



KURUKSHETRA UNIVERSITY KURUKSHETRA

[Established by the State Legislature Act XII of 1956]

(*A⁺⁺ Grade, NAAC Accredited)

AQAR-2020-21

**1.2.2 : Scheme of Examination for the programmes in
the Department/Institute of**

Physical Education

Kurukshetra University, Kurukshetra
Scheme of Examination for Bachelor of Physical Education (B.P.Ed)
CBCS Scheme of Examination implemented from session 2020-2021
Semester - Ist

Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
BPEd -101	History and foundation of Physical Education	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 102	Anatomy and Physiology	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 103	Health Education and Environmental Studies	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd -104	Officiating and Coaching	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 105	Practicum: (i) Athletics (Track Events)	CCC	--	05	05	-	2.5	2.5	-	-	100	100	--
BPEd - 106	(ii) Game – I (Basket Ball & Kabaddi)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd - 107	(iii) Game –II (Football & Kho Kho)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd -108	(iv) Anatomy, Physiology and Health Education	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
Total			16	20	36	16	10	26	80	320	400	800	

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

Anind Malik

Kurukshetra University, Kurukshetra
Scheme of Examination for Bachelor of Physical Education (B.P.Ed)
CBCS Scheme of Examination implemented from session 2020-2021
Semester - IInd

Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
BPEd-201	Yoga Education	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd- 202	Computer Applications in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd- 203	Sports Psychology and Sociology	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd -204	Contemporary issues in Physical Education, Fitness and Wellness	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd- 205	Practicum: (i) Athletics (Throwing Events)	CCC		05	05	-	2.5	2.5	-	-	100	100	--
BPEd- 206	Game – I (Volleyball & Yoga)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd- 207	Game –II (Handball & Gymnastics)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd-208	Computer Application, Rehabilitation & Sports Psychology	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
<i>BPEd-209</i>	<i>Fundamentals of Yoga/ Mooc (Massive Open Online Courses)</i>	<i>OEC</i>	<i>02</i>	<i>--</i>	<i>02</i>	<i>02</i>	<i>--</i>	<i>02</i>	<i>10</i>	<i>40</i>	<i>--</i>	<i>50</i>	<i>2 hours</i>
Total			16	20	36	16	10	26	80	320	400	800	

*Note: The credits and marks of the Open Elective course are not included in the grand total score.

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Anind Malik

Kurukshetra University, Kurukshetra
Scheme of Examination for Bachelor of Physical Education (B.P.Ed)
CBCS Scheme of Examination implemented from session 2021-2022
Semester - IIIrd

Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
BPEd - 301	Sports Training	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 302	Educational Technology and Methods of Teaching in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 303	Organization and Administration	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 304	Sports Nutrition and Weight Management	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 305	Practicum: (i) Athletics (Jumps)	CCC		05	05	-	2.5	2.5	-	-	100	100	--
BPEd - 306	(ii) Game – I (Cricket & Softball /Baseball)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd - 307	Game –II (Weight Training & Hockey)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd - 308	Mass Display Activity (Free Hand)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
<i>BPEd - 309</i>	Health and Nutrition/ Mooc (Massive Open Online Courses)	<i>OEC</i>	<i>02</i>	--	<i>02</i>	<i>02</i>	--	<i>02</i>	<i>10</i>	<i>40</i>	--	<i>50</i>	<i>2hrs</i>
Total			16	20	36	16	10	26	80	320	400	800	

*Note: The credits and marks of the Open Elective course are not included in the grand total score.

C.C.C = Compulsory Core Course

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Arvind Malik

Kurukshetra University, Kurukshetra
Scheme of Examination for Bachelor of Physical Education (B.P.Ed)
CBCS Scheme of Examination implemented from session 2021-2022
Semester-IVth

Credits= 26

Total Marks = 800

Paper Code	Subjects.	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
BPEd - 401	Olympic Movement	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 402	Curriculum Design	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 403	Sports Management	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 404	Sports Medicine and Rehabilitation	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
BPEd - 405	Practicum: (i) Athletic Meet (Opening, March Past, Victory Ceremony & Closing)	CCC		05	05	-	2.5	2.5	-	-	100	100	--
BPEd - 406	(ii) Game – I (Badminton & Table Tennis)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd - 407	(iii) Game –II (Boxing & Wrestling)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
BPEd - 408	(iv) Mass Display Activity (Lezium, Dumbbell & Tipri)	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
Total			16	20	36	16	10	26	80	320	400	800	

Total Credits: 104

Grand Total: 3200

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

Anind Malik

B.P.Ed. 1st and 2nd Semester w.e.f. 2020-21 & B.P.Ed. 3rd and 4th Semester w.e.f. 2021-22.

Overall Detail History of C.C.C, C.F.C and O.E.C/Mooc Courses in B.P.Ed Course (2 Year)

Sr. No.	Course Title	C.C.C Compulsory core Course	C.F.C Compulsory Foundation Course	OEC Open Elective Course/ Mooc (Massive Open Online Courses)
1	B.P.Ed 1 st Sem.	06	02	00
2	B.P.Ed 2 nd Sem.	06	02	01
3	B.P.Ed 3 rd Sem.	06	02	01
4	B.P.Ed 4 th Sem.	06	02	00
	Total	24	08	02

Anindralik

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master of Physical Education (M.P.Ed)

(Changes will be implement from Session 2019-2020)

Semester-Ist

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd-101	Research Process in Physical Education	CCC	04	--	04	04	--	04	20	80	--	100
MPEd- 102	Principles of Sports Training	CFC	04	--	04	04	--	04	20	80	--	100
MPEd- 103	Kinesiology	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -104	Health Education and Sports Nutrition	CCC	04	--	04	04	--	04	20	80	--	100
MPEd- 105	Information & Communication Technology(ICT) in Physical Educa	CCC	04	--	04	04	--	04	20	80	--	100
MPEd- 106	Practicum: Athletics- (Track Events & Jumps)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd- 107	Game	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd-108	Health Education	CCC	--	01	01	--	0.5	0.5	--	--	50	50
MPEd-109	Information & Communication Technology(ICT) in Physical Educa	CCC	--	01	01	--	0.5	0.5	--	--	50	50
Total			20	12	32	20	06	26	100	400	300	800

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Anind Malik

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master of Physical Education (M.P.Ed)

(Changes will be implement from Session 2019-2020)

Semester-IInd

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd -201	Research Process in Physical Education	CCC	04	--	04	04	--	04	20	80	--	100
MPEd – 202	Physiology of Exercise	CFC	04	--	04	04	--	04	20	80	--	100
MPEd – 203	Applied Statistics in Physical Education and Sports	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -204	Physical Fitness and Wellness	CCC	04	--	04	04	--	04	20	80	--	100
MPEd – 205	Yogic Science	CFC	04	--	04	04	--	04	20	80	--	100
MPEd – 206	Practicum: Athletics (Throws & Conduct of Athletic Meet)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd – 207	Game	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd -208	Yoga	CCC	--	01	01	--	0.5	0.5	--	--	50	50
MPEd -209	Applied Statistic and ICT	CCC	--	01	01	--	0.5	0.5	--	--	50	50
MPED – 210	Philosophy of Yoga/ MOOC (Massive Open Online Courses)	OEC	02	--	02	02	--	02	10	40	--	50
Total			20	12	32	20	06	26	100	400	300	800

***Note: The credits and marks of the Open Elective course are not included in the grand total score.**

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Anind Malik

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master of Physical Education (M.P.Ed)

(Changes will be implemented from Session 2020-2021)

Semester-IIIrd

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd -301	Sports Psychology	CCC	04	--	04	04	--	04	20	80	--	100
MPEd – 302	Sports Medicine	CFC	04	--	04	04	--	04	20	80	--	100
MPEd – 303	Tests, Measurement and Evaluation in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -304	Athletic Care and Rehabilitation	CCC	04	--	04	04	--	04	20	80	--	100
MPEd – 305	Value and Environmental Education	CCC	04	--	04	04	--	04	20	80	--	100
MPEd – 306	Practicum: Game – I	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd – 307	Game – II	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd -308	Sports Psychology	CCC	--	01	01	--	0.5	0.5	--	--	50	50
MPEd -309	Tests, Measurement and Evaluation in Physical Education	CCC	--	01	01	--	0.5	0.5	--	--	50	50
<i>MPEd – 310</i>	<i>Wellness / MOOC (Massive Open Online Courses)</i>	<i>OEC</i>	<i>02</i>	<i>--</i>	<i>02</i>	<i>02</i>	<i>--</i>	<i>02</i>	<i>10</i>	<i>40</i>	<i>--</i>	<i>50</i>
Total			20	12	32	20	06	26	100	400	300	800

*Note: The credits and marks of the Open Elective course are not included in the grand total score.

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

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Anind Malik

Kurukshetra University, Kurukshetra
CBCS Scheme of Examination for Master of Physical Education (M.P.ED)

(Changes will be implement from Session 2020-2021)

Semester-IVth

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd -401	Sports Journalism and Mass Media	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 402	Education Technology in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100
MPEd - 403	Sports Bio Mechanics	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -404	Sports Technology	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 405	Options: i) – Dissertation ii) – Sports Management	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 406	Practicum: Game – I	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd - 407	Game – II	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd -408	Class Room Teaching	CCC	--	02	02	--	01	1.0	--	--	100	100
Total			20	12	32	20	06	26	100	400	300	800

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

Anind Malik

Kurukshetra University, Kurukshetra

CBCS Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2019-2020)

Semester-1st

Total Credits= 21

Total Marks = 500

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA - 101	Fundamentals of Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 102	Anatomical and Physiological Aspects of Yoga – I	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 103	Patanjali Yog Sutra	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 104	Research Methodology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 105	<u>Practical -I</u> i) Demonstrations of Basic Asana ii) Basic Pranayam and Shudhi Kriya	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

Anind Malik

Kurukshetra University, Kurukshetra

CBCS Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2019-2020)

Semester-2nd

Total Credits= 23

Total Marks = 550

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -201	Fundamentals of Hatha Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -202	Anatomical and Physiological Aspects of Yoga – II	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -203	Health Aspects of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -204	Applied Statistics in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -205	<u>Practical - I</u> i) Demonstrations of Asana, Pranayam and Shudhi Kriya ii) Applied Statistic	CCC	--	5	5	--	5	5	--	--	100	100
M.A YOGA -206	Yoga Parichya/ Mooc (Massive Open Online Courses)	OEC	02	--	02	02	--	02	10	40	--	50
Total			16	5	21	16	5	21	80	320	100	500

*Note: The credits and marks of the Open Elective course are not included in the grand total score.

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Anind Malik

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2020-2021)
Semester-3rd

Total Credits= 23

Total Marks = 550

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -301	Fundamentals of Naturopathy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -302	Basic Yoga Texts Principle Upanishads & Bhagwat Geeta	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -303	Applications of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -304	Applied Psychology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -305	(i) Demonstrations of Asana Pranayam and Shudhi Kriya. (ii) Applied Psychology	CCC	--	5	5	--	5	5	--	--	100	100
M.A YOGA -306	Yoga and Health/ Mooc (Massive Open Online Courses)	OEC	02	--	02	02	--	02	10	40	--	50
Total			16	5	21	16	5	21	80	320	100	500

*Note: The credits and marks of the Open Elective course are not included in the grand total score.

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

Anind Malik

Kurukshetra University, Kurukshetra
CBCS Examination Scheme of M. A. Yoga
(Applicable only for UTD from Session 2020-21)

Semester-4th

Total Credits= 21

Total Marks = 500

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA - 401	Yoga Therapy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 402	Options: i) Food & Nutrition ii) Dissertation	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 403	Kinesiological Aspect of yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 404	Teaching Methods of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 405	<u>Practical</u> (i) Demonstrations of Assan Pranayam (ii) Teaching Practices Lesson Plan	CCC	--	5	5	--	5	5	--	--	100	100
Total			16	5	21	16	5	21	80	320	100	500

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

Anindyalik