

- (vi) **Information regarding academic curricula in respect of the courses offered, whether degree or diploma.**

1. Bachelor of Physical Education (Integrated) - (Four years Degree Course)

In B.P.Ed.-I and II, Part-A and B will be taught. In B.P.Ed.-III Part-A, B and C will be taught. In B.P.Ed.-IV Part-A, Part-C, Part-D and Part-E will be taught.

PART-A : THEORY

B.P.Ed.-I

1. English I
2. Introduction & History of Physical Education
3. Anatomy and First Aid
4. Introduction to Social Science
5. Fundamentals of Computers and Information Technology

B.P.Ed.-II

1. English II
2. Methods in Physical Education
3. Physiology
4. Kinesiology
5. Educational Psychology
6. Environmental Studies*

B.P.Ed.-III

1. Health Education
2. Professional Preparation
3. Educational Technology
4. Adapted Physical Education
5. Recreation

B.P.Ed.-IV

1. Introduction to Corrective & Rehabilitation
2. Management in Physical Education
3. Tests and measurements
4. Basics of Sports Training
5. Fitness Management

* Environmental Studies will be the compulsory qualifying subject.

PART-B : ACTIVITY

B.P.Ed.-I

1. Athletics
2. Gymnastics
3. Basketball
4. Light Apparatus
5. Weight Training
6. Kho-Kho
7. Wrestling/Rhythmic Gymnastics

B.P.Ed.-II

1. Football
2. Volleyball
3. Hockey
4. Swimming
5. Judo
6. Squash Racket
7. Kabaddi

B.P.Ed.-III

1. Yoga
2. Cricket
3. Table Tennis
4. Badminton
5. Tennis

NOTE: The games/sports/activities mentioned in Part-B can be altered/interchanged in B.P.Ed.-I, II and III, depending upon the administrative feasibility.

PART- C: TEACHING PRACTICE (THIRD & FOURTH YEAR)

Activity Teaching is included in B.P.Ed.-III under Teaching Practice whereas Theory Teaching is included in B.P.Ed.-IV. Activity teaching includes 10 lessons on Fundamentals of Games and Sports, Calisthenics/Light Apparatus/Marching. Theory teaching includes 10 lessons in those subjects, which have been taught up to B.P.Ed.-III, rules and their interpretations pertaining to games and sports.

PART- D: SPORTS SPECIALIZATION

Sports or Games Specialization will be taught in B.P.Ed.-IV and will include any one of the following subjects as per administrative feasibility: Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Judo, Swimming, Track & Field, Volleyball, Weight Lifting and Yoga. Sports Specialization includes the following three areas:

- a. Theory of a Game/Sport
- b. Skill Proficiency
- c. Coaching Lessons

PART-E: INTERNSHIP (ONE AREA TO BE CHOSEN)

- a. Gym & Health Club Management
- b. Aerobics/Mass Demonstration
- c. Training of life guard for water sports
- d. Sports Managements/Journalism
- e. Teaching Physical Education in Schools

The duration of internship shall be of two months.

OTHER ACTIVITIES:

Besides the above-mentioned subjects and activities, the University also organizes a Leadership Training Camp and High altitude Adventure Camp for the students, which are mandatory. A candidate must complete the B.P.Ed. Course of Four- year duration and pass the final examination within seven academic years from the first admission to B.P.Ed. Further, any student who fails consecutively for 3 years in a class, he/she shall not be eligible for the course.

2. Master of Physical Education (2 years Degree Course) - Four Semesters

MPEd I Semester:

Part-A (Theory)

- I. Research Methods (I)
- II. Evaluation Techniques in Physical Education (I)
- III. Statistics
- IV. Optional Paper – General (Any one):
 - a. Sports Bio mechanics
 - b. Sports Psychology
 - c. Health Education

MPEd II Semester :

Part-A (Theory)

- I. Research Methods (II)
- II. Evaluation Techniques in Physical Education (II)
- III. Computer Applications
- IV. Optional Paper –General (Any one):
 - a. Exercise Physiology
 - b. Sports Management
 - c. Fitness Management & Wellness

Part-B (Sports Specialization)

- I. Sports Theory

MPEd III Semester :

Part-A (Theory)

- I. Curriculum Design and Program planning
- II. Optional Paper- General (Any Two):
 - a. Sports Sociology
 - b. Recreation
 - c. Adapted Physical Education

- III. Subjects Specialization (Any one):
 - a. Exercise Physiology
 - b. Sports Biomechanics
 - c. Sports Psychology
 - d. Sports Management
 - e. Health Education

Part-B (Sports Specialization)

- I. Skill Proficiency
- II. Sports Projects

MPEd IV Semester :

Part-A (Theory)

- I. Optional Paper –General (Any Three):
 - a. Athletes care & Rehabilitation
 - b. Sports Marketing
 - c. Olympic Studies
 - d. Thesis

- II. Specialization (Any one):
 - a. Exercise Physiology
 - b. Sports Biomechanics
 - c. Sports Psychology
 - d. Sports Management
 - e. Health Education

Part-B (Sports Specialization)

- I. Coaching Lesson

3. M.Phil (One Year)

COURSES INFORMATION

The courses contains The compulsory and optional areas.

COMPULSORY AREA

- Research Methods.
- Advanced Statistics and Computer Application.
- Dissertation.

OPTIONAL AREA/SPECIALIZATIONS

Candidates are required to select one of the following optional as specialization.
Each specialization shall have two papers.

- (1) Sports Psychology
- (2) Exercise Physiology
- (3) Sports Biomechanics
- (4) Sports management
- (5) Health Education
- (6) Evaluation Techniques in Physical Education

4. Post-graduate Diploma in Sports Coaching (PGDSC)

Details of Theory Subjects and Practical Skills are as follows:

Theory Subjects

1. General methods of Sports Training
2. Sports Psychology
3. Kinesiology and Sports Biomechanics
4. Physiology and Physiology of Exercise
5. Theory of Main Sport/Game: Papers—I
6. Theory of Main Sport/Game: Papers-II
7. *Communicative Skills and Sports Event Management
8. *Computer Application: Basic course

***Note: Theory Subject at numbers 7 and 8 above shall have evaluation on the basis of only grading system.**

Practicals

1. Skill Proficiency and Playing Ability
2. Teaching Lessons (Minimum 5 lesson to be taken for internal grading)
3. Coaching Lessons (Minimum 5 lesson to be taken for Internal grading)

5. Diploma in Sports Coaching (DSC)

Theory Subjects

1. Fundamentals of Anatomy, Physiology and Physiology of Exercise.
2. Fundamentals of Kinesiology and Biomechanics.
3. General Methods of Sports Training.
4. Sports Psychology
5. Theory of Main Sport/Game: Papers - I.
6. Theory of Main Sport/Game: Papers - II.

Practicals

1. Skill proficiency and Playing Ability
2. Teaching Lessons (minimum 5 lesson to be taken for internal grading)
3. Coaching Lessons. (minimum 5 lesson to be taken for internal grading)

6. Post-graduate Diploma in Sports Management (PGDSM)

PART –A : THEORY SUBJECTS

Paper –I	:	Foundations of Sports Management
Paper –II	:	Resource Management
Paper –III	:	Management of Special Area
Paper –IV	:	Communicative Skills
Paper –V	:	I.T. Fundamentals and M.S. Office

PART –B : PRACTICALS

I	:	Practical Skills of Games and Sports (Aerobics, Swimming, Weight Lifting and Yoga)
II	:	Assignment on Event Management

7. Post-graduate Diploma in Sports Journalism

Paper –I	:	Fundamentals of Journalism and sports Journalism
Paper-II	:	Reporting and Editing
Paper-III	:	Fundamentals of Physical Education and sports.
Paper-IV	:	Communicative skills
Paper-V	:	I.T. Fundamentals and M.S. Office
Paper –VI	:	Fundamentals of games and sports
Paper- VII	:	Project writing

8. Post-graduate Diploma in Adventure Sports and Tourism Management (PGDASTM)

Semester – I

Theory subjects

1. Adventure Education Infrastructure and Equipment
2. Geography and Terrestrial Adventure Sports
3. Human Resource Management and Aqua Advent
4. Aero Adventure Sports and Operations
5. Adventure Sports Operations Safety, Documentation and Media Planning

Semester –II

Theory subjects

1. Budgeting, Entrepreneurship and Corporate Training
2. Adventure Tourism
3. Foreign Tourist Management and Own Cultural Heritage
4. Adventure Tourism Marketing
5. Project*

*Project to be written after contact programme with industry, entrepreneurs, adventure setups, etc.

9. Post-graduate Diploma in Yoga with Alternate Therapies (PGDYAT)

PART-“A” THEORY SUBJECTS

Paper -I	Patanjali Yoga Sutra
Paper –II	Yogic Text
Paper-III	Alternate Therapies
Paper-IV	Anatomy and Physiology of Yogic Practices
Paper –V	Yogic Philosophy and Mental Health

PART –“B” PRACTICALS

1. Asanas
2. Kriyas
3. Pranayamas
4. Bandhas and Mudras
5. Meditations
6. Relaxation Therapies

PART-“C” TEACHING PRACTICE

1. Lectures on Organization of classes, Methods of teaching and Lesson planning.
2. Salient features of each practice with reference to Yoga from practical aspects.
3. Conducting practical lesson in the class.
4. Critical observations of the practical lessons.

10. Post-graduate Diploma in Fitness Management (PGDFM)

PART- “A” THEORY SUBJECTS

1. Paper -I	Exercise (Anaerobic and Aerobic)
2. Paper –II	Health and Nutrition
3. Paper –III	Massage and Health Club
4. Paper –IV	Yoga and Naturopathy
5. Paper –V	Fitness Management & Communications.

11. Post-graduate Diploma in Information Technology (PGDIT)

Semester –I

1. Fundamentals of Computers and IT
2. System Analysis and Design
3. Networking and its Tools
4. Programming Language with C
5. Multimedia Tools & Packages

Semester –II

1. Database Design with Oracle
2. Programming Language with Visual Basic. net
3. Developing web pages with ASP. net
4. Major Project

12. Post-graduate Diploma in Computational Statistics (PGDCS)

The PG Diploma in Computational Statistics will have the following two components:

Component A: Certificate in Computational Statistics:

Certificate in Computational Statistics is awarded after successful qualifying the following papers namely DCS01 and DCS02 and the projects DCS03.

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|----|-------|---|
| 1- | DCS01 | Programming with 'C' |
| 2- | DCS02 | Research Techniques & Statistical Computing with Excel. |
| 3- | DCS03 | Project 1 |

Component B: Advance Certificate in Computational Statistics

Advance Certificate in Computational Statistics shall be awarded to the candidates who shall qualify another following three papers along with the paper of component A.

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|----|-------|-------------------------------|
| 1- | DCS04 | VB. NET & SQL SERVER |
| 2- | DCS05 | Advance Statistical Computing |
| 3- | DCS06 | Project II |

- (vii) **Information regarding all study centers and its locations thereof, opened by the Universities and institutions to impart distance education (with the approval of the UGC-AICTE-DEC Joint Committee).**

N.A.