



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: Diploma in Physical Education | Semester: 1

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPET-101	Officiating Coaching	Theory	30	70	100	5.00
2	DPET-102	History, Principles and Foundation of Physical Education	Theory	30	70	100	5.00
3	DPET-103	Educational and Sports Psychology	Theory	30	70	100	5.00
4	DPET-104	Anatomy and Physiology	Theory	30	70	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPEP-201	Track & Field (Sprint s-100,200,400, Long Jump and Triple Jump)	Practical	0	50	50	1.00
2	DPEP-202	Gymnastic	Practical	5	45	50	1.00
3	DPEP-203	Football	Practical	5	45	50	1.00
4	DPEP-204	Volleyball	Practical	5	45	50	1.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
5	DPEP-205	Basketball	Practical	5	45	50	1.00
6	DPEP-206	Softball	Practical	5	45	50	1.00
7	DPEP-207	Lead-up Games	Practical	4	16	20	1.00
8	DPEP-208	Lezuim	Practical	2	8	10	1.00
9	DPEP-209	National Anthem	Practical	2	8	10	1.00
10	DPEP-210	Picnic	Practical	2	8	10	1.00
11	DPEP-211	Movement Lesson (Action Song and Motion Song)	Practical	25	25	50	2.00



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Program: Diploma in Physical Education | Semester: 2

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPET-105	Officiating Coaching	Theory	30	70	100	5.00
2	DPET-106	Recreation and Yoga	Theory	30	70	100	5.00
3	DPET-107	Methods of Teaching value education in physical education	Theory	30	70	100	5.00
4	DPET-108	Sports Training	Theory	30	70	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPEP-212	Track & Field-(Hurdles(10-M, 100-G), Relay (4X100, 4X400), Shot-put and Discus)	Practical	0	50	50	1.00
2	DPEP-213	Gymnastic	Practical	5	45	50	1.00
3	DPEP-214	Handball	Practical	5	45	50	1.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
4	DPEP-215	Cricket	Practical	5	45	50	1.00
5	DPEP-216	Badminton	Practical	5	45	50	1.00
6	DPEP-217	Table Tennis	Practical	5	45	50	1.00
7	DPEP-218	Folk Dance	Practical	4	16	20	1.00
8	DPEP-219	Dumbbell	Practical	2	8	10	1.00
9	DPEP-220	Flag Hosting	Practical	2	8	10	1.00
10	DPEP-221	Game Lesson	Practical	25	25	50	2.00



Program: Diploma in Physical Education | Semester: 3

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPET-109	Officiating Coaching	Theory	30	70	100	5.00
2	DPET-110	Health Education	Theory	30	70	100	5.00
3	DPET-111	Applied Physiotherapy and Rehabilitation	Theory	30	70	100	5.00
4	DPET-112	Organization and Administration	Theory	30	70	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPEP-222	Track & Field (Middle Distance-800 and 1500 and Long Distance-1000 and 5000, Pole Vault, High Jump)	Practical	5	45	50	1.00
2	DPEP-223	Gymnastic	Practical	5	45	50	1.00
3	DPEP-224	Hockey	Practical	5	45	50	1.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
4	DPEP-225	Kabaddi	Practical	5	45	50	1.00
5	DPEP-226	Kho-Kho	Practical	5	45	50	1.00
6	DPEP-227	Wrestling	Practical	5	45	50	1.00
7	DPEP-228	Indian Club	Practical	2	8	10	1.00
8	DPEP-229	Drill and March	Practical	4	16	20	1.00
9	DPEP-230	March PT Table	Practical	4	16	20	1.00
10	DPEP-231	Theory lesson and General lesson	Practical	25	25	50	2.00



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Program: Diploma in Physical Education | Semester: 4

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPET-113	Officiating Coaching	Theory	30	70	100	5.00
2	DPET-114	Nutrition and Balance Diet	Theory	30	70	100	5.00
3	DPET-115	Test, Measurement and Evaluation in Physical Education	Theory	30	70	100	5.00
4	DPET-116	Sociology, Leadership and Social Welfare	Theory	30	70	100	5.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	DPEP-232	Track & Field (Decathlon and Heptathlon, Javelin and Hammer Throw)	Practical	5	45	50	1.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
2	DPEP-233	Gymnastic	Practical	5	45	50	1.00
3	DPEP-234	Judo	Practical	5	45	50	1.00
4	DPEP-235	Boxing	Practical	5	45	50	1.00
5	DPEP-236	Swimming	Practical	5	45	50	1.00
6	DPEP-237	Yoga	Practical	5	45	50	1.00
7	DPEP-238	Aerobic	Practical	4	16	20	1.00
8	DPEP-239	Hoops	Practical	2	8	10	1.00
9	DPEP-240	Trekking	Practical	2	8	10	1.00
10	DPEP-241	Athletics lesson	Practical	25	25	50	2.00