

Diploma in Physical Education (DPE)

Duration: 2 Years (4 Semesters)

Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DPE101	1DPE1	Foundation of Physical Education
2	DPE102	1DPE2	Anatomy & Physiology
3	DPE103	1DPE3	Health Education & Hygiene
4	DPE104	1DPE4	Yoga & Physical Fitness

Course Details (Semester – I)

- **Foundation of Physical Education** – Concept, aims, scope and importance of PE.
 - **Anatomy & Physiology** – Structure & function of human body systems.
 - **Health Education & Hygiene** – Principles of health and preventive measures.
 - **Yoga & Physical Fitness** – Basic asanas, pranayama, and fitness routines.
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Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DPE201	2DPE1	Kinesiology & Biomechanics
2	DPE202	2DPE2	Methods of Physical Training
3	DPE203	2DPE3	Educational Psychology
4	DPE204	2DPE4	Games & Sports Rules

Course Details (Semester – II)

- **Kinesiology & Biomechanics** – Movement, levers, posture analysis.
 - **Methods of Physical Training** – Conditioning drills, motor skills.
 - **Educational Psychology** – Learning theories, motivation, group behavior.
 - **Games & Sports Rules** – Rules & officiating of major games.
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Semester – III

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DPE301	3DPE1	Measurement & Evaluation in PE
2	DPE302	3DPE2	Sports Sociology
3	DPE303	3DPE3	Recreation & Camping
4	DPE304	3DPE4	Teaching Practice

Course Details (Semester – III)

- **Measurement & Evaluation in PE** – Physical fitness tests and evaluation.
 - **Sports Sociology** – Social impact of sports and games.
 - **Recreation & Camping** – Outdoor activities, leadership in recreation.
 - **Teaching Practice** – Supervised teaching of PE lessons.
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Semester – IV

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DPE401	4DPE1	Sports Training & Coaching

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
2	DPE402	4DPE2	Sports Medicine & First Aid
3	DPE403	4DPE3	Research Methods in Physical Education
4	DPE404	4DPE4	Internship / Project Report

Course Details (Semester – IV)

- **Sports Training & Coaching** – Training principles, coaching methodology.
- **Sports Medicine & First Aid** – Common injuries, prevention & care.
- **Research Methods in PE** – Basics of research, report preparation.
- **Internship / Project Report** – Field-based project or internship.