

UGCF :Bachelor of Science in Physical Education, Health Education and Sports (Hons.)

Semester	Core(DSC)	Elective (DSE)	Generic Elective (GE)	Ability Enhancement Course (AEC)	Skill Enhancement Course (Sec)	Internship/ Apprenticeship /Project (2)	Value addition course(VAC)	Total Credits
I	<p>BSc-PE-DSC-1 (4): History and Foundations of Physical Education</p> <p>BSc-PE-DSC-2 (4): Anatomy and Physiology</p> <p>BSc-PE-DSC-3 (4)*: Optional Game 1 (Choose any one from the list)</p> <p>BSc-PE-DSC-3 (4)-</p>		<p>Choose one from a pool of courses</p> <p><b>BSc-PE-GE-1 (4):</b></p> <p><b>BSc-PE-GE-1 (4)-101: Fitness &amp; Wellness</b></p> <p><b>BSc-PE-GE-1 (4)-102: Gym Management</b></p>	<p>Choose one from a pool of AEC courses (2)</p> <p>English/Hindi/EVS</p>	<p>Choose one from a pool of courses (2):</p> <p><b>BSc-PE-SEC-1(2):</b></p> <p><b>BSc-PE-SEC-1(2)-101: Sports for all</b></p> <p><b>BSc-PE-SEC-1(2)-102: Fitness &amp; Wellness</b></p> <p><b>BSc-PE-SEC-1(2)-103: Growth and Development</b></p> <p><b>BSc-PE-SEC-1(2)-104: Community Wellness Programmes</b></p>		<p>Choose one from a pool of courses (2):</p> <p><b>BSc-PE-VAC-1(2):</b></p> <p><b>BSc-PE-VAC-1(2)-101: Sports for Global Peace and Value Education</b></p> <p><b>BSc-PE-VAC-1(2)-102: Computer Application in Physical Education</b></p> <p><b>BSc-PE-VAC-1(2)-103: Physical Activity Literacy</b></p> <p><b>BSc-PE-VAC-1(2)-104: Communication skills</b></p>	22 Credits

<p>101: Athletic s BSc-PE- DSC-3 (4)- 102:Badmin ton BSc-PE- DSC-3 (4)- 103:Basketb all BSc-PE- DSC-3 (4)- 104: Cricket BSc-PE- DSC-3 (4)- 105:Footbal l BSc-PE- DSC-3 (4)- 106:Gymna stic BSc-PE- DSC-3 (4)- 107:Handba ll BSc-PE- DSC-3 (4)- 108:Hockey BSc-PE- DSC-3 (4)- 109:Judo BSc-PE- DSC-3 (4)- 110:Kabadd i BSc-PE- DSC-3 (4)- 111:Kho- Kho</p>						
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	BSc-PE-DSC-3 (4)-112:Volleyball BSc-PE-DSC-3 (4)-113:Yoga						
II	BSc-PE-DSC-4 (4): Health Education BSc-PE-DSC-5 (4): Exercise Physiology	Choose one from a pool of courses <b>BSc-PE-GE-2 (4);</b>  <b>BSc-PE-GE-2 (4)-103: Professional preparation &amp; Career Avenues in Physical Education &amp; Sports</b>  <b>BSc-PE-GE-2 (4)-104: Stress Management</b>	Choose one from a pool of AEC courses (2) English/Hindi/EVS	Choose one from a pool of courses (2): <b>BSc-PE-SEC-2(2):</b> <b>BSc-PE-SEC-2(2)-101: Sports for all</b> <b>BSc-PE-SEC-2(2)-102: Fitness &amp; Wellness</b> <b>BSc-PE-SEC-2(2)-103: Growth and Development</b> <b>BSc-PE-SEC-2(2)-104: Community wellness programmes</b>	Choose one from a pool of courses (2): <b>BSc-PE-VAC-2(2):</b> <b>BSc-PE-VAC-2(2)-101: Sports for Global Peace and Value Education</b> <b>BSc-PE-VAC-2(2)-102: Computer Application in Physical Education</b> <b>BSc-PE-VAC-2(2)-103: Physical Activity Literacy</b> <b>BSc-PE-VAC-2(2)-104: Communication skills</b>	22 Credits	

<p>BSc-PE-DSC-6 (4)* : Optional Game 2 (Choose any one from the list other than chosen before) BSc-PE-DSC-6 (4) 101: Athletics BSc-PE-DSC-6 (4)- 102: Badminton BSc-PE-DSC-6 (4)-</p>						
<p>103: Basketball</p>						
<p>BSc-PE-DSC-6 (4)- 104: Cricket BSc-PE-DSC-6 (4)-105: Football BSc-PE-DSC-6 (4)- 106: Gymnastic BSc-PE-DSC-6 (4)-107: Handball BSc-PE-DSC-6 (4)-108: Hockey BSc-PE-DSC-6 (4)-109: Judo BSc-PE-DSC-6 (4)-110: Kabaddi BSc-PE-DSC-6 (4)-111: Kho-Kho</p>						
<p>BSc-PE-DSC-6</p>						

(4)-  
112:Volleyball  
BSc-PE-DSC-6  
(4)-113:Yoga

**Students on exit shall be awarded undergraduate Certificate (in the field of Multidisciplinary Study) after securing the requisite 44 credits in Semesters I and II**

**Total=44**

III	Choose one from pool of Courses, DSE-1 (4) <b>OR</b> Choose one from Pool of courses, GE-3 (4)**	Choose one from a pool of AEC courses (2)	Choose one SEC or Internship/Apprentic eship/ Project/Community Outreach (2): <b>BSc-PE-SEC-3(2):</b>  <b>BSc-PE-SEC-3(2)- 301: Wellness &amp; Lifestyle</b>	Choose one from a pool of courses (2): <b>BSc-PE-VAC- 3(2):</b>  <b>BSc-PE-VAC-3(2)- 301: Yoga for Human Development</b>	22 Credits
BSc-PE-DSC-7 (4): Kinesiology	<b>BSc-PE-DSE-1(4):</b>  <b>BSc-PE-DSE-1(4)-101: Adapted Physical Education</b>				
BSc-PE-DSC-8 (4): Exercise & Sports Psychology	<b>BSc-PE-DSE-1(4)-102: Personality Development</b> <b>BSc-PE-DSE-1(4)-103: Exercise Prescription for Health and Fitness</b> <b>BSc-PE-DSE-1(4)-104: Sports Proficiency I Team Games; ( Choose one from Listed Sports other than</b>				

<p>BSc-PE-DSC-9 (4)*: Optional Game 3 (Choose any one from the list other than chosen before) BSc-PE-DSC-9 (4)-101: Athletics BSc-PE-DSC-9 (4)-102: Badminton BSc-PE-DSC-9 (4)-103: Basketball BSc-PE-DSC-9 (4)-104: Cricket BSc-PE-DSC-9 (4)-105: Football BSc-PE-DSC-9 (4)-106: Gymnastic BSc-PE-DSC-9 (4)-107: Handball BSc-PE-DSC-9 (4)-108: Hockey BSc-PE-DSC-9 (4)-109: Judo BSc-PE-DSC-9 (4)-110: Kabaddi BSc-PE-DSC-9 (4)-111: Kho-Kho BSc-PE-DSC-9 (4)-112: Volleyball BSc-PE-DSC-9 (4)-113: Yoga</p>	<p>optional Game) <b>BSc-PE-DSE-1(4)-104.1: Fundamentals of Basket Ball</b> <b>BSc-PE-DSE-1(4)-104.2: Fundamentals of Cricket</b> <b>BSc-PE-DSE-1(4)-104.3: Fundamentals of Kabaddi</b> <b>BSc-PE-DSE-1(4)-104.4: Fundamentals of Kho-Kho</b> <b>BSc-PE-DSE-1(4)-104.5: Fundamentals of Handball</b> <b>BSc-PE-DSE-1(4)-104.6: Fundamentals of Hockey</b> <b>BSc-PE-GE-3(4):</b> <b>BSc-PE-GE-3(4)-301: Olympic Education</b></p>
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<p><b>BSc-PE-SEC-3(2)-302: Fitness-Sports Industry and Marketing</b> <b>BSc-PE-SEC-3(2)-303: Sports Event Management</b></p>	<p><b>BSc-PE-VAC-3(2)-302: Health and Fitness Assessment</b> <b>BSc-PE-VAC-3(2)-303: Physical Activity &amp; Health</b> <b>BSc-PE-VAC-3(2)-304: Art of Daily Scheduling</b></p>
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	<p><b>BSc-PE-GE-3(4)-302: Adapted Physical Education</b></p>
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I V	<p>BSc-PE-DSC-10 (4): Sports Sociology</p> <p>BSc-PE-DSC-11 (4): Biomechanics</p> <p>BSc-PE-DSC-12 (4)* : Optional Game 4 (Choose any one from the list other than chosen before)</p> <p>BSc-PE-DSC-12 (4)-101: Athletics</p> <p>BSc-PE-DSC-12 (4)-102: Badminton</p> <p>BSc-PE-DSC-12 (4)-103: Basketball</p> <p>BSc-PE-DSC-12 (4)-104: Cricket</p> <p>BSc-PE-DSC-12 (4)-105: Football</p> <p>BSc-PE-DSC-12 (4)-106: Gymnastic</p> <p>BSc-PE-DSC-12 (4)-107: Handball</p> <p>BSc-PE-DSC-12 (4)-108: Hockey</p> <p>BSc-PE-DSC-12 (4)-109: Judo</p> <p>BSc-PE-DSC-12 (4)-110: Kabaddi</p> <p>BSc-PE-DSC-12 (4)-111: Kho-Kho</p> <p>BSc-PE-DSC-12</p>	<p>Choose one from pool of Courses, DSE-2 (4) <b>OR</b> Choose one from Pool of courses, GE-4 (4)** <b>BSc-PE-DSE-2(4):</b></p> <p><b>BSc-PE-DSE-2(4)-101: Adapted Physical Education</b> <b>BSc-PE-DSE-2(4)-103: Personality Development</b> <b>BSc-PE-DSE-2(4)-103: Exercise Prescription for Health and Fitness</b> <b>BSc-PE-DSE-2(4)-204: DSE-2: Sports Proficiency I( Individual Games ; ( Choose one from Listed Sports other than optional Game)</b></p> <p><b>BSc-PE-DSE-2(4)-204.1: Fundamentals of Athletics</b> <b>BSc-PE-DSE-2(4)-204.2: Fundamentals of Badminton</b> <b>BSc-PE-DSE-2(4)-204.3: Fundamentals of Gymnastics</b> <b>BSc-PE-DSE-2(4)-204.4: Fundamentals of Judo</b> <b>BSc-PE-DSE-2(4)-204.5: Fundamentals of Yoga</b></p> <p><b>BSc-PE-GE-4(4):</b></p> <p><b>BSc-PE-GE-4(4)-303: Injury Prevention &amp; Rehabilitation in athletes</b> <b>BSc-PE-GE-4(4)-304: Yoga &amp; stress management</b></p>	<p>Choose one from a pool of AEC courses (2)</p>	<p>Choose one SEC or Internship/Apprenticeship/Project/Community Outreach (2): <b>BSc-PE-SEC-4(2):</b></p> <p><b>BSc-PE-SEC-4(2)-301: Wellness &amp; Lifestyle</b></p> <p><b>BSc-PE-SEC-4(2)-302: Fitness-Sports Industry and Marketing</b></p> <p><b>BSc-PE-SEC-4(2)-303: Sports Event Management</b></p>	<p>Choose one from a pool of courses (2): <b>BSc-PE-VAC-4(2):</b></p> <p><b>BSc-PE-VAC-4(2)-301: Yoga for Human Development</b></p> <p><b>BSc-PE-VAC-4(2)-302: Health and Fitness Assessment</b></p> <p><b>BSc-PE-VAC-4(2)-303: Physical Activity &amp; Health</b></p> <p><b>BSc-PE-VAC-4(2)-304: Art of Daily Scheduling</b></p>	<p>22 Credits</p>
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	(4)-112:Volleyball BSc-PE-DSC-12 (4)-113:Yoga						
	<b>Students on exit shall be awarded undergraduate Diploma (in the field of Multidisciplinary Study) after securing the requisite 88 credits oncompletion of Semester IV</b>						<b>Total=88</b>
V	BSc-PE-DSC-13 (4): Organisation & Administration in Physical Education & Sports	Choose one from a pool of courses <b>BSc-PE-DSE-3(4):</b>  <b>BSc-PE-DSE-3(4)-301: Sports Journalism</b> <b>BSc-PE-DSE-3(4)-302: Sports Proficiency II Team Games; ( Choose</b>	Choose one from a pool of courses <b>BSc-PE-GE-5 (4):</b>  <b>BSc-PE-GE-5 (4)- 101: Sports skill Assesseme</b>		Choose one SEC or Internship/Apprenticesh ip/ Project/Community Outreach (2): <b>BSc-PE-SEC-5(2):</b>		22 Credits

<p>BSc-PE-DSC-14 (4): Fundamentals of Sports Nutrition</p> <p>BSc-PE-DSC-15 (4): Game of Specialization-I (Choose any from the already opted as optional game)</p> <p>BSc-PE-DSC-15 (4)-101: Athletics</p> <p>BSc-PE-DSC-15 (4)-102: Badminton</p> <p>BSc-PE-DSC-15 (4)-103: Basketball</p> <p>BSc-PE-DSC-15 (4)-104: Cricket</p> <p>BSc-PE-DSC-15 (4)-105: Football</p> <p>BSc-PE-DSC-15 (4)-106: Gymnastic</p> <p>BSc-PE-DSC-15 (4)-107: Handball</p> <p>BSc-PE-DSC-15 (4)-108: Hockey</p> <p>BSc-PE-DSC-15 (4)-109: Judo</p> <p>BSc-PE-DSC-15 (4)-110: Kabaddi</p> <p>BSc-PE-DSC-15 (4)-111: Kho-Kho</p> <p>BSc-PE-DSC-15 (4)-112: Volleyball</p>	<p>one from Listed Sports (other chosen before)</p> <p><b>BSc-PE-DSE-3(4)-302.1: Fundamentals of Basketball</b></p> <p><b>BSc-PE-DSE-3(4)-302.2: Fundamentals of Cricket</b></p> <p><b>BSc-PE-DSE-3(4)-302.3: Fundamentals of Kabaddi</b></p> <p><b>BSc-PE-DSE-3(4)-302.4: BSc-PE-DSE-3(4)-302.4: Fundamentals of Kho-Kho</b></p> <p><b>BSc-PE-DSE-3(4)-302.5: Fundamentals of Handball</b></p> <p><b>BSc-PE-DSE-3(4)-302.6: Fundamentals of Hockey</b></p> <p><b>BSc-PE-DSE-3(4)-303: Facility Planning and Management in Sports</b></p> <p><b>BSc-PE-DSE-3(4)-304: Athletic Care &amp; Rehabilitation</b></p>	<p><b>ment Techniques</b></p> <p><b>BSc-PE-GE-5 (4)-102: Weight Management</b></p> <p><b>BSc-PE-GE-5 (4)-103: Sports for Leisure &amp; recreation</b></p> <p><b>BSc-PE-GE-5 (4)-104: Foundation of Physical Education and Sports Sciences</b></p>	<p><b>BSc-PE-SEC-5(2)-501: Strength &amp; Body Conditioning</b></p> <p><b>BSc-PE-SEC-5(2)-502: Mass Demonstration</b></p> <p><b>BSc-PE-SEC-5(2)-503: Professional preparation &amp; Career Avenues in Physical Education &amp; Sports</b></p> <p><b>BSc-PE-SEC-5(2)-504: Obesity and Weight Management</b></p>		
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	BSc-PE-DSC-15 (4)-113:Yoga					
V I	BSc-PE-DSC-16 (4): Fundamental of Sports Training BSc-PE-DSC-17 (4): Test Measurements & Evaluation In Sports BSc-PE-DSC-18 (4): Game of Specialization-II (Choose any from the already opted as optional game & other than Sp.I) BSc-PE-DSC-18 (4)-101: Athletics  BSc-PE-DSC-18 (4)- 102: Badminton BSc-PE-DSC-18 (4)-103: Basketball BSc-PE-DSC-18 (4)-104: Cricket BSc-PE-DSC-18 (4)-105: Football BSc-PE-DSC-18 (4)-106: Gymnastic BSc-PE-DSC-18 (4)-107: Handball BSc-PE-DSC-18 (4)-108: Hockey	Choose one from a pool of courses  <b>BSc-PE-DSE-4(4):</b>  <b>BSc-PE-DSE-4(4)-301: Sports Journalism</b> <b>BSc-PE-DSE-4(4)-402: Sports Proficiency II Individual Game ; (</b> <b>Choose one from Listed Sports other than chosen before)</b>  <b>BSc-PE-DSE-4(4)-402.1: Fundamentals of Athletics</b> <b>BSc-PE-DSE-4(4)-402.2: Fundamentals of Badminton</b> <b>BSc-PE-DSE-4(4)-402.3: Fundamentals of Gymnastics</b> <b>BSc-PE-DSE-4(4)-402.4: Fundamentals of Judo</b>	Choose one from a pool of courses <b>BSc-PE-GE-6 (4) :</b>  <b>BSc-PE-GE-6 (4)- 101: Sports/Games's Field/ Court Measurements and basic rules (</b> <b>Individual Games/Sports)</b>  <b>BSc-PE-GE-6 (4)- 102 Sports/Games's Field/ Court Measurements and basic rules (Combative Games/Sports)</b>  <b>BSc-PE-GE-6 (4)- 103: Sports/Games's Field/ Court Measurements and basic rules (Team Games)</b>		Choose one SEC or Internship/Apprenticesh ip/ Project/ Research/ Community Outreach (2): <b>BSc-PE-SEC-6(2):</b>  <b>BSc-PE-SEC-6(2)- 501: Strength &amp; Body Conditioning</b>  <b>BSc-PE-SEC-6(2)-502: Mass Demonstration</b>  <b>BSc-PE-SEC-6(2)-503: Professional preparation &amp; Career Avenues in Physical Education &amp; Sports</b>  <b>BSc-PE-SEC-6(2)-504: Obesity and Weight Management</b>	22 Credits

BSc-PE-DSC-18 (4)-109:Judo BSc- PE-DSC-18 (4)- 110:Kabaddi BSc-PE-DSC-18 (4)-111:Kho-Kho BSc-PE-DSC-18 (4)-112:Volleyball BSc-PE-DSC-18 (4)-113:Yoga				
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		<b>BSc-PE-DSE-4(4)-402.5: Fundamentals of Yoga</b>  <b>BSc-PE-DSE-4(4)-303:Facility Planning and Management in Sports</b>  <b>BSc-PE-DSE-4(4)-304: Athletic Care &amp; Rehabilitation</b>					
	<b>Students on exit shall be awarded Bachelor of (in the field of Multidisciplinary Study) after securing the requisite 132 credits on completion of Semester VI</b>						<b>Total=132</b>
VII	<b>BSc-PE-DSC-19 (4): Teaching and Coaching of Game of Specialization- I</b>  <b>BSc-PE-DSC-19 (4)-101: Athletics</b>  <b>BSc-PE-DSC-19 (4)- 102: Badminton</b> <b>BSc-PE-DSC-19 (4)-103: Basketball</b>  <b>BSc-PE-DSC-19 (4)-104: Cricket</b>  <b>BSc-PE-DSC-19 (4)-105: Football</b>  <b>BSc-PE-DSC-19 (4)-106: Gymnastic</b>  <b>BSc-PE-DSC-19 (4)-107: Handball</b>  <b>BSc-PE-DSC-19 (4)-108: Hockey</b>  <b>BSc-PE-DSC-19 (4)-109: Judo BSc-</b>	Choose three DSE (3X4) course <b>OR</b> Choose two DSE- (2X4) and one GE (4) COURSE <b>OR</b> Choose one DSE (4) and two GE (2x4) courses (total=12) <sup>#</sup> <b>BSc-PE-DSE-5(4): Sports Management</b> <b>BSc-PE-DSE-6(4): Sports field Technology</b> <b>BSc-PE-DSE-7(4): Research Methods in Physical Education and Sports</b> <b>BSc-PE-GE-7(4): Adventure Sports</b> <b>BSc-PE-GE-8(4): Exercise Prescription for Health and Fitness</b>				Dissertation on Major (4+2) <b>OR</b> Dissertation on Minor (4+2) <b>OR</b> Academic Project/ Entrepreneurship (4+2)	22 Credits

	PE-DSC-19 (4)-110:Kabaddi BSc-PE-DSC-19 (4)-111:Kho-Kho BSc-PE-DSC-19 (4)-112:Volleyball BSc-PE-DSC-19 (4)-113:Yoga						
VIII	BSc-PE-DSC-20 (4): Teaching and Coaching of	Choose three DSE (3X4) course <b><u>OR</u></b> Choose two DSE- (2X4) and one GE (4) COURSE <b><u>OR</u></b> Choose one DSE (4) and two GE (2x4) courses (total=12)				Dissertation on Major (6) <b><u>OR</u></b> Dissertation on	22 Credits

<p>Game of Specialization-II</p> <p>BSc-PE-DSC-20 (4)-101: Athletics</p> <p>BSc-PE-DSC-20 (4)-102: Badminton</p> <p>BSc-PE-DSC-20 (4)-103: Basketball</p> <p>BSc-PE-DSC-20 (4)-104: Cricket</p> <p>BSc-PE-DSC-20 (4)-105: Football</p> <p>BSc-PE-DSC-20 (4)-106: Gymnastic</p> <p>BSc-PE-DSC-20 (4)-107: Handball</p> <p>BSc-PE-DSC-20 (4)-108: Hockey</p> <p>BSc-PE-DSC-20 (4)-109: Judo</p> <p>BSc-PE-DSC-20 (4)-110: Kabaddi</p> <p>BSc-PE-DSC-20 (4)-111: Kho-Kho</p> <p>BSc-PE-DSC-20 (4)-112: Volleyball</p> <p>BSc-PE-DSC-20 (4)-113: Yoga</p>	<p><b>BSc-PE-DSE-8(4): Organisation &amp; Administration in Physical Education</b></p> <p><b>BSc-PE-DSE-9(4): Research Ethics in Physical Education and Sports;</b></p> <p><b>BSc-PE-DSE-10(4): Statistics in Sports;</b></p> <p><b>BSc-PE-GE-9(4): Facility Planning and Management in Sports</b></p> <p><b>BSc-PE-GE-10(4): Media in Physical Education and Sports</b></p>			<p>Minor (7) Academic Project/ Entrepreneurship (8)</p>
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**Student on exit shall be awarded Bachelor of (in the field of Multidisciplinary study) (Honours or Honours with Academic Project/ Entrepreneurship) after securing the requisite 176 credits on completion of Semester VIII**

\*(i) Athletics (ii) Badminton (iii) Basketball (iv) Cricket (v) Football (vi) Gymnastic (vii) Handball (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yog