

MANIPAL UNIVERSITY JAIPUR



**MANIPAL UNIVERSITY
JAIPUR**

SCHEME (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
I	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	23			13	4	10	22
	Total Contact Hours (L + T + P)		26			Total Contact Hours (L + T + P)		27				
II	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	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					
	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	22			11	3	12	20	
	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.

Any One Discipline Specific Elective Courses to be opted from the following choices in I-Semester (DSE-I)		L	T	P	C	Any One Discipline Specific Elective from the following choices in II-Semester (DSE-II)		L	T	P	C
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
Any One Discipline Specific Elective Courses to be opted from the following choices in III-Semester (DSE-III)		L	T	P	C	Any One Discipline Specific Elective from the following choices in IV-Semester (DSE-V)		L	T	P	C
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						
Any One Discipline Specific Elective Courses to be opted from the following choices in III-Semester (DSE-IV)		L	T	P	C	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						
AT2133	F.A.-8 (200m, 1500m, 4x100m Relay, Discuss Throw and Triple Jump)	1	0	4	3						
Any One Discipline Specific Elective Courses to be opted from the list of given choices in V-Semester (DSE-VI)		L	T	P	C	Any One Discipline Specific Elective Courses to be opted from the list of given choices in VI-Semester (DSE-VIII)		L	T	P	C
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						
AT3142	Yoga and Naturopathy	2	0	2	3						
Any One Discipline Specific Elective Courses to be opted from the following choices in V-Semester (DSE-VII)		L	T	P	C	Any One Discipline Specific Elective Courses to be opted from the following choices in VI-Semester (DSE-IX)		L	T	P	C
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