

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

SEM	PART	COURSE	TITLE OF THE PAPER	SUBJECT CODE
1	III	Core Course – I (CC)	History and Foundations of Physical Education	22SCCPE1
		Core Practical – I (CP)	Major Games-I (Ball Badminton, Kabaddi & Kho - Kho) – Practical	22SCCPE1P
		First Allied Course – I (AC)	Anatomy and Physiology	22SACPE1
2.	III	Core Course – II (CC)	Exercise Physiology	22SCCPE2
		Core Practical - II(CP)	Major Games-II (Basketball, Handball & Volleyball) – Practical	22SCCPE2P
		First Allied Practical (AP)	Yoga & Indigenous Activities I & II (Yoga & Indigenous Activities II: Dands, Baithaks, Lezium & Minor Games) – Practical	22SACPE1P
		First Allied Course – II (AC)	Computer Applications	22SACPE2
		Add on Course – 1	Professional English – I	22PELAS1
3	III	Core Course – III (CC)	Sports Training	22SCCPE3
		Core Practical - III (CP)	Major Games-III (Badminton, Table Tennis and Tennis) – Practical	22SCCPE3P
		Second Allied Course – I (AC)	Sports Psychology	22SACPE3
		Add on Course – II	Professional English – II	22PELAS2
4	III	Core Course - IV (CC)	Test and Measurement in Physical Education	22SCCPE4
		Core Practical - IV (CP)	Major Games-IV (Cricket, Football and Hockey) – Practical	22SCCPE4P
		Second Allied Practical (AP)	Mass Demonstration Activities I& II (Mass Demonstration Activities II: Light Apparatus, Aerobics & Gymnastics) – Practical	22SACPE2P
		Second Allied Course – II (AC)	Health Education and First-aid	22SACPE4

* Revised as on 03.06.2025

5	III	Core Course - V (CC)	Sports Management	22SCCPE5
		Core Course – VI (CC)	Kinesiology & Sports Biomechanics	22SCCPE6
		Core Course – VII (CC)	Theories of Games	22SCCPE7
		Core Practical -V (CP)	Athletics - Track Events – Practical	22SCCPE5P
		Major Based Elective – I	1. Counselling in Sports	22SMBEPE1A
			2. Sports Journalism	22SMBEPE1B
	IV	Skill Based Elective - II	Fundamentals of Yogic Practices (or) Stress Management Through Yoga	22SSBEPE1A Or 22SSBEPE1B
6	III	Core Course - VIII (CC)	Sports Entrepreneurship	22SCCPE8
		Core Course - IX (CC)	Theories of Track and Field	22SCCPE9
		Core Practical – VI (CP)	Athletics -Field Events – Practical	22SCCPE6P
		Major Based Elective II	1. Adapted Physical Education	22SMBEPE2A
			2. Talent Identification	22SMBEPE2B
		Project	Project	22SPEPW
	IV	Skill Based Elective - II	Introduction to Asanas and Pranayamas Or Asanas and Pranayamas	22SSBEPE2A * Or 22SSBEPE2B *



CONTROLLER OF EXAMINATIONS