



## **B.P.E.S (Three YEAR) COURSE SEMESTER PATTERN**

### **1. Eligibility**

A student who passed 12<sup>th</sup> Standard Examination of the Maharashtra State of Board Secondary and Higher Secondary Education with English as one of the subjects of passing or an Examination recognized as equivalent thereto from any Other Statutory Board.

Or

A student who passed 12<sup>th</sup> Standard Examination of the Maharashtra State of Board Secondary and Higher Secondary Education with English or any Indian Language or any examination recognized as equivalent thereto in such subject and with such standards of attainments as may be prescribed.

### **2. Duration:**

The B.P.E.S. programme shall be of duration of three academic years, i.e. six semesters.

### **3. The CBCS System:**

All Programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

**4. Course:** The term course usually referred to, as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

### **5. Courses of Programme:**

The B.P.E.S. Programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a ‘paper’ in the conventional sense. The following are the various categories of courses suggested for the B.P.E.S. Programme.

Theory: Core Course and Elective Course

Practical: Practical Course



## **6. Semesters:**

An academic year is divided into two semesters. Each semester will consist of 15 weeks of academic work equivalent to 90 actual teaching days. The odd semester may be scheduled from April/May to November/December and even semester from November / December to April/May. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

## **7. Working days:**

There shall be at least 180 working days per year exclusive of admission and examination processes etc.

## **8. Credits:**

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.E.S. Programme is 144 credits and for each semester 24 credits.

## **9. Examinations:**

i. There shall be examinations at the end of each semester, for first semester in the month of November /December, for second semester in the month of April / May, for third semester in the month of November /December, for fourth semester in the month of April / May, for fifth semester in the month of November /December, for sixth semester in the month of April / May.

A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or April / May.

ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.



### 10. Condonation :

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

### 11. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

### B.P.E.S.: Format of Question Paper for 4 Units.

Each question paper shall have five questions. The pattern will be as follows: Question No.	Description	Marks
1	Answer in detail (Long Question) (Form Unit 1) <b>Or</b> Answer in detail (Long Question) (Form Unit 1)	14 Marks
2	Answer in detail (Long Question) (Form Unit 2) <b>Or</b> Answer in detail (Long Question) (Form Unit 2)	14 Marks
3	Answer in detail (Long Question) (Form Unit 3) <b>Or</b> Answer in detail (Long Question) (Form Unit 3)	14 Marks
4	Write short notes: any two out of four (Form Unit 4)	14 Marks
5	M.C.Q. Type Questions (07 out of 12 Que.) (3 Questions from each unit)	14 Marks
	<b>Total</b>	<b>70 Marks</b>



#### 14. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses and practical courses.

#### 15. Promotion to Higher Semester (A.T.K.T.):

The unsuccessful candidate of any semester examination shall be ALLOWED TO KEEP THE TERM (ATKT) in accordance with the following table: Admission to Semester	The Student Should Have Attended the Session Satisfactorily and Appeared for the Examination	Students Should Have Passed in at least 50% of the Passing Heads of the Examinations, Fraction, if any, to be Ignored (Theory and Practical being Separate Passing Heads
Ist Semester	-----	-----
II <sup>nd</sup> Semester	Ist Semester	50% Courses of I <sup>st</sup> Semester
III <sup>rd</sup> Semester	II <sup>nd</sup> Semester	50% Courses of I <sup>st</sup> Semester and 50% Courses of II <sup>nd</sup> Semester
IV <sup>th</sup> Semester	III <sup>rd</sup> Semester	50% Courses of III <sup>rd</sup> Semester
V <sup>th</sup> Semester	IV <sup>th</sup> Semester	a) Should Have Passed the Examinations of I <sup>st</sup> Semester and II <sup>nd</sup> Semester b) 50% Courses of III <sup>rd</sup> Semester and 50% Courses IV <sup>th</sup> Semester
VI <sup>th</sup> Semester	V <sup>th</sup> Semester	50% Courses of V <sup>th</sup> Semester



## First Semester B.P.E.S / EXAMINATION

<b>Semester – I Part A: Theoretical Course</b>						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-101	Language (English/ Hindi/ Marathi)	3	3	30	70	100
TC-102	Elements of Physical Education	3	3	30	70	100
TC-103	General Science	3	3	30	70	100
Elective Course (Any One)						
EC-101	Health Education	3	3	30	70	100
EC-102	SWAYAM (Any One Course)					
<b>Part B: Practical Course</b>						
PC-101	Major Game: Kabaddi / Volleyball / Baseball / Netball (Any Two)	6	3	30	70	100
PC-102	Formal Activity : Dumbbells, Wands, Ring, Indian Club, Flag (Any Two)	6	3	30	70	100
PC-103	Lezim (Sadi) and Lathi Kathi	6	3	30	70	100
PC-104	Drill & Marching, Flag Hosting, Band	6	3	30	70	100
	<b>Total</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>

## Second Semester B.P.E.S / EXAMINATION

<b>Part A: Theoretical Course</b>						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-201	Anatomy and Physiology	3	3	30	70	100
TC-202	Educational Psychology	3	3	30	70	100
TC-203	Principal and History of Physical Education	3	3	30	70	100
Elective Course (Any One)						
EC-201	Recreation in Physical Education	3	3	30	70	100
EC-202	SWAYAM (Any One Course)					
<b>Part B: Practical Course</b>						
PC-201	Major Game: Kho-Kho / Hockey / Throw ball / Handball (Any Two)	6	3	30	70	100
PC-202	Mass PT, Table Exercise, Suryanamaskar	6	3	30	70	100
PC-203	Ground Gymnastic	6	3	30	70	100
PC-204	Athletics: Running Event	6	3	30	70	100
	<b>Total</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>



### Third Semester B.P.E.S / EXAMINATION

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-301	Physiology of Exercise	3	3	30	70	100
TC-302	Method in Physical Education-I	3	3	30	70	100
TC-303	Adapted Physical Education	3	3	30	70	100
Elective Course (Any One)						
EC-301	Counselling and Guidance	3	3	30	70	100
EC-302	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-301	Major Game: Table Tennis / Badminton / Ball Badminton / Squash (Any Two)	6	3	30	70	100
PC-302	Lezim (Ghati and NFC)	6	3	30	70	100
PC-303	Athletics: Jumping Event	6	3	30	70	100
PC-304	General Lesson	6	3	30	70	100
	<b>Total</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>

### Fourth Semester B.P.E.S / EXAMINATION

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-401	Kinesiology	3	3	30	70	100
TC-402	Yoga	3	3	30	70	100
TC-403	Method in Physical Education-II	3	3	30	70	100
Elective Course (Any One)						
EC-401	Remedial and Corrective Physical Education	3	3	30	70	100
EC-402	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-401	Major Game: Wrestling / Judo / Boxing / Taekwondo / Karate (Any Two)	6	3	30	70	100
PC-402	Parallel Bar and Vaulting Box (Boys) Balance Beam and Dance or Aerobics (Girls)	6	3	30	70	100
PC-403	Yoga (Yogasan, Pranayam, Yogic Kriyas)	6	3	30	70	100
PC-404	Lesson on Games and Sports	6	3	30	70	100
	<b>Total</b>	<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>



## Fifth Semester B.P.E.S / EXAMINATION

<b>Part A: Theoretical Course</b>						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-501	Test and Measurement in Physical Education	3	3	30	70	100
TC-502	Fundamentals of Computer in Physical Education	3	3	30	70	100
TC-503	Sports Sociology	3	3	30	70	100
<b>Elective Course (Any One)</b>						
EC-501	Management in Physical Education	3	3	30	70	100
EC-502	SWAYAM (Any One Course)					
<b>Part B: Practical Course</b>						
PC-501	Major Game: Cricket / Basketball / Lawn Tennis / Softball / Korfball (Any Two)	6	3	30	70	100
PC-502	Internship (Teaching/ Coaching/ Training/ Officiating)	6	3	100	---	100
PC-503	Athletics: Throwing Event	6	3	30	70	100
PC-504	Lesson on Specialised Games or Sports	6	3	30	70	100
	<b>Total</b>	<b>36</b>	<b>24</b>	<b>310</b>	<b>490</b>	<b>800</b>

## Sixth Semester B.P.E.S / EXAMINATION

<b>Part A: Theoretical Course</b>						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-601	Organisation and Administration in Physical Education	3	3	30	70	100
TC-602	Principles of Officiating and Coaching	3	3	30	70	100
TC-603	Sports Injuries and Rehabilitation	3	3	30	70	100
<b>Elective Course (Any One)</b>						
EC-601	Principles of Sports Training	3	3	30	70	100
EC-602	SWAYAM (Any One Course)					
<b>Part B: Practical Course</b>						
PC-601	Officiating of Specialised Games or Sports	6	3	30	70	100
PC-602	Malkhamb (Boys) / Balance Beam (Girls)	6	3	30	70	100
PC-603	Massage and First Aid	6	3	30	70	100
PC-604	Lesson on Athletics	6	3	30	70	100
		<b>36</b>	<b>24</b>	<b>240</b>	<b>560</b>	<b>800</b>