



VINAYAKA MISSION'S RESEARCH FOUNDATION

(Deemed to be University under section 3 of the UGC Act 1956)

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**BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.) DEGREE PROGRAMME
UNDER FACULTY OF PHYSICAL EDUCATION
REVISED REGULATIONS 2019**

In exercise of the powers conferred by the MoA and Bye Laws of the Vinayaka Mission's Research Foundation (Deemed to be University), Salem, the Academic Council of the University based on the recommendations of the concern Board of Studies hereby issuing the following regulations pertaining to the Under Graduate programme and the award of the degree of Bachelor of Physical Education (B.P.Ed.) at this University.

1 TITLE AND COMMENCEMENT

These regulations shall be called as “Bachelor of Physical Education (B.P.Ed.) Degree Programme Regulations 2019” or simply called as ‘B.P.Ed.R2019’ of the Vinayaka Mission's Research Foundation (Deemed to be University).

This regulation will come into effect from the Academic Year 2019-20 with the approval of the Academic Council based on the recommendations of Board of Studies and modifications as may be approved by the authorities of the University from time to time.

2 PREAMBLE

The degree of Bachelor of Physical Education (B.P.Ed.) under Faculty of Physical Education shall be awarded to a candidate who, as per these regulations, has successfully undergone the programme, passed the prescribed examinations and thereby qualified to receive the degree.

The programme shall run on choice based credit system (CBCS).

- The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses.
- The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India.
- This will benefit the students to move across institutions within India to begin with and across countries.
- The uniform grading system will also enable potential employers in assessing the performance of the candidates.
- In order to bring uniformity in evaluation system and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations.



3 DEFINITION AND NOMENCLATURE

In the Regulations, unless the context otherwise requires, certain terms used and their meanings are as under:

- 3.1. AC means Academic Council of the Vinayaka Mission's Research Foundation (Deemed to be University), principal academic body of the University
- 3.2. AEC means Ability Enhancement Courses
- 3.3. BoM means Board of Management of the Vinayaka Mission's Research Foundation (Deemed to be University), the highest governing body of the University
- 3.4. BoS means Board of Studies of Vinayaka Mission's Research Foundation (Deemed to be University) under Faculty of Physical Education
- 3.5. CCC means Co-Curricular Courses
- 3.6. CCT means Core Course Theory
- 3.7. CCP means Core Course Practical
- 3.8. CoE means Controller of the Examinations of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.9. College means Vinayaka Mission's College of Physical Education (VMCPE), VMKV A&S College Campus of the Vinayaka Mission's Research Foundation (Deemed to be University) running Physical Education Programmes comes under Faculty of Physical Education.
- 3.10. Course means a Theory and Practical course that is normally studied in a Semester, like Human Anatomy Physiology, Methods and Test & Measurement, etc.,
- 3.11. Curriculum and Syllabus means the curriculum and syllabus for study as prescribed by the BoS and AC of the Vinayaka Mission's Research Foundation (Deemed to be University) based on the National Council for Teacher Education, New Delhi, India regulations/guidelines
- 3.12. Dean means Dean of the Faculty of Physical Education
- 3.13. DSEC means Discipline Specific Elective Course
- 3.14. HoI means Head of the Institution / Principal of the VMCPE of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.15. MHRD means Ministry of Human Resource Development
- 3.16. MoA means Memorandum of Association
- 3.17. NCTE means National Council for Teacher Education, statutory council for Teacher education Programmes/Colleges
- 3.18. Programme means Under Graduate programme leading to award the Degree of B.P.Ed. approved by the NCTE and Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.19. SEC means Skill Enhancement Courses



- 3.20. Teaching staff means the Dean, Director, Principal, Professors, Associate professors, Assistant Professors, Lecturers, and other academic staff engaged in coaching the students and assisting the students in the conduct of studies and Research in the College/University
- 3.21. UGC mean University Grants Commission established under University Grants Commission Act 1956
- 3.22. VC means Vice Chancellor of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.23. VMRF (DU) means Vinayaka Mission's Research Foundation (Deemed to be University) established under Section 3 of the UGC Act 1956 by MHRD based on the recommendation of UGC.

4 PROGRAM OUTCOMES

- 4.1. Organizing Sports: Deliver institution or community-based sports programs for normal and special children.
- 4.2. Officiating: Demonstrate capability to officiate various games and sports.
- 4.3. Planning training regime: Design training regimes for various sports in the light of physiological, psychological, biomechanical principles.
- 4.4. Talent Identification : Identify talent for various sports by assessing performance and potential
- 4.5. Research Orientation: Apply research tools to investigate issues related to proficiency in sports.
- 4.6. Ethics and sportsmanship : Demonstrate ethical conduct and conformity to professional ethics and legal provisions of sports
- 4.7. Individual and team work : Function effectively as a team member or leader in diverse teams
- 4.8. Communication : Communicate effectively on complex training and performance situations with stakeholders
- 4.9. Life-long learning : Recognize the need and ability to engage in independent and life-long learning
- 4.10. IT Skills : Use technology to make effective presentations
- 4.11. The scope of physical education programme become Physical Education Teacher, Fitness trainer, Employees on Uniformed Services
- 4.12. The scope of physical education programme become Various game to act coach such as athletic, badminton, cricket, football, hockey, Kabaddi, volleyball, etc.,
- 4.13. Open sports academy, open sports shop, health clubs, sports goods manufacturer, can conduct yoga classes, Use sports related skills in becoming a sports anchor in television, become a sports expert, B.P.Ed student can do M.P.Ed for higher studies.



5 DURATION OF THE PROGRAMME

- 5.1. The duration of the Programme of study is two academic years, consisting of four semesters. The total number working days shall not be less than 100 days in a semester. (Excluding examination).
- 5.2. Each working day shall consist of five hours of Practical Class (Morning Session 2-hours and Evening Session 3-hours) and three hours of theory in between and one hour of lunch break.
- 5.3. The candidate who fails to complete the programme in the certain duration mentioned in clause 5.1 would be permitted to complete the programme within a period of 4 years from the date of admission to the programme

6 MEDIUM OF INSTRUCTION

The medium of instruction for all the courses and examination shall be English.

7 FEES STRUCTURE

The Fee structure of this programme shall be fixed by the Committee appointed for this purpose by VMRF(DU) from time to time.

8 ADMISSION ELIGIBILITY

- 8.1 Eligibility for Admission to the B.P.Ed. Programme Bachelor's degree in any discipline with 50% marks.
 - 8.1.1 The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for General 50%, 43% in case of OBC, 40% in case of SC/ST and other categories shall be as per the rules of the central Government / State Government whichever is applicable.

Or
 - 8.1.2 Bachelor's degree in Physical Education with 45% marks.

Or
 - 8.1.3 Bachelor's degree with participation in International competitions (or) National / Inter -University competition secured 1st, 2nd, 3rd position in sports and games as recognized by respective federations/AIU/IOA/Govt. of India.

Or
 - 8.1.4 Bachelor's degree with 45% marks and having participated in Inter College/ Inter -Zonal / District / School competition and secured 1st, 2nd, 3rd position in sports and games.
- 8.2 A minimum school level participation in sports and games is compulsory.
- 8.3 The candidates should not have completed 35 years of age as on 1st July. However, relaxation of 3 years shall be given for SC/ST candidates.
- 8.4 Ex-Servicemen/Experienced Physical Education Teachers/Coaches (Minimum 5 years) shall be given age relaxation of 6 years of age.
- 8.5 The candidate should be medically fit (to produce Medical fitness certificate at the time of admission) and free from any deformity.
- 8.6 Pregnant women are not permitted either for admission or to undergo the Programme. If violated, they will not be permitted to continue the Programme.



9 ADMISSION PROCEDURE

9.1 Admission shall be made on the basis of ranking for a total of 150 marks as details below:-

(Minimum 50% Percentile Marks required in Selection Trails for Admission in B.P.Ed Programme)

1.	Qualifying Examination	20 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test	50 marks
5.	Bonus marks for possession of basic degree in Physical Education (B.Sc., Physical Education or Bachelor of Physical Education (B.P.E) or Bachelor of Physical Education and Sports (B.P.E.S) or Diploma in Physical Education (D.P.Ed.,)	05 marks
Total		150marks

9.1.1 Awarding the Marks for Qualifying Examination (Maximum marks:20)

S. No	Criteria for Pass	Marks Allot
1.	First Class with Destination	20 Marks
2.	First Class	18 Marks
3.	Second Class	15 Marks
4.	Third Class	10 Marks

9.1.2 Participation in Games & Sports (Maximum Marks: 25)

The norms for award of marks for the sports and games participation are furnished hereunder: Any one which is applicable / advantageous.

1.	Placing in first three places in National/ All India/ Inter-University/ Representing International	25
2.	Representing in National / All India / Inter-University	20
3.	Representing State /University	15
4.	Representing Zone/District/Division/ School/College	10

Note: The Candidates should produce necessary supporting certificates to obtain the above marks

9.1.3 Games Skill Test (Maximum Marks: 50)

The candidate should choose any one of the games included in the All India Inter University (AIU) competitions.

a)	Technique & Tactics in game play	-	25 Marks
b)	Skill in game play	-	25 Marks

9.1.4 Track and Field Skill test(Maximum Marks: 50)

a)	100 Mts.	-	20 Marks
b)	Shot-Put	-	15 Marks
c)	Long Jump	-	15 Marks

Note :The games skill test and Track and Field events will be conducted by three judges.



10 REGISTRATION

All candidates admitted in the B.P.Ed programme shall register his/her name with the VMRF(DU) Cut-off date for joining the course is last week of September in each academic year.

11 COMMENCEMENT OF THE PROGRAMME

The Academic year commences from first week of July in each academic year.

12 WORKING DAYS IN AN ACADEMIC YEAR

There shall be 100 working days in each semester.

13 BREAK OF STUDY

13.1 Break of study may be permitted for genuine reasons like serious health problems and calamitous family situations. The Vice-Chancellor and HoI are vested with the power to permit the break for which the candidate must apply and enclose necessary supporting documents and fee through his/her HoI, sufficiently ahead of the proposed period of break. A break of study may cast for a period of less than 6 months or more than 6 months up to one year.

13.1.1 The HoI shall approve the break of study if the period is less than 6 months with prior approval from the University

13.1.2 In case, the Break of study requires more than 6 months up to one year, then the candidate shall obtain the prior approval from the Vice-Chancellor based on the recommendations of HoI.

13.2 The period of break of study of the candidate for rejoining the programme shall be calculated from the date of commencement of the discontinuance of the programme.

13.3 A maximum two spells of break of study for B.P.Ed programme shall be allowed for the entire duration of the programme. Any further break of study shall entail the candidate to be de-registered and his/her admission stands cancelled.

13.4 A candidate having a break of not more than 12 months for B.P.Ed. programme, the programme of study shall be extended by that period and the candidate is permitted to appear for the examination only after completing this extension period. The candidate shall apply to the VMRF(DU) through his/her HoI for the extension using the prescribed form and fee.



14 PROCEDURE FOR RE-JOINING/DISCONTINUING PROGRAMME

14.1 For B.P.Ed. Degree programme the Candidate having availed a break of study between 6 to 12 months shall apply for rejoining the programme in the prescribed form as in (ANNEXURE - I) by remitting the stipulated fee for condonation of break of study to the VMRF(DU) through the HoI of the concerned college for issue of necessary permission to rejoin the programme. The concerned HoI of the College shall not permit any candidate with a Break of study as stipulated above to rejoin the programme without obtaining the prior permission from the authorities of the VMRF(DU).

14.2 All the B.P.Ed. Students have to execute a declaration at the time of registration with this university in this regard in the prescribed form as in ANNEXURE-II.

15 READMISSION AFTER EXTENSION

If the candidates name is not registered with the VMRF(DU) within three months from the cutoff date prescribed for the B.P.Ed. Programme for admission without any valid reasons / ground for such non registration, permission for readmission for such candidates will not be issued by the VMRF(DU)

16 PROGRAMME STRUCTURE

16.1 The Curriculum of the B.P.Ed. Programme shall be prepared by the BoS of the faculty based on the guidelines of NCTE and approved by the AC. The courses of study for the period of four semester.

The Curriculum of the B.P.Ed and Scheme of Instruction is given separately in ANNEXURE- III

16.2 SYLLABUS

16.2.2 The Syllabus of the programme pertaining to B.P.Ed. is given separately in ANNEXURE - III

16.2.3 The curriculum and the syllabus for the programme shall be approved by the AC based on the recommendations of concerned BoS.

16.3 The minimum working hours for each course is given in ANNEXURE –IV

17 ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATION

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination, such candidates shall redo the semester in next academic year to fulfill all the requisite criteria.



18 EXAMINATIONS

18.1.2 There shall be examinations at the end of each semester, for odd semester in the month of November / December, for even semester in the month of April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November / December or April/May.

18.1.3 A candidate should get enrolled / registered for the current examination. If enrollment / registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to next semester. Such candidates shall redo the semester in next academic year to fulfill all the requisite criteria.

18.2 Question Paper Pattern (theory):

Time: 3 Hours

Marks: 70

I - Part A: $10 \times 2 = 20$

(Ten questions to be answered out of Twelve questions)

II - Part B : $5 \times 4 = 20$

(Five questions to be answered out of Eight question)

III - Part C: $3 \times 10 = 30$

(Three questions to be answered out of Five questions)

18.3 Evaluation - Internal Assessment:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a Continuous Internal assessment (CIA) by the concerned course coordinator as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

Continuous Internal Assessment (CIA) for Theory

Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
One Test (Best)	15 Marks
Total	30 Marks

Continuous Internal Assessment (CIA) for Practical

Attendance	5 Marks
Practical Demonstration	45 Marks
Total	50 Marks



18.3.2 Attendance (5 marks)

For attendance a Maximum 5 marks will be awarded. As for the criteria given below:

Attendance Percentage	Marks
Less than 75 %	0 Mark
75% to 80%	1 Mark
80.1% to 85%	2 Marks
85.1% to 90%	3 Marks
90.1% to 95%	4 Marks
95.1% to 100%	5 Marks

18.4 Requirement for Passing

The minimum passing standard for Continuous Internal Assessment (CIA) and End Semester Examination (ESE) shall be 50%, i.e. 15 marks out of 30 marks (CIA) and 35 marks out of 70 marks (ESE) respectively for theory course. The minimum passing for both CIA & External Examination shall be 50% i.e. 50 marks out of 100 marks for the practical courses. If the candidate secure less than 50% marks in Continuous Internal Assessment (CIA) in theory and practical course, such candidates have to **REDO** the semester.

18.5 Internship / Teaching Practice

18.5.2 In internship a student (teacher trainee) is undergoing supervised practical training. Intensive Teaching Practice in the Schools.

18.5.3 Schools for intensive teaching shall be decided by the Staff-in-charge of Teaching Practice and Head of the Department / Principal of the College.

18.5.4 A minimum of 20 lessons, Students shall complete 10 General and 10 Particular lessons / Coaching Lessons in 20 working days under the supervision of assigned by the physical director / physical education teacher staff in the schools.

18.6 Ability, Skill Enhancement and Co-Curricular Courses

To successfully complete the B.P.Ed. Programme the students must undergo the Ability, Skill Enhancement and Co-curricular Courses under the sub headings of Ability Enhancement Courses (AEC), Skill Enhancement Courses (SEC) and Co-Curricular course (CCC).

18.7 Results

18.7.1 Passing board should be conducted with the concern of Vice Chancellor in order to equalize any dispute during examination as well as to consider the grade of the students.

18.7.2 The results shall be published preferably within a month after the last examinations by the CoE with the approval of the Vice Chancellor.



18.7.3 Issuance of mark statement

1. The mark sheet for each examination shall be issued preferably within a month after declaring the results
2. The mark sheet shall bear the date of publication of the results of the concerned examination. The passed candidate shall be deemed to have passed the examination on that date

18.8 Methods of redressal mechanism in evaluation of answer scripts

18.8.1 Re-totaling:

The University on application and remittance of a stipulated fee to be prescribed by the university shall permit a recounting or opportunity to recount the marks awarded for various questions in an answer paper/ papers for theory of all courses for which the candidate has appeared in the university examination. Any error in addition of the marks awarded if identified should be suitably rectified.

18.8.2 Re-evaluation:

There shall be Revaluation of answer papers of candidates in B.P.Ed. Examinations. Students who fail in any paper/papers would be permitted to apply to the examination section of the University to verify the valuation in case of doubt, for which they have to pay “Revaluation fee”.

Appeal against the results of the semester examination may be made to the controller of examination by the student concerned through the principal of the affiliated college within 7 days of the announcement of results by paying the prescribed fees for each paper. Revaluation shall be done and result will be published by COE through the Head of the Institution.

18.9 Sports Participation – University Examination – Special Permission

18.9.1 Internal Test– Special Permission

In case, a student misses to appear for an internal test due to participation in competition / any such programme of the University with prior permission from the head of the institution, he / she may be permitted to appear for a special test / tests before the pre-semester examination.

18.9.2 University Examination – Special Permission

Such a Student appearing for a Special/Supplementary University Examination will not be deprived of **RANK in the University**, as his/ her appearance will not be considered as an arrear/arrears in a paper/papers.

- 18.9.3 A student who fails in any one or more papers in the semester examination will be permitted to rewrite the paper or papers in the subsequent semester examination. To qualify for the degree, candidates are required to pass all the papers prescribed for the Programme within a period of four years from the date of joining the Programme. Beyond this maximum period, on reasonable grounds, Vice-Chancellor may consider the request as per the University regulations.



19 CRITERIA FOR THE AWARD OF DEGREE

A candidate shall be eligible for the award of the degree of B.P.Ed, Only if he/she has earned the minimum required 136 credits of the programme prescribed above.

The provisional certificate shall be issued after successful completion of the programme and passing all the courses and internship wherever applicable. This provisional certificate has validity till the issue of the degree certificate which shall be issued during the Convocation.

20 CLASSIFICATION OF SUCCESSFUL CANDIDATES.

The minimum passing standard for Continuous Internal Assessment (CIA) and End Semester Examination (ESE) shall be 50% for both theory and practical courses.

The grading system is given below:

Grade	Grade Point	Marks
O++	10	95-100marks
O+	9.5	90-94marks
O	9	85-89marks
A++	8.5	80-84marks
A+	8	70-79marks
A	7	60-69marks
B+	6	55-59marks
B	5.5	51-54marks
C	5	40-50marks
U	0	00-49marks
U	AAA	Absent

20.1 Classification of Final Result

For the purpose of declaring a candidate to have qualified for the degree of bachelor of physical education in the first class/ second class or first class with distinction, the CGPA earned by the candidate at the end of courses will be the criterion as given below.

CGPA	Classification of Final Result
7.00 – 10.0	First Class with Distinction*
6.00-6.99	First Class
Below – 5.99	Second Class

*Note: For the best outgoing / Gold Medal / Distinction / Ranking students, one should have passed in all the subjects in the first appearance.



20.2 **Grade Point Calculation**

Calculation of **Semester Grade Point Average (SGPA)** and **Cumulative Grade Point Average (CGPA)** and declaration of class for B.P.Ed Programme.

For Group - D (Ability, Skill Enhancement and Co-Curricular Courses) courses will not be counted for the computation of SGPA/CGPA.

The credit grade points are to be calculated on the following basis:

Semester Grade Point Average (SGPA)

$$\text{SGPA} = \frac{\text{Sum of (Credit x Grade Point) for all Subjects}}{\text{Total credit of the semester}}$$

$$\text{Semester Grade Point Average (SGPA)} = \frac{\sum(C_i \times G_i)}{\sum C_i}$$

Where C_i is the credit for a course in that semester and G_i is the Grade Point earned by the student for that course. The SGPA is rounded off to three decimals. SGPA will be marked as NA if all courses are not passed.

Cumulative Grade Point Average (CGPA)

The overall performance of a student at any stage of the Degree programme is evaluated by the Cumulative Grade Point Average.

$$\text{CGPA} = \frac{\text{Sum of All Semester (Credit x Grade Point) for all Subjects}}{\text{Total credit of the semester}}$$

(CGPA) up to that point of time.

$$\text{Cumulative Grade Point Average (CGPA)} = \frac{\sum_j \left\{ \frac{\sum_i (C_{ij} \times G_{ij})}{\sum_i C_{ij}} \right\}}$$

Where 'j' indicates the semester number, 'i' indicates the course number in the semester 'j', C the credit for a course in any semester and G is the grade point earned by the student for that course. The CGPA is rounded off to three decimals. CGPA is marked as NA if all the courses are not passed.

21 **RANKING**

21.1 Only Candidates who passed all the courses of the programme in University examination in first appearance will be considered for ranking.

21.2 For ranking marks secured in all the courses from semester I to IV B.P.Ed. will be considered.

21.3 The University rank will be awarded only after the Final B.P.Ed. examination

22 **ADOPTION OF SWAYAM**

Candidate will be given credit for the successful completion of SWAYAM online programmes when the candidate submits the certificate of completion.

23 **MODIFICATION OF REGULATIONS**

The regulations are subject to modifications from time to time as per the decisions of the Academic council and Board of studies of the VMRF(DU).



**ANNEXURE - I
PROFORMA FOR RE-ADMISSION**

1.	Name of the Student	
2.	Register Number	
3.	Name of the programme and period of study	
4.	Name of the Faculty/College	
5.	Date of joining the programme	
6.	Duration of break of study	
7.	Details of examination appeared & Courses passed	
8.	Reason for the period of Break of study of the programme (Evidence should be produced)	
9.	The details of previous break of study if any (Enclose Xerox copy of the Condonation order of the University)	
10.	Whether his / her own vacancy is available for rejoining the programme	
11.	Whether any disciplinary case	
12.	Whether the candidate has registered with this University, if so furnish the Registration No.	
13.	Whether the candidate has paid the prescribed fee for readmission sought for (furnish details)	
14.	Previous correspondence if any made (Furnish Copies of relevant records)	
15.	Recommendation of the Dean / Principal / Director	

This is to certify that the details furnished above in respect of the candidate are verified and found to be correct.

Date:

Place:

Signature of Dean / Principal / Director
(with seal)



**ANNEXURE – II
DECLARATION**

I Son of /
Daughter of
Residing at.....
.....
.....and admitted to in I year of
.....
(Name of the Faculty) do hereby solemnly affirm and sincerely state as follows.

I declare that I shall abide by the Rules and Regulations prescribed by the
Vinayaka Mission’s Research Foundation (Deemed to be University), Salem for
the (Programme) including
regulations in force after amendment.

Date:

Signature of the Candidate

/Counter signed/

Principal / Dean

(Office date seal)



ANNEXURE – III

CREDIT ABSTRACT

PART	Semester – Credits Course	I	II	III	IV	Total Credit
I	Core Course Theory(CCT)	12	12	12	12	48
	DSEC	4	4	4	4	16
II	Core Course Practical (CCP)	16	16	16	16	64
Value Added Courses (Ability, Skill Enhancement and Co-curricular Courses)						
III	Ability Enhancement Course	2	-	-	-	2
	Skill Enhancement Course	-	-	2	-	2
	Co-Curricular Courses	-	2	-	2	4
Grand Total		34	34	34	34	136

Total Minimum 136 Credits required to earn the degree

B.P.Ed. PROGRAMME SCHEME OF INSTRUCTION AND EXAMINATION

1. FIRST SEMESTER

Part	Course Component	Total Hours/Week	Scheme of Examination			
			CIA	ESE	Total	Credit
I	Select any three papers from Group – A (CCT)	4	30	70	100	4
		4	30	70	100	4
		4	30	70	100	4
	Select any one paper from Group-B (DSEC)	4	30	70	100	4
II	Select any four Practical's from Group – C(CCP)	6	100	-	100	4
		6	100	-	100	4
		6	100	-	100	4
		6	100	-	100	4
III	Select any one Paper from Group – D (AEC)	2	50	-	50	2
Total		42	570	280	850	34



2. SECOND SEMESTER

Part	Course Component	Total Hours/Week	Scheme of Examination			
			CIA	ESE	Total	Credit
I	Select any three papers from Group – A (CCT)	4	30	70	100	4
		4	30	70	100	4
		4	30	70	100	4
	Select any one paper from Group-B (DSEC)	4	30	70	100	4
II	Select any four Practical's from Group – C(CCP)	6	100	-	100	4
		6	100	-	100	4
		6	50	50	100	4
		6	50	50	100	4
III	Select any one Paper from Group – D(CC)	2	50	-	50	2
Total		42	470	380	850	34

3. Third Semester

Part	Course Component	Total Hours/Week	Scheme of Examination			
			CIA	ESE	Total	Credit
I	Select any three papers from Group – A (CCT)	4	30	70	100	4
		4	30	70	100	4
		4	30	70	100	4
	Select any one paper from Group-B(DSEC)	4	30	70	100	4
II	Select any four Practical's from Group – C(CCP)	6	100	-	100	4
		6	100	-	100	4
		6	100	-	100	4
		6	100	-	100	4
III	Select any one Paper from Group – D(SEC)	2	50	-	50	2
Total		42	570	280	850	34

4. Forth Semester

Part	Course Component	Total Hours/Week	Scheme of Examination			
			CIA	ESE	Total	Credit
I	Select any three papers from Group – A(CCT)	4	30	70	100	4
		4	30	70	100	4
		4	30	70	100	4
	Select Any one paper from Group-B (DSEC)	4	30	70	100	4
II	Select any Four Practical from Group – C(CCP)	6	100	-	100	4
		6	100	-	100	4
		6	50	50	100	4
		6	50	50	100	4
III	Select any one Paper from Group – D(CC)	2	50	-	50	2
Total		42	470	380	850	34



**GROUP - A
CORE COURSE THEORY (CCT)**

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75219C01	History, Principals and Foundation of Physical Education	4	30	70	100	-Nil-
2.	75219C02	Anatomy, Physiology and Health Education	4	30	70	100	-Nil-
3.	75219C03	Yoga Education	4	30	70	100	-Nil-
4.	75219C04	Sports Training	4	30	70	100	-Nil-
5.	75219C05	Organization ,Administration and Methods in Physical Education	4	30	70	100	75219C01
6.	75219C06	Theories of Sports and Games, Coaching and Officiating- Part I	4	30	70	100	-Nil-
7.	75219C07	Measurement and Evaluation in Physical Education	4	30	70	100	-Nil-
8.	75219C08	Research and Statistics in Physical Education	4	30	70	100	-Nil-
9.	75219C09	Sports Management and Recreation and Camping(only for Second Semester)	4	30	70	100	-Nil-
10.	75219C10	Theories of Sports and Games, Coaching and Officiating-Part-II	4	30	70	100	75219C06
11.	75219C11	Kinesiology and Biomechanics	4	30	70	100	-Nil-
12.	75219C12	Sports Psychology and Sociology	4	30	70	100	-Nil-



GROUP – B								
DISCIPLINE SPECIFIC ELECTIVE COURSES (DSEC)								
S. No.	Course Code	Name of the Courses	Hours Per Week	Credit	Scheme of Examination			Pre-Request
					CIA	ESE	Total	
1.	75219E01	Sports Nutrition and Weight Management	4	4	30	70	100	-Nil-
2.	75219E02	Environmental Studies and Gender Studies (Compulsory to study in any one semester)	4	4	30	70	100	-Nil-
3.	75219E03	Educational Technology and Computer Application in Physical Education	4	4	30	70	100	-Nil-
4.	75219E04	Disability and Inclusive Education	4	4	30	70	100	-Nil-
5.	75219E05	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100	-Nil-
6.	75219E06	Contemporary Issues in Physical Education, Fitness and Wellness	4	4	30	70	100	-Nil-
7.	75219E07	Olympic Movement	4	4	30	70	100	-Nil-
8.	75219E08	Research Project (only for Final Semester)	4	4	30	70	100	-Nil-



GROUP – C (CORE COURSE PRACTICALS (CCP))							
S. No	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75219P01	Marching, Indigenous Activities & Yogic Practices Minor Games: Relay Games, Circle Games, Tag Games, Goal/Point Scoring and Miscellaneous Games. (Only for First Semester)	4	100	-	100	-Nil-
2.	75219P02	Calisthenics, Light Apparatus and Rhythmic Activities Gymnastics: Tumbling and Pyramids. (Only for First Semester)	4	100	-	100	-Nil-
3.	75219P03	Games and Sports – I: Basketball, Football, Handball, Kho-Kho and Volleyball (Only for First Semester)	4	100	-	100	-Nil-
4.	75219P04	Track and Field Events Part I: Sprint, Middle and Long Distance Running, Shot Put, Discus Throw, Javelin Throw, Relay Races.(Only for First Semester)	4	100	-	100	-Nil-
5.	75219P05	Games and Sports – II: Cricket, Kabaddi, Tennikoit, Throw ball, Ball Badminton and Hockey	4	100	-	100	75219P03
6.	75219P06	Teaching Practice General & Particular Lessons and School Internship (Only for Second Semester)	4	100	-	100	-Nil-
7.	75219P07	Teaching Practices: I (General Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school) (Only for Second Semester)	4	50	50	100	-Nil-
8.	75219P08	Teaching Practices: II (Particular Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)(Only for Second Semester)	4	50	50	100	-Nil-
9.	75219P09	Track and Field Events Part II : Triple Jump, Long Jump, Pole Vault, High Jump, Hammer Throw, Hurdles, Combined Events,	4	100	-	100	75219P04
10.	75219P10	Care and Maintenance of Play Fields - Participating Intramural and Extramural Tournaments, Educational Tour, Stadium Visit, Organizing Project Sports Meet. (Only for Third Semester)	4	100	-	100	-Nil-
11.	75219P11	Games and Sports – III: Badminton, Netball, Softball, Swimming, Lawn Tennis, Table Tennis and Weight Lifting, Mallakhamb.	4	100	-	100	75219P05
12.	75219P12	First Aid and Management of Athletic Injuries: Prevention and Management of Injuries, Physiotherapy Treatments, Rehabilitative processes and Massage. (Only for Third Semester)	4	100	-	100	-Nil-



13.	75219P13	Fitness Training: Conditioning Exercises: General & Specific. Training Methods : Weight Training (Free Weights and Machine Weights)- Circuit Training – Interval Training- Fartlek Training - Plyometric, Swiss ball Training – Medicine Ball Training. (Only for Forth Semester)	4	100	-	100	-Nil-
14.	75219P14	Intensive Teaching Practice- Coaching Lesson and School Internship (Track and Field and Team Games)	4	100	-	100	75219P08
15.	75219P15	Track and Field Specialization: Coaching Lessons Plans (Only for Forth Semester)	4	50	50	100	-Nil-
16.	75219P16	Games Specialization: Coaching Lesson Plans (Only for Forth Semester)	4	50	50	100	-Nil-

GROUP – D*

ABILITY, SKILL ENHANCEMENT AND CO-CURRICULAR COURSES

Course code	Pre-Request	Total Hours	Marks	Total credits	Pre - Request
Ability Enhancement Courses (AEC) Select any one paper for First Semester					
75219AE1	Communication skill	2	50	2	-Nil-
75219AE2	Soft Skill	2	50	2	-Nil-
Skill Enhancement Courses (SEC) Select any one paper for third Semester					
75219SE3	Obesity and Weight Management	2	50	2	-Nil-
75219SE4	Sports First Aid	2	50	2	-Nil-
Co-Curricular Course (CCC)					
75219CC5	Annual Leadership Training Camp – Picnic/ Stadium Visit. (Only for Second Semester)	30 Hours (5 Days)	50	2	-Nil-
75219CC6	Community Engagements - Village Placement programme (Only for Final Semester)	30 Hours (5 Days)	50	2	-Nil-
Total Credits (Part III)				8	
*In Group – D Examination & Evaluation conducted from College itself and issue the marks to the Controller of Examinations and this will not be included for the computation of SGPA/CGPA.					



ANNEEXURE – IV

THE MINIMUM WORKING HOURS FOR EACH THEORY COURSES

S. No.	Course Code	Name of the Courses	Total Lecture Hours
1.	75219C01	History, Principals and Foundation of Physical Education	60
2.	75219C02	Anatomy, Physiology and Health Education	60
3.	75219C03	Yoga Education	60
4.	75219C04	Sports Training	60
5.	75219C05	Organization ,Administration and Methods in Physical Education	60
6.	75219C06	Theories of Sports and Games, Coaching and Officiating- Part I	60
7.	75219C07	Measurement and Evaluation in Physical Education	60
8.	75219C08	Research and Statistics in Physical Education	60
9.	75219C09	Sports Management and Recreation and Camping	60
10.	75219C10	Theories of Sports and Games, Coaching and Officiating Part-II	60
11.	75219C11	Kinesiology and Biomechanics	60
12.	75219C12	Sports Psychology and Sociology	60
13.	75219E01	Sports Nutrition and Weight Management	60
14.	75219E02	Environmental Studies and Gender Studies	60
15.	75219E03	Educational Technology and Computer Application in Physical Education	60
16.	75219E04	Disability and Inclusive Education	60
17.	75219E05	Sports Medicine, Physiotherapy and Rehabilitation	60
18.	75219E06	Contemporary Issues in Physical Education, Fitness and Wellness	60
19.	75219E07	Olympic Movement	60
20.	75219E08	Research Project	60
21.	75219AE1	Communication skill	30
22.	75219AE2	Soft Skill	30
23.	75219SE3	Obesity and Weight Management	30
24.	75219SE4	Sports First Aid	30



ANNEEXURE – IV			
THE MINIMUM WORKING HOURS FOR EACH PRACTICAL COURSES			
S. No.	Course Code	Name of the Courses	Total Practical Hours
1.	75219P01	Marching, Indigenous Activities and Yogic Practices Minor Games: Relay Games, Circle Games, Tag Games, Goal/Point Scoring Games and Miscellaneous Games.	90
2.	75219P02	Calisthenics, Light Apparatus and Rhythmic Activities Gymnastics: Tumbling and Pyramids.	90
3.	75219P03	Games and Sports – I: Basketball, Football, Handball, Kho-Kho and Volleyball	90
4.	75219P04	Track and Field Events Part I: Sprint, Middle and Long Distance Running, Shot Put, Discus Throw, Javelin Throw Relay Races.	90
5.	75219P05	Games and Sports – II: Cricket, Kabaddi, Tennikoit, Throw ball, Ball Badminton and Hockey	90
6.	75219P06	School Internship/ Teaching Practice General & Particular Lessons	90
7.	75219P07	Teaching Practices: I (General Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	90
8.	75219P08	Teaching Practices: II (Particular Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	90
9.	75219P09	Track and Field Events Part II : Triple Jump, Long Jump, Pole Vault, High Jump, Hammer Throw, Hurdles, Combined Events,	90
10.	75219P10	Care and Maintenance of Play Fields - Participating Intramural and Extramural Tournaments, Educational Tour, Stadium Visit, Organizing Project Sports Meet	90
11.	75219P11	Games and Sports – III: Badminton, Netball, Softball, Swimming, Lawn Tennis, Table Tennis and Weight Lifting, Mallakhamb.	90
12.	75219P12	First Aid and Management of Athletic Injuries: Prevention and Management of Injuries, Physiotherapy Treatments, Rehabilitative processes and Massage.	90
13.	75219P13	Fitness Training: Conditioning Exercises: General & Specific. Training Methods: Weight Training (Free Weights and Machine Weights)- Circuit Training – Interval Training- Fartlek Training - Plyometric, Swiss ball Training – Medicine Ball Training.	90
14.	75219P14	School Internship/ Intensive Teaching Practice- Coaching Lesson (Track and Field and Team Games)	90
15.	75219P15	Track and Field Specialization Coaching Lessons Plans	90
16.	75219P16	Games Specialization: Coaching Lesson Plans	90
17.	75219CC5	Annual Leadership Training Camp/ Picnic/ Hiking/ Trekking, Educational Tour, Stadium Visit. (Only for Second Semester)	30
18.	75219CC6	Community Engagements - Village Placement programme (Only for Final Semester)	30

Note:

- There should be a minimum of 100 teaching days each semester consisting of 8 working hours, including one hour of lunch break.



MINIMUM WORKING HOURS FOR EACH COURSE OF STUDY–SEMESTER WISE

1. First Semester

Part	Course Component	Lecture Hours	Practical Hours	Total Hours
I	Select any three papers from Group – A (CCT)	60	-	60
		60	-	60
		60	-	60
	Select any one paper from Group-B (DSEC)	60	-	60
II	Select any four Practical's from Group – C(CCP)	-	90	90
		-	90	90
		-	90	90
		-	90	90
III	Select any one Paper from Group – D (AEC)	30	-	30
Total Hours		270	360	630

2. Second Semester

Part	Course Component	Lecture Hours	Practical Hours	Total Hours
I	Select any three papers from Group – A (CCT)	60	-	60
		60	-	60
		60	-	60
	Select any one paper from Group-B (DSEC)	60	-	60
II	Select any four Practical's from Group – C(CCP)	-	90	90
		-	90	90
		-	90	90
		-	90	90
III	Select any one Paper from Group - D(CC)	30	-	30
Total Hours		270	360	630



3. Third Semester

Part	Course Component	Lecture Hours	Practical Hours	Total Hours
I	Select any three papers from Group – A (CCT)	60	-	60
		60	-	60
		60	-	60
	Select any one paper from Group-B (DSEC)	60	-	60
II	Select any four Practical's from Group – C(CCP)	-	90	90
		-	90	90
		-	90	90
		-	90	90
III	Select any one Paper from Group – D (SEC)	30	-	30
Total Hours		270	360	630

4. Forth Semester

Part	Course Component	Lecture Hours	Practical Hours	Total Hours
I	Select any three papers from Group – A (CCT)	60	-	60
		60	-	60
		60	-	60
	Select any one paper from Group-B (DSEC)	60	-	60
II	Select any four Practical's from Group – C(CCP)	-	90	90
		-	90	90
		-	90	90
		-	90	90
III	Select any one Paper from Group - D(CC)	30	-	30
Total Hours		270	360	630