

12. Semester wise Course Structure

FIRST SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-101	Foundation of Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-103	History in Physical Education and Sports	3	1	0	4	3	-	10	-	40	50	-
UPE-105	Introduction to Basic Exercises	0	0	6	3	-	2	-	60	-	-	40
	Fundamental of Computer-I	2	0	0	2	3	-	10	-	40	50	-
UPE-109	Games Specialization-I (Team game)	0	2	4	4	-	4	-	60	-	-	40
UPE-111	Game Specialization-II (Track & field)	0	2	4	4	-	4	-	60	-	-	40
	Fundamental of Computer Lab	0	0	2	1	-	2	-	-	-	-	-
EN-101	English Proficiency-I	1	1	0	2	3	-	10	-	40	50	-
EN-151	Language Lab-I	0	0	2	1	-	2	-	60	-	-	40
	Total				25							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
---	--

SECOND SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-102	Anatomy and Physiology	3	1	0	4	3	-	10	-	40	50	-
UPE-104	Sports Psychology	3	1	0	4	3	-	10	-	40	50	-
UPE-106	Methods in Physical Education	3	1	0	4	3	-	10	-	40	50	-
ES-101	Environmental Studies	4	0	0	4	3	-	10	-	40	50	-
	Reading Language through Literature	1	1	0	2	3	-	10	-	40	50	-
UPE-114	Games Specialization-III (Team game)	0	2	4	4		4		60	-	-	40
UPE-116	Game Specialization-IV (Track & field)	0	1	2	2		2		60	-	-	40
	Total				24							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
---	---

THIRD SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-201	Management in Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-203	Applied Psychology in Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-205	Tests and Measurements	3	2	0	5	3	-	10	-	40	50	-
UPE-207	Personality Development	2	1	0	3	3	-	10	-	40	50	-
UPE-209	GYM Operation	0	1	2	2	-	2	-	60	-	-	40
UPE-211	Sport Tourism	0	1	2	2	-	2	-	60	-	-	40
UPE-213	Games Specialization-V (Team game)	0	1	2	2	-	2	-	60	-	-	40
UPE-215	Game Specialization-VI (Track & field)	0	1	2	2	-	2	-	60	-	-	40
	Total				24							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
---	---

FOURTH SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-302	Adapted Physical Education	2	1	0	3	3	-	10	-	40	50	-
UPE-304	Methods in Physical Education	3	1	0	4	3	-	10	-	40	50	-
UPE-306	Health Education	3	1	0	4	3	-	10	-	40	50	-
UPE-308	Basic Principles of Sports Training	3	1	0	4	3	-	10	-	40	50	-
UPE-310	Correctives and Rehabilitation	3	1	0	4	3	-	10	-	40	50	-
UPE-312	Teaching Practice-I	0	1	4	3	1	2	10	40	-	-	50
UPE-314	Games Specialization-VII (Team game)	0	1	2	2	1	2	10	40	-	-	50
UPE-316	Game Specialization-VIII (Track & field)	0	1	2	2	1	2	10	40	-	-	50
	Total				26							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
---	---

FIFTH SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-301	Basics of Research	3	1	0	4	3	-	10	-	40	50	-
UPE-303	Fundamental of Statistics	3	1	0	4	3	-	10	-	40	50	-
UPE-305	Sports Sociology	3	1	0	4	3	-	10	-	40	50	-
	Programme Elective:(any ONE of the following):											
UPE-307	1.Sports Journalism	3	1	0	4	3	-	10	-	40	50	-
UPE-309	2.Fitness and Wellness											
UPE-311	3.Sports and Recreation Management											
UPE-313	Games Specialization-IX (Team game)	0	2	4	4	-	2		60	-	-	40
UPE-315	Game Specialization-X (Track & field)	0	1	4	3	-	2		60	-	-	40
UPE-317	Teaching Practice-II	0	1	2	3	-	2		60	-	-	40
	Total				26							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
---	---

SIXTH SEMESTER						Exam Duration (Hrs)		Relative Weightage (%)				
Course Code	Course Name	L	T	P	C	Theory	Practical	CWS	PRS	MTE	ETE	PRE
UPE-302	Sports Nutrition	3	1	0	4	3	-	10	-	40	50	-
UPE-304	Teaching Pedagogy in Physical Education	3	1	0	4	-	2		60	-	-	40
UPE-306	Dissertation/Project *	-	2	8	7	-	-	-	60	-	-	40
UPE-308	Games Specialization-XI (Team game)	0	2	4	4	-	2		60	-	-	40
UPE-310	Game Specialization-XII (Track & field)	0	2	4	4	-	2		60	-	-	40
	Total				23							

L = Number of Lectures hours/week P = Number of practical hours/weeks CWS= Class Work Sessional MTE= Mid-Term Exam PRE= End Term Practical Exam	T= Number of Tutorials hours/week C= Number of Credits PRS= Practical Sessional ETE= End Term Exam * Presentations Only
---	--

The above plan and proposal is submitted for your kind perusal and approval.