



THE ENLIGHTENED COLLEGE OF PHYSICAL EDUCATION

(Affiliated With Punjabi University Patiala, Punjab Govt. and NCTE)

Running Under The Enlightened Society (Reg:2669) Mansa (PB.)

Near Bhakhra Canel, Sardulgarh Road (NH703) Jhunir, 151506 (Mansa)

Program: B.P.Ed. (Bachelor of Physical Education) | Semester: 1

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-I	History, Principles and Foundation of Physical Education	Theory	20	80	100	5.00
2	BPE-II	Anatomy and Physiology	Theory	20	80	100	5.00
3	BPE-III	Health Education and Environmental Studies	Theory	20	80	100	5.00
4	BPE-IV	Officiating & Coaching	Theory	20	80	100	5.00
5	BPE-V	Educational Technology	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-201	Basketball	Practical	20	0	20	5.00
2	BPE-202	Kabaddi	Practical	20	0	20	5.00
3	BPE-203	Wrestling	Practical	20	0	20	5.00
4	BPE-204	Sprints	Practical	20	0	20	5.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
5	BPE-205	Long jump	Practical	20	0	20	5.00
6	BPE-206	Shot Put	Practical	20	0	20	5.00
7	BPE-207	Calisthenics & Mass P.T	Practical	20	30	50	5.00
8	BPE-208	March Past & Brand Drills	Practical	20	30	50	5.00



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Program: B.P.Ed. (Bachelor of Physical Education) | Semester: 2

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-IX	Kinesiology	Theory	20	80	100	5.00
2	BPE-VI	Organization and Administration	Theory	20	80	100	5.00
3	BPE-VII	Sports Training	Theory	20	80	100	5.00
4	BPE-VIII	Fundamental of Computer Applications	Theory	0	100	100	5.00
5	BPE-X	Yoga	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-209	Kho-Kho	Practical	20	0	20	5.00
2	BPE-210	Football	Practical	20	0	20	5.00
3	BPE-211	Judo	Practical	20	0	20	5.00
4	BPE-212	Discuss Throw	Practical	20	0	20	5.00
5	BPE-213	Triple Jump	Practical	20	0	20	5.00
6	BPE-214	Relay and Race Walk	Practical	20	0	20	5.00
7	BPE-215	Dumb-bell & Lazium	Practical	20	30	50	5.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
8	BPE-216	Aerobics, Tipri and Umbrella	Practical	20	30	50	5.00
9	BPE-217	Games	Practical	20	30	50	5.00
10	BPE-218	Athletics	Practical	20	30	50	5.00
11	BPE-219	Leadership Training Camp	Practical	0	0	0	0.00



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Program: B.P.Ed. (Bachelor of Physical Education) | Semester: 3

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-XI	Professional Preparation	Theory	20	80	100	5.00
2	BPE-XII	Research Methodology and Statistics	Theory	20	80	100	5.00
3	BPE-XIII	Sports Psychology	Theory	20	80	100	5.00
4	BPE-XIV	Measurement and Evaluation in Physical Education	Theory	20	80	100	5.00
5	BPE-XV	Sports Journalism	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-220	Volleyball	Practical	20	0	20	5.00
2	BPE-221	Gymnastics	Practical	20	0	20	5.00
3	BPE-222	Handball	Practical	20	0	20	5.00
4	BPE-223	High Jump	Practical	20	0	20	5.00
5	BPE-224	Javelin Throw	Practical	20	0	20	5.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
6	BPE-225	Hammer Throw	Practical	20	0	20	5.00
7	BPE-226	Wand & Hoops	Practical	20	30	50	5.00
8	BPE-227	Recreational & Minor Games	Practical	20	30	50	5.00



Program: B.P.Ed. (Bachelor of Physical Education) | Semester: 4

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-XIX	Exercise Physiology	Theory	20	80	100	5.00
2	BPE-XVI	Sports Medicine	Theory	20	80	100	5.00
3	BPE-XVII	Biomechanics	Theory	20	80	100	5.00
4	BPE-XVIII	Sports Management	Theory	20	80	100	5.00
5	BPE-XX	Recreation	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-228	Hockey	Practical	20	0	20	5.00
2	BPE-229	Badminton	Practical	20	0	20	5.00
3	BPE-230	Table Tennis	Practical	20	0	20	5.00
4	BPE-231	Hurdles	Practical	20	0	20	5.00
5	BPE-232	Relay & Marking of Athletic Track	Practical	20	0	20	5.00
6	BPE-233	Game	Practical	10	30	40	5.00
7	BPE-234	Athletics	Practical	10	30	40	5.00
8	BPE-235	Theory	Practical	0	20	20	3.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
		Lesson					

Internship Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-236	School Internship	Internship	40	0	40	0.00

Other Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPE-237	Conduct of Athletic Meet	Other	25	0	25	0.00
2	BPE-238	Conduct of Tournaments (Intramural /Extramural)	Other	25	0	25	0.00
3	BPE-239	Adventures Activities (Picnic/Trekking/Camping/River rafting)	Other	25	0	25	0.00
4	BPE-240	Track Marking	Other	25	0	25	0.00