



VINAYAKA MISSIONS UNIVERSITY SALEM

**(Deemed to be University)
(Vinayaka Mission's Research Foundation)**



FACULTY OF PHYSICAL EDUCATION

**Bachelor Degree Course
Bachelor of Physical Education & Sports (3 Years)**

**CHOICE BASED CREDIT SYSTEM- CBCS
SYLLABUS**

CURRICULUM FRAMEWORK OF B.P.E.S PROGRAMME
BACHELOR OF PHYSICAL EDUCATION AND SPORTS DEGREE
CHOICE BASED CREDIT SYSTEM- CBCS
RULES & REGULATIONS

Preamble: Bachelor of Physical Education and Sports (B.P.E.S) Three years programme is a professional programme is eligible to higher education. Bachelor of Physical Education and Sports (B.P.E.S) programme shall be designed to integrate the study of childhood, social context of physical education, subject knowledge, pedagogical knowledge, aim of physical education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

Preliminary Definitions and Nomenclature

In these Rules and Regulations, unless the context otherwise requires:

- I. “Programme” means Degree Programme that is **B.P.E.S., Degree Programme.**
- II. “Branch” means Specialization or Discipline of **B.P.E.S., Degree Programme.** Specialization like Track & Field, Basketball, Volleyball, Hockey etc.,
- III. “Course” means a Theory or Practical subject that is normally studied in a Semester, like Human Anatomy, Physiology, Methods, Sports Training, Test & Measurement, Organization & Administration, Exercise Physiology, Kinesiology, and Psychology etc.,
- IV. “VMU” Means, **VINAYAKA MISSIONS UNIVERSITY.**

1. Eligibility

- a. A Candidate shall be eligible for admission to the Bachelor of Physical Education & Sports degree course (B.P.E.S.,) if he/she has passed (Just Pass) in Higher Secondary (10+2) or any other equivalent examination recognized university there to, subject to the following conditions.
- b. Must have represented at the School / District level in Interschool / District competition in any one of the games or sports.
- c. He/ she must be medically fit and free from any deformities students will undergo medical examination at the time of admission.
- d. The married women should not be in family way during the course of study. If it is violated, they will not be permitted to continue the course.
- e. There is no age restriction to study the programme.

- f. The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ ST/ OBC and other categories shall be as per the rules of the central Government / State Government whichever is applicable.
- g. Admission shall be made on the basis of ranking for a total of 150 marks as detailed below.

1.	Qualifying Examination	25 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test a) 100 m – 20 Marks b) Shot-put – 15 Marks c) Long Jump – 15 Marks	50 marks
	Total	150 Marks

.Qualifying Examination (Maximum marks:25)

Marks obtained in qualifying Degree (excluding language papers) shall be converted to a maximum of 25 marks. For example if a candidate secured 800marks out of 1200. His / Her marks for qualifying examinations is $[800 / 1200] \times 25 = 16.67$ marks.

➤ **Games and Sports / Athletics Participation (Maximum Marks: 25)**

The norms for award of marks for the sports and games participation are furnished hereunder: Any one which is applicable / advantageous.

1.	Placing in first three places in National / Inter-University	25
2.	Representing State /University (Supporting certificates should be produced)	20
3.	Representing District / Division	15
4.	Representing School/College	10

Note: Participation marks are awarded only to Sports discipline, which is part of Inter-University competitions under auspices of Association of Indian Universities.

➤ **Games Skill Test (Maximum marks: 50)**

The candidate should choose only any one of the following games (Badminton, Ball Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho & Volleyball)

➤ **Track and Field Skill Test (Maximum marks: 50)**

The candidate should be compulsory participate to the following events (100m, shot-put and Long Jump)

2. Duration

The programme shall be of a duration of three academic years, that is six semesters. However, the students shall be permitted to complete the programme requirements within a maximum of five years from the date of admission to the programme.

3. The CBSC System

All programmes shall run on choice based credit system (CBSC). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. Course

The term course usually referred to as papers is a component of a programme. All courses need not carry the same weight. The course should define learning objectives and learning outcomes. A course may be designed to comprise lectures/ tutorials/ laboratory work/ field work/ outreach activities/ project work/ vocational training/ viva/ seminars/ term papers/ assignments/ presentations/ self-study etc. or a combination of some of these.

5. Courses of Programme

The Bachelor of Physical Education & Sports degree course (B.P.E.S.) programme consists of a number of courses, the term ‘course’ applied to indicate a logical part of subject matter of programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of course suggested for the Bachelor of Physical Education & Sports degree course (B.P.E.S.) programme.

Theory

Core Course

Elective Course

Practical

Teaching Practices

Specialization

6. Semesters

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester scheduled from July to December and even semester from December to May the institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working Days

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. Revision of Syllabi

Syllabi of every course will be revised according to the UGC.

Semester - I

Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7580101	English - I	4	4	25	75	100
7580102	Foundation and History of Physical Education	4	4	25	75	100
7580103	Anatomy , Physiology and Substance Use Disorder	4	4	25	75	100
Elective Course (Anyone)						
7580104	Environmental Science	4	4	25	75	100
7580105	Safety Education and First Aid					
Part B: Practical Course						
75801P1	Mass Demonstration Activities I: Callisthenics Exercise, Marching, Flag Drills, Rhythmic Activities: Aerobic Dance, Lezium.	6	4	100	-	100
75801P2	Games and Sports I Cricket, Ball Badminton, Kabaddi Tennikoit	6	4	100	-	100
Total		28	24	300	300	600

Note: total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - II

Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7580201	English - II	4	4	25	75	100
7580202	Methods in Physical Education	4	4	25	75	100
7580203	Science of Yoga Education					
Elective Course (Anyone)						
7580204	Principal of Motor Development	4	4	25	75	100
7580205	Guidance and Counseling					
Part B: Practical Course						
75802P1	Mass Demonstration Activities II: Gymnastics, Pyramids, Dands and Baithaks, Minor Games and Yogic Practices	6	4	100	-	100
75802P2	Games and Sports II Football, Volleyball, Throw ball, Kho-Kho	6	4	100	-	100
Total		28	24	300	300	600

Note: total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - III

Semester - II						
Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7580301	Organization, Administration and Supervision in Physical Education	4	4	25	75	100
7580302	Theory of Games - I	4	4	25	75	100
7580303	Test and Measurement in Physical Education	4	4	25	75	100
Elective Course (Anyone)						
7580304	Applied Kinesiology and Bio-Mechanics	4	4	25	75	100
7580305	Sports Physiotherapy					
Part B: Practical Course						
75803P1	Mass Demonstration Activities III: Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills	6	4	100	-	100
75803P2	Games and Sports – III : Handball, Badminton, Basketball, Hockey	6	4	100	-	100
Total		28	24	300	300	600

Note: total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - IV

Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7580401	Recreation and Camping in Physical Education	4	4	25	75	100
7580402	Exercise Physiology and Sports Nutrition	4	4	25	75	100
7580403	Theory of Games - II	4	4	25	75	100
Elective Course (Anyone)						
7580404	Sports Journalism	4	4	25	75	100
7580405	Health Education					
Part C: Teaching Practice						
75804P1	Teaching Practices I (General Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	6	4	50	50	100
75804P2	Teaching Practices II (Particular Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	6	4	50	50	100
Total		28	24	200	400	600

Note: total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - V

Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7580501	Sports Medicine	4	4	25	75	100
7580502	Basic Statistics in Physical Education	4	4	25	75	100
7580503	Modern Trends in Physical Education	4	4	25	75	100
Elective Course (Anyone)						
7580504	Sports Management	4	4	25	75	100
7580505	Disability Management and Inclusive Games					
Part B: Practical Course						
75805P1	Track and Field I (Track Event)	6	4	100	-	100
75805P2	Track and Field II (Field Events)	6	4	100	-	100
Total		28	24	300	300	600

Note: total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester - VI

Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7580601	Training Methods	4	4	25	75	100
7580602	Computer Application in Physical Education	4	4	25	75	100
7580603	Theory of Track and Field	4	4	25	75	100
Elective Course (Anyone)						
7580604	Sports Psychology and Sociology	4	4	25	75	100
7580605	Contemporary issues in physical education: fitness and wellness					
Part D: Specialization						
75806P1	Track and Field Specialization Coaching Lessons Plans	6	4	50	50	100
75806P2	Games Specialization: Coaching Lesson Plans	6	4	50	50	100
Total		28	24	200	400	600
Grand Total Marks		168	144	1600	2000	3600

Note: total number of hours required to earn 4 credits for each theory course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

9. SUMMARY OF SCHEME OF EXAMINATION

Semester	Section	Credits	Marks
I	Part A - Theory	16	400
	Part B - Practical	8	200
II	Part A - Theory	16	400
	Part B - Practical	8	200
III	Part A - Theory	16	400
	Part B - Practical	8	200
IV	Part A - Theory	16	400
	Part C – Teaching Practice	8	200
V	Part A - Theory	16	400
	Part B - Practical	8	200
VI	Part A - Theory	16	400
	Part D – Specialization	8	200
Total		144	3600

Part – C: TEACHING PRACTICE

The Scheme of Practice Teaching Examination

S. No	Activities	Credit	Internal	External	Total
A	Teaching Practice I General Lesson	4	50	50	100
B	Teaching Practice II Particular Lesson	4	50	50	100

PART B - PRACTICAL ASSESSMENT

S.No	Activities	Credit	Marks Allotted
SEMESTER - I			
A	Mass Demonstration Activities I: Callisthenics Exercise, Marching, Flag Drills, Rhythmic Activities: Aerobic Dance, Lezium.	4	100
B	Games and Sports – I : Cricket, Ball Badminton, Kabaddi Tennikoit	4	100
SEMESTER - II			
A	Mass Demonstration Activities II: Gymnastics, Pyramids, Dands and Baithaks, Minor Games and Yogic Practices	4	100
B	Games and Sports – II : Football, Volleyball, Throw ball, Kho-Kho	4	100
SEMESTER - III			
A	Mass Demonstration Activities III: Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills.	4	100
B	Games and Sports – III : Handball, Badminton, Basketball, Hockey	4	100
SEMESTER - V			
A	Track and Field Events I : Sprint, Middle and Long Distance Running, Relay Races, Hurdles and Race Walking	4	100
B	Track and Field Events II : Jumps, Throws and Combined Events	4	100
Total		32	800

**Part D: TRACK AND FIELD
COACHING LESSONS PLANS**

Sl. No	Track and Field Coaching Lessons Plans	Internal	External	Total
1	Track and Field Coaching Lessons Plans	50	50	100
Total				100

**Part D: GAMES SPECIALIZATION
COACHING LESSON PLANS**

Sl. No	Teaching Practice	Internal	External	Total
1	Games Specialization: Coaching Lesson Plans	50	50	100
Total				100

10. Examinations

There shall be examinations at the end of each semester, for first semester in the month of November / December for second semester in the month of April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November / December or April/May.

A candidate should get enrolled / registered for the first semester examination. If enrollment / registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

11. Attendance Required for Admission to Examination

A Candidate who has fulfilled the following conditions shall be deemed to have satisfied the requirements for completion of a Semester.

- i. Ideally every student is expected to attend all classes and secure **100%** Attendance. However in order to allow for certain unavoidable reasons such as participation in Sports / Medical reasons / Personal, the student is expected to attend at least **75%** of the Classes.
- ii. Therefore, he/she shall secure not less than **75%** of overall attendance in that Semester taking into account the total number of periods in all courses put together attended by the candidate as against the total number of periods in all courses offered during that semester. However condonation of shortage of attendance will be granted on genuine Medical grounds (Hospitalization Accident Specific illness) up to a maximum of 10 % of days (attendance between 65% and less than 75% in the current semester) eligible for admission to an examination tests with the discretionary powers of the Vice-Chancellor.

- iii. If a candidate secures less than 65% of attendance he/she shall not be permitted to write the current semester examination. Such candidates have to **REDO** the semester.

12. Question Paper Pattern (Question Paper Pattern for Theory):

Time: 3 Hours

Marks: 75

I - Part A: $10 \times 2 = 20$

(Ten questions to be answered out of Twelve questions)

II - Part B : $5 \times 5 = 25$

(Five questions to be answered out of Eight questions)

III - Part C: $3 \times 10 = 30$

(Three questions to be answered out of Five questions)

13. Evaluation - Internal Assessment (Theory):

13.1 Written Examination - (Class Test – 10 Marks)

Continuous Assessment (CA) will be graded by the subject's teachers. Three CA tests will be conducted for each paper. Each test carries a Maximum of 15 marks and the average of best two tests will be considered. However, in the case of students who miss the tests for any valid reason with a Prior Permission from the subject Teachers and the Principal (Viz., representing the College, Division, University, District, State tournaments and Sickness), he/she may be granted special permission to write the CA test before the commencement of semester examinations of that Semester.

13.2. Assignment (10 Marks)

The teachers will give three assignments to students, each carries a Maximum of 5 marks and the average of the best two assignments will be considered. This may be of any accepted method (Seminar, Project, written Materials, Record, etc.)

13.3. Attendance (5 marks)

For attendance a Maximum 5 marks will be awarded. As for the criteria given below:

76% to 80% of attendance	-	1 marks
81% to 85% of attendance	-	2 marks
86% to 90% of attendance	-	3 marks
91% to 95% of attendance	-	4 marks
96% to 100% of attendance	-	5 marks

13.4. Pre-Semester (Model Examination) (25 marks)

Pre-Semester examination will be held at the end of each semester before the final semester examination covering all portions. This Test marks will be converted to 25.

The dates of all examinations and assignments, the dates should be intimated to the students earlier by Staff Concerned.

The Tabulation of internal Assessment marks is given below:

I. Class tests marks	= 10 Marks
II. Assignment marks	= 10 Marks
III. Attendance	= 05 Marks
V. Pre- Semester (Model Examination)	= 25 Marks (75 marks converted to 25)
Total	= 50 / 2 = 25 Marks.

15. Minimum Passing Standard

The minimum passing standard for CIA (Continuous internal assessment) and External Examinations shall be 50% for theory, practicum and Teaching practices courses.

16. Classification of Successful Candidates (Grading System)

To pass in an examination a student has to score a minimum of 50% marks in each paper – Theory, Practice Teaching and Practical's (Internal and External Combined).

The grading system is given below:

Marks	Grade Point	Grade	Classification of Final Result
95-100marks	10	O+	First Class with Exemplary*
90-94marks	9.5	O	
85-89marks	9	D++	First Class with Distinction*
80-84marks	8.5	D+	
75-79marks	8	D	
70-74marks	7.5	A++	First Class
65-69marks	7	A+	
60-64marks	6.5	A	
55-59marks	6	B+	Second Class
50-54marks	5.5	B	
00-49marks	-	U	Re-appear
Absent	AAA	-	-

* The candidates who have passed in the First appearance and within the prescribed semester of the programme are eligible.

17. Classification of Final Result

For the purpose of declaring a candidate to have qualified for the degree of bachelor of physical education in the first class/ second class/ pass class or first class with distinction, the marks and the corresponding CGPA earned by the candidate in core courses will be the criterion. It is further provided that grand total and end semester (External) examinations.

CGPA	Classification of Final Result
9.00 – 10.00	First Class with Exemplary*
7.50 – 8.99	First Class with Distinction*
6.00-7.49	First Class
Below – 6.00	Second Class

Note: For the best out going / Gold Medal / Ranking students, one should have passed in all the subjects in the first appearance.

Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Cumulative Grade Point Average (CGPA)** and declaration of class for Bachelor of Physical Education and Sports (B.P.E.S) programme.

The credit grade points are to be calculated on the following basis:

$$\text{SGPA} = \frac{\text{Sum of (Credits x Grade Point) for all Subjects}}{\text{Total credit of the semester}}$$

$$\text{CGPA} = \frac{\text{Sum of all Semester Grade Point Average}}{\text{Total numbers of the semester}}$$

Example:

$$\begin{aligned} \text{CC -101: } & 4 \text{ Credit} \times 8 \text{ Grade Point} = 32 \\ \text{CC -102: } & 4 \text{ Credit} \times 7 \text{ Grade Point} = 28 \\ \text{CC -103: } & 4 \text{ Credit} \times 6.5 \text{ Grade Point} = 26 \\ \text{EC -101: } & 4 \text{ Credit} \times 7.5 \text{ Grade Point} = 30 \\ \text{PC - 101: } & 4 \text{ Credit} \times 8 \text{ Grade Point} = 32 \\ \text{PC - 102: } & 4 \text{ Credit} \times 8 \text{ Grade Point} = 32 \\ \text{PC - 103: } & 4 \text{ Credit} \times 8 \text{ Grade Point} = 32 \\ \text{PC - 104: } & 4 \text{ Credit} \times 8 \text{ Grade Point} = 32 \\ \text{Total Credit Grade point} & = 244 \\ \text{SGPA} & = 244 / 40 = 6.1 \\ \text{CGPA} & = 6.1/1 = 6.1 \end{aligned}$$

18. Carry Over of Subjects

Candidates who have failed in any paper under Part I (theory) can appear only for that paper in the subsequent semester.

Failure to appear at the subsequent Examinations throughout course of study as a regular student shall not disqualify a candidate from appearing for the subsequent examination as a private candidate on a fresh application with the prescribed fee provided he has fulfilled all the conditions as regular student to appear for the University Examination.

19. Award of the Bachelor of Physical Education and Sports (B.P.E.S) Degree

A candidate shall be eligible for the award of the degree of Bachelor of Physical Education and Sports (B.P.E.S). Only if he/she has earned the minimum required credit including bonus credits of the programme prescribed above. i.e Not less than 50% of mark.

20. Revaluation of Answer Papers of Failed Candidates

There shall be Revaluation of answer papers of failed candidates in Bachelor of Physical Education and Sports (B.P.E.S), examinations. Students who fail in any paper/papers would be permitted to apply to the examination section of the University to verify the valuation in case of doubt, for which they have to pay “Revaluation fee”.

Appeal against the results of the semester examination may be made to the controller of examination by the student concerned through the principal of the affiliated college within 15 days of the announcement of results by paying the described fees for each paper. Revaluation may be done and informed to the Head of the Institution.

21. Sports Participation – University Examination – Special Permission

1. Internal Test – Special Permission

In case, a student misses to appear for an internal test due to participation in competition / any such programme of the University with prior permission from the head of the institution, he / she may be permitted to appear for a special test / tests before the pre-semester examination.

2. University Examination – Special Permission

A student representing the University / State / National in a game or sport, if he/she misses the University Semester Examination will appear for a special supplementary University Examination as stipulated by the University.

Such a Student appearing for a Special / Supplementary University Examination will not be deprived of ***RANK in the University***, as his/ her appearance will not be considered as an arrear / arrears in a paper / papers.

A student who fails in any one or more papers in the semester examination will be permitted to rewrite the paper or papers in the subsequent semester examination.

To qualify for the degree, supplementary candidates are required to pass all the papers prescribed for the Course within a period of three years after he/she completes the course. Beyond this period, the candidate will have to follow the current syllabi for the examination. A Separate fee will be collected in this case. Examination fees will be collected normally according to the rules and regulations of the university.

22. University Examination – Special Supplementary Exam

A student who fails in any one paper in the final semester examination will be permitted to rewrite the paper in the Special Supplementary examination.

23. Grievance Redressal Committee

The college / department shall form a Grievance Redressal committee for each course in each college/ department with the course teacher / principal / director and HOD of the faculty as the members. This committee shall solve all grievances of the students.