

# Post Graduate Diploma in Physical Education (PGDPE)

Duration: 2 Years (4 Semesters)

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## Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	PGDPE101	1PGDPE1	Foundation & Principles of Physical Education
2	PGDPE102	1PGDPE2	Anatomy & Physiology
3	PGDPE103	1PGDPE3	Educational Psychology & Sociology of Sports
4	PGDPE104	1PGDPE4	Methods of Physical Training

## Course Details (Semester – I)

- **Foundation & Principles of Physical Education** – History, philosophy, scope, and principles of PE.
  - **Anatomy & Physiology** – Structure and function of human systems, muscular and skeletal study.
  - **Educational Psychology & Sociology of Sports** – Learning processes, motivation, group dynamics.
  - **Methods of Physical Training** – Fundamental drills, warming up, endurance development.
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## Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	PGDPE201	2PGDPE1	Kinesiology & Biomechanics

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
2	PGDPE202	2PGDPE2	Health Education & First Aid
3	PGDPE203	2PGDPE3	Yoga & Fitness Management
4	PGDPE204	2PGDPE4	Sports Training & Coaching Methods

### Course Details (Semester – II)

- **Kinesiology & Biomechanics** – Human motion, levers, posture analysis, body mechanics.
- **Health Education & First Aid** – Hygiene, nutrition, safety, and emergency care.
- **Yoga & Fitness Management** – Basic yoga postures, pranayama, relaxation techniques.
- **Sports Training & Coaching Methods** – Principles of sports training, periodization, coaching ethics.

### Semester – III

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	PGDPE301	3PGDPE1	Sports Management & Organization
2	PGDPE302	3PGDPE2	Measurement & Evaluation in Physical Education
3	PGDPE303	3PGDPE3	Sports Medicine & Physiotherapy
4	PGDPE304	3PGDPE4	Teaching Practice in Physical Education

### Course Details (Semester – III)

- **Sports Management & Organization** – Managing events, budgeting, leadership in sports.
- **Measurement & Evaluation in Physical Education** – Physical fitness tests and evaluation techniques.

- **Sports Medicine & Physiotherapy** – Sports injuries, recovery, rehabilitation.
  - **Teaching Practice in Physical Education** – Lesson planning, practical teaching in schools/colleges.
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## Semester – IV

S. No.	Paper Numerical	Unique Class & Papers	Paper Name / Subject
1	PGDPE401	4PGDPE1	Research Methods in Physical Education
2	PGDPE402	4PGDPE2	Recreation & Camping
3	PGDPE403	4PGDPE3	Environmental Studies in Physical Education
4	PGDPE404	4PGDPE4	Internship / Project Work

### Course Details (Semester – IV)

- **Research Methods in Physical Education** – Data collection, sampling, research report writing.
- **Recreation & Camping** – Outdoor education, camping skills, leadership in recreation.
- **Environmental Studies in Physical Education** – Ecology, sustainability, environmental health.
- **Internship / Project Work** – Practical fieldwork in sports institutions and schools.