

## University of Gour Banga

Syllabus of 3-Year Degree / 4-Year Honours in Physical Education and Sports under Curriculum & Credit Framework for Under Graduate Programmes (CCFUP) as per NEP- 2020 w.e.f. 2023-2024

### SYLLABUS FOR 4 YEARS BPES COURSE

#### SEMISTER 1

Course Type	Code	Name of the Course	Credit	Internal Marks	Sem final Exam. Marks	Pract./ Viva	Full Marks
Major/DS Course (Core)	PEDMJ-1	<b>Foundation and History of Physical Education and Sports</b>	4	10	40		50
	PEDMJ -2	<b>Fundamental Exercises, Formal Activities and Minor Games</b> a) Fundamental Exercises b) Marching, c) Minor Games	4	10	40		50
Interdisciplinary/ Multidisciplinary (IDC/MDC)	MDC 1	<b>Health and Fitness</b> (For the students other than Physical Education and Sports)	2	0	25		25
Minor Core (MnC)	PEDMN-1	<b>Introduction of Physical Education and Sports (Th)</b> <b>Fundamental Exercise and Marching (Pr)</b> (For the students other than Physical Education and Sports)	2 1	10	25	25 15	50
Skill Enhancement Course (SEC)	SEC-1	<b>Exercise and Sports for Elementary Students</b>					

#### SEMISTER 2

Course Type	Code	Name of the Course	Credit	Internal	Sem final Exam.	Pract./ Viva	Full Marks
Major/DS Course (Core)	PEDMJ -3	<b>Fitness and Wellness</b>	4	10	40		50
	MC-4	<b>Rhythmic Activities</b> a) Aerobics b) Lazium c) Callisthenic (With and without Apparatus)	4	10	40		50
Interdisciplinary/ Multidisciplinary (IDC/MDC)	MDC 2	<b>Yoga Education</b> (For the students other than Physical Education and Sports)	2	0	25		25
Minor Core (MnC)	MnC-2	<b>Health and Fitness (Th)</b> <b>Recreational Games &amp; Aerobics (Pr)</b> (For the students other than Physical Education and Sports)	2 1	10	25	25 15	50
Skill Enhancement Course (SEC)	SEC-2	<b>Gymnastics</b>					

### SEMISTER 3

Course Type	Code	Name of the Course	Credit	Internal	Sem final Exam.	Pract./ Viva	Full Marks
Major/DS Course (Core)	MC-5	Management of Physical Education and Sports	4	10	40		50
	MC-6	Track Events and Ball Games a) Track Events b) Ball Games (Football & Handball)	4	10	40		50
Interdisciplinary/ Multidisciplinary (IDC/MDC)		Physical Education and Sports Management (For the students other than Physical Education and Sports Major)	2	0	25		25
Minor Core (MnC)	MnC-3	Management of Physical Education and Sports (Th) Indigenous Sports (Pr) (For the students other than Physical Education and Sports Major)	2 1	10	25	25 15	50
Skill Enhancement Course (SEC)	SEC-2	Indian Games (Kho Kho and Kabaddi)					

### SEMISTER 4

Course Type	Code	Name of the Course	Credit	Internal	Sem final Exam.	Pract./ Viva	Full Marks
Major/DS Course (Core)	MC-7	Basic Human Anatomy and Physiology	4	10	40		50
	MC-8	Yoga Education	4	10	40		50
	MC-9	Yoga Vyayama (Practical)					
Minor Core (MnC)	MnC-2	Yoga Education (Th) Yoga Vyayama (Pr) (For the students other than Physical Education and Sports Major)	2 1	10	25	25 15	50