

Course Structure

I SEMESTER

Paper	Compulsory Course	Total Marks	Hours Week	Credits
I	Philosophical and Sociological Basis of Physical Education	100	4 hours	4
II	Statistics in Physical Education and Computer Applications	100	4 hours	4
III	Evaluation in Physical Education Part-I	100	4 hours	4
Specialization Course				
IV	Sports Medicine or Recreation	100	4 hours	4
Practical – I (Compulsory)				
V	Athletics (1 Track, 1 Jump and 1 Throw)	100	4 hours	4
Practical – II (any one game)				
VI	Kabaddi / Badminton / Basket Ball	100	4 hours	4
Total		600	24 hours	24

II SEMESTER

Paper	Compulsory Course	Total Marks	Hours Week	Credits
I	Biological and Biomechanical Basis of Physical Education	100	4 hours	4
II	Research methods in Physical Education	100	4 hours	4
III	Evaluation in Physical Education P-II	100	4 hours	4

Specialization Course				
IV	Guidance and Counselling Or Sports Journalism	100	4 hours	4
Practical – I (Compulsory)				
V	Athletics (1 Track, 1 Jump and 1 Throw)	100	4 hours	4
Practical – II (any one game)				
VI	Kho-Kho / Table Tennis / Hockey	100	4 hours	4
Open Elective Paper				
VI	Nutrition and Diet	100	4 hours	4
Total		700	28 hours	28

III SEMESTER

Paper	Compulsory Course	Total Marks	Hours Week	Credits
I	General Theory and Methods of Training	100	4 hours	4
II	Kinesiology	100	4 hours	4
III	Sports Sociology	100	4 hours	4
Specialization Course				
IV	Adoptive and Corrective Physical Education Or Health, Fitness and Wellness	100	4 hours	4
Practical – I (Compulsory)				
V	Yogic Practices	100	4 hours	4
Practical – II (any one game)				
VI	Volley Ball / Wrestling / Foot Ball	100	4 hours	4
Open Elective Paper				
VI	Health and Fitness Management	100	4 hours	4

	Total	700	28 hours	28
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IV SEMESTER

Paper		Compulsory Course	Total Marks	Hours Week	Credits
	I	Sports Management	100	4 hours	4
	II	Physiology of Exercise and Sports	100	4 hours	4
	III	Psychology of Sports	100	4 hours	4
Specialization Course					
IV	Curriculum of Physical Education Or Sports Industry and Marketing	100	4 hours	4	
Practical – I (Compulsory)					
V	Dissertation / Project	100	4 hours	4	
Practical – II (any one game)					
VI	Hand Ball / Cricket / Swimming	100	4 hours	4	
	Total	600	24 hours	24	