Education

Fundamentals of Strength and Conditioning

Hockey

Weight Lifting and Power Lifting

Judo

Handball

Kabaddi

Primary Internship

SEVENTH SEMESTER

Full Internship (marks - 500)

EIGHTTH SEMESTER

Gender Perspectives in Physical Education

Test, Measurement and Evaluation in Physical Education

Sports Injuries and Rehabilitation

Skill Proficiency

Coaching Ability in Athletics