

MAHAKAUSHAL UNIVERSITY, JABALPUR

**As per model syllabus of U.G.C. New Delhi, drafted
by Central Board of Studies and Approved by Higher
Education and the Governor M.P.**



SCHEME

कला एवं समाज विज्ञान संकाय

Faculty of Art & Social Science

Syllabus & Prescribed Books

Subject-Physical Education

B.A. Semester Examination

Major/ minor

Course code	Category	Paper	Credits
BPED0101-T	Major	Health and yoga	6
BPED0102-T	Minor	Principles of physical education	6
BPED0101-P	Major	Yoga asana lab	6
BPED0102-P	Minor	Health and physical education lab	2
BPED0201-T	Major	Elements of physical education	2
BPED0202-T	Minor	Sports organization and management	6
BPED0203-P	Major	Athletics (practical)100mtr race, 200mtr race,400 mtr race, 800 mtr race	2
BPED0204-P	Minor	Games (practical) badminton , chess	2
BPED0301-T	Major	Sports event and track and field	6
BPED0302-T	Minor	Health ,fitness and wellness	6
BPED0303-P	Major	Athletics (practical) 4 x 100 relay race,4x400 relay race	2
BPED0304-P	Minor	Games (practical) cricket , kabaddi	2
BPED0401-T	Major	Anatomy and exercise physiology	6
BPED0402-T	Minor	Sports physiology and recreational activities	6
BPED0403-P	Major	Athletics (practical) long jump, High jump	2
BPED0404-T	Minor	Games (practical) basketball ,kho-kho	2
BPED0501-T	Major	Sports psychology	6
BPED0502-P	Major	Athletics (practical) discus throw, Hammer throw, jvelnn work	6
BFWF0501-P	Major	Field work	0
BPED0601-T	Major	Management of sports and physical education	6
BPED0602 -P	Major	Games (practical) footwall, lawn tennis	6
BFWF0601-P	Major	Internship	0
BPED0701 -T	Major	First aid and personal hygiene	6
BPED0702 -T	Minor	Athletics injuries and physiotherapy	6

BPED0703 -P	Major	Games (practical) powerlifting, volleyball, table tennis	2
BFWF0701-P	FW	Minor project	2
BPED0801-T	Major	Kinesiology and biomechanics in sports	6
BPED0802-T	Minor	Physiotherapy and sports	0
BPED0803-P	Major	Games (practical)weight, lifting, aquatics , squash	6
BFWF0801-P	FW	Major research project	6

Skill Enhancement Course (Skill Based) (Any Two)

Course code	Category	Paper	Credits
BPED0101SB-T	SEC-SB	Fitness Trainer	4
BPED0102SB-T	SEC-SB	Sports coach	4
BPED0103SB-T	SEC-SB	Yogic practices and stress management	4
BPED0104SB-T	SEC-SB	First aid, injury management and sports massage	4
BPED0105SB-T	SEC-SB	Fitness training and conditioning	4

Department Specific Elective

Category	Paper Code	Paper	Credits
DSE - I	BPED0101D-T	Health and physiology	4
	BPED0102D - T	Pedagogy in physical	4
DSE - II	BPED0103D-T	Health education and safety education	4
	BPED0104D-T	Health education	4
DSE - III	BPED0105D-T	Physical education for divyang	4
	BPED0106D-T	Sports training and performance	4
DSE - IV	BPED0107D-T	Test, measurement and evaluation	4
	BPED0108D-T	Research methods and statistics	4

Open Elective Compulsory Course\ Generic Elective Compulsory Course

Course code	Category	Paper	Credits
OECC101-T	OEC	Fundamental of Computer	4
OECC102-T	OEC	Environmental Studies	4
OECC103-T	OEC	Entrepreneurship	4
OECC104-T	OEC	Principle of Management	4
OECC105-T	OEC	Nutrition and Fitness	4
OECC106-T	OEC	Current concerns in Public Health Nutrition	4
OECC107-T	OEC	Travel & Tourism	4
OECC108-T	OEC	Tourism operation software skills	4

Ability Enhancement Compulsory Course

Course code	Category	Paper	Credits
AECC0101-T	AECC	English Language I	4
AECC0102-T	AECC	English Language II	4

Skill Enhancement Course (Value Based) (Any one)

Course code	Category	Paper	Credits
SECVB0101-T	SEC-VB	Constitution of India	4
SECVB0102-T	SEC-VB	Yoga in Life	4
SECVB0103-T	SEC-VB	National Service Scheme (NSS)	4
SECVB0104-T	SEC-VB	Health & Wellness	4
SECVB0105-T	SEC-VB	Sports	4

Course code	Paper	Credits
ENVT0101 - T	ENVIRONMENT EDUCATION	0