

No.AC6/56/2024-25

Notification

Sub:- Modification of B.P.Ed Syllabus and Regulations for the Academic year 2024-25.

Ref:- 1. Decision of Board of Studies of Physical Education (UG) meeting held on 08.06.2024
2. Decision of the Faculty of Education meeting held on 14.06.2024.
3. Decision of the Academic Council meeting held on 28.06.2024.

The Board of Studies in Physical Education (UG) which met on 08.06.2024 has approved the modified B.P.Ed. Syllabus and Regulations for the Academic year 2024-25.

The Faculty of Education and Academic Council at their meetings held on 14.06.2024 and 28.06.2024 respectively has also approved the above said modified Syllabus and Regulations hence it is hereby notified.

The Syllabus and scheme of Examinations pattern contents may be downloaded from the University website i.e., www.uni-mysore.ac.in

DRAFT APPROVED BY THE REGISTRAR

Deputy Registrar (Academic)

Deputy Registrar (Academic)
University of Mysore
Mysore-570 005

To;

1. The Registrar (Evaluation), University of Mysore, Mysuru.
2. The Chairman, BOS/DOS in Physical Education and Sports Sciences, University of Mysore, Mysore.
3. The Dean, Faculty of Education, in Physical Education and Sports Sciences, University of Mysore, Mysore.
4. The Director, Distance Education Programme, Moulya Bhavan, Manasagangotri, Mysuru.
5. The Director, PMEB, Manasagangothri, Mysore.

P.T.O.

6. Director, College Development Council, Manasagangothri, Mysore.
7. The Deputy Registrar/Assistant Registrar/Superintendent, Administrative Branch and Examination Branch, University of Mysore, Mysuru.
8. The PA to Vice-Chancellor/ Registrar/ Registrar (Evaluation), University of Mysore, Mysuru.
9. Office Copy.

UNIVERSITY  OF MYSORE

**DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION
AND SPORTS SCIENCES**

B.P.Ed. COURSE-2024-25

- **REGULATIONS**
- **SYLLABI**
- **SCHEME OF EXAMINATION**

UNIVERSITY OF MYSORE
REGULATIONS, SCHEME OF EXAMINATION AND SYLLABI GOVERNING
DEGREE OF BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)
TWO YEARS COURSE UNDER –CBCS SCHEME 2024-25

PREAMBLE

Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII.

B.P.Ed. programme shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. **The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.**

B.P.Ed. two year degree course shall be **offered under faculty of education** of University of Mysore. **B.P.Ed. two year degree course shall be residential.**

R. B.P.Ed. 1. ADMISSION CRITERIA

1.a. Eligibility:

a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-college / Inter-Zonal / Inter-district / Inter-School competition in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

OR

b) Bachelor's degree in Physical Education with 45% marks

OR

c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory / elective subject.

OR

d) Bachelor's degree with 45% marks and having participated in international/National/Inter University / State competitions/ NCC 'C' certificate or secured 1st, 2nd or 3rd position in Inter College / Inter-Zonal /District School competition in sports and games as recognized by the respective federations AIU/IOA/SGFI/Govt. of India.

OR

e) Graduate with 45% marks /Diploma with one year training programme in Sports Sciences, Sports Management, Sports Coaching, Yoga, Olympic Education, Sports Journalism etc.

OR

f) Graduation with 45% marks and at least three (03) years of teaching experience, (See Rule 1.d for deputed in-service candidates seats i.e. Government physical education teachers / coaches).

Note: The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and / Other categories shall be as per **the rules of the Central Government / State Government**, whichever is applicable.

1.b. Age limit:

Candidates seeking admission to B.P.Ed. Degree course shall be below 26 years of age as on 1st July of year of admission. The age is relaxable up to 28 years for outstanding sportspersons. (Outstanding sportsperson means a candidate who has participated in recognized Inter- University / Inter-State / International Sports/Games competitions.)

However, in case of in-service candidates, i.e., permanent Government physical Education teachers / coaches, the age is relaxable upto 35 years, subject to condition that, they are medically fit. All candidates shall produce a medical fitness certificate issued by a Medical Officer of not less than the rank of District Surgeon.

Note: Admission shall be made on the basis of academic performance, sports achievement and points scored in Physical Efficiency Tests conducted by the concerned institution, and Physical Fitness of the candidate is assessed by administering National Physical Fitness Programme (NPFP) Tests of India.

1.c. Selection Procedure:

Candidates for B.P.Ed. Degree course will be selected on the basis of merit. Merit shall be determined on the basis of Academic performance, Physical Fitness and Achievement in sports/games as follows:

Weightage:

- a) Academic performance --- 40% - (Means 40% of the aggregate marks obtained in the qualifying degree examination, that is 40 points)
- b) Physical fitness ----- 30% - Means 30 points.
- c) Sports Achievement ----- 30% - Means 30 points. Total=100%

Physical fitness is determined on the basis of points obtained in the National Physical Fitness Programme (NPFP) Tests of India that include the following events.

<u>Tests</u>	<u>Max. Points</u>
1. 100 Mt Run	6
2. Shot-put 7.26kg (Men) / 4.00kg (women)	6
3. Long Jump	6
4. High Jump	6
5. <u>800 Mt Run (Men) / 200 Mt. Run (women)</u>	<u>6</u>
Total	= 30 points

Note: The candidate shall secure a **minimum of 40% of points (12 points)** in the N.P.F.P. tests to qualify for admission to B.P.Ed. Degree course.

Award of Points for Achievement in Sports / Games:

Points will be awarded for achievement in sports as follows:

1. Representing the country ----- 30 points.

2. National Level (Representing the State)		3. All India Inter-University (Representing the University)		4. Inter-Collegiate Level (Representing the College)	
1 st Place	30 Points	1 st Place	20 Points	1 st Place	07 Points
2 nd Place	25 Points	2 nd Place	16 Points	2 nd Place	05 Points
3 rd Place	20 Points	3 rd Place	12 Points	3 rd Place	03 Points
Participation only	15 Points	Participation only	10 Points	Additional place won	02 Points
For each additional place won or representation 05 points will be awarded. However, the total shall not exceed 30 points.		For each additional place won or representation 04 points will be awarded. However, the total shall not exceed 20 points.		For each additional place won 02 points will be awarded. However, the total shall not exceed 07 points.	

Note:

1. For award of points, participation and achievement at only one level (highest) will be Considered.
 2. Points shall be awarded for positions only in **final** Inter-Collegiate competitions / Tournaments or the inter-Zonal **final** competitions organized by the Department of Physical Education of the University.
 3. Points secured in a) Academic Performance b) Physical Fitness c) Sports Achievement shall be added to a maximum of 100 points.
 4. The total points obtained by a candidate shall be merit of the candidate. Selection shall be made on the basis of merit as per the rules of the University.
 5. Points for achievement in sports shall be awarded for certificates issued by associations and federations recognized by AIU/IOA.
 6. Allotment of seats will be governed by the roaster system as laid down by University.
- 1.d. Admission to the course under In-service category only five (05) seats are provided, only to permanent Government or Government Aided Physical Education Teachers/Coaches, and not for temporary private school Physical Education Teachers/Coaches. In-service quota admission is provided only to University Departments/Constitute colleges and not for private institutions/colleges)**

In case of in-service candidates, age may be relaxed up to 35 years, subject to the condition that they are medically fit. All candidates shall produce a Medical Fitness Certificate issued by the Medical Officer of not less than the rank of District Surgeon. Candidates shall be selected on the basis of merit. Merit shall be determined on the basis of candidate's performance in the qualifying Examination, besides representation and achievement in sports. However, other procedure for admission will be similar as applied to regular students as in rule 1.c.

Note: In-service candidates shall be working on a regular basis (**Permanent Government or Government Aided Physical Education Teachers / Coaches**) and shall have put in a **minimum of three (03) years of continuous service** in one recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/ appointing authority.

Admission to the course under in-service category seat shall be allotted as follows:

- i) Candidates who are graduates of the University of Mysore who working in Government and Government Aided Schools shall be given first preference.
- ii) Candidates who are graduates of other University, who working in Government and Government Aided Schools shall be given second preference.
- iii) In case of tie, the percentage of marks in the qualifying examination and Length of continuous service of the candidates shall be considered.

R. B.P.Ed. 2. DURATION:

The B.P.Ed programme duration shall be of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of four years from the date of admission to the programme the University regulations shall be followed.

R. B.P.Ed. 3. THE CBCS SYSTEM:

The B.P.Ed. Programmes shall run on Choice Based Credit System (CBCS) as formulated by University of Mysore. It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

R. B.P.Ed 4. COURSE:

The term course usually referred to, as ‘papers’ is a component of a programme. All courses need not carry the same weightage. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/ laboratory work/ field work/ outreach activities/ project work/ vocational training/ viva/ seminars/ term papers/ assignments/ presentations/ self-study etc. or a combination of some of these.

R. B.P.Ed. 5. COURSES OF PROGRAMME:

The B.P.Ed. Programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

Theory: Core Course: (Called Hard Core)

Elective Course: (Called Soft Core)

Practicum: Practical Activities and Teaching Practice: (also can be hard core or soft core)

R. B.P.Ed.6. SEMESTERS:

An academic year is divided into two semesters. Each semester will consist of 16-18 weeks of academic to 90 to 100 actual working days. The institution shall work for a minimum of 36 working hours in a week (five or six days a week). The Odd and Even semester shall be scheduled as per the Calendar of the University.

R. B.P.Ed.7. WORKING DAYS:

There shall be at least 180 - 200 working days per year exclusive of admission and examination processes etc.

R. B.P.Ed. 8. CREDITS:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture) or two hours of tutorial / practicum activities / field work per week. The term 'Credit' refers to the weightage given to a course, usually in relation to the instructional hours assigned to it. The total **minimum of 76 credits** shall be earned by candidates to get B.P.Ed. Degree. He/She can complete a **maximum of 90 credits** under the provision of carryover of **24 credits per semester**, but in **forth semester only 18 credits** shall be earned by candidates. Earning of credits will enable additional certification.

In addition a candidate can also earn bonus credits as indicated below:

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2

Note: However a total maximum of 90 credits cannot be exceeded

R.B.P.Ed. 9. EXAMINATIONS:**9.a Continuous Assessment (Internal)**

The assessment and award of marks shall be on the basis of regularity, Initiative, learning aptitude, skill development, proficiency and performance of the candidate throughout each semester.

Assessment pattern (Tests, skill testing and assignment) shall be worked out by the concerned faculty members. The continuous assessment and scores of first half of the semester will be consolidated during the 8th week of semester (**Component 1**). The continuous assessment and scores of second half of the semester will be consolidated during the 16th week of the semester (**Component 2**). During the 18th to 20th week of the semester, a semester end examination (Evaluation) will be conducted at the University (**Component 3**).

9.b. Teaching Ability:

Teaching ability in practical activity and coaching lessons shall be assessed on the basis of teachers Personnel and technical preparation, Command and Class control, Methods employed, Order of presentation, Drills used, Time management, Effective use of teaching aids and Observation.

Teaching ability in Class room lessons shall be assessed on the basis of teachers External appearance, Communication skills (voice modulation, right word at right time, etc), Methods of teaching (Strategy, Discipline, Class control, Approach, Interaction, Involvement of students, Solving and understanding problem), Questions (Introduction, Development, Review, Assessment and follow-up questions) and Resource management (Black board skill, audio visual aids, etc.)

9.c. Scheme of Examination

Theory (C3): - There shall be an examination conducted by the University at the end of each semester. The candidate shall appear for the semester end theory examination. The duration of examination will be 03 hours per theory paper. Syllabus shall be divided into 04 units. Each theory question paper will have 05 questions (First question consisting of short note questions from all units and remaining four questions from each unit) with internal sub-divisions. There can be internal choice for questions in each unit. This will be as per CBCS norms of the University.

Teaching Ability: - During the semester end examination/evaluation candidate shall take

- One Class Room Lesson or One Lesson for Mass Demonstration Activities/General Lesson in second semester within the premises
- One Particular Lesson in third semester at practicing school
- One Sports / Game specialization lesson in fourth semester at practicing school

Practical: - There shall be a semester end Examination/ Evaluation conducted by the University in practical units. The candidate shall appear for the practical examination at the end of each semester. The examination will be done as per CBCS norms of the University.

Note: The evaluation of candidates in semester end examination shall be done as per university guidelines.

R. B.P.Ed. 10: ATTENDANCE:

The candidate shall put in a minimum of 85% attendance (Lectures / Tutorials / Practical), in each semester. The candidate shall put in a minimum of 85% attendance in each sub unit or credit taken. Candidate who does not fulfill the requirement of attendance shall be considered to have dropped a paper or unit/sub unit.

Note: The candidate is said to have dropped a paper/sub unit

- a. If a candidate has failed to put in 85% attendance in each sub unit/paper/ or credit.
- b. If a candidate decides to discontinue to study the paper.
- c. If in component I and component II put together the candidate has not secured the minimum prescribed.
- d. If at the end of component III the candidates has remained unsuccessful, and remains unsuccessful even after one re-appearance during the subsequent semester-end examination.
- e. If a candidate withdraws paper/sub units after final grades are notified to improve the performance.
- f. The candidate should complete component I and component II to appear for component III examination. If he/she has not completed the components I and II a candidate is said to have dropped the paper/sub unit.
- g. During the degree programme of study incase a candidate is unable to attend the practical sessions in person due to injury caused by negligence/ illness/ similar incidents or for any medical reasons such candidates are not allowed to continue that semester. Such an absence will lend the benefit of blank semester. However the candidate has to complete the degree either double duration (04 years)

**R. B.P.Ed. 11. PATTERN OF QUESTION PAPERS:
AS PER UNIVERSITY NORMS**

**R. B.P.Ed. 12. EVALUATION:
AS PER UNIVERSITY NORMS**

**R. B.P.Ed. 13. MINIMUM PASSING STANDARD:
AS PER UNIVERSITY NORMS**

**R. B.P.Ed. 14. GRADING:
AS PER UNIVERSITY NORMS**

**R. B.P.Ed. 15. CLASSIFICATION OF FINAL RESULTS:
AS PER UNIVERSITY NORMS**

**R. B.P.Ed. 16. AWARD OF THE B.P.ED. DEGREE:
AS PER UNIVERSITY NORMS**

**R. B.P.Ed. 17. LETTER GRADES AND GRADE POINTS:
AS PER UNIVERSITY NORMS**

**R. B.P.Ed. 18: GRADE POINTS CALCULATION:
AS PER UNIVERSITY NORMS**

R. B.P.Ed. 19. GRIEVANCE REDRESSAL COMMITTEE:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

R. B.P.Ed. 20. REVISION OF SYLLABI:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units/topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

B.P.ED. SEMESTER - I

PART A: Theoretical Course									
Course Code	Title of the Paper	L	T	P	Credits	Total Hours	Internal Marks C1 & C2	Exam Marks C3	Total Marks
Core Course									
BPED CC-101	History, Principles and foundation of Physical Education	3	0	0	3	3	30	70	100
BPED CC-102	Educational Technology and Methods of Teaching in Physical Education	3	0	0	3	3	30	70	100
BPED CC-103	Anatomy and Physiology	3	0	0	3	3	30	70	100
Elective Course (Any One)									
BPED EC-101	Olympic Movement	3	0	0	3	3	30	70	100
BPED EC-102	Curriculum Design								
PART-B: Practical Course									
BPED PC-101	Track and Field - I	0	0	3	3	6	30	70	100
BPED PC-102	Handball and Softball	0	0	3	3	6	30	70	100
BPED PC-103	Kabaddi and Kho-Kho	0	0	3	3	6	30	70	100
BPED PC-104	Mass Demonstration Activities	0	0	3	3	6	30	70	100
	TOTAL	12	0	12	24	36	240	560	800

B.P.ED. SEMESTER - II

PART A: Theoretical Course									
Course Code	Title of the Paper	L	T	P	Credits	Total Hours	Internal Marks C1 & C2	Exam Marks C3	Total Marks
Core Course									
BPED CC-201	Yoga Education	3	0	0	3	3	30	70	100
BPED CC-202	Organization and Administration	3	0	0	3	3	30	70	100
BPED CC-203	Computer Applications in Physical Education	3	0	0	3	3	30	70	100
Elective Course (Any One)									
BPED EC-201	Contemporary Issues in Physical Education, Fitness and Wellness	3	0	0	3	3	30	70	100
BPED EC-202	Sports Nutrition and Weight Management								
PART-B: Practical Course									
BPED PC-201	Track and Field - II	0	0	3	3	6	30	70	100
BPED PC-202	Wrestling and Karate	0	0	3	3	6	30	70	100
BPED PC-203	Badminton and Lawn Tennis	0	0	3	3	6	30	70	100
BPED PC-204	Table Tennis and Throwball & Tennikoit	0	0	3	3	6	30	70	100
	TOTAL	12	0	12	24	36	240	560	800

B.P.ED. SEMESTER - III

PART A: Theoretical Course									
Course Code	Title of the Paper	L	T	P	Credits	Total Hours	Internal Marks C1 & C2	Exam Marks C3	Total Marks
Core Course									
BPED CC-301	Sports Training	3	0	0	3	3	30	70	100
BPED CC-302	Health Education and Environmental Studies	3	0	0	3	3	30	70	100
BPED CC-303	Sports Psychology and sociology	3	0	0	3	3	30	70	100
Elective Course (Any One)									
BPED EC-301	Sports Medicine, Physiotherapy and Rehabilitation	3	0	0	3	3	30	70	100
BPED EC-302	Sports Management								
PART-B: Practical Course									
BPED PC-301	Swimming and Gymnastics	0	0	3	3	6	30	70	100
BPED PC-302	Yoga and Cricket	0	0	3	3	6	30	70	100
BPED PC-303	Volleyball and Basketball	0	0	3	3	6	30	70	100
PART-C: Teaching Practices									
BPED TP-301	Teaching Practices: Class Room and Mass Demonstration Activities	0	0	3	3	6	30	70	100
	TOTAL	12	0	12	24	36	240	560	800

B.P.ED. SEMESTER - IV

PART A: Theoretical Course									
Course Code	Title of the Paper	L	T	P	Credits	Total Hours	Internal Marks C1 & C2	Exam Marks C3	Total Marks
Core Course									
BPED CC-401	Measurement and Evaluation in Physical Education	3	0	0	3	3	30	70	100
BPED CC-402	Officiating and Coaching	3	0	0	3	3	30	70	100
BPED CC-403	Research and Statistics in Physical Education	3	0	0	3	3	30	70	100
Elective Course (Any One)									
BPED EC-401	Theory of Sports and Games	3	0	0	3	3	30	70	100
BPED EC-402	Kinesiology and Biomechanics								
PART-B: Practical Course									
BPED PC-401	Football and Hockey	0	0	3	3	6	30	70	100
PART-C: Teaching Practices									
BPED TP-401	Teaching Practice: Skills of Sports and Games Coaching Lessons : Sports and Games	0	0	3	3	6	30	70	100
TOTAL		12	0	06	18	24	180	420	600
GRAND TOTAL		48	00	42	90	132	900	2100	3000