

B.P.Ed. Programme Details

B. P. Ed. (Two Semesters) : The Bachelor of Physical Education (after graduation : 10+2+3) is a post graduate diploma teacher training course in Physical Education. With the upgradation and updating of the curriculum for this course the professional scope to serve as skilled human resource in upcoming areas of Physical Education and sports sciences has been widened.

The B.P.Ed. Course has two semesters with theoretical and practical learning and practices of different areas of physical education. The curriculum of the course has included a concept of Add-on course to provide professional and vocational skills. The course has total of 50 credits equally divided in two semesters. The present course is redesigned with the papers namely :

Semester-I: Compulsory Papers Foundation, History & Principles of Physical Education; Organisation; Administration; Supervision in Physical Education; Measurement and Evaluation; Anatomy and Physiology of Exercise; Optional Papers: Kinesiology and Biomechanics, Olympic Education, Adapted Physical Education, Fitness and wellness management, Computer Applications in Physical Education; Practical Learning of Skill & Prowess and Lesson Plan.

Semster-II : Compulsory Paper Sports training, Health Education, Sports Psychology, Methods of Teaching, Optional Paper : Injury Management & Rehabilitation, Sports Sociology, Facility Management, Computer Application in Physical Education-Module-2, Specialized Sport (Track & Field, Individual/Team Sports), with Practical Learning of Skill & Prowess and Lesson Plan.

The **Add-on courses** are also offered to the B.P.Ed. students namely : Aerobics; Yoga, Sports for All; Sports Journalism; Gym Operation; Health, Fitness & Wellness Management; Personality Development and Computer Application in Physical Education.

The students are required to opt at least one add on course in 2nd Semester.