

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: THEORETICAL 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	Gymnastics & 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: THEORETICAL 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 coaching lessons) 5	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