

## Commencement of Programme

### “Bachelor of Physical Education and Sports” (BPES)

#### Session 2023-24

A Bachelor of Physical Education and Sports is an undergraduate degree program that focuses on the study of physical education and sports sciences. This program is designed to prepare students for careers in the fields of sports, fitness and physical education. It aims to provide students with a solid foundation in the study of physical education and sports sciences, equipping them with the necessary knowledge and skills to succeed in various careers in the sports and fitness industry.

Throughout the course of the program, students will learn about a variety of topics related to physical education and sports, including human anatomy and physiology, nutrition and exercise science, sports psychology, and sports management. They will also have the opportunity to participate in practical training sessions, internships and research projects. Upon completion of the program, graduates can pursue careers in various fields, such as sports coaching, personal training, fitness instruction, sports management, and physical education teaching. They can also pursue advanced degrees in related fields, such as sports medicine, sports psychology and exercise physiology.

The **Bachelor of Physical Education and Sports (BPES)** is a programme course/degree is recognized by UGC as per published in the Gazette of India vide No. 170 dated 12<sup>th</sup> May 2016 and a letter issued by the Secretary, UGC vide letter no. D.O.NO.F.5-1/2012 (CPP-II) dated 31<sup>st</sup> May 2016.

Sport Sciences					
	Specified Degree		Level	Minimum Duration (Year)	Eligibility Qualification
	Abbreviated	Expanded			
1	BPES	Bachelor of Physical Education and Sports	BACHELOR'S	3	10+2

## **Number of Seats**

**120** of two batches of 60 each.

### **1. Duration of Programme**

03 Years (06 Semesters)

### **2. Fee Structure**

- a. Common Fees as applicable for all programmes.
- b. Exam fees and academic fees is Rs.1500+Rs.25000=Rs.26,500/- (per semester).

### **3. Eligibility Criteria for Admissions:**

1. Candidates with at least 45% Marks in General and OBC category and 40% marks in SC/ST in the 10+2 or equivalent degree from a duly recognized board/institution under the law.
2. There shall be relaxation of 5% marks (applicable across categories, however the total aggregate must not be below 40% in any case for admission under any category) for those candidates who have participated in State/National level tournaments. They require to produce authenticated certificates for the same to avail this exemption.

## **Objective:**

The objectives of a Bachelor's degree in Physical Education and Sports course are to provide students with an understanding of the principles and practices of physical education, sports and exercise science. The course aims to prepare students to become knowledgeable and effective physical educators and sports professionals.

Some of the specific objectives of the Bachelor's degree in Physical Education and Sports course includes:

- To develop a deep understanding of the principles and theories of human movement, exercise and sports science.
- To enhance knowledge and skills in sports coaching, fitness training, physical education and sports management.
- To provide opportunities for practical experience in various physical activities and sports.

- To encourage research and inquiry into sports science and related fields.
- To develop strong communication, teamwork, leadership and critical thinking skills.
- To promote an understanding of the importance of physical education and sports in promoting health, fitness and wellbeing.
- To encourage a commitment to lifelong learning and professional development in the field of physical education and sports.

**4. Programme Structure: As per UGC's Learning Outcomes based Curriculum Framework (LOCF) for Physical Education Undergraduate Programme: A template 2020**

11.1 The proposed semester wise distribution of courses/papers (**Theory**) is given in the following Table:

Semester	Foundational	Skill based	Discipline Specific Elective	Generic Elective	Total
I	3			1	<b>4</b>
II	2			2	<b>4</b>
III	4				<b>4</b>
IV	2	1	1		<b>4</b>
V	3		1		<b>4</b>
VI	1	1	2		<b>4</b>
Total					<b>24</b>

11.2 The proposed semester wise distribution of courses/papers (**Practical**) is given in the following Table:

Semester	Main Paper	Total
I	2	<b>2</b>
II	2	<b>2</b>
III	2	<b>2</b>
IV	2	<b>2</b>
V	2	<b>2</b>
VI	2	<b>2</b>
Total		<b>12</b>

### 11.3 Course wise subject breakage

<b>Courses</b>		<b>Subjects</b>
<b>Core</b>	<b>Theory</b>	<ul style="list-style-type: none"> <li>- History and Foundation of Physical Education</li> <li>- Basic and Systemic Anatomy &amp; Physiology</li> <li>- Exercises Physiology</li> <li>- Kinesiology &amp; Sports Biomechanics</li> <li>- Sports Psychology</li> <li>- Sports Training</li> <li>- Health Education</li> <li>- Sports Management</li> <li>- Athletic Care and Rehabilitation</li> <li>- Fitness Training and Nutrition</li> <li>- Officiating and Coaching-I</li> <li>- Officiating and Coaching-II</li> <li>- Officiating and Coaching-III</li> <li>- Officiating and Coaching-IV</li> </ul>
<b>Core</b>	<b>Practical</b>	<ul style="list-style-type: none"> <li>- Major Ball Game (which should be from the list of SGFI/AIU/IOA)</li> <li>- Track &amp; Field: Running and Jumping Event</li> <li>- Major Ball Game which should be from the list of SGFI/AIU/IOA</li> <li>- Track &amp; Field: Running and Throwing Event</li> <li>- Racket Game which should be from the list of SGFI/AIU/IOA</li> <li>- Indigenous Activities (OR) yoga</li> <li>- Combative Game which should be from the list of SGFI/AIU/IOA</li> <li>- Gymnastics (OR) Swimming</li> <li>- Game of Specialization which should be from the list of SGFI/AIU/IOA</li> <li>- Aerobics and Dance (OR) Weight lifting</li> <li>- Game of Specialization</li> <li>- Power Lifting (OR) Physique Training</li> </ul>
<b>Discipline Specific Elective</b>		Sports Journalism Talent Identification Sports Entrepreneurship Adapted Physical Education
<b>Generic Elective</b>		Computer Applications Environmental Science (EVS) English Counseling in Sports
<b>Skill Enhancement</b>		Test & Measurement Exercise Prescription / Therapeutic Exercise

<b>Courses</b>	<b>Subjects</b>
<b>Ability Enhancement Compulsory</b>	State Level Study Tour National Level Study Tour

11.4 Course wise classes and credits are as under Table:

<b>Courses</b>	<b>Number</b>	<b>Classes</b>	<b>Credits</b> 1 credit = 1 Theory (Th) period of 1 hour 1 credit = 1 Tutorial (Tut) period of 1 hr. 1 credit = 2 practicum (P) periods of 1 hour each	<b>Total Credits</b>
<b>Core</b>	<b>14</b>	Theory 4	4	$4*14 = 56$
	<b>12</b>	Practical 2	2	$12*2 = 24$ $56+24 = 80$
<b>Discipline Specific Elective</b>	<b>4</b>	4Th+ 2p	$4+2 = 6$	$4*6 = 24$
<b>Generic Elective</b>	<b>4</b>	5Th + 1 Tut	$5+1 = 6$	$4*6 = 24$
<b>Skill Enhancement</b>	<b>2</b>	4Th+ 2p	$4+2 = 6$	$2*6 = 12$
<b>Ability Enhancement Compulsory Courses</b>	<b>2</b>	Project Report	2	$2*2 = 4$
		Viva voce	2	$2*2 = 4$
<b>Total Credits</b>				<b>148</b>

In addition to the above courses, two **Ability Enhancement Compulsory Courses** (such as State Level Study Tour & National Level Study Tour) with 4 credits each may also be conducted. So the total credit for AECC will be 08.

## 12. Semester wise Course Structure

FIRST SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-101	Foundation of Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-103	History in Physical Education and Sports	3	1	0	4	3	-	10	-	40	50	-
UPE-105	Introduction to Basic Exercises	0	0	6	3	-	2	-	60	-	-	40
	Fundamental of Computer-I	2	0	0	2	3	-	10	-	40	50	-
UPE-109	Games Specialization-I (Team game)	0	2	4	4	-	4	-	60	-	-	40
UPE-111	Game Specialization-II (Track & field)	0	2	4	4	-	4	-	60	-	-	40
	Fundamental of Computer Lab	0	0	2	1	-	2	-	-	-	-	-
EN-101	English Proficiency-I	1	1	0	2	3	-	10	-	40	50	-
EN-151	Language Lab-I	0	0	2	1	-	2	-	60	-	-	40
	<b>Total</b>				<b>25</b>							

<p>L = Number of Lectures hours/week  P = Number of practical hours/weeks  CWS= Class Work Sessional  MTE= Mid-Term Exam  PRE= End Term Practical Exam</p>	<p>T= Number of Tutorials hours/week  C= Number of Credits  PRS= Practical Sessional  ETE= End Term Exam  * Presentations Only</p>
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SECOND SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-102	Anatomy and Physiology	3	1	0	4	3	-	10	-	40	50	-
UPE-104	Sports Psychology	3	1	0	4	3	-	10	-	40	50	-
UPE-106	Methods in Physical Education	3	1	0	4	3	-	10	-	40	50	-
ES-101	Environmental Studies	4	0	0	4	3	-	10	-	40	50	-
	Reading Language through Literature	1	1	0	2	3	-	10	-	40	50	-
UPE-114	Games Specialization-III (Team game)	0	2	4	4		4		60	-	-	40
UPE-116	Game Specialization-IV (Track & field)	0	1	2	2		2		60	-	-	40
	<b>Total</b>				<b>24</b>							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
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THIRD SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-201	Management in Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-203	Applied Psychology in Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-205	Tests and Measurements	3	2	0	5	3	-	10	-	40	50	-
UPE-207	Personality Development	2	1	0	3	3	-	10	-	40	50	-
UPE-209	GYM Operation	0	1	2	2	-	2	-	60	-	-	40
UPE-211	Sport Tourism	0	1	2	2	-	2	-	60	-	-	40
UPE-213	Games Specialization-V (Team game)	0	1	2	2	-	2	-	60	-	-	40
UPE-215	Game Specialization-VI (Track & field)	0	1	2	2	-	2	-	60	-	-	40
	<b>Total</b>				<b>24</b>							

L = Number of Lectures hours/week	T= Number of Tutorials hours/week
P = Number of practical hours/weeks	C= Number of Credits
CWS= Class Work Sessional	PRS= Practical Sessional
MTE= Mid-Term Exam	ETE= End Term Exam
PRE= End Term Practical Exam	* Presentations Only



FOURTH SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-302	Adapted Physical Education	2	1	0	3	3	-	10	-	40	50	-
UPE-304	Methods in Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-306	Health Education	3	1	0	4	3	-	10	-	40	50	-
UPE-308	Basic Principles of Sports Training	3	1	0	4	3	-	10	-	40	50	-
UPE-310	Correctives and Rehabilitation	3	1	0	4	3	-	10	-	40	50	-
UPE-312	Teaching Practice-I	0	1	4	3	1	2	10	40	-	-	50
UPE-314	Games Specialization-VII (Team game)	0	1	2	2	1	2	10	40	-	-	50
UPE-316	Game Specialization-VIII (Track & field)	0	1	2	2	1	2	10	40	-	-	50
	<b>Total</b>				<b>26</b>							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
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FIFTH SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-301	Basics of Research	3	1	0	4	3	-	10	-	40	50	-
UPE-303	Fundamental of Statistics	3	1	0	4	3	-	10	-	40	50	-
UPE-305	Sports Sociology	3	1	0	4	3	-	10	-	40	50	-
	Programme Elective:(any ONE of the following):											
UPE-307	1.Sports Journalism	3	1	0	4	3	-	10	-	40	50	-
UPE-309	2.Fitness and Wellness											
UPE-311	3.Sports and Recreation Management											
UPE-313	Games Specialization-IX (Team game)	0	2	4	4	-	2		60	-	-	40
UPE-315	Game Specialization-X (Track & field)	0	1	4	3	-	2		60	-	-	40
UPE-317	Teaching Practice-II	0	1	2	3	-	2		60	-	-	40
	<b>Total</b>				<b>26</b>							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
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SIXTH SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-302	Sports Nutrition	3	1	0	4	3	-	10	-	40	50	-
UPE-304	Teaching Pedagogy in Physical Education	3	1	0	4	-	2		60	-	-	40
UPE-306	Dissertation/Project *	-	2	8	7	-	-	-	60	-	-	40
UPE-308	Games Specialization-XI (Team game)	0	2	4	4	-	2		60	-	-	40
UPE-310	Game Specialization-XII (Track & field)	0	2	4	4	-	2		60	-	-	40
	<b>Total</b>				<b>23</b>							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
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The above plan and proposal is submitted for your kind perusal and approval.