



## Implementation of CBCS / ECS

### Minutes of Meetings (MoM) of Board of Studies (BoS)

**Academic Year : 2016-17**

**School : Education**

**Department : Physical Education**

**Date and Time : Feb 23, 2017 - 10:30 AM**

**Venue : Dept. of Physical Education**

The scheduled meeting of member of Board of Studies (BoS) of Department of Physical Education, School of Studies of Education, Guru Ghasidas Vishwavidyalaya, Bilaspur was held to design and discuss the scheme of examination and syllabi of **SIX WEEK CERTIFICATE PROGRAMME IN YOGA**.

The following members were present in the meeting:

1. Prof. C.D. Agashe (External Expert Member BoS, Dept. of Physical Education, Pt. R.S.U. Raipur)
2. Prof. Vishan Singh Rathore (HOD, Chairman BoS, Dept. of Dept. of Physical Education)
3. Dr. Ratnesh Singh (Associate Prof., Dept. of Dept. of Physical Education -cum, BOS)
4. Ms. Shalini Menon (Member BoS, Assistant Professor, Dept. of Dept. of Physical Education)
5. Dr. Sanjit Sardar (Invited Member, Assistant Professor, Dept. of Physical Education)
6. Dr. Dr. B.R. Rawte (Invited Member, Assistant Professor, Dept. of Physical Education)
7. Dr. Mahesh Singh Dhapola (Invited Member, Assistant Professor, Dept. of Physical Education)

Following points were discussed during the meeting

The committee discussed and approved the scheme and syllabi of **B.P.ED. & M.P.ED. as per the CBCE/ECS Scheme**.

Signature & Seal of HoD



**Scheme and Syllabus- B.P.ED.**

**DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)  
SCHEME OF EXAMINATION B. P. ED. PROGRAMME  
SEMESTER – I**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
CC-101	History, Principles and foundation of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
EC-101/102	Olympic Movement/ Officiating & Coaching	4	4	30	70	100
<b>PRACTICAL (400)</b>						
PC-101	Track & Field (Running Events)	6	4	30	70	100
PC-102	Basketball	6	4	30	70	100
PC-103	Kabaddi	6	4	30	70	100
PC-104	Mass Demonstration Activities: Dumbbells / Wands / Hoop/Umbrella/Flag hoisting	6	4	30	70	100
<b>TOTAL</b>		<b>40</b>	<b>32</b>	<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER –II**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration in Physical Education	4	4	30	70	100
EC-201/ EC-202	Contemporary issues in Physical Education, fitness and wellness/ Sports Nutrition and Weight Management	4	4	30	70	100
<b>PRACTICAL (300)</b>						
PC-201	Track and Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga	6	4	30	70	100
PC-203	Badminton	6	4	30	70	100
<b>TEACHING PRACTICE (100)</b>						
TP - 201	Teaching Practices (05 lessons in class room teaching and 05 lessons in outdoor activities/Gym.)	6	4	30	70	100
<b>TOTAL</b>		<b>40</b>	<b>32</b>	<b>240</b>	<b>560</b>	<b>800</b>

  
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**SEMESTER -III**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Applications in Physical Education	4	4	30	70	100
CC-303	Sports Psychology and Sociology	4	4	30	70	100
EC-301/ EC-302	Sports Medicine, Physiotherapy and Rehabilitation/ Curriculum Design	4	4	30	70	100
<b>PRACTICAL (300)</b>						
PC-301	Track and Field (Throwing Events)	6	4	30	70	100
PC-302	Football	6	4	30	70	100
PC-303	Volleyball	6	4	30	70	100
<b>TEACHING PRACTICE (100)</b>						
TP - 301	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	6	4	30	70	100
<b>TOTAL</b>		<b>40</b>	<b>32</b>	<b>240</b>	<b>560</b>	<b>800</b>

**Note: B. P. Ed. -III Semester students will undergo the internship programme of 45 days from 15th June to 31st July**

**SEMESTER -IV**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-402	Kinesiology and Biomechanics	4	4	30	70	100
CC-403	Research and Statistics in Physical Education	4	4	30	70	100
EC-401/ EC-402	Theory of sports and Game/ Sports Management	4	4	30	70	100
<b>PRACTICAL (200)</b>						
PC-401	Kho-Kho	6	4	30	70	100
PC-402	Cricket	6	4	30	70	100
<b>TEACHING PRACTICE (200)</b>						
TP - 401	Sports specialization: Coaching lessons Plans (T&F) (Practical 5 lessons)	6	4	30	70	100
TP - 402	Games specialization: Coaching lessons Plans (Theory 5 lessons)	6	4	30	70	100
<b>TOTAL</b>		<b>40</b>	<b>32</b>	<b>240</b>	<b>560</b>	<b>800</b>
		<b>160</b>	<b>128</b>	<b>960</b>	<b>2240</b>	<b>3200</b>

**Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.**

  
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**Scheme and Syllabus- M.P.ED.**

**DEPARTMENT OF PHYSICAL EDUCATION  
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)  
SCHEME OF EXAMINATION M. P. ED. PROGRAMME  
M.P.ED. SEMESTER – I**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
MPCC-101	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
MPCC-102	Physiology of Exercises	3	3	30	70	100
MPCC-103	Yogic Sciences	3	3	30	70	100
MPEC-101	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
MPEC-102	<b>OR</b> Sports Technology					
<b>PRACTICAL (400)</b>						
MPPC-101	Track and Field- I	6	3	30	70	100
MPPC-102	Practical Sports Sciences	6	3	30	70	100
MPPC-103	Yoga	6	3	30	70	100
MPPC-104	Mass demonstration Activities	6	3	30	70	100
	<b>TOTAL</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>

**M.P.ED. SEMESTER – II**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
MPCC-201	Applied Statistics in Physical Education & Sports	3	3	30	70	100
MPCC-202	Sports Biomechanics & Kinesiology	3	3	30	70	100
MPCC-203	Athletic Care and Rehabilitation	3	3	30	70	100
MPEC-201	Sports Journalism and Mass Media	3	3	30	70	100
MPEC-202	<b>OR</b> Sports Management and Curriculum Design in Physical Education					
<b>PRACTICAL (400)</b>						
MPPC-201	Track and Field -II	6	3	30	70	100
MPPC-202	Game Specialization	6	3	30	70	100
MPPC-203	Teaching Lessons of Game Specialization	6	3	30	70	100
MPPC-204	Class room Teaching	6	3	30	70	100
	<b>TOTAL</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>

  
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**M.P.ED. SEMESTER - III**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
MGCC-301	Scientific Principles of Sports Training	3	3	30	70	100
MGCC-302	Sports Medicine	3	3	30	70	100
MGCC-303	Health Education and Sports Nutrition	3	3	30	70	100
MPEC-301 MPEC-302	Sports Engineering <b>OR</b> Physical Fitness and Wellness	3	3	30	70	100
<b>PRACTICAL (400)</b>						
MPPC-301	Track and Field-III	6	3	30	70	100
MPPC-302	Games Specialization	6	3	30	70	100
MPPC-303	Coaching Lessons of Track & Field	6	3	30	70	100
		6	3	30	70	100
	<b>TOTAL</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>

**M.P.ED. SEMESTER - IV**

Paper	Subject	Total Hours	Credit	Internal	External	Total
<b>THEORY (400)</b>						
MGCC-401	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
MGCC-402	Sports Psychology	3	3	30	70	100
MGCC-403	Journalism and Mass Communication	3	3	30	70	100
MPEC-401/ MPEC-402	Dissertation/ Educational Technology in Physical Education	3	3	30	70	100
<b>PRACTICAL (400)</b>						
MPPC-401	Track and Field-IV Specialization	6	3	30	70	100
MPPC-402	Games Specialization	6	3	30	70	100
MPPC-403	Officiating Lessons of Track and Field	6	3	30	70	100
MPPC-404	Officiating Lessons of Game Specializations	6	3	30	70	100
	<b>TOTAL</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>
		<b>144</b>	<b>96</b>	<b>960</b>	<b>224</b>	<b>3200</b>

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

  
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