

Bachelor of Physical Education and Sports (B.P.E.S.) – 3 Years

Semester I

Subject Code	Subject
PES101	Foundations of Physical Education
PES102	Anatomy and Physiology
PES103	Health Education and Wellness
PES104P	Athletics – I (Practical)
AECC101	Communication Skills

Semester II

Subject Code	Subject
PES201	Kinesiology and Biomechanics
PES202	Psychology of Physical Education
PES203	Yoga Education
PES204P	Games – I (Practical)
SEC201	Environmental Studies

Semester III

Subject Code	Subject
PES301	Exercise Physiology
PES302	Sports Training
PES303	Officiating and Coaching – I
PES304P	Athletics – II (Practical)

Subject Code	Subject
GE301	Generic Elective

Semester IV

Subject Code	Subject
PES401	Sports Nutrition
PES402	Sports Sociology
PES403	Adapted Physical Education
PES404P	Games – II (Practical)
SEC401	Personality Development

Semester V

Subject Code	Subject
PES501	Sports Medicine
PES502	Sports Management
PES503	Research Methodology in Physical Education
PES504P	Coaching and Officiating Practical
DSE501	Discipline-Specific Elective

Semester VI

Subject Code	Subject
PES601	Test, Measurement and Evaluation
PES602	Contemporary Issues in Physical Education
PES603	Project Work / Internship

Subject Code	Subject
PES604P	Final Practical Examination
PES605	Viva Voce

Practical Components

Practical Code	Practical Subject
PES104P	Athletics Practical
PES204P	Team and Individual Games
PES304P	Sports Skills and Officiating
PES404P	Yoga and Fitness Training
PES504P	Coaching Practice
PES604P	Final Practical Examination