

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

3-Year Undergraduate Degree Programme • 6 Semesters

Programme Structure

Duration: 3 Years | Semesters: 6 | Mode: Theory + Practical + Teaching Practice

Semester I

Subject Code	Subject Name
BPED-101	History, Principles & Foundations of Physical Education
BPED-102	Anatomy & Physiology
BPED-103	Health Education & Environmental Studies
BPED-104	Olympic Movement
BPED-105P	Track & Field – Running Events
BPED-106P	Gymnastics & Yoga
BPED-107P	Indigenous Sports

Semester II

Subject Code	Subject Name
BPED-201	Yoga Education
BPED-202	Educational Technology & Methods of Teaching Physical Education
BPED-203	Organization, Administration & Sports Management
BPED-204	Sports Nutrition & Weight Management
BPED-205P	Track & Field – Jumping Events
BPED-206P	Racket Sports
BPED-207P	Teaching Practice – I

Semester III

Subject Code	Subject Name
BPED-301	Sports Training
BPED-302	Computer Applications in Physical Education
BPED-303	Sports Psychology & Sociology
BPED-304	Sports Medicine, Physiotherapy & Rehabilitation
BPED-305P	Track & Field – Throwing Events
BPED-306P	Combative Sports
BPED-307P	Team Games – I

Semester IV

Subject Code	Subject Name
BPED-401	Kinesiology & Biomechanics
BPED-402	Measurement & Evaluation in Physical Education
BPED-403	Theory of Games & Sports
BPED-404	Curriculum Design in Physical Education
BPED-405P	Gymnastics / Athletics
BPED-406P	Team Games – II
BPED-407P	Teaching Practice – II

Semester V

Subject Code	Subject Name
BPED-501	Research Methodology in Physical Education
BPED-502	Statistics in Physical Education
BPED-503	Contemporary Issues in Physical Education, Fitness & Wellness
BPED-504	Adapted & Inclusive Physical Education
BPED-505P	Sports Specialization – I
BPED-506P	Coaching & Officiating – I
BPED-507P	School Internship / Teaching Practice

Semester VI

Subject Code	Subject Name
BPED-601	Sports Management & Event Organization
BPED-602	Professional Preparation & Career Development
BPED-603	Physical Fitness & Wellness
BPED-604	Current Trends in Physical Education & Sports
BPED-605P	Sports Specialization – II
BPED-606P	Coaching & Officiating – II
BPED-607P	Project / Dissertation / Internship

Suggested Practical / Sports Areas

Practical sports may be selected or assigned according to the institution's academic and examination regulations. Possible areas include:

- Athletics / Track & Field
- Football
- Cricket
- Hockey
- Volleyball
- Basketball
- Kabaddi
- Kho-Kho
- Badminton
- Table Tennis
- Tennis
- Yoga
- Gymnastics
- Combative / Indigenous Sports

Note: This is a university-style curriculum framework. Exact credits, marks, paper titles, practical requirements and examination rules should be aligned with the affiliating university/institution before official academic use.