



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: D.P.Ed. (Diploma in Physical Education) | Semester: 1

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	101	History, Principle and foundation of Physical education	Theory	20	80	100	5.00
2	102	Officiating and Coaching	Theory	20	80	100	5.00
3	103	Anatomy and Physiology	Theory	20	80	100	5.00
4	104	Sports Psychology	Theory	20	80	100	5.00
5	105	Sociology, Recreation, Yoga and Leadership	Theory	20	80	100	5.00
6	106	Methods of Teaching in Physical Education	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	107	Track and Field	Practical	0	50	50	1.00
2	108	Games	Practical	0	50	50	1.00
3	109	Gymnastics	Practical	0	50	50	1.00
4	110	Callisthenics	Practical	0	50	50	1.00
5	111	Adventure Activities	Practical	0	50	50	1.00



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

Program: D.P.Ed. (Diploma in Physical Education) | Semester: 2

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	201	Health Education and Nutrition	Theory	20	80	100	5.00
2	202	Sports Training	Theory	20	80	100	5.00
3	203	Organization and Administration	Theory	20	80	100	5.00
4	204	Applied Physiotherapy and Rehabilitation	Theory	20	80	100	5.00
5	205	Information and Communication Technology (ICT)	Theory	20	80	100	5.00
6	206	Test, Measurement and Evaluation in Physical Education	Theory	20	80	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	207	Track and Field	Practical	0	50	50	1.00
2	208	Games	Practical	0	50	50	1.00
3	209	Yoga and Lead Up Games	Practical	0	50	50	1.00
4	210	Teaching Lesson	Practical	0	50	50	1.00
5	211	Project - Conduct of Athletics Meet and Tournament	Practical	0	50	50	1.00