

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
	LLC1110	Communicative English (AECC)	2	0	0	2	PES1204	Value and Ethics in Sports (AECC)	2	0	0	2
	LLC1130	Language Lab (AECC)	0	0	2	1	LLC1211	Reading Language through Literature (AECC)	1	1	0	2
	CHY1003	Environmental Science (AECC)	3	0	0	3	LLC1230	Language Lab-II (AECC)	0	0	2	1
	CAP1180	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
			16		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.

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
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
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
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						
Any One Discipline Specific Elective Courses to be opted from the following choices in III-Semester (DSE-IV)		L	T	P	C	PES2231	F.A.-10 (Softball and Baseball)	1	0	4	3
PES2132	F.A.-7 (100m, 800m, 4x400m Relay, Shot put and Long Jump)	1	0	4	3	Any One Discipline Specific Elective Courses to be opted from the list of given choices in VI-Semester (DSE-VIII)		L	T	P	C
PES2133	F.A.-8 (200m, 1500m, 4x100m Relay, Discuss Throw and Triple 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
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 following choices in VI-Semester (DSE-IX)		L	T	P	C
PES3121	Sports Journalism	2	0	2	3	PES3232	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
Any One Discipline Specific Elective Courses to be opted from the following choices in V-Semester (DSE-VII)		L	T	P	C	Open Electives (MLC) in IV and VI Semester		L	T	P	C
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
Course offered for BBA/MBA/BHM		L	T	P	C	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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