

Detailed Syllabus of the B.P.Ed.(NEW COURSE)
2018-19

B.P.Ed. Semester-I

Part	Theory courses	Max Marks
Part-A	Core	
PE-101	History, Principles And Foundation Of Physical Education	100
PE-102	Anatomy And Physiology	100
PE-103	Management Of Physical Education And Sports & Games	100
	Elective	
PE-104/ PE-105	(a) Sports Sociology And Environmental Studies (b) Olympic Studies	100
Part-B	Sports Practicum Course	
PE-106	(Select any two from the following on the basis of feasibility) Track And Field (Running Events)/ Yoga/ Gymnastics/ Aerobics	400
Part-C	Lesson Plan	
PE-107	General Lesson Plan/ Specific Lesson Plan On Major Games & Sports	100

General Lesson Plan - Mass Demonstration – Light Apparatus (Lazim, Dumbbell etc.), Aerobics, PT, Marching & Drill-(01 Lesson Each Total 5 lesson)

Specific Lesson Plan- Major Games On Different Sports-(01 Lesson Each Total 5 lesson)

B.P.Ed. Semester-II

Part	Theory courses	Max Marks
Part-A	Core	
PE-201	Yoga Education	100
PE-202	Educational Technology And Methods Of Teaching In Physical Education	100
PE-203	Methodology Of Teaching Subject : Sports Coaching	100
	Elective	
PE-204/ PE-205	(a) Contemporary Issues In Physical Education, Fitness And Wellness (b) Sports Nutrition And Weight Management	100
Part-B	Sports Practicum Courses	
PE-206	(Select any two from the following on the basis of feasibility) Track And Field (Jumping Events)/ Swimming/ Racket/ Indigenous Sports	400
Part-C	Educational Tour And Internship	
PE-207	Educational Tour (With Record Book) And Internship(With Record Book)	100

*Educational Tour/ Exersion Tour

* Internship (Internal Assessment)

B.P.Ed. Semester-III

Part	Theory courses	Max Marks
Part-A	Core	
PE-301	Sports Training	100
PE-302	Sports Psychology	100
PE-303	Computer Application In Physical Education	100
	Elective	
PE-304/ PE-305	(a) Sports Medicine, Physiotherapy And Rehabilitation (b) Curriculum Design	100
Part-B	Sports Practicum Courses	
PE-306	(Select any two from the following on the basis of feasibility) Track And Field (Throwing Events)/ Team Games/ Combative Sports/ Martial Arts	400
Part-C	Theory Lesson Plan	
PE-307	Theory Lesson Plan Based On Sports Sciences: Sports Psychology, Exercise-physiology, Biomechanics, Test & Measurement, Sports Training, etc. (One Lesson Each - total 5 Lesson)	100

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B.P.Ed. Semester-IV

Part	Theory courses	Max Marks
Part-A	Core	
PE-401	Mesurement And Evaluation In Physical Education	100
PE-402	Kinesiology And Biomechanics	100
PE-403	Research And Statistics In Physical Education	100
	Elective	
PE-404/ PE-405	(a)Theory Of Sports And Games (b) Health Education	100
Part-B	Sports Practicum Courses	
PE-406	Sports Specialization- Practical, Specific Fitness Test, Sports Skill Test, Project File or Project Model	400
Part-C	Lesson Plan	
PE-407	Coaching Lesson Plan On Sports Specialization (5 Sports theory lesson & 5 lesson on tactics & Strategy of Sports specialization)	100

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ALLAHABAD STATE UNIVERSITY
PRAYAGRAJ

SYLLABUS OF
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
TWO YEAR (FOUR SEMESTER) COURSE

BASED ON:
NCTE CURRICULUM FRAME WORK GUIDELINES

PREPARED BY:
BOARD OF STUDY MEMBERS

Vish

Shank

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Sanjay