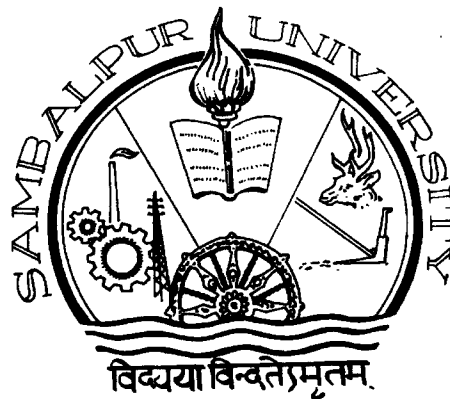


BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

**Syllabus, Rules and Regulations of two years (four semesters)
Bachelor of Physical Education Programme, Sambalpur University**

Applicable to the students admitted from 2015-2016 academic year onwards



**SAMBALPUR UNIVERSITY
JYOTI VIHAR, BURLA-768019**

As per the guidelines of the
NATIONAL COUNCIL FOR TEACHER EDUCATION 2015- 2016

**REGULATIONS, SCHEME AND SYLLABUS
FOR BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)
TWO YEAR PROGRAMME (Semester system)**

Preamble:

Bachelor of Physical Education (B.P.Ed.) two years i.e. 4 semesters (Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in schools & colleges.

B.P.Ed. programme are 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.

1. Eligibility:

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards.

2. Duration:

The B.P.Ed. programme shall be of a duration of two academic years, i.e. 4 semesters. However, the students shall be permitted to complete the programme requirements within a maximum of 8 semester from the date of admission to the programme.

3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). 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 courses 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 B.P.Ed. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed., Programme.

Theory:

Core Course

Elective Course

Practical Course:

Teaching Practices:

6. Semester Pattern:

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 may be scheduled from June to December and even semester from December to June. The institution shall work for a minimum of 36 working hours in a week (6 days)

7. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half hours of practical work/teaching practices work per week. The term 'Credit' also refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

8. Examinations & Eligibility to enrolled in end-term examination.

- i. There shall be examinations at the end of each semester, for first & third semesters in the month of December and for the second & fourth semester in the month of June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the next subsequent semester examinations to be held in December(for odd semester) or June (for even semester).
- ii. To pass in any Continuous Internal Assessment (CIA) a candidate has to obtain at least 40% of the total Internal marks in that paper. A candidate shall get enrolled for the any end-term semester examination only if he/she has passed in all Continuous Internal Assessment (CIA). If enrolment in any end-term examination is not possible owing to shortage of attendance beyond condonation limits as per clause 10 below or due to not clearing all Continuous Internal Assessment (CIA), such candidates are not permitted to proceed to next semester. Such candidates shall redo the semester in subsequent term of that semester as a regular student. However, a student of any semester shall be admitted to next higher semester, if he/she has successfully passed in all Continuous Internal Assessment (CIA).
- iii. Since, the eligibility of a candidate for enrollment in the end-term examination is based on passing the CIA, thus, the Principals are required to give a certificate to the effect that all the candidates filling up form for the end-term examination have passed in the all CIA of the current semester during the form-fill up process.

9. Attendance and Condonation:

Student must have 75% of attendance in each course of Theory, Practical and Teaching Practices of any semester for appearing the end-term examination. On a written request from the candidate along with certificates as required, Condonation may be granted by the appropriate authority only to the extent of 20% in exceptional cases (illness, accident, mishaps in family etc.). When a candidate has been deputed by the authority to represent the College/University/State for any activity, the

lectures delivered during his/her absence for the aforesaid purpose shall not be counted towards the calculation of attendance, provided, the student submits a certificate to that effect from the appropriate authority.

10. Pattern of Question Papers:

The question paper shall have four questions (long type) having 15 marks each with alternatives and 10 questions (M.C.Q. type) having 1 mark each covering all the units.

11. Evaluation

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end-term examination and will be consolidated at the end of course. The components for continuous internal assessment are:

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end-term examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and end-term practical examinations by External Examiner. The ratio of marks to be allotted to continuous internal assessment and to end-term examination is 30:70.

12. Grading System:

Sambalpur University follows absolute grading system as described below for B.P.Ed. Examination. Once the marks of the CIA (Continuous Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per the table below.

Percentage of Mark	Grade Point	Letter Grade	Explanatory
90-100	10	O	Outstanding
80-89	9	E	Excellent
70-79	8	A	Very Good
60-69	7	B	Good
50-59	6	C	Fair
40-49	5	D	Average
Below 40 or Absent	0	F	Fail

The performance within any semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semester also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). The two are calculated by the following formula.

$$SGPA = S_j = \frac{\sum_{i=1}^n C_i \times G_i}{\sum_{i=1}^n C_i} \quad CGPA = CG_{j=1}^N = \frac{\sum_{j=1}^N C_j \times S_j}{\sum_{j=1}^N C_j}$$

Where, S_j is the SGPA of j^{th} semester,

C_i is the credit for i^{th} course in a semester,

C_j is the total credit for j^{th} semester,

G_i is the Grade Point obtained by the student for the course i and

n is the total number of courses in any semester.

$CG_{j=1}^N$ is the CGPA from $j=1$ to N^{th} semester

- (i) SGPA is calculated only if the candidate passes in all the courses of a semester
- (ii) CGPA is calculated only when the candidate passes in all the courses of all previous and current semester

13. Minimum Passing Standard:

In order to pass any theory component a candidate is required to secure a minimum of "D" grade. In order to pass any practical/teaching practices component a candidate is required to secure a minimum of "C" grade. In order to clear a Semester examination a candidate is required to pass in all Theory, Practical and Teaching practices components of the semester.

14. Classification of Final Results & Percentage of marks:

The classification of results on the basis of CGPA up to last semester is given below.

CGPA	Letter Grade	Explanatory	Classification
9.50 - 10.00	O	Outstanding	First Class with Distinction
8.50 - 9.49	E	Excellent	
7.50 - 8.49	A	Very Good	First Class
6.50 - 7.49	B	Good	
5.00 - 6.49	C	Fair	Second Class
4.00 - 4.99	D	Average	Pass
Below 4.0	F	Fail	Fail

The CGPA can be converted in to percentage of marks as given below

$$\text{Percentage of Marks} = (\text{CGPA} - 0.5) \times 10$$

15. Grievance Redressal Committee

The college shall form a Grievance Redressal Committee for each course with the Course Teacher / Principal as members. This committee shall solve all grievances of the students

16. Revision of Syllabi

The Syllabi of the B.P.Ed. Course should be revised according to NCET.

SEMESTER-I**Part-A : Theoretical Course**

Course Code	Title of the Papers	Hours per Week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-101	History, Principles and foundations of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
Elective Course (Any One)						
EC-101	Olympic Movement	4	4	30	70	100
EC-102	Officiating and Coaching					
Part-B : Practical Course						
PC-101	Track and Field (Running Events),	6	4	30	70	100
PC-102	Gymnastics / Swimming (Any one)	6	4	30	70	100
PC-103	Indigenous Sports: Kabaddi/ Kho-kho, Malkhambh	6	4	30	70	100
PC-104	Mass Demonstration Activities: Lezim/ Dumbbells/ Tipri/ Wands/ March Past	6	4	30	70	100
Total		40	32	240	560	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 Practical Course.

SEMESTER-II

Part-A : Theoretical Course						
Course Code	Title of the Papers	Hours per Week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration	4	4	30	70	100
Elective Course (Any One)						
EC-201	Contemporary issues in Physical Education, fitness & wellness	4	4	30	70	100
EC-202	Sports Nutrition & Weight Management					
Part-B : Practical Course						
PC-201	Track & Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga/ Aerobics/ Gymnastics/ Swimming	6	4	30	70	100
PC-203	Racket Sports: Badminton/Table Tennis/Lawn Tennis/Squash (Any one)	6	4	30	70	100
Part-C : Teaching Practices						
TP-201	Teaching Practices (5 lessons in class room teaching & 5 lessons in outdoor activities)	6	4	30	70	100
Total		40	32	240	560	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 Practical Course.

SEMESTER-III

Part-A : Theoretical Course						
Course Code	Title of the Papers	Hours per Week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Application in Physical Education	4	4	30	70	100
CC-303	Sports Psychology and Sociology	4	4	30	70	100
Elective Course (Any One)						
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
EC-302	Curriculum Design					
Part-B : Practical Course						
PC-301	Track & Field (Throwing Events)	6	4	30	70	100
PC-302	Combative Sports (Marital Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any one)	6	4	30	70	100
PC-303	Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two)	6	4	30	70	100
Part-C : Teaching Practices						
TP-301	Teaching Practices (Racket Sport/ Team Games/ Indigenous Sports) (Out of 10 lessons 5 internal & 5 external at practicing school)	6	4	30	70	100
Total		40	32	240	560	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 Practical Course.

SEMESTER-IV

Part-A : Theoretical Course						
Course Code	Title of the Papers	Hours per Week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-402	Kinesiology & Biomechanics	4	4	30	70	100
CC-403	Research and Statistics in Physical Education	4	4	30	70	100
Elective Course (Any One)						
EC-401	Theory of sports and games	4	4	30	70	100
EC-402	Sports Management					
Part-B : Practical Course						
PC-401	Track & Field/ Swimming/ Gymnastics (Any one)	6	4	30	70	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Lawn Tennis (Any two)	6	4	30	70	100
Part-C : Teaching Practices						
TP-401	Sports specialization: Coaching lessons Plans (5 lessons in one or many sports)	6	4	30	70	100
TP-401	Games specialization: Coaching lessons Plans (5 lessons in one or many games)	6	4	30	70	100
	Total	40	32	240	560	800
	Grand Total	160	128	960	2240	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 Practical Course.