



VINAYAKA MISSION'S RESEARCH FOUNDATION

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

FACULTY OF PHYSICAL EDUCATION REGULATION & SYLLABUS Choice Based Credit System (CBCS)

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS
(BPES) Degree Programme
(3 Years)**

**Academic Year
2021-2022 onwards**





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**BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)
DEGREE PROGRAMME
UNDER FACULTY OF PHYSICAL EDUCATION
REVISED REGULATIONS 2021**

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 2021" or simply called as 'BPES R2021' of the Vinayaka Mission's Research Foundation (Deemed to be University).

This regulation will come into effect from the Academic Year 2021 – 2022 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 Generic elective means the course chosen generally from an unrelated discipline/subject, with an intention to seek exposure to other discipline/subject is called a Generic Elective.
- 3.13 HoI means Head of the Institution/ Principal of the VMCPE of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.14 LOCF means Learning Outcome Based Curriculum Frame Work
- 3.15 MHRD means Ministry of Human Resource Development
- 3.16 MoA means Memorandum of Association
- 3.17 Programme means under Graduate Programme leading to award the Degree of BPES. approved by the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.18 Skill based courses means the Skills-based learning is where we teach students a specific skill.
- 3.19 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



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students in the conduct of studies and Research in the College/University

3.20 UGC mean University Grants Commission established under University Grants Commission Act 1956

3.21 VC means Vice Chancellor of the Vinayaka Mission's Research Foundation (Deemed to be University)

3.22 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. VISION & MISSION

4.1 VISION

4.1.1 The vision of the institution is to select students particularly from the rural parts of the state and to train them to become good physical Education teachers.

4.1.2 To produce academically excellent, professionally competent Physical Education teachers for the nation and rest of the world.

4.2 MISSION

4.2.1 The best physical education teachers, produced from the college would serve as missionaries to tap the talent in the schools and colleges and develop them physically fit, mentally sound and socially enriching in individuals and thus produce fit citizens of India.

4.2.2 This message is communicated to the students and teachers through guest lectures and through personal guidance and counseling.

5 PROGRAM OUTCOMES

5.1 PROGRAM OUTCOMES (POS)

Program Outcomes (POs) on successful completion of the BPES., program, the students will be able to

5.1.1 **Qualified teacher:** Become qualified, skillful and competent teachers in Physical Education and Sports.

5.1.2 **Knowledge:** Apply the knowledge to make the nation with wholesome developed students and bring out the specific top-level performances in sports.

5.1.3 **Organizing Sports:** achieve competency to organize state, national and international level tournaments

5.1.4 **Officiating:** Demonstrate capability to officiate various sports and games.

5.1.5 **Training:** Design training regimes for various sports in the light of physiological, psychological, biomechanical principles.

5.1.6 **Talent Identification:** Identify talent among the population for various sports with a scientific method of performance assessment and potential in young ages.

5.1.7 **Design & development:** Designing and developing the new equipment in Sports with the application of technology and Biomechanics.



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- 5.1.8 **Research Orientation:** Apply research tools to investigate issues related to proficiency in Physical education and sports.
- 5.1.9 **Communication:** Communicate effectively on complex sports activities and perform better in the competitive world of sports. Use media and technology to make effective presentations.
- 5.1.10 **Physical education and society:** Apply the reasoning methods informed by the contextual knowledge to assess societal, health, safety, legal and cultural issues and the consequent responsibilities relevant to the Physical education profession.
- 5.1.11 **Self-employment and entrepreneurship:** A good knowledge in sports and games makes the students an entrepreneur in the sports academy, sports marketing, health clubs, sports goods manufacturer, yoga trainer and also employment opportunities in sports media and sports analyzer.
- 5.1.12 **Environment and sustainability:** Developing different professionals like, coaches, fitness trainers, yoga trainers, sports administrators and sports technologists in societal and environmental contexts, and demonstrates the knowledge of the need for sustainable development in the field of physical education and sports.
- 5.1.13 **Individual and teamwork:** Function effectively as a team member or leader in diverse teams, and in multidisciplinary settings.
- 5.1.14 **Ethics and sportsmanship:** Apply ethical principles and commit to professional ethics and responsibilities with good sportsmanship.
- 5.1.15 **Life-long learning:** Recognize the need for the current scenario in the societal contexts. Should have the preparation and ability to engage themselves in independent and life-long learning in the broadest context of environmental changes.

5.2 PROGRAM EDUCATIONAL OBJECTIVES (PEOs)

The BPES., Program describes accomplishments that graduates are expected to attain.

- 5.2.1 Learning the skills and implementing to various teaching methods in teaching various physical activities, sports and games.
- 5.2.2 Enables to develop the organizational skills to organize national and international level tournaments and conferences.
- 5.2.3 Understanding the principles of growth and development, individual differences, physiological and cognitive development in teaching sports activities.
- 5.2.4 Understanding the role of Physical Education and Sports in the challenging society. Create awareness on fitness and health among the youth our nation along with the familiarizing the Fit India movement.
- 5.2.5 Create avenues to become a Physical Education teacher, Coach, trainer, technologist and researcher in physical education and encourage them to aspire for higher studies M.P.Ed, and Ph.D.,etc.,



5.3 PROGRAMME SPECIFIC OUTCOMES (PSOs)

Program Specific Outcomes (POs) on successful completion of the BPES., program, the students will be able to

- 5.3.1 Eligible and qualified Physical Education Teacher and become basic qualification to go for higher education in Physical Education.
- 5.3.2 Learn understand and implement various concepts of Physical Education and acquire the technical and tactical skills in various games and sports along with fitness and training methods.
- 5.3.3 Comprehend the role of the systems of governance and structural – functional provisions that support school education by teaching fundamental skills in sports and games to the school children.
- 5.3.4 Development of organizing skills to conduct various sports competitions in state, national International level and acquiring knowledge of methods in lay out and maintained of Play Fields.
- 5.3.5 Develop understanding about teaching, pedagogy, school management and community involvement. Build skills and abilities of communication, reflection, art, aesthetics, theatre, self expression and ICT.

6 DURATION OF THE PROGRAMME

- 6.3 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).
- 6.3 Each working day shall consist of four hours of Practical Class (Morning Session 2-hours and Evening Session 2-hours) and three hours of theory in between.
- 6.3 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 5 years from the date of admission to the Programme.

7 MEDIUM OF INSTRUCTION

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

8 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.



9 ADMISSION ELIGIBILITY

9.1 Eligibility for Admission to the BPES Programme

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

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

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

9.4 Pregnant women are not permitted either for admission or to undergo the Programme. If violated, they will not be permitted to continue the Programme.

10 ADMISSION PROCEDURE

10.1. 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		150 Marks

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

10.1.1 Qualifying Examination (Maximum marks:25)

S. No	Criteria for Pass	Marks Allotted
1.	First Class	25 Marks
2.	Second Class	20 Marks
3.	Third Class	15 Marks

10.1.2 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



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10.1.3 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

10.1.4 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.

11 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.

12 COMMENCEMENT OF THE PROGRAMME

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

13 WORKING DAYS IN AN ACADEMIC YEAR

There shall be 100 working days in each semester.

14 BREAK OF STUDY

14.1 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.

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

14.1.2 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.

14.2 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.

14.3 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.

14.4 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.

15 PROCEDURE FOR RE-JOINING/DISCONTINUING PROGRAMME

15.1 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).

15.2 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.

16 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)

17 PROGRAMME STRUCTURE

17.1 Curriculum

The Curriculum of the BPES Programme shall be prepared by the BoS of the faculty based on the guidelines of LOCF for Physical Education UG programme: template 2020 and approved by the AC. The courses of study for the period of six semesters.

The Scheme of Instruction is given in ANNEXURE - III

17.2 Syllabus

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

17.2.2 The curriculum and the syllabus for the Programme shall be approval by the AC based on the recommendations of concerned BoS.

17.3 The minimum working hours for each course is given in ANNEXURE -IV

18 ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATION

18.1 Student must have 75% of attendance in each course for appearing the examination. Students who have 74.99% to 65% of attendance shall apply



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for condonation in the prescribed form with the prescribed fee. Students who have 64.99% to 55% of attendance shall apply for condonation in the prescribed form with the prescribed fee along with the medical certificate. Students who have 54.99% to 45% of attendance shall not be allowed to write the examination. They will be allowed to write the examination on next semester as arrear. Students who have below 44.99% of attendance are not eligible to appear for the examination and they should **redo** the semester.

19 EXAMINATIONS

19.1

19.1.1 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.

19.1.2 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.

19.2. 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)

19.3. 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



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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

19.3.1 Attendance (5 marks)

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

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

19.4 Requirement for Passing

The minimum passing standard for Continuous Internal Assessment (CIA) and End Semester Examination (ESE) shall be 40%, i.e. 12 marks out of 30 marks (CIA) and 28 marks out of 70 marks (ESE) respectively for theory course. The minimum passing for both CIA & External Examination shall be 40% i.e. 40 marks out of 100 marks for the practical courses. If the candidate secure less than 40% marks in Continuous Internal Assessment (CIA) in theory and practical course, such candidates have to **REDO** the semester.

19.5 Internship/ Teaching Practice

- 19.5.1. 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
- 19.5.2. Schools for intensive teaching shall be decided by the Staff-in-charge of Teaching Practice and Head of the Department / Principal of the College.
- 19.5.3. 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.



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19.6 Results

19.6.1 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.

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

19.6.3 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

19.7 Methods of redressal mechanism in evaluation of answer scripts

19.7.1 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.

19.7.2 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.

19.8 Sports Participation - University Examination - Special Permission

19.8.1 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.

19.8.2 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.



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19.8.3 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.

20 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 158 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.

21 CLASSIFICATION OF SUCCESSFUL CANDIDATES.

The minimum passing standard for Continuous Internal Assessment (CIA) and End Semester Examination (ESE) shall be 40% 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

21.1 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



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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.

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

(CGPA) up to that point of time.

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

Where 'j' indicates the semester number, '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.

22 CLASSIFICATION OF SUCCESSFUL CANDIDATES FOR AWARD OF DEGREE

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

22.1. First Class With Distinction

A student who qualifies for the award of degree and passed the examination in registered course in his/her first appearance within three years for students admitted in first year students and securing a CGPA of not less than 7.00 shall be declared to have passed in First Class with Distinction.

22.2. First Class

A student who qualifies for the award of degree and passed the examination in registered course in his/her first appearance within three years for students admitted in first year students and securing a CGPA of not less than 6.00 shall be declared to have passed in First Class.

22.3. Second Class

All other students not covered above and who qualifies for the award of B.P.E.S Degree and passed the examination in registered course shall be declared to have passed in Second class.

23 RANKING

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



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23.2. For ranking marks secured in all the courses from semester I to VIBPES will be considered.

23.3. The University rank will be awarded only after the Final BPES examination

24 ADOPTION OF SWAYAM

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

25 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	



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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



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.....(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)

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES) SCHEME OF INSTRUCTION AND EXAMINATION - 2021

SEMESTER - I								
Part	Course Code	Title of the Paper / Component	Hours / week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
Core Course Theory								
I	75821CL01	Tamil - I	4	-	30	70	100	4
	75821CL02	Hindi - I						
II	75821CL03	English - I	4	-	30	70	100	4
III	75821CC01	Foundation and History of Physical Education	4	-	30	70	100	4



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Generic Elective Courses								
	75821GE01 to 75821GE08	Select Any ONE Course From The List Of Generic Elective Courses	4	-	30	70	100	4
Core Course - Practicum								
	75821CP01	Mass Demonstration Activities - I	-	12	100	--	100	4
	75821CP02	Yoga, Gymnastics & Marching	-	12	100	--	100	4
Ability Enhancement Compulsory Courses*								
IV	75821AE01	Communication Skills	2	-	50	--	50	2
Total			18	24	370	280	650	26
			42					
SEMESTER - II								
Part	Course Code	Title of the Paper / Component	Hours / Week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
Core Course Theory								
I	75821CL04	Tamil - II	4	-	30	70	100	4
	75821CL05	Hindi - II						
II	75821CL06	English - II	4	-	30	70	100	4
Generic Elective Courses								
	75821GE01 to 75821GE08	Select Any TWO Courses From The List Of Generic Elective Courses	4	-	30	70	100	4
			4	-	30	70	100	4
Core Course - Practicum								
	75821CP03	Games & Sports - I	-	12	50	50	100	4
	75821CP04	Track & Field Events - I (Track Events)	-	12	50	50	100	4
Ability Enhancement Compulsory Courses*								
IV	75221AE02	Trekking / Adventure Sports	2	-	50	--	50	2
Total			18	24	270	380	650	26
			42					
SEMESTER - III								
Part	Course Code	Title of the Paper / Component	Hours / Week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
Core Course Theory								
I	75821CL07	Tamil - III	4	-	30	70	100	4
	75821CL08	Hindi - III						
II	75821CL09	English - III	4	-	30	70	100	4
III	75821CC02	Anatomy and Physiology	4	-	30	70	100	4
	75821CC03	Organization and Administration in Physical Education	4	-	30	70	100	4
	Core Course - Practicum							
	75221CP05	Mass Demonstration Activities	-	12	100	--	100	4



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		- II								
	75221CP06	Martial Arts	-	12	100	--	100	4		
Ability Enhancement Compulsory Courses*										
IV	75221AE03	Soft Skill	2	-	50	--	50	2		
Total			18	24	370	280	650	26		
			42							
SEMESTER - IV										
Part	Course Code	Title of the Paper / Component	Hours / Week		Scheme of Examination					
			Theory	Practical	CIA	ESE	Total Marks	Credit		
Core Course Theory										
I	75821 CL10	Tamil - IV	4	-	30	70	100	4		
	75821CL11	Hindi - IV								
II	75821CL12	English - IV	4	-	30	70	100	4		
Skill based Courses										
III	75821SB01 to 75821SB08	Select any one paper from the list of courses of SBC	4	-	30	70	100	4		
	Discipline Specific Elective									
	75821DS01 to 75821DS08	Select any one paper from the list of courses of DSE	4	-	30	70	100	4		
	Core Course - Practicum									
	75221CP07	Games & Sports - II	-	12	50	50	100	4		
	75221CP08	Track & Field Events - II	-	12	50	50	100	4		
Skill Enhancement Compulsory Course										
IV	75221SE01	First Aid	2	-	50	--	50	2		
Total			18	24	270	380	650	26		
			42							



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SEMESTER - V									
Part	Course Code	Title of the Paper / Component	Hours / Week		Scheme of Examination				
			Theory	Practical	CIA	ESE	Total Marks	Credit	
Core Course Theory									
III	75821CC04	Sports Training	4	-	30	70	100	4	
	75821CC05	Kinesiology & Biomechanics	4	-	30	70	100	4	
	75821CC06	Recreation & Camping in Physical Education	4	-	30	70	100	4	
	Discipline Specific Elective Course								
			Select any one paper from the list of courses of DSEC	4	-	30	70	100	4
	Core Course - Practicum								
		75221CP09	Track & Field events - III (Combined Events & Walking)	-	12	100	--	100	4
	75221CP10	Games & Sports - III	-	12	100	--	100	4	
Ability Enhancement Compulsory Courses*									
IV	75221AE04	Swayam Online Course	2	-	50	--	50	2	
Total			18	24	370	280	650	26	
				42					
SEMESTER - VI									
Part	Course Code	Title of the Paper / Component	Hours / Week		Scheme of Examination				
			Theory	Practical	CIA	ESE	Total Marks	Credit	
Core Course Theory									
I	75821CC07	Exercise Physiology	4	-	30	70	100	4	
Skill Based Courses									
III	75821GE01 to 75821GE08	Select any one paper from the list of courses of SBEC	4	-	30	70	100	4	
	Discipline Specific Elective								
	75821DS01 to 75821DS08	Select any one paper from the list of courses of DSEC Group	4	-	30	70	100	4	
		Select any one paper from the list of courses of DSEC Group	4	-	30	70	100	4	
	Core Course - Practical								
	75221CP11	Teaching Practice (General Lesson Plan)	-	12	50	50	100	4	
	75221CP12	Teaching Practice (Particular Lesson Plan)	-	12	50	50	100	4	



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Skill Enhancement Course								
IV	75221SE02	Leadership Training Camp / State Level Study Tour / National Level Study Tour	2	-	50	--	50	2
	Extra Curricular Course							
	75221EC01	NSS / NCC / Swachh Bharath	2	-	50	--	50	2
Total			18+2	24	320	380	700	28
			44					

CREDIT AND MARKS ABSTRACT

Semester	Credits	Total Marks
I	26	650
II	26	650
III	26	650
IV	26	650
V	26	650
VI	28	700
Total	158	3950

CREDIT ABSTRACT

Part	Courses	Semester						Total
		I	II	III	IV	V	VI	
I	Regional Language	4	4	4	4	-	-	16
II	English Language	4	4	4	4	-	-	16
III	Core Course - Theory	4	-	8	-	12	4	28
	Core Course - Practical	8	8	8	8	8	8	48
	Skill Based Courses	-	-	-	4	-	4	8
	Discipline Specific Elective Courses	-	-	-	4	4	8	16
	Generic Elective Courses	4	8	-	-	-	-	12
IV	Ability Enhancement Compulsory Courses	2	2	-	2	2	-	8
	Skill Enhancement Courses	-	-	2	-	-	2	4
	Extra Curricular Course	-	-	-	-	-	2	2
Total		26	26	26	26	26	28	158

MARKS ABSTRACT

Part	Subject	Semester	Total
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VINAYAKA MISSION'S RESEARCH FOUNDATION

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		I	II	III	IV	V	VI	
I	Regional language	100	100	100	100	-	-	400
II	English Language	100	100	100	100	-	-	400
III	Core course - Theory	100	-	200	-	300	100	700
	Core course - Practical	200	200	200	200	200	200	1200
	Skill based Courses	-	-	-	100	-	100	
	Discipline specific elective Courses	-	-	-	100	100	200	400
	Generic Elective Courses	100	200	-	-	-	-	300
IV	Ability Enhancement Compulsory Courses	50	50	-	50	50	-	200
	Skill Enhancement Courses	-	-	50	-	-	50	100
	Extra Curricular Course	-	-	-	-	-	50	50
Total		650	650	650	650	650	700	3950

Part - I

CORE COURSE THEORY (CCT) - Regional Language

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821CL01	Tamil - I	4	30	70	100	-Nil-
2.	75821CL02	Hindi - I	4	30	70	100	-Nil-
3.	75821CL04	Tamil - II	4	30	70	100	-Nil-
4.	75821CL05	Hindi - II	4	30	70	100	-Nil-
5.	75821CL07	Tamil - III	4	30	70	100	-Nil-
6.	75821CL08	Hindi - III	4	30	70	100	-Nil-
7.	75821 CL10	Tamil - IV	4	30	70	100	-Nil-
8.	75821CL11	Hindi - IV	4	30	70	100	-Nil-

Part - II

CORE COURSE THEORY (CCT) - English



S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821CL03	English - I	4	30	70	100	-Nil-
2.	75821CL06	English - II	4	30	70	100	-Nil-
3.	75821CL09	English - III	4	30	70	100	-Nil-
4.	75821CL12	English - IV	4	30	70	100	-Nil-

Part - III
CORE COURSE THEORY (CCT) - Major

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821CC01	Foundation and History of Physical Education	4	30	70	100	-Nil-
2.	75821CC02	Anatomy and Physiology	4	30	70	100	-Nil-
3.	75821CC03	Organization and Administration in Physical Education	4	30	70	100	-Nil-
4.	75821CC04	Sports Training	4	30	70	100	-Nil-
5.	75821CC05	Kinesiology & Biomechanics	4	30	70	100	-Nil-
6.	75821CC06	Recreation & Camping in Physical Education	4	30	70	100	-Nil-
7.	75821CC07	Exercise Physiology	4	30	70	100	-Nil-



**Part - III
SKILL BASED COURSES (SBEC)**

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821SB01	Athletic care and Rehabilitation	4	30	70	100	-Nil-
2.	75221SB02	Test & Measurement in Physical Education	4	30	70	100	-Nil-

**Part - III
DISCIPLINE SPECIFIC ELECTIVE COURSE (DSEC)**

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821DE01	Yoga Education	4	30	70	100	-Nil-
2.	75221DE02	Methods in Physical Education	4	30	70	100	-Nil-
3.	75221DE03	Theories of Games & Sports - I	4	30	70	100	-Nil-
4.	75821DE04	Theories of Games & Sports - II	4	30	70	100	-Nil-
5.	75821DE05	Health Education, Fitness Training and Nutrition	4	30	70	100	-Nil-
6.	75821DE06	Adapted Physical Education	4	30	70	100	-Nil-
7.	75821DE07	Sports Management	4	30	70	100	-Nil-
8.	75821DE08	Sports journalism	4	30	70	100	-Nil-
9.	75821DE09	Talent identification	4	30	70	100	-Nil-
10.	75821DE10	Sports entrepreneurship	4	30	70	100	-Nil-

**Part - III
GENERIC ELECTIVE COURSES (GEC)**

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821GE01	Environmental Studies	4	30	70	100	-Nil-
2.	75821GE02	Computer Application in Physical Education	4	30	70	100	-Nil-
3.	75821GE03	Counseling in sports	4	30	70	100	-Nil-
4.	75821GE03	Mass media and sports	4	30	70	100	-Nil-



PART - III

CORE COURSE PRACTICALS (CCP)

S. No	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821CP01	Mass Demonstration Activities - I: Callisthenics Exercise, Flag Drills, Rhythmic Activities: Aerobic Dance, Lezium, Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills	4	100	-	100	-Nil-
2.	75821CP02	Yoga, Gymnastics & Marching	4	100	-	100	-Nil-
3.	75821CP03	Games & Sports - I: (Basketball, Ball Badminton, Cricket, Hockey and Kabaddi)	4	50	50	100	-Nil-
4.	75821CP04	Track & Field Events - I (Track Events)	4	50	50	100	-Nil-
5.	75221CP05	Mass Demonstration Activities - II: Pyramids, Dands and Baithaks, Minor Games	4	100	-	100	-Nil-
6.	75221CP06	Martial Arts: Boxing, Kalari, Karate Mallkhamb, Silambam, Judo Teakwondo, wrestling	4	100	-	100	-Nil-
7.	75221CP07	Games & Sports - II: (Badminton, Football, Handball, Volleyball & Tennis)	4	50	50	100	-Nil-
8.	75221CP08	Track & Field Events - II (Jumps & Throws)	4	50	50	100	-Nil-
9.	75221CP09	Track & Field events - III (Combined Events & Walking)	4	100	-	100	-Nil-
10.	75221CP10	Games & Sports - III: (Kho-Kho, Netball, Softball, Table Tennis and Tennikoit)	4	100	-	100	-Nil-
11.	75221CP11	Teaching Practice (General Lesson Plan)	4	50	50	100	-Nil-
12.	75221CP12	Teaching Practice (Particular Lesson Plan)	4	50	50	100	-Nil-



**Part - IV
SKILL ENHANCEMENT COURSES (SBEC)**

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75821SE01	Test & Measurement	2	50	-	50	-Nil-
2.	75821SE02	Exercise Prescription	2	50	-	50	-Nil-
3.	75821SE03	Therapeutic Exercise	2	50	-	50	-Nil-
4.	75821SE04	Leadership Training Camp	2	50	-	50	-Nil-
5.	75821SE05	National Level Study Tour	2	50	-	50	-Nil-
6.	75821SE06	State Level Study Tour	2	50	-	50	-Nil-

Part - IV

ABILITY ENHANCEMENT COMPULSORY COURSES (AECC)

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	758121AE01	Trekking	2	50	-	50	-Nil-
2.	758121AE02	Adventure Sports	2	50	-	50	-Nil-
3.	758121AE03	Communication Skills	2	50	-	50	-Nil-
4.	758121AE04	Soft Skill	2	50	-	50	-Nil-
5.	758121AE05	First Aid	2	50	-	50	-Nil-
6.	758121AE06	Swayam Online Course	2	50	-	50	-Nil-