

# **MANIPAL UNIVERSITY JAIPUR**



**MANIPAL UNIVERSITY  
JAIPUR**

## **SCHEME (I to VI Semester)**

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)**

**(2024-2027)**

**DEPARTMENT OF PHYSICAL EDUCATION SPORTS AND YOGA  
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
I	PES1101	Foundation of Physical Education and Sports	3	1	0	4	PES1201	Anatomy and Physiology	3	1	0	4
	PES1102	History of Physical Education and Sports	3	1	0	4	PES1202	Sports Psychology	3	1	0	4
	PES1103	Methods in Physical Education	3	1	0	4	PES1203	Recreation and Camping	3	1	0	4
	LCC1110	Communicative English (AECC)	2	0	0	2	PES1204	Value and Ethics in Sports (AECC)	2	0	0	2
	LCC1130	Language Lab (AECC)	0	0	2	1	LCC1211	Reading Language through Literature (AECC)	1	1	0	2
	CHY1003	Environmental Science (AECC)	3	0	0	3	LCC1230	Language Lab-II (AECC)	0	0	2	1
	CAP1170	Fundamentals of Computer (SEC)	1	1	0	2	PES1230	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	23			13	4	10	22
	Total Contact Hours (L + T + P)		26			Total Contact Hours (L + T + P)			27			
II	THIRD SEMESTER						FOURTH SEMESTER					
	PES2101	Exercise Physiology	3	1	0	4	PES2201	Biomechanics	3	1	0	4
	PES2102	Kinesiology	3	1	0	4	PES2202	Health Education	3	1	0	4
	PES2103	Test, Measurement and Evaluation	3	1	0	4	PES2203	Science of Sports Training	3	1	0	4
	PES2104	Sports Entrepreneurship (SEC)	2	1	0	3	PES2204	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	21			15	5	4	22
	Total Contact Hours (L + T + P)		25			Total Contact Hours (L + T + P)			21+3=24			
III	FIFTH SEMESTER						SIXTH SEMESTER					
	PES3101	Basics of Research and Statistics	3	1	0	4	PES3201	Coaching and Officiating	3	1	0	4
	PES3102	Contemporary Issues in Physical Education	3	1	0	4	PES3202	Management in Physical Education	3	1	0	4
	PES3103	Adapted Physical Education	3	1	0	4	PES3230	Yoga, Fitness and Naturopathy (SEC)	1	0	4	3
	PES3130	Teaching Practice	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
	PES3170	Internship				1						
		13	3	10	22			11	3	12	20	
	Total Contact Hours (L + T + P)		26			Total Contact Hours (L + T + P)			23+3=26			

**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>Any One Discipline Specific Elective Courses to be opted from the following choices in I-Semester (DSE-I)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b>Any One Discipline Specific Elective from the following choices in II-Semester (DSE-II)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
PES1130	F.A.-1 (Football and Basketball)	1	0	4	3	PES1231	F.A.-3 (Volleyball and Handball)	1	0	4	3
PES1131	F.A.-2 (Light Apparatus)	1	0	4	3	PES1232	F.A.-4 (Cricket and Hockey)	1	0	4	3
<b>Any One Discipline Specific Elective Courses to be opted from the following choices in III-Semester (DSE-III)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b>Any One Discipline Specific Elective from the following choices in IV-Semester (DSE-V)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
PES2130	F.A.-5 (Judo, Wrestling and Boxing)	1	0	4	3	PES2230	F.A.-09 (Tennis, Table Tennis, Badminton and Squash)	1	0	4	3
PES2131	F.A.-6 (Karate and Taekwondo)	1	0	4	3	PES2231	F.A.-10 (Softball and Baseball)	1	0	4	3
<b>Any One Discipline Specific Elective Courses to be opted from the following choices in III-Semester (DSE-IV)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b>Any One Discipline Specific Elective Courses to be opted from the list of given choices in VI-Semester (DSE-VIII)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
PES2132	F.A.-7 (100m, 800m, 4x400m Relay, Shot put and Long Jump)	1	0	4	3	PES3231	Sports Specialization Project in any 1 of the following Games (Football/Basketball/Volleyball/Archery/Tennis/Squash/Badminton)	1	0	4	3
PES2133	F.A.-8 (200m, 1500m, 4x100m Relay, Discuss Throw and Triple Jump)	1	0	4	3						
<b>Any One Discipline Specific Elective Courses to be opted from the list of given choices in V-Semester (DSE-VI)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b>Any One Discipline Specific Elective Courses to be opted from the following choices in VI-Semester (DSE-IX)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
PES3121	Sports Journalism	2	0	2	3		F.A.-13 (400m, 100mh/110mh, High Jump and Javelin Throw)	1	0	4	3
PES3122	Health and Fitness Management	2	0	2	3						
PES3123	Yoga and Naturopathy	2	0	2	3	PES3233	F.A.-14 (Race Walk, 400mh, Mixed Relay and Hammer Throw)	1	0	4	3
<b>Any One Discipline Specific Elective Courses to be opted from the following choices in V-Semester (DSE-VII)</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b>Open Electives (MLC) in IV and VI Semester</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
PES3131	F.A.-11 (Kabaddi and Kho-Kho)	1	0	4	3	PES0001	Physical, Health & Sports Education	2	1	0	3
PES3132	F.A.-12 (Gymnastics, Aerobics and Zumba)	1	0	4	3	PES0002	Basic Concept of National Service Scheme	2	1	0	3
<b>Course offered for BBA/MBA/BHM</b>		<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	PES0003	Health, Hygiene and National Service Scheme	2	1	0	3
PES1030	Yoga and Wellness	0	1	2	2	PES0004	National Cadet Corps	2	1	0	3

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