

Syllabus Structure

Part 1 : Theoretical Section

A

Semester - 1								
Sr. No.	Core Subjects	Instruc- tional hour/ week	Assign- ment / Seminar	Total Lecture	Credit	Total		
						Inter nal	Exter nal	Total
A-401	Physical Education and Sports Psychology	3	1	4	4	30	70	100
A-402	Organization and Administration in Physical Education	3	1	4	4	30	70	100
A-403	Anatomy and Physiology	3	1	4	4	30	70	100
Semester - 2								
A-404	Methods and Planning in Physical Education	3	1	4	4	30	70	100
A-405	Officiating and Coaching	3	1	4	4	30	70	100
A-406	Sports Science	3	1	4	4	30	70	100
	Total							600

B

Semester - 1								
Sr. No.	Foundation Course	Instruc- tional hour/ week	Assign- ment / Seminar	Total Lecture	Credit	Total		
						Inter nal	Exter nal	Total
B-401	Foundation of Physical Education and Sports	1	1	2	2	30	70	100
Semester - 2								
B-402	History and Modern Trends in Physical Education	1	1	2	2	30	70	100
	Total							200

C

Semester - 1								
Sr. No.	Soft Skills Course (Any One)	Instruc tional hour/ week	Assign- ment / Seminar	Total Lecture	Credit	Total		
						Inter nal	Exter nal	Total
C-401	Communication in English	1	1	2	2	30	70	100
	Computing Skill	1	1	2	2	30	70	100
Semester - 2								
C-402	Injuries and Management	1	1	2	2	30	70	100
	Yoga and Neuropathy	1	1	2	2	30	70	100

Part - 2 Practical Section**D**

Semester - 1								
Sr. No.	Activities	Instruc tional hour/ week	Assign- ment / Seminar	Total Lecture	Credit	Total		
						Inter nal	Exter nal	Total
D - 401 (P)	1. Calisthenics Activities	2	-	2	1	5	10	15
	2. Track and Field	6	-	6	3	15	30	45
	3. Gymnastics	4	-	4	2	10	20	30
	4. Games and Sports	6	-	6	3	20	40	60
Semester - 2								
D - 402 (P)	1. Lesson Planning	6	-	6	3	50	100	150
	2. Track and Field	4	-	4	2	15	30	45
	3. Asanas	2	-	2	1	10	20	30
	4. Games and Sports	4	-	4	2	15	30	45
	5. Dual Sports	2	-	2	1	10	20	30
	Total							450