



**MANIPAL UNIVERSITY
JAIPUR**

DEPARTMENT OF LIBERAL ARTS AND SOCIAL SCIENCES

SCHOOL OF ARTS

FACULTY OF MANAGEMENT, COMMERCE AND ARTS

MANIPAL UNIVERSITY JAIPUR

**SCHEME
(I to VIII Semester)**

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS
BPES (Honours / Honours with Research)**

(2026 Onwards)

PROGRAM STRUCTURE
Bachelor of Physical Education and Sports (Honours / Honours with Research)

Year	FIRST SEMESTER						SECOND SEMESTER					
	Course Code	Course Name	L	T	P	C	Course Code	Course Name	L	T	P	C
I	Core	Foundation of Physical Education and Sports	3	1	0	4	Core	Foundation of Anatomy and Physiology	3	1	0	4
	Core	History of Physical Education and Sports	3	1	0	4	Core	Foundation of Sports Psychology	3	1	0	4
	Core	Methods in Physical Education	3	1	0	4	Core	Recreation and Camping	3	1	0	4
	Core	Athletics	2	0	4	4	Core	Games and Sports 1	2	0	4	4
	AEC	Communicative English	2	0	0	2	MDC	Digital Media and Society	2	1	0	3
	VAC	Environmental Studies	2	0	0	2	AEC	Language Lab	0	0	2	1
			15	3	4	20			13	4	6	20
	Total Contact Hours (L + T + P)		22			Total Contact Hours (L + T + P)		23				
II	THIRD SEMESTER						FOURTH SEMESTER					
	Course Code	Course Name	L	T	P	C	Course Code	Course Name	L	T	P	C
	Core	Exercise Physiology	3	1	0	4	Core	Introduction to Kinesiology and Biomechanics	3	1	0	4
	Core	Health Education	3	1	0	4	Core	Science of Sports Training	3	1	0	4
	Core	Test, Measurement and Evaluation	3	1	0	4	Core	Games and Sports 2	2	0	4	4
	AEC	Fundamentals of Yoga and its application	1	0	4	3	MDC	Open Elective I	3	0	0	3
	SEC	Sports Entrepreneurship	2	0	2	3	AEC	Talent Identification in Sports	2	0	0	2
	VAC	Community Engagement	2	0	0	2	SEC	Indigenous Activities	1	0	4	3
		14	3	6	20			15	3	4	20	
	Total Contact Hours (L + T + P)		23			Total Contact Hours (L + T + P)		22				
III	FIFTH SEMESTER						SIXTH SEMESTER					
	Course Code	Course Name	L	T	P	C	Course Code	Course Name	L	T	P	C
	Core	Basics of Research and Statistics	3	1	0	4	Core	Coaching and Officiating	3	1	0	4
	Core	Sports Injuries and Rehabilitation	3	1	0	4	Core	Management in Physical Education	3	1	0	4
	Core	Racket Games	2	0	4	4	Core	Specialization in Sports	2	0	4	4
	Core	Combat Sports	2	0	4	4	MDC	Open Elective II	3	0	0	3
	Internship	Internship*	0	0	0	4	VAC	Introduction to Indian Knowledge System	2	0	0	2
							SEC	Teaching Practice	1	0	4	3
		10	2	8	20			14	2	8	20	
	Total Contact Hours (L + T + P)		20			Total Contact Hours (L + T + P)		24				

Bachelor of Physical Education and Sports (Honours)												
IV	SEVENTH SEMESTER						EIGHTH SEMESTER					
	Course Code	Course Name	L	T	P	C	Course Code	Course Name	L	T	P	C
	Core	Application of Research and Statistics in Physical Education	3	1	0	4	Core	Sports and Exercise Nutrition	3	1	0	4
	Core	Kinanthropometry	3	1	0	4	Core	Health and Fitness Management	3	1	0	4
	Core	Theory Specialization (Sports Psychology, Exercise Physiology, Sports Biomechanics)	3	1	0	4	Core	Strength and Conditioning	3	1	0	4
	Core	Sports Journalism	3	1	0	4	Core	MooC (SWAYAM/ NPTEL)	3	1	0	4
	Core	Sports Sociology	3	1	0	4	Core	Adapted Physical Education	3	1	0	4
			15	5	0	20			15	5	0	20
	Total Contact Hours (L + T + P)		20			Total Contact Hours (L + T + P)		20				

Bachelor of Physical Education and Sports (Honours with Research)												
SEVENTH SEMESTER						EIGHTH SEMESTER						
Course Code	Course Name	L	T	P	C	Course Code	Course Name	L	T	P	C	
Core	Application for Research and Statistics in Physical Education	3	1	0	4	Core	Sports and Exercise Nutrition	3	1	0	4	
Core	Kinanthropometry	3	1	0	4	Core	Health and Fitness Management	3	1	0	4	
Core	Theory Specialization (Sports Psychology, Exercise Physiology, Sports Biomechanics)	3	1	0	4	Core	Strength and Conditioning	3	1	0	4	
Core	Synopsis Preparation and Presentation	1	1	0	2	Core	Sports Performance Analysis	1	1	0	2	
Research	Dissertation I	0	6	0	6	Research	Dissertation II	0	6	0	6	
		10	10	0	20			10	10	0	20	
Total Contact Hours (L + T + P)		20			Total Contact Hours (L + T + P)		20					

Total Credits: BPES 3 Years - 120 Credits / BPES (Honours/Honours with Research) 4 Years - 160 Credits.

Note: * After completion of the fourth semester, each student shall mandatorily complete minimum 08-10 weeks of internship during the summer vacation (prescribed in V semester).

Honours students not undertaking research (dissertation) in the 8th semester, will do 3 courses for 12 credits in lieu of a research project / dissertation

- Open Elective Courses: Open Elective Courses Are Mandatory Learning Courses. Students are required to qualify Open Elective Courses in IV and VI semesters.**

Bachelor of Physical Education and Sports

BPES 3 Years - 120 Credits / BPES (Honours/Honours with Research) 4 Years - 160 Credits.

Practical course Details

<i>Athletics (I- Semester)</i>	L	T	P	C
Running Events/ Jumping Events/ Throwing Events	2	0	4	4
<i>Games and Sports 1 (II- Semester)</i>	L	T	P	C
Basketball/ Football/ Handball	2	0	4	4
<i>Games and Sports 2 (IV- Semester)</i>	L	T	P	C
Hockey/ Cricket/ Volleyball	2	0	4	4
<i>Racket Games (V- Semester)</i>	L	T	P	C
Badminton/ Table Tennis/ Tennis	2	0	4	4
<i>Combat Sports (V- Semester)</i>	L	T	P	C
Judo/ Wrestling/ Kabaddi	2	0	4	4