



**NOTIFICATION**

**Sub:** Introduction of two year B.P.Ed. course with effect from the academic year 2015-16 & onwards alongwith its regulation as per NCTE norms.

Ref: 1) Special BOS(UG) Res. No. 01 Dated: 04-06-2015  
2) Special Education Faculty Res. 03 Dated: 09-06-2015  
3) Academic Council Res. No. 16 dated 12-06-2015  
4) Vice-Chancellor's order dated: 21/7/2015

Adverting to the above, it is hereby notified to the Principals of all constituent and affiliated B.P.Ed. Colleges coming under the jurisdiction of Karnatak University, Dharwad that the two year B.P.Ed.( I & IV Semester) course is introduced with effect from the academic year 2015-16 and onwards alongwith its regulation as per NCTE norms duly exercising the powers of the Vice-Chancellor under section 15(5) of K.S.U. Act 2000 subject to the approval from the Government.

Hence, the contents of this notification may please be brought to the notice of the students, teachers and all concerned.

The concerned two year B.P.Ed. course Regulations may also be obtained through the Karnatak University, Website: [www.kud.ac.in](http://www.kud.ac.in). Academic Folder.

REGISTRAR

To,

1. The Principals of all constituent & affiliated B.P.Ed. degree colleges coming under the jurisdiction of Karnatak University, Dharwad.
2. The Registrar,(Evaluation), K.U. Dharwad.
3. The Director, C.D.C. Section, K.U. Dharwad for information.
4. Director (I/C) Information Technology, Exam Section, with a request to place the Notification in the University Website: [www.kud.ac.in](http://www.kud.ac.in). Academic Folder

Copy f.w.cs. to:

1. Dr.N.P.Shahapur, Dean, Faculty of Education, P.G. Dept. of Education, University College of Education Building, K.U. Dharwad,
2. The Chairman, BOS in Education(UG), PG Dept. of Studies in Education, K.U. B.Ed. College Building Dharwad.

Copy to:

1. P.S. to Vice-Chancellor, K.U. Dharwad.
2. S.A. to Registrar, K.U. Dharwad.
3. S.A. to Registrar (Evaluation), K.U. Dharwad.
4. O.S., Exam. (Confdl.) Section, K.U. Dharwad.
5. O.S., Exam (Education Faculty) Section, K.U. Dharwad.
6. O.S. Exam (QP) Section, K.U. Dharwad.
7. O.S. Exam (G.A.D.) Section, K.U. Dharwad.
8. O.S. Academic (PG/CRT) Section, K.U.Dharwad.

**DHARWAD**

**REGULATION AND SYLLABUS FOR BACHELOR OF PHYSICAL  
EDUCATION**

**B.P.Ed. TWO YEAR COURSE**

**Four semester choice based credit system scheme**

**AS PER NCTE REVISED NORM & STANDARD  
REGULATION-2014**

**(WITH EFFECT FROM 2015-16 ONWARDS)**

**KARNATAK UNIVERSITY, DHARWAD**

**REGULATIONS AND SYLLABUS**

# **Norms and standards for the bachelor of physical education programme leading to bachelor of physical education degree (B.P.Ed.).**

## **VISION:**

The University strives towards excellence in teaching – learning with relevant curriculum and innovative research, promoting good governance and inclusiveness by providing leadership for a knowledge society.

## **MISSION:**

1. To design and teach curriculum that is contemporary, competitive and content-rich to make students creative, knowledgeable and entrepreneurial.
2. To encourage faculty to engage in relevant and globally competitive inter multi-disciplinary research, consultancy and extension work.
3. To provide infrastructure resources to facilitate access, equity and harmony both for students and faculty.
4. To create the best possible academic ambience for achieving advancement of students and faculty to be leader in their endeavors.
5. To make administration efficient, transparent and adaptable to e-governance

### **1. PREAMBLE:**

The Bachelor of Physical Education (B.P.Ed.) Programme is a professional Programme meant for preparing teachers for Physical Education in class VI-X and for conducting Physical Education and Sports activities in classes XI-XII.

## **REGULATIONS**

### **2. DURATION AND WORKING DAYS.**

#### **2.1 DURATION:**

The B.P.Ed. Programme shall be of duration of two academic years, consisting of four semesters. However, the student shall be permitted to complete the programme within a maximum of Four years from the date of admission to the programme.

#### **2.2 WORKING DAYS:**

There shall be at least 200 working days per year exclusive of admission and examination etc. The institution shall work for a minimum of 36 hours in a week (Five or Six days a week).

### **3. INTAKE, ELIGIBILITY AND ADMISSION PROCEDURE.**

#### **3.1 INTAKE:**

There Shall be a basic unit of 100 (One hundred) Students with two Section of 50 (Fifty) each OR Approval by the NCTE / State Government and the University.

### 3.1 ELIGIBILITY :

Any graduate of Karnatak University or of any other University recognized by the Karnatak University and satisfies any of the following conditions will be eligible for admission to B.P.Ed. degree course.

- a) Bachelor's degree in any discipline with 45% marks and having at least Participation in the Inter – Collegiate / Inter –Zonal/ District / School Competition in Sports and Games as recognized by the University / Govt. of Karnataka / Govt. of India/ State Govt. / SGM.

**or**

- b) Bachelor's degree in Physical Education with 45% marks.

**or**

- c) Bachelor's degree in any discipline with 45% marks and studied Physical Education as Compulsory/ Elective / Optional Subject.

**or**

- d) Bachelor's degree with 45% marks and having participated in Internal National/ Inter- University/ State Competitions or Secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> Position in sports and Games. Recognized by respective federation / AFU/ IOA/ SCFI/ Govt. of India.

**or**

- e) Graduation with 45% marks and at least three years of teaching experience ( for deputed in service candidates i.e. trained Physical Education teachers/ coaches / Physical Education Personals.

**or**

- f) Graduate with at least 45% marks, possessing N.C.C. 'C' certificate or passed basic course in adventure sports, one year training programme in sports science, sports management, sports coaching, yoga, Olympic education, sports journalism, certificate/diploma course in physical education

The relaxation in the percentage of marks in the qualifying examination and the reservation of seats for SC/ST/OBC and other Categories shall be as per the rules of the central Government) State Government which ever is applicable.

### 3.2 ADMISSION PROCEDURE:

Admission shall be made on merit on the basis of marks obtained by the Sports Proficiency test Physical fitness test and marks obtained in the qualifying examination or any other selections process as per the policy of the University / State Government.

### 3.3 NOT ELIGIBLE FOR ANY TYPE OF PHYSICAL DISABILITY CANDIDATES.

### 3.4 SELECTION PROCEDURE:

Candidates seeking admission shall be awarded points/marks as follows:

#### A. Academic Performance

50% of the percentage of marks scored at the degree examination (e.g. Marks

Scored at the degree 70% x 0.5=65.00 points)

#### B. Physical Fitness (N.P.F.P.)

Physical fitness will be scored for 50 marks (annexure 1 & 2) and reduced to 20

Points (e.g. out of 50 points scored 40 x 0.4 – 16.00)

#### C. Proficiency in any 2 games

Skill proficiency in any two major games of candidates choice is to be evaluated for 5 marks each (2x5=10)

**D. Sports Achievement**

Points for achievement in sports are to be awarded as follows:-

**a. National participation representing state (Inter-State)**

1 <sup>st</sup> Place	20 marks	3 <sup>rd</sup> Place	10 marks
2 <sup>nd</sup> Place	15 marks	Participation	07 marks

**Bonus:** 5 bonus points for each additional representation limited to maximum 15 marks. The total points shall not exceed.

**b. Inter-University Participation (All-India or Zonal)**

1 <sup>st</sup> Place	10 marks	3 <sup>rd</sup> Place	05 marks
2 <sup>nd</sup> Place	07 marks	Participation	03 marks

**Bonus:** 3 bonus points for each additional representation limited to maximum 09 marks.

**c. University participation (University Inter-collegiate)**

1 <sup>st</sup> Place	05 marks	3 <sup>rd</sup> Place	02 marks
2 <sup>nd</sup> Place	03 marks	Participation	01 marks

**Bonus:** 1 bonus points for each additional representation limited to maximum 05 marks.

**Note: 1.** Participation in recognized tournament organized by IUSB or the University or in a tournament / meet recognized by the State Association / Federation in any discipline at one (highest) level shall be considered

**3.4 Medical and Physical Fitness:**

Candidate shall be medically fit for the rigors of the trainings involved in B.P.Ed. To be certified by Government Medical Officer not below the rank of Assistant Surgeon.

**4. MEDIUM OF INSTRUCTION:**

The medium of instruction shall be Kannada or English.

**5. ATTENDANCE:**

Each Semester shall be taken as a unit for purpose of calculating attendance.

5.1 A student shall have to attendance less than 80% of all Lecturers, tutorials, Practical's

5.2 Shortage of attendance to the extent of 10% maybe condoned by the Vice-Chancellor on the recommend arrival the institution Concerned.

**6. SCHEME OF INSTRUCTION AND ACADEMIC CALENDAR:**

The Scheme of instruction and Academic Calendar shall be furnished in Table 1,2,3 & 4.

## FIRST SEMESTER

PART A:THEOROTICAL COURSE							
Course Code	Title of the Paper		Total Hours	Credit	Internal	External	Total Marks
CC-101	Foundations of physical education		4	4	20	80	100
CC-102	Anatomy and physiology		4	4	20	80	100
CC-103	History and Olympic movement		4	4	20	80	100
CC-104	Methods in physical education		4	4	20	80	100
PART B: PRACTICAL COURSE							
PC-101	A	Athletics - Sprints	2	1	00	25	75
	B	Relay	2	1	00	25	
	C	Hurdles	2	1	25	00	
PC-102	A	Kabaddi	6	3	00	25	75
	B	Handball			00	25	
	C	Badminton			10	00	
	D	Table Tennis			15	00	
PC-103	A	Lazium	6	3	00	30	75
	B	Drill & Marching			00	25	
	C	Mass PT			10	00	
	D	Lt. App. Drills			10	00	
PC-104	A	Aerobics (External)	6	3	00	25	75
	B	Weight Training			25	00	
	C	Circuit Training			25	00	
Total			40	28	200	500	700

## SECOND SEMESTER

PART A:THEOROTICAL COURSE							
Course Code	Title of the paper		Total hours	Credit	Internal	External	Total marks
CC-201	Evaluation in physical education		4	4	20	80	100
CC-202	Health and safety education		4	4	20	80	100
CC-203	Management of school education		4	4	20	80	100
ELECTIVE COURSE(ANY ONE)							
EC-201	Sports medicine		4	4	20	80	100
EC-202	Nutrition and weight management						
PART B: PRACTICAL COURSE							
PC-201	A	Athletics - High jump	3	1	05	20	50
	B	Long jump/ Triple jump	3	1	05	20	
PC-202	A	Volleyball	6	2	00	20	50
	B	Basketball			00	20	
	C	Gymanstics & Malkhamb			05	00	
	D	Karate & Taekwondo			05	00	
PC-203	A	Kho-kho	6	2	00	20	50
	B	Cricket			00	20	
	C	Plyometric Training			05	00	
	D	Interval Training			05	00	
PART – C PRACTICE TEACHING							
PT-204	Practice teaching:  (05 lessons in class room teaching and 05 lessons in outdoor activities of general lessons)		6	6	50	100	150
Total			40	28	160	540	700

### THIRD SEMESTER

PART A:THEOROTICAL COURSE							
Course Code	Title of the paper		Total hours	Credit	Internal	External	Total marks
CC-301	Officiating and Coaching		4	4	20	80	100
CC-302	Educational Psychology		4	4	20	80	100
CC-303	Fitness, wellness and Recreation in Physical Education		4	4	20	80	100
CC-304	Supervision and Management of Physical Education		4	4	20	80	100
PART B: PRACTICAL COURSE							
PC-301	A	Athletics - Shot put	3	1	05	20	50
	B	Javelin throw/ Discuss throw	3	1	05	20	
PC-302	A	Football	6	2	00	20	50
	B	Yoga			00	20	
	C	Softball			05	00	
	D	Attya-Pattya			05	00	
PC-303	A	Hockey	6	2	00	20	50
	B	Wrestling Netball & Throw ball			00	20	
	C	Flag Salutation, Sports Meet/Tournaments			05	00	
	D	Camping, Picnic & Hikes			05	00	
PART – C PRACTICES TEACHING							
PT – 301	Practice Teaching: (Teaching Lesson Plans special lessons)  (out of 10 lessons 5 internal and 5 external at practicing school)		6	6	50	100	150
Total			40	28	160	540	700



## FOURTH SEMESTER

PART A:THEOROTICAL COURSE						
Course Code	Title of the paper	Total hours	Credit	Internal	External	Total marks
CC-401	Sports Training	4	4	20	80	100
CC-402	Adapted Physical Education and Yoga	4	4	20	80	100
CC-403	ICT in Physical Education and statistics	4	4	20	80	100
ELECTIVE COURSE(ANY ONE)						
EC-401	Sports psychology and sociology	4	4	20	80	100
EC-402	Biomechanics and Kinesiology					
PART B: PRACTICAL COURSE						
PC-401	Specialization: Kabaddi, Kho-Kho, Handball, Volleyball, Table Tennis, Football, Yoga (Any One of these)	6	3	25	50	75
PC-402	Specialization: Cricket, Basketball, Hockey, Wrestling, Badminton, Athletics (Any One of these)	6	3	25	50	75
PART – C INTERNSHIP (PRACTICE TEACHING)						
PT-401	Sports Specialization: Coaching lessons Plans (Any One from PC-401 5 coaching lessons)	6	3	25	50	75
PT-402	Sports Specialization: Coaching lessons Plans ( Any One from PC-401 5 coaching lesson)	6	3	25	50	75
Total		40	23	180	520	700