



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.E.S (Bachelor of Physical Education and Sports) | Semester: 1

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPEST-101	English and Communication Skills	Theory	10	40	50	5.00
2	BPEST-102	History of Physical Education	Theory	20	80	100	5.00
3	BPEST-103	Foundations of Physical Education	Theory	20	80	100	5.00
4	BPEST-104	General Science	Theory	20	80	100	5.00
5	BPEST-105	Health Education	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPESP-201	Basketball	Practical	10	0	10	5.00
2	BPESP-202	Kabaddi	Practical	10	0	10	5.00
3	BPESP-203	Football	Practical	10	0	10	5.00
4	BPESP-204	Sprints	Practical	10	0	10	5.00
5	BPESP-205	Long jump	Practical	10	0	10	5.00
6	BPESP-206	Short Put	Practical	10	0	10	5.00
7	BPESP-207	Drill	Practical	20	0	20	2.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
		Marching, bands & Fundamental Positions					



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Program: B.P.E.S (Bachelor of Physical Education and Sports) | Semester: 2

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPEST-106	English and Communication Skills	Theory	10	40	50	5.00
2	BPEST-107	Educational and Sports Psychology	Theory	20	80	100	5.00
3	BPEST-108	Recreation	Theory	20	80	100	5.00
4	BPEST-109	Punjabi	Theory	20	80	100	5.00
5	BPEST-110	Sports Training	Theory	20	80	100	5.00
6	BPEST-111	Drug Abuse: Problem, Management and Prevention	Theory	0	Qualifying	-	3.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPESP-208	Handball	Practical	10	0	10	5.00
2	BPESP-209	Gymnastics	Practical	10	0	10	5.00
3	BPESP-210	Wrestling	Practical	10	0	10	5.00
4	BPESP-211	Hurdles	Practical	10	0	10	5.00
5	BPESP-212	Triple Jump	Practical	10	0	10	5.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
6	BPESP-213	Discuss Throw	Practical	10	0	10	5.00
7	BPESP-214	Calisthenics (Exercise table, Mass P.T)	Practical	20	0	20	5.00



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Program: B.P.E.S (Bachelor of Physical Education and Sports) | Semester: 3

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPEST-112	English and Communication Skills	Theory	10	40	50	5.00
2	BPEST-113	Anatomy and Physiology	Theory	20	80	100	5.00
3	BPEST-114	Educational Technology	Theory	20	80	100	5.00
4	BPEST-115	Professional Preparation	Theory	20	80	100	5.00
5	BPEST-116	Officiating and Coaching	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPESP-215	Weight Training	Practical	10	0	10	5.00
2	BPESP-216	Hockey	Practical	10	0	10	5.00
3	BPESP-217	Badminton	Practical	10	0	10	5.00
4	BPESP-218	Middle Distance	Practical	10	0	10	5.00
5	BPESP-219	Javelin Throw	Practical	10	0	10	5.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
6	BPESP-220	High Jump	Practical	10	0	10	5.00
7	BPESP-221	Dumbell & Lazium	Practical	20	0	20	2.00



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Program: B.P.E.S (Bachelor of Physical Education and Sports) | Semester: 4

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPEST-117	English and Communication Skills	Theory	10	40	50	5.00
2	BPEST-118	Punjabi	Theory	20	80	100	5.00
3	BPEST-119	Sports Sociology	Theory	20	80	100	5.00
4	BPEST-120	Teaching Methodology in Physical Education	Theory	20	80	100	5.00
5	BPEST-121	Yoga and Meditation	Theory	20	80	100	5.00
6	BPEST-122	Environment and Road Safety	Theory	0	Qualifying	-	3.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPESP-222	Volleyball	Practical	10	0	10	5.00
2	BPESP-223	Cricket	Practical	10	0	10	5.00
3	BPESP-224	Table Tennis	Practical	10	0	10	5.00
4	BPESP-225	Relays	Practical	10	0	10	5.00
5	BPESP-226	Hammer Throw	Practical	10	0	10	5.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
6	BPESP-227	Dumbell & Lazium	Practical	10	20	30	0.00
7	BPESP-228	Teaching Practice	Practical	10	20	30	0.00
8	BPESP-229	Teaching Practice	Practical	10	20	30	0.00



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Program: B.P.E.S (Bachelor of Physical Education and Sports) | Semester: 5

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPEST-123	English and Communication Skills	Theory	10	40	50	5.00
2	BPEST-124	Kinesiology	Theory	20	80	100	5.00
3	BPEST-125	Sports Management	Theory	20	80	100	5.00
4	BPEST-126	Test, Measurement and Evaluation	Theory	20	80	100	5.00
5	BPEST-127	Sports Journalism	Theory	20	80	100	5.00



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Program: B.P.E.S (Bachelor of Physical Education and Sports) | Semester: 6

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	BPEST-128	English and Communication Skills	Theory	10	40	50	5.00
2	BPEST-129	Fundamentals of Computer Education	Theory	20	80	100	5.00
3	BPEST-130	Biomechanics	Theory	20	80	100	5.00
4	BPEST-131	Exercise Physiology	Theory	20	80	100	5.00
5	BPEST-132	Physiotherapy and Rehabilitation	Theory	20	80	100	5.00