



VINAYAKA MISSIONS UNIVERSITY SALEM

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



FACULTY OF PHYSICAL EDUCATION

**Bachelor Degree Course
B.P.Ed (2 Yrs)**

**CHOICE BASED CREDIT SYSTEM- CBCS
SYLLABUS**

CURRICULUM FRAMEWORK OF B.P.Ed PROGRAMME
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.) DEGREE
CHOICE BASED CREDIT SYSTEM- CBCS
RULES & REGULATIONS

Preamble: Bachelor of Physical Education (B.P.Ed) two years programme is a professional programme meant for preparing teachers in physical education for the classes VI to X and for conducting physical education and sports activities for the classes XI and XII.

B.P.Ed 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.Ed., Degree Programme.**
- II. “Branch” means Specialization or Discipline of **B.P.Ed., 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

Eligibility as per NCTE norms.

- a) Bachelor’s degree in any discipline with 50% marks and having at least participation in the Inter – College / Inter- Zonal / District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/Govt. of India
Or
- b) Bachelor’s degree in Physical Education with 45% marks
Or
- c) Bachelor’s degree in any discipline with 45% marks and studied Physical Education as compulsory elective subject.
Or

- d) Bachelor's degree with participated in National / Inter University/ State Competition or secured 1st, 2nd or 3rd position in Inter - College/ Inter – Zonal / District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/Govt. of India.
Or
- e) Bachelor's degree with participated in international competitions or secured 1st, 2nd or 3rd position in National / Inter – University competition in sports and games as recognized by respective federations AIU/ IOA/SGFI/Govt. of India.
Or
- f) Graduation with 45% marks and at least three years of teaching experience (for deputed in service candidates i.e. trained physical education teachers / coaches.)
- g) He/ she must be medically fit and free from any deformities students will undergo medical examination at the time of admission.
- h) 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.
- i) There is no age restriction to study the programme.

The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC, ST (40%) / MBC, DNC (43%) / BC (45%) / OC (50%) and other categories shall be as per the rules of the central Government / State Government whichever is applicable.

2. Admission Procedure:

Admission shall be made on the basis of ranking for a total of 150 marks as details below:-

1.	Qualifying Examination	20 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test	50 marks
5.	Bonus marks for possession of basic degree in Physical Education (B.Sc., Physical Education or Bachelor of Physical Education (B.P.E) or Bachelor of Physical Education and Sports [B.P.E.S]) or Diploma in Physical Education (D.P.Ed.,)	05 marks
Total		150 marks

➤ Qualifying Examination (Maximum marks:20)

Marks obtained in qualifying Degree (excluding language papers) shall be converted to a maximum of 20 marks. For example if a candidate secured 1800marks out of 2400. His / Her marks for qualifying examinations is $[1800 / 2400] \times 20 =$
15 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, 12min Run & Walk (Men), 9mins Run & Walk (Women) and Long Jump).

3. Duration

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

4. 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.

5. 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.

6. Courses of Programme

The B.P.Ed 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 B.P.Ed programme.

Theory

Core Course

Elective Course

Practical

Teaching Practices

Specialization

7. 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).

8. Working Days

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

9. Revision of Syllabi

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

Semester - I

Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7520121	History, Principals and Foundation of Physical Education	4	4	25	75	100
7520122	Anatomy, Physiology and Health Education	4	4	25	75	100
7520123	Sports Management, Recreation and Camping	4	4	25	75	100
Elective Course (Anyone)						
7520124	Olympic Movement	4	4	25	75	100
7520125	Environmental Studies and Gender Studies					
Part B: Practical Course						
75201P1	Marching, Indigenous Activities and Yogic Practices.	6	4	100	-	100
75201P2	Calisthenics, Light Apparatus and Rhythmic Activities	6	4	100	-	100
75201P3	Games and Sports – I: Basketball, Football, Handball, Kho-Kho and Volleyball, Minor Games: Relay Games, Circle Games, Tag Games, Goal/ Point Scoring Games and Miscellaneous Games.	6	4	100	-	100
75201P4	Track and Field Events Part I: Sprint, Middle and Long Distance Running, Shot Put, Discus Throw, Javelin Throw Relay Races.	6	4	100	-	100
Total		40	32	500	300	800

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						
7520221	Sports Training	4	4	25	75	100
7520222	Organization and Administration and Methods of Physical Education	4	4	25	75	100
7520223	Yoga Education and Sports Nutrition	4	4	25	75	100
Elective Course (Anyone)						
7520224	Education Technology and Computer Application in Physical Education	4	4	25	75	100
7520225	Disability Management and Inclusive Games					
Part B: Practical Course						
75202P1	Gymnastics: Tumbling and Pyramids. Games and Sports – II: Cricket, Kabaddi, Ball Badminton and Hockey	6	4	100	-	100
75202P2	School Internship/ Teaching Practice General & Particular Lessons	6	4	100	-	100
Part C: Teaching Practices						
75202P3	Teaching Practices: I (General Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	6	4	50	50	100
75202P4	Teaching Practices: II (Particular Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)	6	4	50	50	100
Total		40	32	400	400	800

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

Part A: Theoretical Course						
Course code	Title of the papers	Total hours	Credit	Internal marks	External marks	Total marks
Core Course						
7520321	Measurement and Evaluation in Physical Education	4	4	25	75	100
7520322	Research and Statistics in Physical Education	4	4	25	75	100
7520323	Theories of Sports and Games, Officiating and Coaching - Part I	4	4	25	75	100
Elective Course (Anyone)						
7520324	Sports Medicine, Physiotherapy and First Aid	4	4	25	75	100
7520325	Contemporary Issues in Physical Education, Fitness and Wellness					

Part B: Practical Course						
75203P1	Track and Field Events Part II : Triple Jump, Long Jump, Pole Vault, High Jump, Hammer Throw, Hurdles, Combined Events,	6	4	100	-	100
75203P2	Games and Sports – III: Badminton, Netball, Softball, Swimming, Lawn Tennis, Table Tennis, Tennikoit, Throwball, and Weight Lifting, Mallkhamb	6	4	100	-	100
75203P3	First Aid and Management of Athletic Injuries: Prevention and Management of Injuries, Physiotherapy Treatments, Rehabilitative processes and Massage.	6	4	100	-	100
75203P4	Annual Leadership Training Camp/ Picnic/ Hiking/ Trekking, Educational Tour, Stadium Visit, Organising Project Sports Meet, The Community engagements (Village Placement programme)	6	4	100	-	100
Total		40	32	500	300	800

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						
7520421	Theories of Sports and Games, Officiating and Coaching - Part II	4	4	25	75	100
7520422	Kinesiology and Biomechanics	4	4	25	75	100
7520423	Sports Psychology and Sociology	4	4	25	75	100
Elective Course (Anyone)						
7520424	Principles of Motor Development	4	4	25	75	100
7520425	Research Project Work					
Part B: Practical Course						
75204P1	School Internship/ Intensive Teaching Practice- Coaching Lesson (Track and Field and Team Games)	6	4	100	-	100
75204P2	Care and Maintenance of Play Fields - Participating Intramural and Extramural Tournaments Fitness Training: Weight training, Medicine Ball, Swiss ball, Resistance-band, core board, First-aid,	6	4	100	-	100
Part D: Specialization						
75204P3	Track and Field Specialization Coaching Lessons Plans	6	4	50	50	100
75204P4	Games Specialization: Coaching Lesson Plans	6	4	50	50	100
Total		40	32	400	400	800
Garand Total Mark		160	128	1800	1400	3200

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.

SUMMARY OF SCHEME OF EXAMINATION

Semester	Section	Credits	Marks
I	Part A - Theory	16	400
	Part B - Practical	16	400
II	Part A - Theory	16	400
	Part B - Practical	8	200
	Part C – Teaching Practice	8	200
III	Part A - Theory	16	400
	Part B - Practical	16	400
IV	Part A - Theory	16	400
	Part B - Practical	8	200
	Part D – Specialization	8	200
Total		128	3200

Part B – Practicum

Participation and learning the skills and techniques and the teaching methods of the activities are as follows.

S. No.	Activities for Semester I
75201P1	Marching, Indigenous Activities and Yogic Practices: March past and Flag, Hoisting Indigenous Activities Dands and Baithaks, Malkhamb.. Yogic Practices : Asanas, Pranayama, Kriyas, Bandhas, Mudras, Suryanamaskar and Meditation. Common Yoga Protocol (AYUSH): Lessening Exercises (Calana Kriyas): Neck Bending, Trunk Rotation, Knee Movement. Standing Posture: Tadasana, Vrksasana, Pada-Hastasana, Ardha Chakrasana, Trikonasana. Sitting Postures: Bhadrasana, Ardha Ustrasana, Sasankasana, Vakrasana. Prone Posture: Bhujangasana, Salabhasana, Makarasana. Supine Postures: Setubandhasana, Pavanamuktasana, Savasana. Kapalabhati. Pranayama: Nadisodhana/Anuloma Viloma Pranayama, Bhramari Pranayama. Dhyana in Sambhavi mudra. Sankalpa.
75201P2	Calisthenics, Light Apparatus and Rhythmic Activities: Callisthenics: Standing, Sitting, Turning, Clapping, Bending, Moving, Stepping, Twisting, Lunging. Light apparatus: Indian Clubs, Dumb-bells, Hoops, Wands, Pole Drills, Tipri (Kolattam). Rhythmic Activities : Folk Dances, Aerobic Dance, Lezim,
75201P3	Games and Sports – I : Basketball, Football, Handball, and Volleyball. Minor Games: Relay Games, Circle Games, Tag Games, Goal/ Point Scoring Games and Miscellaneous Games.
75201P4	Track and Field Events Part I : Sprint, Middle and Long Distance Running, Long Jump, Shot Put, Discus Throw, Javelin Throw and Relay Races.
Activities for Semester II	
75202P1	Gymnastics: Tumbling and Pyramids. Games and Sports – II: Cricket, Kabaddi, Ball Badminton and Hockey
75202P2	School Internship/ Teaching Practice General & Particular Lessons
75202P3	Teaching Practices: I (General Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)
75202P4	Teaching Practices: II (Particular Lesson Plan) (out of 10 lesson 5 Internal and 5 External at practicing school)
Activities for Semester III	
75203P1	Track and Field Events Part II : Triple Jump, Long Jump, Pole Vault, High Jump, Hammer Throw, Hurdles, Combined Events,

75203P2	Games and Sports – III: Badminton, Netball, Softball, Swimming, Lawn Tennis, Table Tennis, Tennikoit, Throwball, and Weight Lifting, Mallkhamb
75203P3	First Aid and Management of Athletic Injuries: Prevention and Management of Injuries, Physiotherapy Treatments, Rehabilitative processes and Massage.
75203P4	Annual Leadership Training Camp/ Picnic/ Hiking/ Trekking, Educational Tour, Stadium Visit, Organising Project Sports Meet, The Community engagements (Village Placement programme)
Activities for Semester IV	
75204P1	School Internship/ Intensive Teaching Practice- Coaching Lesson (Track and Field and Team Games)
75204P2	Care and Maintenance of Play Fields - Participating Intramural and Extramural Tournaments Fitness Training: Weight training, Medicine Ball, Swiss ball, Resistance-band, core board, First-aid,
75204P3	Track and Field Specialization Coaching Lessons Plans
75204P4	Games Specialization: Coaching Lesson Plans

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.

- 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.
- 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
IV. 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 Distinction*
90-94marks	9.5	O+	
85-89marks	9	O	
80-84marks	8.5	A++	
70-79marks	8	A+	
60-69marks	7	A	First Class
55-59marks	6	B+	Second Class
50-54marks	5.5	B	
00-49marks	-	RA	Re-appear
Absent	AAA	AB	-

* 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. Regulation & Syllabus (B.P.Ed – 2 Years)

CGPA	Classification of Final Result
7.00 – 10.0	First Class with Distinction*
6.00-6.99	First Class
Below – 5.99	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 B.P.Ed.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:

CC -101: 4 Credit x 8 Grade Point = 32

CC -102: 4 Credit x 7 Grade Point = 28

CC -103: 4 Credit x 6.5 Grade Point = 26

EC -101: 4 Credit x 7.5 Grade Point = 30

PC – 101: 4 Credit x 8 Grade Point = 32

PC – 102: 4 Credit x 8 Grade Point = 32

PC – 103: 4 Credit x 8 Grade Point = 32

PC – 104: 4 Credit x 8 Grade Point = 32

Total Credit Grade point = 244

SGPA = 244 / 40 = 6.1

CGPA = 6.1/1 = 6.1

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 B.P.Ed Degree

A candidate shall be eligible for the award of the degree of B.P.Ed. 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 B.P.Ed., 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.