

**CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR, U.P.**  
**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**  
**B.P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)**  
**(July 2015 Onwards)**  
**REVISED COURSE STRUCTURE**  
**Semester - I**

<b>Part A: Theoretical Course</b>						
<b>Course Code</b>	<b>Title of the Papers</b>			<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
	<b>Core Course</b>					
<b>CC-101</b>	<b>History, Principles and foundation of Physical Education</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>CC-102</b>	<b>Anatomy and Physiology</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>CC-103</b>	<b>Health Education and Environmental Studies</b>			<b>20</b>	<b>80</b>	<b>100</b>
	<b>Elective Course (Anyone)</b>					
<b>EC-101</b>	<b>Olympic Movement</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>EC-102</b>	<b>Officiating and Coaching</b>					
	<b>Part-B Practical Course</b>					
<b>PC-101</b>	<b>Track and Field (Running Events)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>PC-102</b>	<b>Swimming/Gymnastics/ Shooting</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>PC-103</b>	<b>Indigenous Sports: Kabaddi, Kho-Kho</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>PC - 104</b>	<b>Mass Demonstration Activities: Dumbbells, Tipri, wands, hoops, Umbrella, lezium, march pass etc.</b>			<b>20</b>	<b>80</b>	<b>100</b>
	<b>Total</b>			<b>160</b>	<b>640</b>	<b>800</b>

## Semester - II

<b>Part A: Theoretical Course</b>						
Course	Title of the Papers	Total	Credit	Internal	External	Total
Code		Hours		Marks	Marks	Marks
<b>Core Course</b>						
<b>CC-201</b>	<b>Yoga Education</b>			20	80	100
<b>CC-202</b>	<b>Educational Technology and Methods of Teaching in Physical Education</b>			20	80	100
<b>CC-203</b>	<b>Organization and Administration</b>			20	80	100
<b>Elective Course (Anyone)</b>						
<b>EC-201</b>	<b>Contemporary issues in physical education, fitness and wellness</b>			20	80	100
<b>EC-202</b>	<b>Sports Nutrition and Weight Management</b>					
<b>Part-B Practical Course</b>						
<b>PC-201</b>	<b>Track and Field (Jumping Events)</b>			20	80	100
<b>PC-202</b>	<b>Yoga/Aerobics/ Gymnastics/ Swimming (any two of these)</b>			20	80	100
<b>PC-203</b>	<b>Racket Sports: Badminton/ Table Tennis/ Squash/Tennis (Any two of these)</b>			20	80	100
<b>Part – C Teaching Practice</b>						
<b>TP - 201</b>	<b>Teaching Practices (05lessons in class room teaching and 05 lessons in Outdoor activities from PC201, 202 &amp; 203 as above under practical course of II sem.)</b>			20	80	100
<b>Total</b>				<b>160</b>	<b>640</b>	<b>800</b>

**Semester – III**

<b>Part A: Theoretical Course</b>						
<b>Course Code</b>	<b>Title of the Papers</b>			<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>Core Course</b>						
<b>CC-301</b>	<b>Sports Training</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>CC-302</b>	<b>Computer Applications in Physical Education</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>CC-303</b>	<b>Sports Psychology and Sociology</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>Elective Course (Anyone)</b>						
<b>EC-301</b>	<b>Sports Medicine, Physiotherapy and Rehabilitation</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>EC-302</b>	<b>Curriculum Design</b>					
<b>Part-B Practical Course</b>						
<b>PC-301</b>	<b>Track and Field (Throwing Events)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>PC-302</b>	<b>Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>PC-303</b>	<b>Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)</b>			<b>20</b>	<b>80</b>	<b>100</b>
<b>Part – C Teaching Practice</b>						
	<b>Teaching Practice: (Teaching Lesson Plans)</b>					
<b>TP – 301</b>	<b>Games from PC 301, 302 and 303 as mentioned under practical course of III Sem. (out of 10 lessons 5 internal and 5 external at practicing school)</b>			<b>20</b>	<b>80</b>	<b>100</b>
	<b>Total</b>			<b>160</b>	<b>640</b>	<b>800</b>

## Semester - IV

### Part A: Theoretical Course

Course Code	Title of the Papers			Internal Marks	External Marks	Total Marks
Core Course						
CC-401	Measurement and Evaluation in Physical Education			20	80	100
CC-402	Kinesiology and Biomechanics			20	80	100
CC-403	Research and Statistics in Physical Education			20	80	100
Elective Course (Anyone)						
EC-401	Theory of sports and games			20	80	100
EC-402	Sports Management					
Part-B Practical Course						
PC-401	Track and Field / Swimming / Gymnastics (Any one out of three)			20	80	100
PC-402	Kabaddi & Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any Two of these)			20	80	100
Part – C Teaching Practice						
TP-401	Sports Specialization (Individual Sports): Coaching lesson Plans Track and Field/ Swimming /Gymnastics (Any of one out of these) (5 lessons)			20	80	100
TP-402	Game specialization (Team Games) Coaching lesson: Kabaddi & Kho-Kho/Baseball/ Volleyball/ Handball/Basketball/ Netball/Badminton/ Table Tennis/Squash/ Tennis			20	80	100
				160	640	800
				640	2560	3200

**SCHEME OF EXAMINATION**  
**SEMESTER - I**

Paper	Subject	Internal	External	Total Marks
	<b><u>THEORY (400)</u></b>			
CC-101	History, Principles and foundation of Physical Education	20	80	100
CC-102	Anatomy and Physiology	20	80	100
CC-103	Health Education and Environmental Studies	20	80	100
EC-101/102	Olympic Movement/Officiating and Coaching (Elective)	20	80	100
	<b><u>PRACTICAL (400)</u></b>			
PC-101	Track and Field (Running Events)	20	80	100
PC-102	Swimming/Gymnastics/Shooting	20	80	100
PC-103	Indigenous Sports: Kabaddi/Kho-Kho	20	80	100
	(Any of one out of these)			
PC-104	Mass Demonstration Activities: Dumbbells / tipri/wands/hoop/umbrella/leziun/march pass	20	80	100
	(Any one out of these)			
	<b>Total</b>	<b>160</b>	<b>640</b>	<b>800</b>
	<b><u>SEMESTER -II</u></b>			
Paper	Subject	Internal	External	Total Marks
	<b><u>THEORY (400)</u></b>			
CC-201	Yoga Education	20	80	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	20	80	100
CC-203	Organization and Administration	20	80	100
EC-201/202	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management (Elective)	20	80	100
	<b><u>PRACTICAL (300)</u></b>			
PC-201	Track and Field (Jumping Events)	20	80	100
PC-202	Yoga/Aerobics / Swimming / Gymnastics (Any two out of these)	20	80	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these)	20	80	100
	<b><u>TEACHING PRACTICE (100)</u></b>			
TP-201	Teaching Practice (5 lesson Classroom and 5 lesson outdoor) Track and Field (jumping events) yoga/aerobics/swimming/gymnastics, badminton/table tennis/squash/tennis.	20	80	100
	<b>Total</b>	<b>160</b>	<b>640</b>	<b>800</b>

### SEMESTER –III

Paper	Subject	Internal	External	Total
				Marks
	<b><u>THEORY (400)</u></b>			
CC-301	Sports Training	20	80	100
CC-302	Computer Applications in Physical Education	20	80	100
CC-303	Sports Psychology and Sociology	20	80	100
EC-	Sports Medicine, Physiotherapy and	20	80	100
301/302	Rehabilitation/Curriculum Design (Elective)			
	<b><u>PRACTICAL (300)</u></b>			
PC-301	Track and Field (Throwing Events)	20	80	100
PC-302	Combative Sports : Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (Any two out of these)	20	80	100
PC-303	Team Games: Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball (Any two of these)	20	80	100
	<b><u>TEACHING PRACTICE (100)</u></b>			
TP-301	Teaching Practice (Teaching Lesson Plans)	20	80	100
	Games (track and field throwing events, martial art, karate, judo, fencing, boxing, taekwondo, wrestling, baseball, cricket, football, hockey, softball, volleyball, handball, basketball, netball)			
	<b>Total</b>	<b>160</b>	<b>640</b>	<b>800</b>
	<b><u>SEMESTER -IV</u></b>			
Paper	Subject	Internal	External	Total
				Marks
	<b><u>THEORY (400)</u></b>			
CC-401	Measurement and Evaluation in Physical Education	20	80	100
CC-402	Kinesiology and Biomechanics	20	80	100
CC-403	Research and Statistics in Physical Education	20	80	100
EC-	Theory of sports and games(Specifically sports and	20	80	100
401/402	games specialization)/Sports Management (Elective)			
	<b><u>PRACTICAL (200)</u></b>			
PC-401	Track and Field/Swimming /Gymnastics (Any of one out of these)	20	80	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	20	80	100
	<b><u>TEACHING PRACTICE (200)</u></b>			
TP-401	Sports Specialization (Individual Sports): Coaching lesson Plans	20	80	100
	Track and Field/Swimming /Gymnastics (Any of one out of these)			
TP-402	Game specialization (Team Game) Coaching lesson: Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey /Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	20	80	100
	<b>Total</b>	<b>160</b>	<b>640</b>	<b>800</b>