

**MANIPAL UNIVERSITY JAIPUR**



**MANIPAL UNIVERSITY  
JAIPUR**

**SCHEME AND SYLLABI  
(I to VI Semester)**

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)  
(2023-2026)**

**DEPARTMENT OF ARTS  
MANIPAL UNIVERSITY JAIPUR**

**DETAILS OF THE CURRICULUM**  
**BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES): 124+6=130 Credits**

Year	FIRST SEMESTER						SECOND SEMESTER						
	Course Code	Course Name	L	T	P	C	Course Code	Course Name	L	T	P	C	
<b>I</b>	AT1101	Foundation of Physical Education and Sports	3	1	0	4	AT1201	Anatomy and Physiology	3	1	0	4	
	AT1102	History of Physical Education and Sports	3	1	0	4	AT1202	Sports Psychology	3	1	0	4	
	AT1103	Methods in Physical Education	3	1	0	4	AT1203	Recreation and Camping	3	1	0	4	
	LN1106	Communicative English (AECC)	2	0	0	2	AT1271	Value Education (AECC)	2	0	0	2	
	LN1130	Language Lab (AECC)	0	0	2	1	LN1207	Reading Language through Literature (AECC)	1	1	0	2	
	CY1003	Environmental Science (AECC)	2	1	0	3	LN1230	Language Lab-II (AECC)	0	0	2	1	
	CA1170	Fundamentals of Computer (SEC)	1	1	0	2	AT1230	Training to Basic Exercises (SEC)	0	0	4	2	
	** ****	Discipline Specific Elective 1	1	0	4	3	** ****	Discipline Specific Elective 2	1	0	4	3	
			15	5	6	<b>23</b>				13	4	10	<b>22</b>
Total Contact Hours (L + T + P)			26			Total Contact Hours (L + T + P)			27				
<b>II</b>	THIRD SEMESTER						FOURTH SEMESTER						
	AT2101	Exercise Physiology	3	1	0	4	AT2201	Biomechanics	3	1	0	4	
	AT2102	Kinesiology	3	1	0	4	AT2202	Health Education	3	1	0	4	
	AT2103	Test, Measurement and Evaluation	3	1	0	4	AT2203	Science of Sports Training	3	1	0	4	
	AT2104	Personality Development (SEC)	2	1	0	3	AT2204	Applied Physiotherapy and Rehabilitation	3	1	0	4	
	** ****	Discipline Specific Elective 3	1	0	4	3	** ****	Discipline Specific Elective 5	1	0	4	3	
	** ****	Discipline Specific Elective 4	1	0	4	3	** ****	Open Elective1 (MLC)	2	1	0	3	
			13	4	8	<b>21</b>				15	5	4	<b>22</b>
Total Contact Hours (L + T + P)			25			Total Contact Hours (L + T + P)			21+3=24				
<b>III</b>	FIFTH SEMESTER						SIXTH SEMESTER						
	AT3101	Basics of Research	3	1	0	4	AT3201	Coaching and Officiating	3	1	0	4	
	AT3102	Fundamentals of Statistics	3	1	0	4	AT3202	Management in Physical Education	3	1	0	4	
	AT3103	Adapted Physical Education	3	1	0	4	AT3230	Yoga, Fitness and Naturopathy (SEC)	1	0	4	3	
	AT3130	Teaching Practice (SEC)	1	0	4	3	** ****	Discipline Specific Elective 8	1	0	4	3	
	** ****	Discipline Specific Elective 6	2	0	2	3	** ****	Discipline Specific Elective 9	1	0	4	3	
	** ****	Discipline Specific Elective 7	1	0	4	3	** ****	Open Elective2 (MLC)	2	1	0	3	
	AT3133*	Internship				1							
			13	3	10	<b>22</b>				11	3	12	<b>20</b>
Total Contact Hours (L + T + P)			26			Total Contact Hours (L + T + P)			23+3=26				
NOTE: ART3133: Internship (It is mandatory that students need to go for internship which are specifically related to Physical Education and Sports)													

*Open Elective Courses: Open Elective Courses Are Mandatory Learning Courses. A student has to qualify for both open elective courses one in IV semester and second in VI semester.*

<b><i>Any One Discipline Specific Elective Courses to be opted from the following choices in I-Semester (DSE-I)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b><i>Any One Discipline Specific Elective from the following choices in II-Semester (DSE-II)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
AT1130	F.A.-1 (Football and Basketball)	1	0	4	3	AT1231	F.A.-3 (Volleyball and Handball)	1	0	4	3
AT1131	F.A.-2 (Light Apparatus)	1	0	4	3	AT1232	F.A.-4 (Cricket and Hockey)	1	0	4	3
<b><i>Any One Discipline Specific Elective Courses to be opted from the following choices in III-Semester (DSE-III)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b><i>Any One Discipline Specific Elective from the following choices in IV-Semester (DSE-V)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
AT2130	F.A.-5 (Judo, Wrestling and Boxing)	1	0	4	3	AT2230	F.A.-09 (Tennis, Table Tennis, Badminton and Squash)	1	0	4	3
AT2131	F.A.-6 (Karate and Taekwondo)	1	0	4	3			1	0	4	3
<b><i>Any One Discipline Specific Elective Courses to be opted from the following choices in III-Semester (DSE-IV)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	AT2231	F.A.-10 (Softball and Baseball)	1	0	4	3
AT2132	F.A.-7 (100m, 800m, 4x400m Relay, Shot put and Long Jump)	1	0	4	3			1	0	4	3
AT2133	F.A.-8 (200m, 1500m, 4x100m Relay, Discuss Throw and Triple Jump)	1	0	4	3			1	0	4	3
<b><i>Any One Discipline Specific Elective Courses to be opted from the list of given choices in V-Semester (DSE-VI)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b><i>Any One Discipline Specific Elective Courses to be opted from the list of given choices in VI-Semester (DSE-VIII)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
AT3140	Sports Journalism	2	0	2	3	AT3271	Sports Specialization Project in any 1 of the following Games (Football/Basketball/Volleyball/ Archery/ Tennis/ Squash/ Badminton)	1	0	4	3
AT3141	Health and Fitness Management	2	0	2	3			1	0	4	3
AT3142	Yoga and Naturopathy	2	0	2	3			1	0	4	3
<b><i>Any One Discipline Specific Elective Courses to be opted from the following choices in V-Semester (DSE-VII)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b><i>Any One Discipline Specific Elective Courses to be opted from the following choices in VI-Semester (DSE-IX)</i></b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
AT3131	F.A.-11 (Kabaddi and Kho-Kho)	1	0	4	3	AT3231	F.A.-13 (400m, 100mh/110mh, High Jump and Javelin Throw)	1	0	4	3
AT3132	F.A.-12 (Gymnastics, Aerobics and Zumba)	1	0	4	3	AT3232	F.A.-14 (Race Walk, 400mh, Mixed Relay and Hammer Throw)	1	0	4	3

