


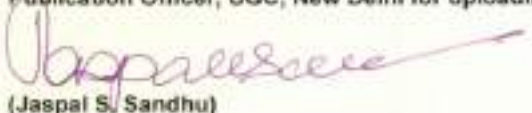


Courses:

Undergraduate level Bachelors Degree Course
Bachelors in Physical Education and Sports (BPES)

Eligibility: 10+2 with 50% marks

Duration: 3 years (6 semester)

 प्रो (डी) जसपाल एस सन्धु सचिव Prof. Dr. Jaspal S. Sandhu MBE, MEd (D+Ed), DSA, TAF, DSSA, FAFSA, FIMS, FAMS Secretary	 सम्राज्य १९५०	विश्वविद्यालय अनुदान आयोग University Grants Commission (मानव संसाधन विकास विभाग, भारत सरकार) (Ministry of Human Resource Development, Govt. of India) बहादुरशाह जफर मार्ग, नई दिल्ली-११०००२ Bahadar Shah Zafar Marg, New Delhi-110002 Ph. : 011-23239337, 23236266, Fax : 011-23238858, email : jsandhu.ugc@nic.in
<u>By Speed Post</u>		
D.O.No.F-5-1/2015(CPP-II)	31 st May, 2016	
Dear Sir/Madam,		
This is in continuation of my earlier letter of even number dated 11 th September, 2015 in which UGC had asked the universities to align the degrees with the degrees specified by the UGC in Notification dated 5 th July, 2014 published in the Gazette of India. I reiterate that UGC Regulations being statutory in nature are binding on Universities and Colleges.		
In the second amendment notified in the Gazette dated 2 nd May, 2016, the following new degrees have been specified in the field of sports:		
<ol style="list-style-type: none">1. BPES (Bachelor of Physical Education and Sports)2. MPES (Master of Physical Education and Sports)		
The universities which are offering BPE and MPE, shall accordingly restructure these programmes and award the degrees as BPES and MPES. List of degrees is available on UGC website i.e. www.ugc.ac.in		
With kind regards,		
Yours sincerely,		
		
(Jaspal S. Sandhu)		
The Vice-Chancellor of all Universities.		
<u>Copy to:</u>		
Publication Officer, UGC, New Delhi for uploading on UGC website.		
		
(Jaspal S. Sandhu)		

Course Curriculum

Table-1: Distribution of Credit/ Hours and Marks for Semester – I

Course Code	Course Name	Credit			Teaching Hours			Assessment		
		L/T	P	Total	L/T	P	Total	Int.	Ext.	Total
Part – A	Theory Courses (Core Course)									
BSTC-101	Introduction and History of Physical Education	4	-	4	60	-	60	30	70	100
BSTC-102	General Science	4	-	4	60	-	60	30	70	100
BSTC-103	Fundamentals of Computers and IT	4	-	4	60	-	60	30	70	100
	Theory Courses (Elective) Any one									
BSTE-101	Occupational Health	4	-	4	60	-	60	30	70	100
BSTE-102	Environmental Study									
Part – B	Practicum Courses									
BSPC-101	Track and Field (Running Events)/ Swimming/ Gymnastics	-	2	2	-	60	60	30	70	100
BSPC-102	Team game: Volleyball /Softball	-	2	2	-	60	60	30	70	100
BSPC-103	Mass Demonstration Activities - I	-	2	2	-	60	60	30	70	100

Table-2: Distribution of Credit/ Hours and Marks for Semester – II

Course Code	Course Name	Credit			Teaching Hours			Assessment		
		L/T	P	Total	L/T	P	Total	Int.	Ext.	Total
Part – A	Theory Courses (Core Course)									
BSTC-201	Anatomy and Physiology - I	4	-	4	60	-	60	30	70	100
BSTC-202	English	4	-	4	60	-	60	30	70	100
BSTC-203	Psychology in Physical Education and Sports	4	-	4	60	-	60	30	70	100
	Theory Courses (Elective) Any one									
BSTE-201	Social Science	4	-	4	60	-	60	30	70	100
BSTE-202	Fitness and Wellness									
Part – B	Practicum Courses									
BSPC-201	Track and Field (Jumping Events)/ Swimming /Gymnastics	-	2	2	-	60	60	30	70	100
BSPC-202	Team game: Handball/ Kho-Kho	-	2	2	-	60	60	30	70	100
BSPC-203	Mass Demonstration Activities - II	-	2	2	-	60	60	30	70	100

Table-3: Distribution of Credit/ Hours and Marks for Semester – III

Course Code	Course Name	Credit			Teaching Hours			Assessment		
		L/T	P	Total	L/T	P	Total	Int.	Ext.	Total
Part – A	Theory Courses (Core Course)									
BSTC-301	Yoga Science and Naturopathy	4	-	4	60	-	60	30	70	100
BSTC-302	Anatomy and Physiology - II	4	-	4	60	-	60	30	70	100
BSTC-303	Health Education	4	-	4	60	-	60	30	70	100
	Theory Courses (Elective) Any one									
BSTE-301	Recreation	4	-	4	60	-	60	30	70	100
BSTE-302	Gender Studies in Physical Education									
Part – B	Practicum Courses									
BSPC-301	Track and Field (Throwing Events)/ Swimming / Gymnastics	-	2	2	-	60	60	30	70	100
BSPC-302	Team game: Badminton / Netball	-	2	2	-	60	60	30	70	100
BSPC-303	Yoga	-	2	2	-	60	60	30	70	100

Note: L/T=Lecture/Tutorials, P=Practical, Int.=Internal, Ext.=External

Table-4: Distribution of Credit/ Hours and Marks for Semester – IV

Course Code	Course Name	Credit			Teaching Hours			Assessment		
		L/T	P	Total	L/T	P	Total	Int.	Ext.	Total
Part – A	Theory Courses (Core Course)									
BSTC-401	Kinesiology	4	-	4	60	-	60	30	70	100
BSTC-402	Education Technology and Methods in Physical Education	4	-	4	60	-	60	30	70	100
BSTC-403	Principles of Officiating	4	-	4	60	-	60	30	70	100
	Theory Courses (Elective) Any one									
BSTE-401	Sports Injuries and Rehabilitation	4	-	4	60	-	60	30	70	100
BSTE-402	Personality Development									
Part – B	Practicum Courses									
BSPC-401	Track and Field (Throwing Events)/ Swimming / Gymnastics	-	2	2	-	60	60	30	70	100
BSPC-402	Team game: Hockey / Cricket	-	2	2	-	60	60	30	70	100
BSPC-403	Judo/ Wrestling/ Weightlifting	-	2	2	-	60	60	30	70	100

Table-5: Distribution of Credit/ Hours and Marks for Semester – V

Course Code	Course Name	Credit			Teaching Hours			Assessment		
		L/T	P	Total	L/T	P	Total	Int.	Ext.	Total
Part – A	Theory Courses (Core Course)									
BSTC-501	Foundation of Physical Education	4	-	4	60	-	60	30	70	100
BSTC-502	Sports Training	4	-	4	60	-	60	30	70	100
BSTC-503	Test and Measurement in Physical Education and Sports	4	-	4	60	-	60	30	70	100
	Theory Courses (Elective) Any one									
BSTE-501	Sports Journalism	4	-	4	60	-	60	30	70	100
BSTE-502	NSS									
Part – B	Practicum Courses									
BSPC-501	Sports Specialization (As per choice)	-	4	4	-	120	120	60	140	200
BSPC-502	Team game: Kabaddi /Basketball	-	2	2	-	60	60	30	70	100

Table-6: Distribution of Credit/ Hours and Marks for Semester – VI

Course Code	Course Name	Credit			Teaching Hours			Assessment		
		L/T	P	Total	L/T	P	Total	Int.	Ext.	Total
Part – A	Theory Courses (Core Course)									
BSTC-601	Introduction to Research and Statistics	4	-	4	60	-	60	30	70	100
BSTC-602	Organization and Administration in Physical Education	4	-	4	60	-	60	30	70	100
BSTC-603	Professional Preparation	4	-	4	60	-	60	30	70	100
	Theory Courses (Elective) Any one									
BSTE-601	Population Education	4	-	4	60	-	60	30	70	100
BSTE-602	Adapted Physical Education									
Part – B	Practicum Courses									
BSPC-601	Sports Specialization (As per Sem. V)	-	4	4	-	120	120	60	140	200
BSPC-602	Team game: Table Tennis / Football	-	2	2	-	60	60	30	70	100

Note: L/T=Lecture/Tutorials, P=Practical, Int. =Internal, Ext.=External

