

# 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.

## **B. P. E. S DEGREE COURSE - REGULAR MODE – THREE YEAR BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) REGULATIONS AND SYLLABUS**

### **1. ELIGIBILITY FOR ADMISSION TO THE COURSES**

- (A) Applicants should have passed the +2 Examination in 10 +2 pattern of the Government of Tamilnadu or any other equivalent Examination recognized by the Government of Tamilnadu or approved by the Tamilnadu Physical Education and Sports University
- (B) School Representation in any Sports is Mandatory for the applicants.
- (C) The candidates should not have completed 21 years of age on 1<sup>st</sup> July. However, relaxation of 3 years shall be given for SC, SC (A)/ ST Candidates.
- (D) He / She must be Medically Fit and free from any Deformities students will undergo Medical Examination at time of Admission.
- (E) The married women should not be in family way during the courses of the study. If it is 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 details below.

Sl. No	Name of the Particulars	Marks
1	Qualifying Examination	25 Marks
2	Participation in Games & Sports	25 Marks
3	Games Skill test	50 Marks
4	Track and Field Skill Test	50 Marks
	(A) 100 M – 20 Marks	
	(B) Shot Put – 15 Marks	
	(C) Long Jump – 15 Marks	
<b>Total</b>		<b>150 Marks</b>

**Note:** Marks obtained in qualifying examination shall be converted to a maximum of 25 marks. For example if a candidate secured 400 marks out of 600. His / Her marks for qualifying examination is  $(400 / 600) \times 25 = 16.67$  marks.

### **2. DURATION OF THE COURSE**

The course for the degree of Bachelor of Physical Education and Sports shall extend over a period of three academic years for six semester. Total working days for a

semester shall not be less than 100 working days excluding examination days. The curriculum and syllabus for the course shall be as prescribed from time to time.

### 3. ATTENDANCE

- (A) A Student must have 80% Attendance in Theory and Practical Classes to appear for University Examination.
- (B) 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.
- (C) In other cases, if a student attained less than 80% of attendance he/she should **REDO** the semester.

### 4. CONTINUOUS ASSESSMENT FOR PART I, II & III - THEORY PAPERS

#### A. WRITTEN EXAMINATION - 20 MARKS

**Part: I** Continuous Assessment shall be graded by the concerned subject teachers three tests will be conducted for each paper.

**Part: II** Each test carries a maximum of 20 marks and the average of best two tests shall be considered

**Part: III** 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 - 3 MARKS

The teachers shall give assignments to the Students and 3 marks are allotted for assignments this may be of any accepted method such as Seminar, Project, Written Materials, and Record etc.

#### C. ATTENDANCE - 2 MARKS

Regularity in attending Theory and Practical classes shall be graded as per the percentage of Attendance.

Percentage of Attendance Marks

Sl. No	Percentage of Attendance	Marks
1	96-100	2 Marks
2	91-95	1.5 Marks
3	86-90	1 Marks
4	81-85	0.5 Marks

### Method of Calculation

Sl. No	Particulars of Continuous Internal Assessment	Marks
1	First Class Internal Assessment Test	20 Marks
2	Second Continuous Internal Assessment Test	20 Marks
3	Third Continuous Internal Assessment Test	20 Marks

Average of the best two tests	= 20 Marks
Assignment	= 03 Marks
Attendance	= 02 Marks.
<b>Total</b>	<b>= 25 Marks.</b>

#### **D. PRE - SEMESTER/ MODEL EXAMINATION (75 MARKS)**

(A) 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.

(B) Each paper carries 75 marks and this will be converted into 25 marks.

(C) The Continuous assessment marks plus Pre semester/ Model Examination divided by two shall be the final internal mark for 25.

#### **5. REQUIREMENT FOR PASSING**

No candidate shall be eligible for the award of the B.P.E.S degree unless he / she has passed the examinations in Part I, II, III, IV and V

#### **VII. GRADING SYSTEM**

To pass in an examination a student has to score a minimum of 50% marks in each paper - Theory, Practical and Village Placement Programme.

Minimum Passing -50% Marks.

50 to 59% - Second Class

60% and above-First Class.

A Candidate shall be declared to have passed with distinction if he/she obtains 75% or more of the aggregate marks at his/her first appearance.

#### **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 for a special supplementary University Examination as stipulated by the University

### **(B) INTERNAL TEST - SPECIAL PERMISSION**

(A) In case, a student misses to appear for an Internal Test due to participation in Inter - Collegiate/ University Sports Competition / any such programme of the University with prior permission from the concerned Head of the Faculty / Department, he / she may be permitted to appear for a Special Test / Tests before the Pre - Semester Examination

(B) 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.**

(C) 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.

(D) 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 syllabi 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.

(E) 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.

(F) 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.

## **SYLLABUS**

Part I - Language: Tamil

Part II - English

Part III - Major and Allied

Part IV - Practical

Part V - Extension Activities: Village Placement Programme.

<b>First Year</b>		
<b>I Semester</b>		
I	I	Tamil – I
II	II	English - I
III	III	General Knowledge and History of Physical Education
	IV	Rules of Games and Sports – Part – I (Basketball, Badminton, Kabaddi, Softball)

<b>II Semester</b>		
I	V	Tamil – II
II	VI	English - II
III	VII	Anatomy and Physiology
	VIII	Rules of Games and Sports – Part – II (Volleyball, Table Tennis, Swimming, Throw ball, Kho - Kho)
<b>Second Year</b>		
<b>III Semester</b>		
I	IX	Tamil – III
II	X	English - III
III	XI	Health and Safety Education
	XII	Rules of Games and Sports – Part – III (Track and Field and Cross Country)

<b>IV SEMESTER</b>		
I	XIII	Tamil - IV
II	XIV	English -V
III	XV	Methods in Physical Education
	XVI	Rules of Games and Sports - Part - IV (Tennis, Tennikoit, Ball Badminton, Football, Gymnastics)
<b>THIRD YEAR</b>		
<b>V SEMESTER</b>		
III	XVII	Science of Yoga
	XVIII	Care and Prevention of Sports Trauma
	XIX	Kinesiology and Biomechanics
	XX	Education Psychology and Sports Journalism
<b>VI SEMESTER</b>		
III	XXI	Exercise Physiology and Nutrition
	XXII	Test Measurement and Evaluation
	XXIII	Scientific Principles of Sports Training
	XXIV	Rules of Games and Sports – Part - V (Hockey, Handball, Cricket, Netball)

**Scheme of Examination**  
**B. P. E. S I Year**  
**I Semester**

<b>Part</b>	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
I	I	Tamil – I	25	75	100
II	II	English - I	25	75	100
III	III	General Knowledge and History of Physical Education	25	75	100
	IV	Rules of games and sports – Part – I (Basketball, Badminton, Kabaddi, Softball)	25	75	100
<b>Total</b>					<b>400</b>

**II Semester**

<b>Part</b>	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
I	I	Tamil – I	25	75	100
II	II	English - I	25	75	100
III	III	General Knowledge and History of Physical Education	25	75	100
	IV	Rules of games and sports – Part – II (Volleyball, Table Tennis, Swimming, Throw ball, Kho- Kho)	25	75	100
<b>Total</b>					<b>400</b>

**I Semester + II Semester = Total 400 + 400 = 800 Marks**

**B. P. E. S PRACTICALS**  
**Part – IV PRACTICALS (Internal)**  
**I Semester**

<b>Game / Activity: Internal Marks</b>		<b>Internal Max. Marks</b>
1	Calisthenics & Minor Games	50
2	Drill & Marching	50
3	Basketball & Softball	50
4	Badminton & Kabaddi	50
<b>Total</b>		<b>200</b>

**PART - IV PRACTICALS  
II SEMESTER**

<b>Game / Activity: Internal Assessment</b>	<b>Internal Marks</b>
1. Bands & Baithaks	50
2. Light Apparatus & Leziium	50
3. Kho-Kho & Swimming	50
4. Volleyball & Throw ball	50
<b>Total</b>	<b>200</b>

**B. P. E. S II YEAR  
III SEMESTER**

<b>PART</b>	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
I	IX	Tamil – III	25	75	100
II	X	English – III	25	75	100
III	XI	Health and Safety Education	25	75	100
	XII	Rules of Game and Sports – Part - III (Track and Field and Cross Country)	25	75	100
<b>Total</b>					<b>400</b>

**IV SEMESTER**

<b>PART</b>	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
I	XIII	Tamil – IV	25	75	100
II	XIV	English – IV	25	75	100
III	XV	Methods in Physical Education	25	75	100
	XVI	Rules of Game and S ports – Part - IV (Tennis, Ball Badminton, Football, Gymnastic )	25	75	100
<b>Total</b>					<b>400</b>

**III Semester +IV Semester = Total 400 + 400 = 800 Mark**

**PART - IV PRACTICALS  
III SEMESTER**

<b>Game / Activity: Internal Assessment Track and Field Activity</b>	<b>Internal Mark</b>
Short, Middle, Long Distance Running & Relay Races	25
Long Jump	25
Triple Jump	25
Shot Put & Hammer Throw	25
Discus Throw	25
Javelin Throw	25
High Jump & Pole Vault	25
Hurdles	25
<b>Total</b>	<b>200</b>

**PART - IV PRACTICALS  
IV SEMESTER**

<b>Game / Activity: Internal Assessment</b>		
1.	Marking (Track / Field) (Marking Manual for Track & Field events must be submitted to the concerned Staff)	50
2.	Yoga, Gymnastics, Pyramid Malkhamb, Martial Arts	50
3.	Ball Badminton, Tennis, Tennikoit	50
4.	Football	50
<b>Total</b>		<b>200</b>
<b>University External Practical Examination</b>		
<b>Track and Field</b>		
Internal		100
External		100
<b>Total</b>		<b>200</b>

**B. P. E. S III Year  
V SEMESTER**

Part	Paper	Subject	Internal	External	Total
III	XVII	Science of Yoga	25	75	100
	XVIII	Care And Prevention Of Sports Traurna	25	75	100
	XIX	Kinesiology and Biomechanics	25	75	100
	XX	Educational Psychology and Sports Journalism	25	75	100
<b>Total</b>					<b>400</b>

**VI SEMESTER**

Part	Paper	Subject	Internal	External	Total
III	XXI	Exercise Physiology and Nutrition	25	75	100
	XXII	Test, Measurement and Evaluation	25	75	100
	XXIII	Scientific Principles of Sports Training	25	75	100
	XXIV	Rules of Games and Sports – Part – V (Hockey, Handball, Cricket, Netball)	25	75	100
<b>Total</b>					<b>400</b>

**V Semester + VI Semester Total 400 + 400 = 800 Marks**



**PART IV – PRACTICAL**

<b>Sl. No</b>	<b>V Semester : Internal Assessment</b>	<b>Marks</b>
1	Marking (Ground) (Marking manual for Sports & Games must be Submitted to the Concern Staff)	50
2	<b>Training</b> Methods I: Conditioning Exercises: (General and Specific Training Methods: Weight training (Free Weighting and Machine Weight ) Circuit Training, Plyometric	50
3	Hockey	50
4	Handball, Netball & Table Tennis	50
	<b>Total</b>	<b>200</b>

<b>Sl. No</b>	<b>VI Semester : Internal Assessment</b>	<b>Marks</b>
1	Bharathiyam & Aerobic	50
2	Test and Measurement	50
3	Training Methods II: Interval Training – Fartlek Training- Swiss Ball Training – Medicine Ball Training – Core Board Training, Cross Training.	50
4	Cricket	50
	<b>Total</b>	<b>200</b>
<b>University External Practical Examination</b>		
<b>Game of Specification</b>		
Internal		100
External		100
	<b>Total</b>	<b>200</b>

## **PART - V**

### **Extension Activities**

#### **Village Placement Programme**

In the Second Year of the B.P.E.S course for the Village Placement programme the students required to visit of neighbouring village at least for a minimum period of five days and to 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 of related Health and Fitness

The Village Placement Programme record with details of programmes organised and Photo Graphs should be submitted at the time of the VI Semester B. P. E. S University Practical Examinations for Evaluation.

#### **Village Placement Programme**

Internal	100 Marks
External	100 Marks
Total	200 Marks

The Village Placement Programme record with details of programmes organised and Photo Graphs should be submitted for evaluation.

**SUMMARY OF MARKS**

<b>Part</b>	<b>Category</b>		<b>Marks</b>	<b>Marks</b>
I	Tamil	Internal (4 Papers * 25)	100	400
		External Theory Examination (4 Papers * 75)	300	
II	English	Internal (4 Papers * 25)	100	400
		University External Theory Examination (4 Papers * 75)	300	
III	Major and Allied	Internal (16 Papers * 25)	400	1600
		University External Theory Examination (16 Papers * 75)	1200	
IV	Practical	Internal (4 Papers * 200)	1200	400
		University External Examination (Internal) (16 Papers * 100)	200	
		Internal (Only) (6 Semester * 200)	200	
V	Extension Activities: Village Placement Programme	University External Examination Internal	100	200
		External	100	
<b>Total</b>				<b>4200</b>