

Selvam College of Physical Education

(Affiliated to Tamilnadu Physical Education and Sports University, Chennai – 600 127)
Salem Road, Ponnusamy Nagar, Pappinaickenpatty – Post
Namakkal – 637 003, Tamilnadu.

BACHELOR OF PHYSICAL EDUCATION (B. P. Ed) DEGREE COURSE
REGULAR MODE – TWO YEARS
Choice Based Credit System
REGULATIONS AND SYLLABUS
(For the Students Admitted from the Academic Year 2018 – 2019 Onwards)

1. Eligibility for Admission to the Course

(A) (1) Bachelor's Degree in any discipline with 50% Marks and having at least participate in the Inter – Collegiate / Inter – Zonal/ District/ School competitions in Sports and as recognized by the AIU/ IOA/ SGFI/ Govt. of India.

Or

(2) Bachelor's Degree in Physical Education with 45% Marks.

Or

(3) Bachelor's Degree in any discipline with 45% Marks and studied Physical Education as Compulsory/ Elective Subjects.

Or

(4) Bachelor's Degree with 45% Marks and having participated in National/ Inter – University/ State Competition or secured 1st, 2nd or 3rd position in Inter – Collegiate/ Inter – Zonal District/ School Competition in Sports and Games as recognized by the AIU/ IOA/ SGFI/ Govt. of India.

Or

(5) Bachelor's Degree with participation in Inter – National Competitions or secured 1st, 2nd, or 3rd position in National/ Inter – University Competitions in Sports and Games as recognised by respective federation/ AIU/ IOA/SGFI/ Govt. of India.

Or

(6) Graduation with 45% Marks and at least three years of teaching Experience (for deputed in – Service Candidate i. e Trained Physical Education Teachers/ Coaches)

Note: A Candidate shall be eligible for admission to the Bachelors of Physical Education Degree Course (B. P. Ed) if he/ she has received a degree in 10 + 12 + 3 pattern from a University recognized by Tamilnadu Physical Education and Sports University.

(A) A minimum Inter – School level participation in Sports and Games is Compulsory.

(B) The candidates should not have completed 30 years of age as on I July. However, relaxation of 3 years shall be given for SC, SC (A)/ ST candidates.

- (C) Ex - Servicemen/ Experienced Physical Education Teachers shall be given relaxation of 6 years of age.
- (D) The candidate should be Medically Fit and free from any deformity.
- (E) Pregnant Women are not permitted either for admission or to undergo the course. If violated, they will not be permitted to continue the course.
- (F) Admission shall be made on the basis of ranking for a total of 150 marks as detailed below:-

1	Qualifying Examination	20 marks
2	Participation in Games & Sports	25 marks
3	Games and Sports Skill Test	50 marks
4	Track and Field Skill Test	50marks
5	Bonus Marks for possession of basic Degree in Physical Education (B. Sc) Physical Education, Health Education and Sports or Bachelor of Physical Education (B.P.E) or Bachelor of Physical Education and Sports (B.P.E.S) or Diploma in Physical Education (D.P.Ed)	05 Marks
Total		150 Marks

Note

Marks obtained in qualifying Degree shall converted to a maximum of 20 Marks. For example if a candidate secured 1800 marks out of 2400. He / Her marks for qualifying examinations is $(1800/ 2400) \times 20 = 15$ Mark.

Games and Sports Participation (Maximum Marks.25)

The norms for forward of marks for the Sports and Games participation are furnished here under.

Any one which is applicable/ advantageous.

1	Representing the Country	25 Marks
2	Securing First Two Places in National/ All India/ Inter - University	20 Marks
3	Representing State/ University	15 Marks
4	Representing District/ Division	10 Marks
5	Representing Colleges/ School	02 Marks

(Supporting Certificates should be produced)

Games and Sports Skill Test (Maximum Marks: 50)

The candidate should choose any one of the games included in the All India Inter University (AIU) Competitions.

Track and Field (Maximum Marks: 50)

Candidates will be tested in the following Track and Field Events

1	Track and Field Events		50 Marks	
	(A)	100 Mtrs Run		20 Marks
	(B)	Shot Put Throw		15 Marks
	(C)	Long Jump		15 Marks

Note:

The Games skill test and Track and Field events will be conducted by Three Judges.

2. Course of Study

- (A) Duration of the Course: The Duration of the Course of Study is two (02) Academic Year, consisting of Four Semester. The total working days shall be not be less than 200 days in as Academic Year. Each Semester consists of not less than 100 working days excluding examination.
- (B) Each working day shall consist of four hours of Practical Work (Morning and Evening - 2 Hours for each Session) and Three Hours of Theory in between.
- (C) Undergoing Internship, Intensive Practice Teaching in neighbouring Schools and attending the Annual Leadership Training Camp and Village Placement Programme shall be compulsory for all the students.
- (D) The Course of study shall consist of three parts Viz Part I, Part II, Part III and Part IV as follows.
- (E) **Part 1-Theory**(Core, Discipline Specific Elective and Genetic Elective)
Part II - Practicum
Part II - Internship
Part IV - Ability and Skill Enhancement Courses
(Ability Enhancement Compulsory Course Skill Enhancement Courses and Co- Curricular Courses).

3. Scheme of Instruction and Examination
Semester – I

	Subject Code	Name of Paper/Component	Hours of Instruction/ Week		Scheme of Examination				
			Theory	Practical	Duration of Exam	CIA	CE	Total	Credit
I		Core Course — Theory							
	B15101	History, Principles and Foundation of Physical Education	4	-	3	25	75	100	4
	B15102	Anatomy and Physiology and Health Education	4	-	3	25	75	100	4
	B15103	Yoga Education	4	-	3	25	75	100	4
		Discipline Specific Elective Course							
		Any one paper from the basket of Choices for odd Semester	4	-	3	25	75	100	4
II		Core Course — Practicum							
	B15105A	Marching, Indigenous Activities and Yogic Practices	-	4	-	50	-	50	2
	B15105B	Calisthenics. Light Apparatus and Rhythmic Activities	-	4	-	100	-	100	2
	B15105C	Games and Sports – I: Basketball, Football, Handball, and Volleyball. Minor Games: Relay Games, Circle Games, Tag Games, Goal/ Point Scoring Games and Miscellaneous Games.	-	6	-	100	-	100	3
	B15105D	Track and Field Events Part I: Sprint, Middle and Long Distance Running, Long Jump, Shot Put, Discus Throw, Javelin Throw and Relay Races.	-	6	-	100	-	100	3
		Internship							
III	B15106	Care and Maintenance of Play Fields- Part I, Participating Intramural and Extramural Tournaments.	-	6	-	50	-	50	3
			16	26		400	300	800	29
			42 hours						

Part	Semester	Ability Enhancement Compulsory Courses (AECC)			
IV	2	Communication skill	2	Remarks	2

Semester – II

	Subject Code	Name of Paper/Component	Hours of Instruction/ Week		Scheme of Examination				
			Theory	Practical	Duration of Exam	CIA	CE	Total	Credit
I		Core Course — Theory							
	B15201	Sports Training	4	-	3	25	75	100	4
	B15202	Organization ,Administration and Methods in Physical Education	4	-	3	25	75	100	4
	B15203	Theories of Sports and Games, Coaching and Officiating- Part I	4	-	3	25	75	100	4
		Discipline Specific Elective Course							
	B15204	Any one paper from the Basket of Choices for odd Semester	4	-	3	25	75	100	4
II		Core Course — Practicum							
	B15205	Gymnastics: Tumbling and Pyramids. Games and Sports– II: Cricket and Hockey	-	6	3	50	-	50	3
III		Internship							
	B15206A	Teaching Practice (General Lesson)	-	6	3	50	50	100	3
	B15206B	Teaching Practice (Particular Lesson)	-	6	3	100	-	100	2
	B15206C	School Internship/ Teaching Practice General & Particular Lessons	-	4	3	100	-	100	3
	B15206D	Care and Maintenance of Play Fields- Part I, Participating Intramural and Extramural Tournaments.	-	6	-	50	-	50	3
			16	26		400	400	800	29
			42 hours						

Part	Semester	Ability Enhancement Compulsory Courses (AECC)			
IV	2	Environmental Studies	2	Remarks	2
		Soft Skill	2	Remarks	2
		Co – Curricular Course			
		Community Engagement – Village Placement Programme	2	Remarks	2

Third Semester

	Subject Code	Name of Paper/Component	Hours of Instruction/ Week		Scheme of Examination				
			Theory	Practical	Duration of Exam	CIA	CE	Total	Credit
I		Core Course — Theory							
	B15301	Measurement and Evaluation in Physical Education	4	-	3	25	75	100	4
	B15302	Research and Statistics in Physical Education	4	-	3	25	75	100	4
	B15303	Sports Management and Reaction and Camping	4	-	3	25	75	100	4
		Discipline Specific Elective Course							
B15304	Any one paper from the Basket of Choices for Odd Semester	4	-	3	25	75	100	4	
		Core Course – Practicum	4	-	3	25	75	100	4
II	B15305A	Track and Field Events Part II: Triple Jump, Pole Vault, High Jump, Hammer Throw, Hurdles, Combined Events.	-	6	3	100	-	100	3
	B15305B	Games and Sports – III: Badminton, Ball Badminton, Kabaddi, Kho-Kho, Netball, Softball, Swimming, Lawn Tennis, Table Tennis, Tennikoit, Throw ball, and Weight Lifting.	-	6	3	50	-	50	3
	B15305C	Combative Sports & Martial Arts: Boxing, Fencing, Stick, Fencing (Silambam), Kalari, Judo, Karate, Taekwondo and Kung-Fu.	-	4	3	50	-	50	2
	B15305D	Fitness Raining: Conditioning Exercises: General and Specific. Training methods: Weight Training (Free Weights and Machine Weights)- Circuit Training – Interval Training- Fartlek Training - Plyometric, Swiss Ball Training – Medicine Ball Training – Core Board Training- Cross Training.	-	4	3	50	-	50	2
		Internship							

III	B15106A	Care and Maintenance of Play Fields- Part I, Participating Intramural and Extramural Tournaments.	-	4	3	50	-	50	3
	B15306B	Sports Entrepreneur Skill Development Training or Swachha Bharat Abhiyan	-	-	-	100	-	100	2
			16 + 4	24		525	375	900	34
			44 hours						

Part	Semester	Skill Enhancement Courses (AECC)				
IV	3		Obesity and Weight Management (or) Sports First Aid	2	Remarks	2
		Co – Curricular Course				
			Annual Leadership Training Camp/ Picnic/ Hiking/ Trekking	2	Remarks	2

Fourth Semester

	Subject Code	Name of Paper/Component	Hours of Instruction/ Week		Scheme of Examination				
			Theory	Practical	Duration of Exam	CIA	CE	Total	Credit
I		Core Course — Theory							
	B15401	Theories of Sports and Games, Coaching and Officiating – Part - II	4	-	3	25	75	100	4
	B15402	Kinesiology and Biomechanics	4	-	3	25	75	100	4
	B15403	Sports Psychology and Sociology	4	-	3	25	75	100	4
		Discipline Specific Elective Course							
	B15404	Any one paper from the basket of Choices for Even Semester	4	-	3	25	75	100	4
		Core Course – Practicum							
II	B15405A	Game of Specialization (Any one of the Major Games)	-	6	3	100	-	100	3
	B15405B	Track and Field Specialization (Any one of the Track and Field)	-	6	3	50	-	50	3
		Internship							
III	B15106A	School Internship/ Intensive Teaching Practice – Coaching Lesson (Track and Field and Team Games)	-	6	3	100	-	100	3
	B15306B	First aid and management of athletic injuries in the play fields: Prevention and Management of Injuries, Physiotherapy Treatments, Rehabilitative Processes and Massage. Care and Maintenance of Play Fields Participating Intramural and Extramural Tournaments.	-	4	-	50	-	50	2
	B15406c	Internship in Fitness Centres / Gym /Sports Clubs / Yoga Centres		4	3	50	-	50	2
			16 + 4	24		525	375	900	29
			44 hours						

Part IV Ability and Skill Enhancement Courses

Semester	Subject Code	Course/ Components	Hours of Instruction Week/ Course	Remarks	Total Credits
Parts - IV					
Ability Enhancement Compulsory (AECC)					
1		Communication skills	2	Remarks	2
2		Environmental Studies	2	Remarks	2
2		Soft Skill	2	Remarks	2
3		Skill Enhancement Course	20 hours	Remarks*	
Co – Curricular Course					
2		Community Engagements – Village Placement Programme	5 Days	Remarks*	2
3		Annual Leadership Training Camp/ Picnic/ Hiking/ Trekking	5 Days	Remarks*	2

Total Minimum Credits to Earn the Degree	
Components	Credits
Part I, II, II Semester 1 - 4 (29 + 29 + 34 + 29)	121
Part IV (1 – 3)	12
Total Minimum Credits	133

CREDITS AND MARKS ABSTRACT

Semester	Credits	Total Marks
I	31	800
II	35	800
III	38	900
IV	29	900
Grand Total	133	3300

CREDITS ABSTRACT

Part	Semester – Credits Subject	I	II	III	IV	Total Credits
I	Core – Theory	12	12	12	12	48
	DSE	4	4	4	4	16
	Generic Elective	0	0	4	0	4
II	Core – Practical	10	3	10	6	29
III	Internship	3	10	4	7	24
	Ability and Skill Enhancement Course	0	3	0	0	0
	Ability and Skill Enhancement Compulsory Course (AECC)	2	4	0	0	6
	Skill Enhancement Course	0	0	2	0	2
	Co - Curricular	0	2	2	0	4
	Grand Total	31	35	38	29	133

MARKS ABSTRACT

Part	Semester – Credits Subject	I	II	III	IV	Total Credits
I	Core – Theory	300	300	300	300	1200
	DSE	100	100	100	100	400
	Genetic Elective			100		100
II	Core – Practical	350	50	250	200	850
III	Internship	50	350	150	200	750
	Ability and Skill Enhancement Course					
	Ability and Skill Enhancement Compulsory Course (AECC)	Remarks (2 Credits)	Remarks (4 Credits)			Remarks (6 Credits)
	Skill Enhancement Course			Remarks (2 Credits)		Remarks (2 Credits)
	Co- Curricular		Remarks (2 Credits)	Remarks (2 Credits)		Remarks (4 Credits)
	Grand Total	800	800	900	800	3300

4. Attendance

- 1) A Student must have 90% Attendance in Theory and Practical Classes to Appear for University Examination.
- 2) A Maximum of 10 % of relaxation shall be permitted for the Medical Reasons He / she must produce a reliable Medical Certificate with Prior Permission and following the due Procedures.
- 3) A Candidate with 80% to 89% shall not be permitted to write the Examination in the Current semester. However he /she may be permitted to appear in the next

Semester by carry over provided He / She must compensate the Attendance by Attending Additional Classes

- 4) A Candidate with 79% and below shall not be permitted to write the Examination in the Current Semester. He / She should **REDO** the Semester.

5. Continuous Internal Assessment for Part I - Theory Papers

(A). Written Examination - 20 Marks

- 1) Continuous Internal Assessment shall be graded by the Concerned Subject teachers.
- 2) Three Tests will be conducted for each paper.
- 3) Each test carries a Maximum of 20 marks and the Average of Best two tests shall be considered.
- 4) However, in the case of Students who miss the Tests for any valid reasons with prior Permission from the Head of the Department (Principal of the College (Viz. Participating in Sports and Games Competitions), He / She may be granted Special Permission to write the tests before the Commencement of Semester Examination.

(B). Assignment / Seminar - 5 Marks

The Teachers shall give Assignments to the Students and 5 Marks are allotted for Assignments. This may be of any accepted method such as Peer Group Teaching and Discussion Concept (PGTDC), Seminar, Project, Written materials, Record etc.

Method of Calculation

First Test: 20 Marks. Second Test: 20 Marks, Third Test: 20 Marks

Average of the best two tests	= 20Marks
Assignment	= 05 Marks
Total	= 25 Marks

Pre - Semester Model Examination (75 Marks)

- (1) Pre - Semester Model Examination shall be held at the end of each Semester before the Final Semester Examination covering all the Portions and 75 Marks are Awarded for this Examination
- (2) Each paper carries 75 marks and this will be converted into 25 Marks.
- (3) The Continuous Internal Assessment Marks plus Pre - Semester/ Model Examination divided by two shall be the Final Internal Mark for 25.

1. Requirement for Passing

No Candidate shall be Eligible for the Award of the B. P. Ed Degree unless He / She has Passed the Written Examinations Part 1, Part II, Part III and Part IV.

7) Scheme of Teaching Practice Examination

Examination	Lesson		Credits	Marks
University External Practice Teaching Examination (II Semester)	General Lesson	Internal	2	50
		External	2	50
		Total	4	100
	Particular Lesson	Internal	2	50
		External	2	50
		Total	4	100
Intensive Teaching Practice (During School Visit)	General lesson	Internal	4	100
		External	-	-
		Total	4	100
	Particular Lesson	Internal	2	50
		External	-	-
		Total	4	100
University External Coaching Lesson (IV Semester)	Track and Field	Internal	2	50
		External	2	50
		Total	4	100
	Game of Specialization	Internal	2	50
		External	2	50
		Total	4	100
Coaching Lesson School Leadership/ Intensive Teaching Practice - (During School Visit) (IV Semester)	Coaching Lesson (Track and Field and Team Games)	Internal	4	100
		External	-	-
	Total	4	100	

The Practice Teaching Examination shall be conducted by the University the end of the II & IV Semesters. There shall be one external and one Internal Examiner. The Practice Teaching Lesson Plan record shall be submitted at the time of the University Practice Teaching Practical Examinations.

Note

- I. For the Practice Teaching Examination conducted by the University, there shall be One External and One Internal Examiner
- II. For Practice Teaching., each Student shall maintain a Teaching Practice Record Book which shall contain records of 10 General and 10 Particular lessons.
- III. A candidate who fails in Practice Teaching Examination may present himself / herself in the subsequent University Practice Teaching Examination.

8). Internship/ Teaching Practice/ Community Engagements

- (A) In Internship a Student (Teacher Trainee) is undergoing Supervised Practical Training Internship/ Teaching Practice includes Teaching & Observation in the Department/ College. Intensive Teaching Practice in the neighbouring Schools.
- (B) Schools for Intensive Teaching shall be decided by the Staff – in - charge of Teaching Practice and Head of the Department/ Principal of the College.
- (C) A Minimum of 30 lessons, Students shall complete 15 General and 15 Particular lessons Coaching Lessons in 15 working days under the Supervision of the Assigned Department /College and Physical Education Staff in the Schools.
- (D) Community Engagements (Village Placement Programme). The programme includes Teaching Indigenous Activities, Basic Skills in Sports and Games giving Exposure to Teachers in the Teaching - Learning Process.
- (E) For the Community Engagements (Village Placement Programme) the Students shall visit the Neighbouring Village for a Minimum Period of Five Days and Organise the Programmes such as:
1. Physical Education Physical Exercise related Programmes.
 2. Awareness Programmes related to Health and Fitness
 3. Cleaning, Creation of place for Physical Activities, Sports and Games
 4. Survey related to Health and Fitness of the Public.

The Community Engagements (Village Placement Programme) Record with Details of Programmes Organised and Photo Graphs shall be submitted at the time of the University Practical Examinations for the Evaluation of External Examiners.

9. Ability and Skill Enhancement Courses (Part IV)

To successfully complete the B. P. Ed Course the Students must undergo the Ability and Skill Enhancement Courses under the sub Headings of Ability Enhancement Compulsory Courses (AECC), Skill Enhancement Courses and Co-Curricular Course.

10. Genetic Elective

To successfully complete the B. P. Ed course the students must undergo and complete anyone of the Genetic Elective (Open Elective) in the Third Semester.

11. Peer Group Teaching and Discussion Concept

B. P. Ed is a Teacher Trainer Course in Physical Education, to inculcate the Teaching and Discussion habits on the Subject matter Peer Group Teaching and Discussion Concept (PGTIDC) is included in the Syllabus. Teachers of the Concerned Subjects are asked to encourage the Students in this activity.

12. Inter University Sports Participation and Special Permission for University Examination

(A) University Examination - Special Permission

A student representing the University /State / Nation in a Game or Sport and misses the University Semester Examination will appear or a special supplementary University Examination as stipulated by the University. Special permission may be granted by the examination as per the rules and regulations of the university examinations provided the request must be submitted through proper channel well in advance.

The Special Examinations will be conducted in the University Main Campus, Chennai 600127 only.

b) Internal Test - Special Permission

In case, a student unable to appear for an internal test due to participation in inter / university sports competition /any such programme of the University with prior permission from the concerned head of the faculty / department Principal, he / she may be permitted to appear for a special test/ tests before the pre-semester examination.

Such a student appearing for a special supplementary University Examination shall not be considered as an arrear/ arrears in a paper / papers and shall not be deprived of **RANK in the University**.

A Student who fails in any one or more papers in the Semester Examination will be permitted to rewrite the paper or papers in the subsequent Semester Examination.

To qualify for the Degree, supplementary Candidates are required to pass all the papers prescribed for the course within a period of three years after He / She complete the course beyond this period, the Candidate shall follow the current syllabus for the Examination if Applicable. Examination fee will be collected normally According to the Rules and Regulations of the University. A Separate Examination fee will be collected in this case. Students who fail in a Paper / Papers are permitted to apply for recounting or re valuation in Examination section of the University within the prescribed period with specified fee. Appeal against the results of the Semester Examination shall be made to the Controller of Examinations by the Student Concerned through the Head of the Department/ Principal of the Affiliated College within 15 days of the Publication of results by paying re - totalling revaluation fee.

13. Instant Examination for Outgoing Students

Instant Examinations will be conducted only in the University Main Campus, Chennai - 600127 for the outgoing students who failed in **Only One Theory Paper** by paying prescribed Examination Fee. The Date of Instant Examination will be intimated by Controller of Examinations of Tamil Nadu Physical Education and Sports University.