



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: M.P.Ed. (Master of Physical Education) | Semester: 1

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPET-101	Research Methodology in Physical Education	Theory	20	80	100	4.00
2	MPET-102	Computer Application in Physical Education	Theory	0	100	100	4.00
3	MPET-103	Kinesiology	Theory	20	80	100	4.00
4	MPET-104	Sports Medicine	Theory	0	100	100	4.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPEP-201A	Basketball	Practical	10	0	10	2.00
2	MPEP-201B	Kho-kho	Practical	10	0	10	2.00
3	MPEP-201C	Hockey	Practical	10	0	10	1.00
4	MPEP-201D	Match Practice	Practical	0	0	0	5.00
5	MPEP-202A	Sprints	Practical	10	0	10	2.00
6	MPEP-202B	Triple jump	Practical	10	0	10	2.00
7	MPEP-202C	Shot Put	Practical	10	0	10	1.00
8	MPEP-202D	Picnic	Practical	0	0	0	0.00



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Program: M.P.Ed. (Master of Physical Education) | Semester: 2

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPET-105	Statistics in Physical Education	Theory	20	80	100	4.00
2	MPET-106A	Health and Wellness	Theory	20	80	100	4.00
3	MPET-106B	Sports Journalism	Theory	20	80	100	4.00
4	MPET-107	Exercise Physiology	Theory	0	100	100	4.00
5	MPET-108	Measurement and Evaluation in Physical Education	Theory	20	80	100	4.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPEP-203A	Kabaddi	Practical	10	0	10	3.00
2	MPEP-203B	Football	Practical	10	0	10	2.00
3	MPEP-203C	Match Practice	Practical	0	0	0	5.00
4	MPEP-204A	Discus Throw	Practical	10	0	10	3.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
5	MPEP-204B	Long Jump	Practical	10	0	10	2.00
6	MPEP-205	Game	Practical	10	40	50	3.00
7	MPEP-206	Athletics	Practical	10	40	50	2.00



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Program: M.P.Ed. (Master of Physical Education) | Semester: 3

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPET-109	Sports Management	Theory	20	80	100	4.00
2	MPET-110	Anthropometry	Theory	0	100	100	4.00
3	MPET-111	Sports Psychology	Theory	0	100	100	4.00
4	MPET-112	Sports Training	Theory	20	80	100	4.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPEP-213	Volleyball	Practical	10	0	10	2.00
2	MPEP-214	Gymnastics/Aerobics	Practical	10	0	10	2.00
3	MPEP-215	Handball	Practical	10	0	10	2.00
4	MPEP-216A	Leadership Training Camp	Practical	20	0	20	0.00
5	MPEP-216B	Match Practice	Practical	0	0	0	0.00
6	MPEP-217	High Jump	Practical	10	0	10	2.00
7	MPEP-218	Javelin Throw	Practical	10	0	10	2.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
8	MPEP-219	Hurdles	Practical	10	0	10	2.00



Program: M.P.Ed. (Master of Physical Education) | Semester: 4

Theory Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPET-113	Biomechanics	Theory	0	100	100	4.00
2	MPET-114	Dissertation	Theory	0	100	100	4.00
3	MPET-115	Theory of Athletics	Theory	20	80	100	4.00
4	MPET-116A	Teaching Pedagogy and Curriculum Design	Theory	20	80	100	4.00
5	MPET-116B	Yoga	Theory	0	100	100	4.00

Practical Subjects

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
1	MPEP-220	Softball	Practical	10	0	10	2.00
2	MPEP-221A	Badminton/ Tennis/ Table Tennis	Practical	10	0	10	2.00
3	MPEP-221B	Match Practice	Practical	0	0	0	0.00
4	MPEP-222	Hammer Throw	Practical	10	0	10	2.00
5	MPEP-223	Marking of Athletic Track	Practical	10	0	10	2.00

S.No	Subject Code	Subject Name	Subject Type	Internal	External	Total	Credits
6	MPEP-224	Game	Practical	10	40	50	2.00
7	MPEP-225	Athletics	Practical	10	40	50	2.00
8	MPEP-226	Theory Lesson	Practical	10	40	50	2.00