



VINAYAKA MISSION'S RESEARCH FOUNDATION

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

S. No	CONTENTS	PAGE NO
1.	TITLE AND COMMENCEMENT	1
2.	PREAMBLE	1
3.	DEFINITION AND NOMENCLATURE	2
4.	PROGRAM OUTCOMES	3
5.	DURATION OF THE PROGRAMME	3
6.	MEDIUM OF INSTRUCTION	3
7.	FEES STRUCTURE	3
8.	ADMISSION ELIGIBILITY	4
9.	ADMISSION PROCEDURE	4
10.	REGISTRATION	5
11.	COMMENCEMENT OF THE PROGRAMME	5
12.	WORKING DAYS IN AN ACADEMIC YEAR	5
13.	BREAK OF STUDY	5
14.	PROCEDURE FOR RE-JOINING/DISCONTINUING PROGRAMME	6
15.	READMISSION AFTER EXTENSION	6
16.	PROGRAMME STRUCTURE	6
17.	ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATION	6
18.	EXAMINATIONS	7
19.	CRITERIA FOR THE AWARD OF DEGREE	10
20.	CLASSIFICATION OF SUCCESSFUL CANDIDATES	10
21.	RANKING	11
22.	ADOPTION OF SWAYAM	11
23.	MODIFICATION OF REGULATIONS	11
24.	ANNEXURES	12



**BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)
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 and Sports (BPES) at this University.

1 TITLE AND COMMENCEMENT

These regulations shall be called as “Bachelor of Physical Education and Sports (BPES) Degree Programme Regulations 2019” or simply called as ‘BPES 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 course to modifications as may be approved by the authorities of the University from time to time.

2 PREAMBLE

The degree of Bachelor of Physical Education and Sports (BPES.) 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 there by 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 BoM means Board of Management of the Vinayaka Mission's Research Foundation (Deemed to be University), the highest governing body of the University
- 3.3 BoS means Board of Studies of Vinayaka Mission's Research Foundation (Deemed to be University) under Faculty of Physical Education
- 3.4 CCT means Core Course Theory
- 3.5 CCP means Core Course Practical
- 3.6 CoE means Controller of the Examinations of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.7 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.
- 3.8 Course means a Theory and Practical course that is normally studied in a Semester, like Human Anatomy & Physiology, Methods and Test & Measurement, etc.,
- 3.9 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 TNPESU, Chennai regulations/guidelines.
- 3.10 Dean means Dean of the Faculty of Physical Education.
- 3.11 DSEC means Discipline Specific Elective Course.
- 3.12 HoI means Head of the Institution/ Principal of the VMCPE of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.13 MHRD means Ministry of Human Resource Development
- 3.14 MoA means Memorandum of Association
- 3.15 Programme means under Graduate Programme leading to award the Degree of BPES. approved by the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.16 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
- 3.17 UGC mean University Grants Commission established under University Grants Commission Act 1956
- 3.18 VC means Vice Chancellor of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.19 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, BPES student can do B.P.Ed. & M.P.Ed. for higher studies.

5 DURATION OF THE PROGRAMME

- 5.1. The duration of the Programme of study is three academic years, consisting of six 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 with in a period of 6 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 BPES. Programme

8.1.1 A Candidate shall be eligible for admission to the Bachelor of Physical Education & Sports degree course (BPES.,) if he/she has passed (Just Pass) in Higher Secondary (10+2) or any other equivalent examination recognized university there to, subject to the following conditions.

8.2 A minimum school level participation in sports and games is compulsory.

8.3 The candidate should be medically fit (to produce Medical fitness certificate at the time of admission) and free from any deformity.

8.4 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:-

(Passing Minimum 50% Percentile Marks in Selection Trails for Admission in BPES Programme)

1.	Qualifying Examination	25 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test a) 100 m – 20 Marks b) Shot-put – 15 Marks c) Long Jump – 15 Marks	50 marks
	Total	150Marks

The candidate should be medically fit and free from any deformity.

9.1.1 Qualifying Examination (Maximum marks:25)

S. No	Criteria for Pass	Marks Allot
1.	First Class	25 Marks
2.	Second Class	20 Marks
3.	Third Class	15 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.	Representing in National / State	25
2.	Place in 1, 2, 3 in District level	20
3.	Representing Zonal /District/Division	15
4.	Representing School	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)	Tactics and Technique 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 BPES 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 HoIs 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 BPES degree 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 BPES 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 BPES. 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 BPES 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 BPES 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 Curriculum

The Curriculum of the BPES Programme shall be prepared by the BoS of the faculty based on the guidelines of TNPESU and approved by the AC. The courses of study for the period of Six semesters.

The Scheme of Instruction is given in ANNEXURE - III

16.2 Syllabus

16.2.1 The Syllabus of the Programme pertaining to BPES is given separately in ANNEXURE - III

16.2.2 The curriculum and the syllabus for the Programmes 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 have to **REDO** the semester.



18 EXAMINATIONS

18.1.1 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.

18.1.2 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: 10x2 =20

(Ten questions to be answered out of Twelve questions)

II - Part B : 5x4 = 20

(Five questions to be answered out of Eight questions)

III - Part C: 3x10 = 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



18.3.1 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

18.5.1 In internship a student (teacher trainee) is undergoing supervised practical training. Internship/ Teaching practice includes Teaching & observation in the Department/ College. Intensive Teaching Practice in the neighboring Schools

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

18.5.3 A minimum of 20 lessons, Students shall complete 10 General and 10 Particular lessons/ Coaching Lessons in 15 working days under the supervision of the assigned Department /College and physical education staff in the schools.

18.6 Results

18.6.1 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.

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



18.6.3 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

18.7 Methods of redressal mechanism in evaluation of answer scripts

18.7.1 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.

18.7.2 Re-evaluation:

There shall be Revaluation of answer papers of candidates in BPES 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.

18.8 Sports Participation – University Examination – Special Permission

18.8.1 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.

18.8.2 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.

- 18.8.3 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 six 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 BPES, only if he/she has earned the minimum required 144 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 BPES Programme.

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.

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

Where 'j' indicates the semester number and '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 VI BPES will be considered.

21.3 The University rank will be awarded only after the Final BPES 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 subjected 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	IV	IV	Total Credit
I	Core Course Theory(CCT)	12	12	12	12	12	12	72
	DSEC	4	4	4	4	4	4	24
II	Core Course Practical (CCP)	8	8	8	8	8	8	48
	Grand Total	24	24	24	24	24	24	144

Total Minimum 144 Credits required to earn the BPES degree

BPES 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 two Practical's from Group – C(CCP)	8	100	-	100	4
		8	100	-	100	4
Total		32	320	280	600	24

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 two Practical's from Group – C (CCP)	8	50	50	100	4
		8	50	50	100	4
Total		32	220	380	600	24



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 two Practical's from Group – C(CCP)	8	100	-	100	4
		8	100	-	100	4
Total		32	320	280	600	24

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 two Practical's from Group – C(CCP)	8	50	50	100	4
		8	50	50	100	4
Total		32	220	380	600	24

5. Fifth 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 two Practical's from Group – C(CCP)	8	100	-	100	4
		8	100	-	100	4
Total		32	320	280	600	24



6. Sixth 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 two Practical's from Group – C(CCP)	8	50	50	100	4
		8	50	50	100	4
Total		32	220	380	600	24



GROUP - A CORE COURSE THEORY (CCT)							
S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75819C01	Tamil – I	4	30	70	100	-Nil-
2.	75819C02	Hindi - I	4	30	70	100	-Nil-
3.	75819C03	English – I	4	30	70	100	-Nil-
4.	75819C04	Foundation and History of Physical Education	4	30	70	100	-Nil-
5.	75819C05	Tamil- II	4	30	70	100	75819C01
6.	75819C06	Hindi – II	4	30	70	100	75819C02
7.	75819C07	English – II	4	30	70	100	75819C03
8.	75819C08	Organization, Administration and Methods in Physical Education	4	30	70	100	75819C04
9.	75819C09	Human Anatomy and Physiology	4	30	70	100	-Nil-
10.	75819C10	Theory of Track and Field	4	30	70	100	-Nil-
11.	75819C11	Environmental Studies	4	30	70	100	-Nil-
12.	75819C12	Recreation and Camping in Physical Education (only for Fourth Semester)	4	30	70	100	-Nil-
13.	75819C13	Exercise Physiology and Nutrition	4	30	70	100	-Nil-
14.	75819C14	Theory of Games – I Hockey, Basketball, Handball, Kabaddi and Badminton	4	30	70	100	-Nil-
15.	75819C15	Test, Measurement and Evaluation	4	30	70	100	-Nil-
16.	75819C16	Basic Statistics in Physical Education	4	30	70	100	-Nil-
17.	75819C17	Kinesiology and Bio-Mechanics	4	30	70	100	-Nil-
18.	75819C18	Sports Training	4	30	70	100	-Nil-
19.	75819C19	Sports Psychology and Education Psychology	4	30	70	100	-Nil-
20.	75819C20	Theory of Games – II Football, Cricket, Volleyball, Kho-Kho and Tennis	4	30	70	100	75819C14



GROUP – B							
DISCIPLINE SPECIFIC ELECTIVE COURSES (DSEC)							
S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75819E01	Sports First Aid	4	30	70	100	-Nil-
2.	75819E02	Modern Trends in Physical Education	4	30	70	100	-Nil-
3.	75819E03	Science of Yoga Education	4	30	70	100	-Nil-
4.	75819E04	Guidance and Counseling	4	30	70	100	-Nil-
5.	75819E05	Sports Physiotherapy	4	30	70	100	-Nil-
6.	75819E06	Olympic Movement	4	30	70	100	-Nil-
7.	75819E07	Health Education	4	30	70	100	-Nil-
8.	75819E08	Sports Journalism	4	30	70	100	-Nil-
9.	75819E09	Sports Medicine	4	30	70	100	-Nil-
10.	75819E10	Disability and Inclusive Education	4	30	70	100	-Nil-
11.	75819E11	Computer Application in Physical Education	4	30	70	100	-Nil-
12.	75819E12	Contemporary Issues in Physical Education: Fitness and Wellness	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.	75819P01	Mass Demonstration Activities I: Callisthenics Exercise, Marching, Flag Drills,Rhythmic Activities: Aerobic Dance, Lezium. (Only for First Semester)	4	100	-	100	-Nil-
2.	75819P02	Games and Sports I Hockey, Cricket, Ball Badminton, Kabaddi and Table tennis(Only for First Semester)	4	100	-	100	-Nil-
3.	75819P03	Mass Demonstration Activities II: Gymnastics, Pyramids, Dands and Baithaks, Minor Games and Yogic Practices	4	50	50	100	75819P01
4.	75819P04	Games and Sports II: Football, Basketball, Throw ball, Tennis and Softball	4	50	50	100	75819P02
5.	75819P05	Mass Demonstration Activities III: Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills	4	100	-	100	75819P03
6.	75819P06	Games and Sports – III : Volleyball, Handball, Kho-Kho Badminton and Tennikoit	4	100	-	100	75819P04
7.	75819P07	Teaching Practices I (General Lesson Plan)(out of 10 lesson 5 Internal and 5 External at practicing school) (Only for Fourth Semester)	4	50	50	100	-Nil-
8.	75819P08	Teaching Practices II (Particular Lesson Plan)(out of 10 lesson 5 Internal and 5 External at practicing school) (Only for Fourth Semester)	4	50	50	100	-Nil-
9.	75819P09	Track and Field I (Track Event) (Only for Fifth Semester)	4	100	-	100	-Nil-
10.	75819P10	Track and Field II (Field Events) (Only for Fifth Semester)	4	100	-	100	-Nil-
11.	75819P11	Track and Field Specialization Coaching Lessons Plans	4	50	50	100	75819P10
12.	75819P12	Games Specialization: Coaching Lesson Plans	4	50	50	100	75819P11



**ANNEEXURE – IV
THE MINIMUM WORKING HOURS FOR EACH THEORY COURSES**

S. No.	Course Code	Name of the Courses	Total Lecture Hours
1.	75819C01	Tamil – I	60
2.	75819C02	Hindi - I	60
3.	75819C03	English – I	60
4.	75819C04	Foundation and History of Physical Education	60
5.	75819C05	Tamil- II	60
6.	75819C06	Hindi – II	60
7.	75819C07	English – II	60
8.	75819C08	Organization, Administration and Methods in Physical Education	60
9.	75819C09	Human Anatomy and Physiology	60
10.	75819C10	Theory of Track and Field	60
11.	75819C11	Environmental Studies	60
12.	75819C12	Recreation and Camping in Physical Education	60
13.	75819C13	Exercise Physiology and Nutrition	60
14.	75819C14	Theory of Games – I Hockey, Basketball, Handball, Kabaddi and Badminton	60
15.	75819C15	Test, Measurement and Evaluation	60
16.	75819C16	Basic Statistics in Physical Education	60
17.	75819C17	Kinesiology and Bio-Mechanics	60
18.	75819C18	Sports Training	60
19.	75819C19	Sports Psychology and Education Psychology	60
20.	75819C20	Theory of Games – II Football, Cricket, Volleyball, Kho-Kho and Tennis	60
21.	75819E01	Sports First Aid	60
22.	75819E02	Modern Trends in Physical Education	60
23.	75819E03	Science of Yoga Education	60
24.	75819E04	Guidance and Counseling	60
25.	75819E05	Sports Physiotherapy	60
26.	75819E06	Olympic Movement	60
27.	75819E07	Health Education	60
28.	75819E08	Sports Journalism	60
29.	75819E09	Sports Medicine	60
30.	75819E10	Disability and Inclusive Education	60
31.	75819E11	Computer Application in Physical Education	60
32.	75819E12	Contemporary Issues in Physical Education: Fitness and Wellness	60



ANNEEXURE – IV			
THE MINIMUM WORKING HOURS FOR EACH PRACTICAL COURSES			
S. No.	Course Code	Name of the Courses	Total Practical Hours
1.	75819P01	Mass Demonstration Activities I: Callisthenics Exercise, Marching, Flag Drills, Rhythmic Activities: Aerobic Dance, Lezium.	120
2.	75819P02	Games and Sports I Hockey, Cricket, Ball Badminton, Kabaddi and Table tennis	120
3.	75819P03	Mass Demonstration Activities II: Gymnastics, Pyramids, Dands and Baithaks, Minor Games and Yogic Practices	120
4.	75819P04	Games and Sports II Football, Basketball, Throw ball, Tennis and Softball	120
5.	75819P05	Mass Demonstration Activities III: Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills	120
6.	75819P06	Games and Sports – III : Volleyball, Handball, Kho-Kho Badminton and Tennikoit	120
7.	75819P07	Teaching Practices I (General Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	120
8.	75819P08	Teaching Practices II (Particular Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	120
9.	75819P09	Track and Field I (Track Event)	120
10.	75819P10	Track and Field II (Field Events)	120
11.	75819P11	Track and Field Specialization Coaching Lessons Plans	120
12.	75819P12	Games Specialization: Coaching Lesson Plans	120

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 two Practical's from Group – C(CCP)	-	120	120
		-	120	120
Total Hours		240	240	480

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 two Practical's from Group – C (CCP)	-	120	120
		-	120	120
Total Hours		240	240	480

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 two Practical's from Group – C(CCP)	-	120	120
		-	120	120
Total Hours		240	240	480



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 two Practical's from Group – C(CCP)	-	120	120
		-	120	120
Total Hours		240	240	480

5. Fifth Semester

Fifth 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 two Practical's from Group – C(CCP)	-	120	120
		-	120	120
Total Hours		240	240	480

6. Sixth 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 two Practical's from Group – C(CCP)	-	120	120
		-	120	120
Total Hours		240	240	480