



**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**

**(B.P.Ed.) Degree Programme**

**(2 Years)**

**Academic Year**

**2021-2022 onwards**





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

This regulation will come into effect from the Academic Year 2021-22 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. AECC means Ability Enhancement Compulsory 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. GEC means Generic Elective Course
- 3.15. HoI means Head of the Institution/ Principal of the VMCPE of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.16. IP means Internship Practical
- 3.17. MHRD means Ministry of Human Resource Development
- 3.18. MoA means Memorandum of Association
- 3.19. NCTE means National Council for Teacher Education, statutory council for Teacher education Programmes/Colleges





- 3.20. 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)
- 3.21. SECC means Skill Enhancement Compulsory Courses
- 3.22. 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
- 3.23. UGC means University Grants Commission established under University Grants Commission Act 1956
- 3.24. VC means Vice-Chancellor of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.25. 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.
- 4.1.3 **MISSION**
- 4.1.4 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.
- 4.1.5 This message in 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 B.P.Ed.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.
- 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 B.P.Ed. 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 B.P.Ed., 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**

- 6.1 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).
- 6.2 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 3 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**

9.1.1. Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter - College / Inter- Zone/ District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/Govt. of India.

Or

9.1.2 Bachelor's degree in Physical Education with 45% marks.

Or

9.1.3 Bachelor's degree in any discipline with 45% marks and studied Physical Education as compulsory / elective subject.

Or

9.1.4 Bachelor's degree with 45% marks and having participated in National / Inter University/ State Competitions or secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in Inter - College/ Inter - Zonal/ District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/Govt. of India.

Or

9.1.5 Bachelor's degree with participation in international competitions or secured 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>. position in National / Inter - University competition in sports and games as recognized by respective federations AIU/ IOA/SGFI/Govt. of India.

Or

9.1.6 Graduation with 45% marks and at least three years of teaching experience (for deputed in service candidates i.e. trained Physical Education teachers / coaches.)

9.2 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.

9.3 The candidates should not have completed 35 years of age as on 1st July. However, the relaxation of 3 years shall be given for SC/ST candidates. Ex-Servicemen/Experienced Physical Education Teachers/Coaches (Minimum 5 years) shall be given age relaxation of 6 years.

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

9.5 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: -

(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
<b>Total</b>		<b>150marks</b>

10.1.1 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

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.	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

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)	Technique & Tactics 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 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.

## **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 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.

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 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.

14.4 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.



## **15 PROCEDURE FOR RE-JOINING/DISCONTINUING PROGRAMME**

15.1 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).

15.2 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.

## **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 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)

## **17 PROGRAMME STRUCTURE**

17.1 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 and examination is given separately in ANNEXURE- III

17.2 SYLLABUS

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

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

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

## **18 ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATION**

Student must have 75% of attendance in each course for appearing the examination. Students who have 74.99% to 65% of attendance shall apply 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
Attendance	5 Marks
One Test (Best out of three)	15 Marks
<b>Total</b>	<b>30 Marks</b>

#### Continuous Internal Assessment (CIA) for Practical

Attendance	5 Marks
Practical Demonstration	45 Marks
<b>Total</b>	<b>50 Marks</b>





### 19.3.1 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

### 19.4 Requirement for Passing

19.4.1 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.

19.4.2 The minimum passing for both CIA & External Examination shall be 50% for the practical courses.

19.4.3 If the candidate secures less than 40% marks in Continuous Internal Assessment (CIA) in theory and 50 % marks in 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. Intensive Teaching Practice in the 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 20 working days under the supervision of assigned by the physical director/ physical education teacher staff in the schools.

### 19.6 Ability, Skill Enhancement and Co-Curricular Compulsory 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 Compulsory Courses (AECC), Skill Enhancement Compulsory Courses (SECC) and Co-Curricular course (CCC).



## 19.7 Results

19.7.1 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.

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

### 19.7.3 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.

## 19.8. Methods of redressal mechanism in evaluation of answer scripts

### 19.8.1 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.

### 19.8.2 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.

## 19.9. Sports Participation - University Examination - Special Permission

### 19.9.1 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.



### 19.9.2 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.

**19.9.3** 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.

## 20 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 160 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 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.

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

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.Ed 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.

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

23.3. The University rank will be awarded only after the Final B.P.Ed. 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 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	
----	---------------------	--



# VINAYAKA MISSION'S RESEARCH FOUNDATION

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

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



**VINAYAKA MISSION'S  
RESEARCH FOUNDATION**  
(Deemed to be University under section 3 of the UGC Act 1956)

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:

/Counter signed/  
**Principal / Dean**  
(Office date seal)

**Signature of the Candidate**

**ANNEXURE - III**  
**Bachelor of Physical Education (B.P.Ed.,)**



**SCHEME OF INSTRUCTION AND EXAMINATION**

**SEMESTER - I**

Part	Course Code	Title of the Paper / Component	Hours of Instruction / Week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
<b>Core Course Theory</b>								
I	75221CC01	History, Principles and Foundation of Physical Education	4	-	30	70	100	4
	75221CC02	Human Anatomy and Physiology	4	-	30	70	100	4
	75221CC03	Yoga Education	4	-	30	70	100	4
	<b>Discipline Specific Elective Courses</b>							
	75221EC01 to 75221EC07	Select any one paper from the list of courses of DSEC (Part - I, Group - A)	4	-	30	70	100	4
<b>Core Course Practical</b>								
II	75221CP01	Games and Sports - I	-	6	100	--	100	4
	75221CP02	Track and Field Events - I	-	6	100	--	100	4
	75221CP03	Yoga, Gymnastics Marching & Minor games	-	6	100	--	100	4
	75221CP04	Calisthenics, Light apparatus, Rhythmic activities & Indigenous activities	-	6	100	--	100	4
<b>Internship Practical</b>								
III	75221IP01	Organisation and Participation - I	-	2	50	--	50	2
<b>Total</b>			16	26	570	280	850	34
			42					
<b>Ability Enhancement Compulsory Courses*</b>								
IV*	75221AE01	Communication Skills	2	-	50	-	50	2





**SEMESTER - II**

Part	Course Code	Title of the Paper / Component	Hours of instruction / week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
<b>Core Course - Theory</b>								
I	75221CC04	Theories of Sports & Games, Officiating and Coaching - Part-1	4	-	30	70	100	4
	75221CC05	Organization, Administration and Recreation and Camping	4	-	30	70	100	4
	75221CC06	Sports Training	4	-	30	70	100	4
	<b>Discipline Specific Elective Courses</b>							
	75221EC01 to 75221EC07	Select any one paper from the list of courses of DSEC (Part - I, Group - A)	4	-	30	70	100	4
<b>Core Course - Practical</b>								
II	75221CP05	Games and Sports - II	-	6	100	--	100	4
<b>Internship - Practical</b>								
III	75221IP02	School Internship Teaching General & Particular Lessons	-	6	100	--	100	4
	75221IP03	Teaching Practice - I (General Lesson Plan)	-	6	50	50	100	4
	75221IP04	Teaching Practice - II (Particular Lesson Plan)	-	6	50	50	100	4
	75221IP05	Organisation and Participation - II	-	2	50	--	50	2
<b>Total</b>			16	26	470	380	850	34
			42					
<b>Ability Enhancement Compulsory Courses*</b>								
IV	75221AE02	Environmental Science	2	-	50	-	50	2
<b>Skill Enhancement Compulsory Courses*</b>								
IV*	75221AE01	Sports First Aid	2	-	50	-	50	2



SEMESTER - III								
Part	Course Code	Title of the Paper / Component	Hours of instruction / week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
<b>Core Course - Theory</b>								
I	75221CC07	Measurement and Evaluation in Physical Education	4	-	30	70	100	4
	75221CC08	Kinesiology and Biomechanics	4	-	30	70	100	4
	75221CC09	Sports Management and Curriculum Design	4	-	30	70	100	4
	<b>Discipline Specific Elective Courses</b>							
	75221EC08 to 75221EC14	Select any one paper from the list of courses of DSEC (Part - I, Group - B)	4	-	30	70	100	4
	<b>Generic Elective Courses</b>							
75221GE01 to 75221GE04	Select any one GEC from the list of courses	4	-	30	70	100	4	
<b>Core Course - Practical</b>								
II	75221CP06	Games and Sports - III	-	6	100	--	100	4
	75221CP07	Track and Field Events - II	-	6	100	--	100	4
	75221CP08	Combative Sports and Martial Arts	-	6	100	--	100	4
	75221CP09	First Aid and Management of Athletic Injuries in the Play Field	-	4	50	--	50	2
<b>Internship - Practical</b>								
III	75221IP06	Organisation and Participation - III	-	2	50	--	50	2
	75221IP07	Sports Entrepreneur Skill Development Training / Swachha Bharat Abhiyan	-	--	50	--	50	2
<b>Total</b>			16+4	24	600	350	950	38
			44					
<b>Skill Enhancement Compulsory Courses*</b>								
IV*	75221SE03	Swayam Online Courses	2		50	-	50	2
	<b>Co-Curricular Courses*</b>							
75221CO01	Internship in Fitness Centres /Gym/Sports Clubs /Yoga Centres / Industrial visit to SAI Centers	2		50	-	50	2	



SEMESTER - IV									
Part	Course Code	Title of the Paper / Component	Hours of instruction / week		Scheme of Examination				
			Theory	Practical	CIA	ESE	Total Marks	Credit	
<b>Core Course - Theory</b>									
I	75221CC10	Theories of Sports & Games, Officiating and Coaching - Part-II	4	-	30	70	100	4	
	75221CC11	Sports Psychology and Sociology	4	-	30	70	100	4	
	75221CC12	Exercise Physiology and Sports Nutrition	4	-	30	70	100	4	
	<b>Discipline Specific Elective Courses</b>								
	75221EC08 to 75221EC14	Select any one paper from the list of courses of DSEC (Part - I, Group - B)	4		30	70	100	4	
<b>Core Course - Practical</b>									
II	75221CP10	Games and Sports - IV:	-	6	100	--	100	4	
	75221CP11	Track and Field Events - III	-	6	100	--	100	4	
	75221CP12	Fitness Training	-	4	50	--	50	2	
<b>Internship - Practical</b>									
III	75221IP08	School Internship/ Intensive Teaching Practice- Coaching Lesson (Track and Field and Team Games)	-	2	100	--	100	4	
	75221IP09	Game of Specialization (Any one of the Major Games)	-	4	50	50	100	4	
	75221IP10	Track and Field Specialization ( Any one Track and Field Events)	-	4	50	50	100	4	
<b>Total</b>			16	26	570	380	950	38	
			42						
<b>Ability Enhancement Compulsory Courses*</b>									
IV*	75221SE03	Soft skill	2	-	50	-	50	2	
	<b>Co-Curricular Courses*</b>								
	75221CO02	Annual Leadership Training Camp / Trekking / hiking	2	-	50	-	50	2	
	75221CO03	Community Engagements - Village Placement	2	-	50	-	50	2	



Programme

*\*Part - IV course work shall be evaluated as "mandatory and not considered for SGPA / CGPA calculation."*

*\*\* This course will be evaluated for 50 marks internally and corresponding grades will be awarded*

**Part - I**

**CORE COURSE THEORY (CCT)**

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75221CC01	History, Principles and Foundation of Physical Education	4	30	70	100	-Nil-
2.	75221CC02	Human Anatomy and Physiology	4	30	70	100	-Nil-
3.	75221CC03	Yoga Education	4	30	70	100	-Nil-
4.	75221CC04	Theories of Sports & Games, Officiating and Coaching - Part-I	4	30	70	100	-Nil-
5.	75221CC05	Organization, Administration and Recreation and Camping	4	30	70	100	-Nil-
6.	75221CC06	Sports Training	4	30	70	100	-Nil-
7.	75221CC07	Measurement and Evaluation in Physical Education	4	30	70	100	-Nil-
8.	75221CC08	Kinesiology and Biomechanics	4	30	70	100	-Nil-
9.	75221CC09	Sports Management and Curriculum Design	4	30	70	100	-Nil-
10.	75221CC10	Theories of Sports & Games, Officiating and Coaching - Part-II	4	30	70	100	-Nil-
11.	75221CC11	Sports Psychology and Sociology	4	30	70	100	-Nil-
12.	75221CC12	Exercise Physiology and Sports Nutrition	4	30	70	100	-Nil-



**Part - I**

**DISCIPLINE SPECIFIC ELECTIVE COURSES (DSEC)**

<b>GROUP - A (First Year)</b>								
<b>S. No.</b>	<b>Course Code</b>	<b>Name of the Courses</b>	<b>Hours Per Week</b>	<b>Credit</b>	<b>Scheme of Examination</b>			<b>Pre-Request</b>
					<b>CIA</b>	<b>ESE</b>	<b>Total</b>	
1.	75221EC01	Educational technology and Methods of Teaching in Physical Education	4	4	30	70	100	-Nil-
2.	75221EC02	First Aid and Massage Techniques	4	4	30	70	100	-Nil-
3.	75221EC03	Olympic Movement	4	4	30	70	100	-Nil-
4.	75221EC04	Theory of game of specialization	4	4	30	70	100	-Nil-
5.	75221EC05	Sports Injuries, Physiotherapy and Rehabilitation	4	4	30	70	100	-Nil-
6.	75221EC06	Theory of Gymnastics Events	4	4	30	70	100	-Nil-
7.	75221EC07	Disability and Inclusive Education	4	4	30	70	100	-Nil-
<b>GROUP - B (Second Year)</b>								
1.	75221EC08	Contemporary Issues in Physical Education and Fitness and Wellness	4	4	30	70	100	-Nil-
2.	75221EC09	Traditional Sports and Games	4	4	30	70	100	-Nil-
3.	75221EC10	Adapted Physical Education	4	4	30	70	100	-Nil-
4.	75221EC11	Research and Statistics in Physical Education	4	4	30	70	100	-Nil-
5.	75221EC12	Sports Journalism	4	4	30	70	100	-Nil-
6.	75221EC13	Methods of Exercise Prescription	4	4	30	70	100	-Nil-
7.	75221EC14	Research Project	4	4	30	70	100	-Nil-





**Part - I**

**GENERIC ELECTIVE COURSES (GEC)**

Generic Elective Courses (Only for 3 <sup>rd</sup> Semester)								
S. No	Course Code	Name of the Courses	Hours Per Week	Credit	Scheme of Examination			Pre-Request
					CIA	ESE	Total	
1.	75221GE01	Computer Application in Physical Education	4	4	30	70	100	-Nil-
2.	75221GE02	Counselling in Sports	4	4	30	70	100	-Nil-
3.	75221GE03	Mass Media and Communication Technology	4	4	30	70	100	-Nil-
4.	75221GE04	Sports Engineering	4	4	30	70	100	-Nil-



**PART - II**

**CORE COURSE PRACTICALS (CCP)**

S. No	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75221CP01	Games and Sports - I (Badminton, Football, Kho-Kho, Netball and Volleyball)	4	100	-	100	-Nil-
2.	75221CP02	Track and Field Events - I (Track Event)	4	100	-	100	-Nil-
3.	75221CP03	Yoga, Gymnastics Marching & Minor games	4	100	-	100	-Nil-
4.	75221CP04	Calisthenics, Light apparatus, Rhythmic activities & Indigenous activities	4	100	-	100	-Nil-
5.	75221CP05	Games and Sports - II (Handball, Kabaddi, Mallkhamb, Tennikoit and Throw ball)	4	100	-	100	-Nil-
6.	75221CP06	Games and Sports - III (Ball Badminton, Hockey, Softball, Table Tennis, Tennis)	4	100	-	100	-Nil-
7.	75221CP07	Track and Field Events - II (Field Event)	4	100	-	100	-Nil-
8.	75221CP08	Combative Sports and Martial Arts	4	100	-	100	-Nil-
9.	75221CP09	First Aid and Management of Athletic Injuries in the Play Field	2	50	-	50	-Nil-
10.	75221CP10	Games and Sports - IV (Basketball, Cricket, Power Lifting, Swimming and Weight Lifting)	4	100	-	100	-Nil-
11.	75221CP11	Track and Field Events - III (Combined Events)	4	100	-	100	-Nil-
12.	75221CP12	<b>Fitness Training:</b> 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.	2	50	-	50	-Nil-



**PART - III**

**INTERNSHIP PRACTICAL (IP)**

S. No	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75221IP01	Organisation and Participation - I	2	50	--	50	-Nil-
2.	75221IP02	School Internship Teaching General & Particular Lessons	4	100	--	100	-Nil-
3.	75221IP03	Teaching Practice - I (General Lesson Plan) - 10 Teaching Lesson Plan	4	50	50	100	-Nil-
4.	75221IP04	Teaching Practice - II (Particular Lesson Plan) - 10 Teaching Lesson Plan	4	50	50	100	-Nil-
5.	75221IP05	Organisation and Participation - II	2	50	--	50	-Nil-
6.	75221IP06	Organisation and Participation - III	2	50	--	50	-Nil-
7.	75221IP07	Sports Entrepreneur Skill Development Training / Swachha Bharat Abhiyan	2	50	--	50	-Nil-
8.	75221IP08	Intensive Teaching Practice - Coaching Lesson and School Internship (team games and track & field events)	4	100	--	100	-Nil-
9.	75221IP09	Teaching Coaching in Game of Specialization	4	50	50	100	-Nil-
10.	75221IP10	Teaching Coaching in Track and Field Events	4	50	50	100	-Nil-



**Part - IV\***  
**ABILITY, SKILL ENHANCEMENT COMPULSORY COURSES  
AND CO-CURRICULAR COURSES**

Ability, Skill Enhancement Compulsory Courses and Co-Curricular Courses							
Course code	Pre-Request	Total Hours	Scheme of Examination			Total credits	Pre-Request
			CIA	ESE	Total		
<b>Ability Enhancement compulsory Courses (AECC) (6 credits)</b>							
75221AE01	Communication skill	2	50	-	50	2	-Nil-
75221AE02	Environmental studies	2	50	-	50	2	-Nil-
75221AE03	Soft skill	2	50	-	50	2	-Nil-
<b>Skill Enhancement Compulsory Courses (SECC) - Any two courses (4 credits)</b>							
75221SE01	Sports First Aid	2	50	-	50	2	-Nil-
75221SE02	Obesity and weight management	2	50	-	50	2	-Nil-
75221SE03	Swayam online courses	2	50	-	50	2	-Nil-
<b>Co-Curricular Course (CCC) (6 credits)</b>							
75221CO01	Internship in Fitness Centres /Gym/Sports Clubs /Yoga Centres / Industrial visit to SAI Centers	20 Hours (5 Days)	50	-	50	2	-Nil-
75221CO02	Annual Leadership Training Camp - Picnic/ Stadium Visit.	20 Hours (5 Days)	50	-	50	2	-Nil-
75221CO03	Community Engagements - Village Placement programme	20 Hours (5 Days)	50	-	50	2	-Nil-
<b>Total Credits (Part IV)</b>						16	

*\*In Part - IV 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.*



**CREDIT AND MARKS ABSTRACT**

Semester	Credits	Total Marks
I	34	850
II	34	850
III	38	950
IV	38	950
<b>Grand Total</b>	<b>144</b>	<b>3600</b>

**CREDIT ABSTRACT**

PART	Semester - Credits Course	I	II	III	IV	Total Credits
I	Core Course Theory (CCT)	12	12	12	12	48
	Discipline Specific Elective Courses (DSEC)	4	4	4	4	16
	Generic Elective Course			4		4
II	Core Course Practical (CCP)	16	4	14	10	44
III	Internship Practical	2	14	04	12	32
	Total	34	34	38	38	144
<b>(Ability, Skill Enhancement and Co-curricular Courses)</b>						
IV	Ability Enhancement Course	2	2	-	2	6
	Skill Enhancement Course	-	-	2	-	4
	Co-Curricular Courses	-	-	2	4	6
	Total	2	2	4	6	16
	<b>Grand Total</b>	<b>36</b>	<b>36</b>	<b>42</b>	<b>44</b>	<b>160</b>

**Total Minimum 160 Credits required to earn the degree**





**MARKS ABSTRACT**

<b>PART</b>	<b>Semester - Marks Course</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>Total Marks</b>
<b>I</b>	Core Course Theory (CCT)	300	300	300	300	1200
	Discipline Specific Elective Courses (DSEC)	100	100	100	100	400
	Generic Elective Course			100		100
<b>II</b>	Core Course Practical (CCP)	400	100	350	250	1100
<b>III</b>	Internship Practical	50	350	100	300	800
	Total	850	850	950	950	3600
<b>(Ability, Skill Enhancement and Co-curricular Courses)</b>						
<b>IV</b>	Ability Enhancement Course	2 Credit	2 Credit	-	2 Credit	6 Credits
	Skill Enhancement Course	-	2 Credit	2 Credit	-	4 Credit
	Co-Curricular Courses	-	-	2 Credit	4 Credits	6 Credits
	<b>Grand Total</b>	850	850	950	950	3600