

Bachelor of Physical Education (B.P.Ed.)

Semester Wise Syllabus

Semester I

Subject Code	Course Name
BPED101	Foundations of Physical Education
BPED102	Anatomy and Physiology
BPED103	Health Education and Environmental Studies
BPED104	Yoga Education
BPED105	Athletics (Practical)
BPED106	Games Specialization – I (Practical)

Semester II

Subject Code	Course Name
BPED201	Sports Psychology
BPED202	Kinesiology and Biomechanics
BPED203	Sports Training
BPED204	Officiating and Coaching
BPED205	Gymnastics (Practical)
BPED206	Games Specialization – II (Practical)

Semester III

Subject Code	Course Name
BPED301	Sports Management
BPED302	Measurement and Evaluation in Physical Education
BPED303	Adapted Physical Education
BPED304	Computer Application in Physical Education
BPED305	Teaching Practice (Practical)
BPED306	Yoga and Fitness Training (Practical)

Semester IV

Subject Code	Course Name
BPED401	Sports Nutrition
BPED402	Research Methods in Physical Education
BPED403	Sports Medicine and Physiotherapy
BPED404	Internship / Coaching Practice
BPED405	Project Work / Dissertation
BPED406	Games Specialization – III (Practical)