



### SCHEME FOR THE PROGRAM B.P.E.S (SEMESTER- I)

Code No	Nature of Course	Title of the Course	Credits	Hours of Teaching
MJD 1	Major Disciplinary Courses (Compulsory)	<b>MJD-1:</b> History and Foundation of Physical Education	4	5
MID 1	Major Disciplinary Courses	<b>MID-1(A):</b> Major Games – 1 Practical (Basketball, Badminton, Kabaddi & Kho-Kho)	4	5
MLD1	Multi- Disciplinary Courses (Compulsory)	<b>MLD-1:</b> Basic and Systemic Anatomy & Physiology	3	4
AEC I & II	Ability Enhancement Courses I & II English or Indian Language	<b>AEC-1 (A).</b> English – I	3	4
SEC	Skill Enhancement Course	<b>SEC-1(A):</b> Indigenous Activities - I (Calisthenics, Minor Games, Drills & Marching)	3	4
VAC	NEP Value Added Common Courses I & II (Compulsory)	<b>VAC-1:</b> Environmental Studies	2	4
		<b>VAC-2:</b> Understanding India (Theory/Field based)	2	4
<b>Total Credits / Total Hours of Work</b>			<b>21 Credits</b>	<b>30 Hours</b>



**(SEMESTER –II)**

Code No	Nature of Course	Title of the Course	Credits	Hours of Teaching
MJD 2	Major Disciplinary Courses (Compulsory)	<b>MJD-2:</b> Exercise Physiology	4	5
MID 2	Major Disciplinary Courses	<b>MID-2(A):</b> Major Games – II Practical (Ball Badminton, Hockey, Table Tennis & Volleyball)	4	5
MLD 2	Multi- Disciplinary Courses (Compulsory)	<b>MLD-2</b> (Physical Sciences) Computer Applications in Physical Education	3	4
AEC III & IV	Ability Enhancement Courses III & IV English or Indian Language	<b>AEC-4</b> (A). MIL – 2 (Tamil/Telugu/Hindi/Malayalam/French)	3	4
SEC	Skill Enhancement Course	<b>SEC-2</b> (A): Indigenous Activities- II (Dands & Baiteks, Light Apparatus & Yoga) Practical	3	4
VAC	NEP Value Added Common Courses I & II (Compulsory)	VAC-3. Health, Wellness & Yoga Education	2	4
		VAC-4. Digital Technology (Theory/Field based)	2	4
<b>Total Credits/ Total Hours of Work</b>			<b>21 Credits</b>	<b>30 Hours</b>



**(SEMESTER –III)**

<b>Code No</b>	<b>Nature of Course</b>	<b>Title of the Course</b>	<b>Credits</b>	<b>Hours of Teaching</b>
MJD 3	Major Disciplinary Courses (Compulsory)	<b>MJD 3:</b> Kinesiology & Sports Biomechanics	4	5
MJD 4		<b>MJD 4:</b> Methods of Physical Education	4	5
MID 3	Major Disciplinary Courses	<b>MLD-3(A):</b> Major Games - III (Cricket, Football, Handball & Tennis)	4	5
MLD 3	Major Disciplinary Courses (Compulsory)	<b>MLD-3:</b> (Humanities & Social Sciences) Sports Management	3	5
AEC	Ability Enhancement Courses	<b>AEC-5 (A).</b> English- III	3	3
SEC	Skill Enhancement Course	<b>SEC-3 (A):</b> Indigenous Activity (Lezume, General Fitness & Aerobic Dance) (Field Based)	3	4
<b>Total Credits/ Total Hours of Work</b>			<b>21 Credits</b>	<b>27 Hours</b>



**(SEMESTER –IV)**

<b>Code No</b>	<b>Nature of Course</b>	<b>Title of the Course</b>	<b>Credits</b>	<b>Hours of Teaching</b>
MJD 5 MJD 6 MJD 7	Major Disciplinary Courses (compulsory)	<b>MJD 5:</b> Sports Training <b>MJD 6:</b> Test & Measurement <b>MJD 7:</b> Athletics (Track & FieldEvents) & Indigenous Activity (Pyramid, Bharathiam, Hoops) Practical	4 4 4	5 5 5
MID4	Minor Disciplinary Courses	<b>MID-4(A):</b> Athletics (Marking of Track & FieldEvents) Theory	4	5
AEC VII & VIII	Ability Enhancement Courses VII & III	<b>AEC-8 (A).</b> MIL –IV (Tamil/Telugu/Hindi/Malayalam/French)	3	4
Project	WP/Internship	Community Engagement	2	6
<b>Total Credits/ Total Hours of Work</b>			<b>21 Credits</b>	<b>30 Hours</b>



**(SEMESTER- V)**

<b>Code No</b>	<b>Nature of Course</b>	<b>Title of the Course</b>	<b>Credits</b>	<b>Hours of Teaching</b>
MJD8	Major Disciplinary Courses (Compulsory)	<b>MJD 8:</b> Sports Psychology	4	5
MJD9		<b>MJD 9:</b> Talent Identification in Sports	4	5
MJD 10		<b>MJD 10:</b> Sports Injuries and Rehabilitation	4	5
MID5	Minor Disciplinary Courses	<b>MID-5(A):</b> Major Games- IV (Gymnastics, Swimming & Taekwondo)	4	5
SKD	Skill Development Course	<b>MJD 15</b> – Summer Internship	4	6
<b>Total Credits/ Total Hours of Work</b>			<b>20 Credit</b>	<b>26 Hours</b>



**(SEMESTER- VI)**

<b>Code No</b>	<b>Nature of Course</b>	<b>Title of the Course</b>	<b>Credits</b>	<b>Hours of Teaching</b>
MJD 11	Major Disciplinary Courses (Compulsory)	<b>MJD 11:</b> Sports Nutrition	4	5
MJD 12		<b>MJD 12:</b> Adapted Physical Education	4	5
MJD 13		<b>MJD 13:</b> Sports Engineering	4	5
MJD 14		<b>MJD 14:</b> Sports Journalism	4	5
MID 6	Minor Disciplinary Courses	<b>MID-6(A):</b> Indigenous Activities (Lezium, Mallakhamb & Weight Lifting)	4	5
<b>Total Credits/ Total Hours of Work</b>			<b>20 Credits</b>	<b>25 Hours</b>



**(SEMESTER- VII)**

<b>Code No</b>	<b>Nature of Course</b>	<b>Title of the Course</b>	<b>Credits</b>	<b>Hours of Teaching</b>
MJD15	Major Disciplinary Courses (Compulsory)	<b>MJD 15:</b> Sports Medicine	4	5
MJD16		<b>MJD 16:</b> Sports Entrepreneurship	4	5
MJD17		<b>MJD 17:</b> Sports Technology	4	5
MID 7	Minor Disciplinary Courses	<b>MID-7(A):</b> Recreation & Camping	4	5
MID8		<b>MID-8(A):</b> Educational Tour	4	5
<b>Total Credits/ TotalHours of Work</b>			<b>20 Credits</b>	<b>25 Hours</b>



**(SEMESTER- VIII)**

Code No	Nature of Course	Title of the Course	Credits	Hours of Teaching
MJD18	Major Disciplinary Courses (Compulsory)	<b>MJD 18:</b> Research Methodology in Physical Education	4	5
MJD19		<b>MJD 19:</b> Application of Statistics in Physical Education	4	5
MID	Research Projector	Research Projector	12	15
MJD20	Major Disciplinary Course 3	<b>MJD 20:</b> Sports Sociology (*optional for 8th semester)		
<b>Total Credits/ TotalHours of Work</b>			<b>20 Credits</b>	<b>25 Hours</b>