

# **DIPLOMA IN PHYSICAL EDUCATION**

## **(D.P.Ed.) TWO YEAR COURSE**

### **First Year**

1. An examination for the Diploma course in physical education (D.P.Ed. two year) shall be held in two parts to be known as annual system. Three in each year or on supplementary examination for candidates placed under reappear shall be held with the annual system, and dates may be fixed by the Academic Council SCERT Punjab.
2. (A) The first year examination shall be open to any candidates who has his name submitted to the SCERT Punjab by the Principal of the college, he has most recently attended; and produces the following certificates:
  - Off good character
  - Having attended not less than 75% of the total number of lectures delivered in each paper / subject and 75% of the periods held in practical in each activity and 90% in teaching practice. Provided that a deficiency in attendances may be condoned for special reason as per rules made by the Director, SCERT, Punjab from time to time.
  - Off having fulfilled all the requirements pertaining to the teaching practice and officiating.
  - Off having satisfactory performed the work of the class.
- (B) A candidate who have attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.
3. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/ she to be examined.
- (ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is submitted to the SCERT Punjab to sit in the examination.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a

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**Syllabus for Two Year**  
**Diploma in Physical Education (D.P.Ed.) - Annual System**



special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 30% marks in each of the subjects prescribed in special exams.

4. The last date by which admission/ Examination form and fee must reach the SCERT Punjab as notified by the SCERT Punjab from time to time.
5. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script.

6. The examination shall consist of three Parts:

|          |                                       |
|----------|---------------------------------------|
| Part-I   | Theory                                |
| Part-II  | Skill and Prowess                     |
| Part-III | Practice of Teaching and Officiating. |

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time.

7. The minimum number of marks required to pass the examination shall be as under

- (a) 40% marks in each paper of Theory.
- (b) 40% marks in aggregate of all papers of Practical's.
- (c) 40% marks in Teaching Practice.

8. A candidate who fails in one part of examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he/she failed, a payment of prescribed fee on each occasion without being required to attend fresh classes. If he/she fails in not more than Two theory subject/ papers and secures at least 40% marks in the aggregate of the remaining theory papers/subjects he /she shall be allowed exemption in such paper's /subjects. In case a candidate fails in more than two theory paper his result shall be declared as Fail in theory part of the examination.
9. A candidate who is granted exemption shall be allowed to join the next higher class provisionally and the result of the higher class of such a candidate will be kept in abeyance till he/she clears the lower examination provided that a candidates placed under reappear shall be allowed a maximum two subsequent consecutive additional chance to clear the Reappear theory paper failing which his result for the examination de-novo. The First Year Failed candidates if wants to complete diploma they have to take Fresh admission in new session.
10. Successful candidates who obtain 60% or more of the aggregate number of marks shall be placed in the first division, in between 50% to 60% Second Division and below 50% Third Division.



# **DIPLOMA IN PHYSICAL EDUCATION**

## **(D.P.Ed.) TWO YEAR COURSE**

### **Second Year**

1. An examination for the Diploma course in physical education (D.P.Ed. two year) shall be held in **two parts to be known as annul system**. Two in each year or on supplementary examination for candidates placed under reappear shall be held with the annual system, and dates may be fixed by the Academic Council **SCERT Punjab.**
2. (A) The Second year examination shall be open to any candidates who have passed D.P.Ed. First Year examination from the SCERT Punjab and has his name submitted to the SCERT Punjab by the Principal of the college, he has most recently attended; and produces the following certificates:
  - a) Off good character
  - b) Having attended not less than 75% of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical in each activity Provided that a deficiency in attendances may be condoned for special reason as per rules made by the SCERT from time to time.
  - c) Off having fulfilled all the requirements pertaining to the teaching practice and officiating.
  - d) Off having satisfactory performed the work of the class.(B) A candidate who have attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.
3. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the SCERT Punjab time to time and a statement showing the subject (s) in which he/ she to be examined.  
(ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is



submitted to the SCERT, Punjab to sit in the exam.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 30% marks in each of the subjects prescribed in special exams.

4. The last date by which admission / Examination form and fee must reach the SCERT Punjab as notified by the SCERT Punjab from time to time.
5. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script.
6. **The examination shall consist of three parts:**

|          |                                       |
|----------|---------------------------------------|
| Part-I   | Theory                                |
| Part-II  | Skill and Prowess                     |
| Part-III | Practice of Teaching and Officiating. |

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time.

7. The minimum number of marks required to pass the examination shall be as under
  - (a) 40% marks in each paper of Theory.
  - (b) 40% marks in aggregate of all papers of Practical's.
  - (c) 40% marks in Teaching Practice.
8. A candidate who fails in one part of examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he/she failed a payment of prescribed fee on each occasion without being required to attend fresh classes. If he/she fails in not more than Two theory subject/ papers and secures at least 40% marks in the aggregate of the remaining theory papers/subjects he/she shall be allowed exemption in such paper's /subjects. In case a candidate fails in more than two theory paper his result shall be declared as Fail in theory part of the examination.

A candidates placed under reappear shall be allowed a maximum two subsequent consecutive additional chance to clear the Reappear theory paper failing which his result for the examination de-novo. The First Year Failed candidates if wants to complete diploma they have to take Fresh admission in new session.

Successful candidates who obtain 60% or more of the aggregate number of marks shall be placed in the first division, in between 50% to 60% Second

## **DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE**

### **Instructions for Examination and Distribution of Marks**

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the academic year for implementation of the revised syllabus the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabus without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.



**DIPLOMA IN PHYSICAL EDUCATION  
(D.P.Ed.) TWO YEAR COURSE**

| PART         | PARTICULAR<br>(First & Second Year) | MARKS             |
|--------------|-------------------------------------|-------------------|
| PART - A     | THEORY                              | 1200 MARKS        |
| PART - B     | PRACTICAL                           | 500 MARKS         |
| PART - C     | TEACHING PRACTICE                   | 200 MARKS         |
| PART - D     | COLLEGE INTERNSHIP                  | 300 MARKS         |
| PART - E     | PROJECT MEET Second Year            | COMPULSORY        |
| <b>TOTAL</b> |                                     | <b>2200 MARKS</b> |

**First YEAR**

**Part- A: Theoretical Course: 600 Marks**

| Sr. No.            | Paper Code | TITLE OF PAPERS                                         | TOTAL HOURS | PASS MARKS<br>(40%) | TOTAL MARKS |
|--------------------|------------|---------------------------------------------------------|-------------|---------------------|-------------|
| 1.                 | 101        | History, Principle and foundation of Physical education | 150         | 40                  | 100         |
| 2.                 | 102        | Officiating and coaching                                | 150         | 40                  | 100         |
| 3.                 | 103        | Anatomy and Physiology                                  | 150         | 40                  | 100         |
| 4.                 | 104        | Sports Psychology                                       | 150         | 40                  | 100         |
| 5.                 | 105        | Sociology, Recreation, Yoga and Leadership              | 150         | 40                  | 100         |
| 6.                 | 106        | Methods of teaching in Physical education               | 150         | 40                  | 100         |
| <b>TOTAL MARKS</b> |            |                                                         |             |                     | <b>600</b>  |

## Part- B : PRACTICAL COURSE

| Sr. No. | Paper Code | GAMES                                                                                   | TOTAL HOURS | EXTERNAL MARKS | PASS MARKS (40%) | TOTAL MARKS |
|---------|------------|-----------------------------------------------------------------------------------------|-------------|----------------|------------------|-------------|
| 7.      | 107        | Track and field<br>Sprints, Long jump, Triple jump, Shotput, Discuss throw, Relay races | 30          | 50             | 20               | 50          |
| 8.      | 108        | Games<br>Basketball, Handball, Kabaddi, Kho-Kho, Volleyball, Soccer, Boxing,            | 30          | 50             | 20               | 50          |
| 9.      | 109        | Gymnastics<br>Wand, Hoop and Aerobics                                                   | 30          | 50             | 20               | 50          |
| 10.     | 110        | Callisthenics<br>Mass PT, Free hand exercises, Lazium and Dumbbell                      | 30          | 50             | 20               | 50          |
| 11.     | 111        | Adventure activities:<br>Picnic/ Trekking/ Camping / River rafting                      | 30          | 50             | 20               | 50          |
| TOTAL   |            |                                                                                         |             |                |                  | 250         |

## Part- C : TEACHING PRACTICE

| Sr. No. | TITLE                               | Duration in Days | MAX. MARKS | PASS MARKS 40% |
|---------|-------------------------------------|------------------|------------|----------------|
| 1.      | 28 LESSON PLAN ( One Plan Per day)  | 28               | 80         | 32             |
| 2.      | 6 OBSERVATION ( One in a each week) | 28               | 20         | 8              |
| TOTAL   |                                     |                  | 100        |                |



### Part- D : COLLEGE INTERNSHIP/ INTERNAL

| Sr. No. | TITLE              | MAX. MARKS | PASS MARKS |
|---------|--------------------|------------|------------|
| 1.      | COLLEGE INTERNSHIP | 150 MARKS  | 40%        |
|         | TOTAL              | 150        | 60         |

### Bifurcation for College Internship of 150 marks

| Project Work (Each Subjects) |     |     |     |     |     | Attendance/<br>Profile | Book<br>Review   | TLM              | Resource<br>Material Develop |       |
|------------------------------|-----|-----|-----|-----|-----|------------------------|------------------|------------------|------------------------------|-------|
| Total Marks= 90              |     |     |     |     |     | Total<br>Marks -5      | Total<br>Marks 5 | Total<br>Marks 5 | Total Marks 10               |       |
| 201                          | 202 | 203 | 204 | 205 | 206 | 5                      | 5                | 5                | Chart                        | Model |
| 15                           | 15  | 15  | 15  | 15  | 15  |                        |                  |                  | 5                            | 5     |

| Use of TLM    | Picnic<br>Report | Visit of Yoga<br>Centre Report | Introduce/Develop<br>new Idea in field of<br>Sports | Teaching period<br>Interaction |
|---------------|------------------|--------------------------------|-----------------------------------------------------|--------------------------------|
| Total Marks 5 | Total<br>Marks 5 | Total Marks 5                  | Total Marks 10                                      | Total Marks 10                 |
| 5             | 5                | 5                              | 10                                                  | 10                             |



**Second YEAR****Part- A : Theoretical Course: 600 Marks**

| Sr. No. | Paper Code | TITLE OF PAPERS                                        | TOTAL HOURS | PASS MARKS (40%) | TOTAL MARKS |
|---------|------------|--------------------------------------------------------|-------------|------------------|-------------|
| 1.      | 201        | Health Education and Nutrition                         | 150         | 40               | 100         |
| 2.      | 202        | Sports Training                                        | 150         | 40               | 100         |
| 3.      | 203        | Organization and Administration                        | 150         | 40               | 100         |
| 4.      | 204        | Applied Physiotherapy and rehabilitation               | 150         | 40               | 100         |
| 5.      | 205        | Information and Communication Technology (ICT)         | 150         | 40               | 100         |
| 6.      | 206        | Test, measurement and evaluation in Physical education | 150         | 40               | 100         |
|         |            | TOTAL MARKS                                            |             |                  | 600         |

**Part- B: PRACTICAL COURSE**

| Sr. No. | Paper Code | GAMES                                             | TOTAL HOURS | EXTERNAL MARKS | PASS MARKS (40%) | TOTAL MARKS |
|---------|------------|---------------------------------------------------|-------------|----------------|------------------|-------------|
| 7.      | 207        | Track and field                                   | 30          | 50             | 20               | 50          |
| 8.      | 208        | Games                                             | 30          | 50             | 20               | 50          |
| 9.      | 209        | Yoga and lead up games,                           | 30          | 50             | 20               | 50          |
| 10.     | 210        | Teaching lesson                                   | 30          | 50             | 20               | 50          |
| 11.     | 211        | Project- Conduct of Athletics meet And tournament | 30          | 50             | 20               | 50          |
|         |            | TOTAL                                             |             |                |                  | 250         |



### Part- C : TEACHING PRACTICE

| Sr. No. | TITLE                              | Duration in Days | MAX. MARKS | PASS MARKS 40% |
|---------|------------------------------------|------------------|------------|----------------|
| 1.      | 28 LESSON PLAN (One Plan Per day)  | 28               | 80         | 32             |
| 2.      | 6 OBSERVATION (One in a each week) | 28               | 20         | 8              |
| TOTAL   |                                    |                  | 100        |                |

### Part- D : COLLEGE INTERNSHIP/INTERNAL

| Sr. No. | TITLE              | MAX. MARKS | PASS MARKS 40% |
|---------|--------------------|------------|----------------|
| 1.      | COLLEGE INTERNSHIP | 150 MARKS  | 60             |
|         | TOTAL              | 150        |                |

#### Bifurcation for College Internship of 150 marks

| Project Work (Each Subjects) |     |     |     |     |     | Attendance/ Profile | Book Review   | TLM           | Resource Material Develop |       |
|------------------------------|-----|-----|-----|-----|-----|---------------------|---------------|---------------|---------------------------|-------|
| Total Marks= 90              |     |     |     |     |     | Total Marks - 5     | Total Marks 5 | Total Marks 5 | Total Marks 10            |       |
| 201                          | 202 | 203 | 204 | 205 | 206 | 5                   | 5             | 5             | Chart                     | Model |
| 15                           | 15  | 15  | 15  | 15  | 15  |                     |               |               | 5                         | 5     |

| Use of TLM    | Tour Report   | Budget Report | Sports achievement | Athletic meet report |
|---------------|---------------|---------------|--------------------|----------------------|
| Total Marks 5 | Total Marks 5 | Total Marks 5 | Total Marks 10     | Total Marks 10       |
| 5             | 5             | 5             | 10                 | 10                   |

### Part- E : PROJECT MEET SECOUND YAER ( COMPULSORY)

Every college should conduct athletic meet in their Campus according to their availability and need. The participation in the meet is mandatory for D.P.Ed. students of final year (2nd year)