

THE UNIVERSITY OF BURDWAN



SYLLABUS FOR TWO-YEAR B.P.Ed. PROGRAMME
w.e.f. 2016-2017

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Semester - I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-101	History, Principle and Foundation of Physical Education & Olympic Movement	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
Elective Course (Anyone)						
EC-104	Physical Literacy through Movement Education	4	4	30	70	100
	Officiating and Coaching					
Part-B Practical Course						
PC-105	Track and Field: All Running Events - 60 Running Broad Jump & Triple Jump- 40	6	4	30	70	100
PC-106	Swimming (50) and Gymnastics(50) Free style Floor Back stroke	6	4	30	70	100
PC-107	March Past - 20 Mass Demonstration Activities: Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri/Bratachari/ Malkhamb/Lezium/Callisthenics (Any two)- 10+10=20 Indigenous Sports: Kabaddi and Kho-kho 30+30= 60	6	4	30	70	100
PC-108	Yoga- 40, Weighttraining- 30 Aerobics- 30	6	4	30	70	100
Total		40	32	240	560	800



28/10

Semester - II

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration	4	4	30	70	100
Elective Course (Anyone)						
EC-204	Contemporary issues in physical education, fitness and wellness Sports Nutrition and Weight Management	4	4	30	70	100
Part-B Practical Course						
PC-205	Track and Field (40) Jumping Events- High Jump & Throwing events(60) -Shot Put, Discus And Javelin- any two)	6	4	30	70	100
PC-206	Gymnastics (40)/ Swimming(60) For men- Parallel bar/ vaulting horse/box For Women-balancing beam/ vaulting horse/box Breast stroke Butterfly stroke	6	4	30	70	100
PC-207	Team Games: Football, Netball, Volleyball, Handball (any two) (2x30=60) Racket Sports:Badminton/ Table Tennis/ Squash/ Tennis (any one) (1x40=40)	6	4	30	70	100
Part - C Teaching Practices						
TP-208	Class Room Teaching Practices (04 lessons within own college and 04 lessons in school situation. Evaluation will be done within own college or school situation as per suitability.)	6	4	30	70	100
Total		40	32	240	560	800

Semester - III

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Applications in Physical Education and Sports Science	4	4	30	70	100
CC-303	Sports Psychology and Sociology in Physical Education and Sports	4	4	30	70	100
Elective Course (Anyone)						
EC-304	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
	Curriculum Design					
Part-B Practical Course						
PC-305	Combative Sports: Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling/Lathi (Any two out of these) (50+50)	6	4	30	70	100
TP-306	Teaching Practice: General 10 lessons Within college – 5 (Mock Teaching) School Situation – 5 Specific 10 lessons Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
TP-307	Sports Specialization- Coaching lesson plan Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
TP-308	Teaching Practice: Yoga or Aerobics Within college – 5 (Mock Teaching) School Situation – 5 Evaluation will be done by internal examiner or external examiner as per suitability of administration.	6	4	30	70	100
Total		40	32	240	560	800

