

1. Pattern of Question Papers:

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

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) Or Answer in detail (Long Question) (Form Unit 1)	15
2.	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 2)	15
3.	Answer in detail (Long Question) Or Answer in detail (Long Question) (Form Unit 3)	15
4.	Write short notes: any two out of four (Form Unit 4)	15
5.	M.C.Q. Type Questions (10 out of 12 Que.) (3 Questions. from each unit)	10
	Total	70

2. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

SCHEME OF EXAMINATION

SEMESTER – I

Paper	Subject	Internal	External	Total Marks
	Theory-400			
1.	History, Principles and foundation of Physical Education	30	70	100
2.	Anatomy and Physiology	30	70	100
3.	Recreation and Camping	30	70	100
4.	Methods Materials and Supervision in Physical Education	30	70	100
	Practical -400			
1.	Track and Field (Running Events)	30	70	100
2.	Badminton	30	70	100
3.	Football	30	70	100
4.	Basketball	30	70	100
	Total	240	560	800

SEMESTER – II

Paper	Subject	Internal	External	Total Marks
	Theory-400			
1.	Kinesiology and Care of Athletic Injuries	30	70	100
2.	Organization, Administration & Events Management	30	70	100
3.	Curriculum Design	30	70	100
4.	Principles of Coaching & Officiating	30	70	100
	Practical -400			
1.	Track and Field (Field Events)	30	70	100
2.	Volleyball	30	70	100
3.	Cricket	30	70	100
4.	Hockey	30	70	100
	Total	240	560	800

SEMESTER – III

Paper	Subject	Internal	External	Total Marks
	Theory-400			
1.	Sports Psychology	30	70	100
2.	Exercise Physiology, Sports Nutrition and Weight Management	30	70	100
3.	Health Education and Environmental Studies	30	70	100
4.	Yoga Education	30	70	100
	Practical -400			
1.	Kabaddi	30	70	100
2.	Gymnastics	30	70	100
3.	LawnTennis	30	70	100
	Teaching Practice -100			
1.	Teaching practice (teaching lesson plans)	30	70	100
	Total	240	560	800

SEMESTER – IV

Pap	Subject	Internal	External	Total Marks
	Theory-400			
1.	Test, Measurements and Computer Application	30	70	100
2.	Sports training & gym management	30	70	100
3.	Sports sociology	30	70	100
4.	Sports specialization	30	70	100
	Practical -400			
1.	Yogasana and Indigenous Activities	30	70	100
2.	Sports Specialization	30	70	100
	Teaching Practice -200			
1.	Teaching practice (teaching lesson plans General)	30	70	100
2.	Teaching practice (teaching lesson plans Specific)	30	70	100
	Total	240	560	800
	Grand Total	960	2240	3200