ANDHRA KESARI UNIVERSITY

CURRICULUM FRAMEWORK

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

TWO YEAR PROGRAMME

Syllabus

Approved by

Board of Studies in Physical Education & Sports Sciences
Andhra Kesari University on 03.09.2026

As per the guidelines of the
NATIONAL COUNCIL FOR TEACHER EDUCATION
And
Common core syllabus approved by
Andhra Pradesh State Council of Higher Education

1. NKJ
2. N. Nirmala Rao
3. P. Jagadeesh

Semester - I

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(26)BP101	History, Principles and foundations of Physical Education	4	4	30	70	100
R(26)BP102	Anatomy and Physiology	4	4	30	70	100
R(26)BP103	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
R(26)BP104	Communication & Soft skills	4	4	30	70	100
R(26)BP105	Olympic Movement					
Part-B : Practical Course						
R(26)BP106	Track and Field (Running Events), *Gymnastics/*Swimming (* Any one)	6	4	30	70	100
R(26)BP107	Football, Tennis, Throwball	6	4	30	70	100
R(26)BP108	Badminton, Kho-Kho, Shooting	6	4	30	70	100
R(26)BP109	**Project work** **Mass Demonstration Activities:** Flag Hoisting, March past, Calisthenics, Lezium Dumb-bells, Kolatam, Aerobics Wands, Hoops, Pole Drill, Folk Songs & Patriotic Songs	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**

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.

P. Jayaram

Semester-II

Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Part-A : Theoretical Course						
Core Course						
R(26)BP201	Kinesiology and Biomechanics	4	4	30	70	100
R(26)BP202	Health Education and Environmental Studies	4	4	30	70	100
R(26)BP203	Measurement and Evaluation in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
R(26)BP204	Computer Applications in Physical Education	4	4	30	70	100
R(26)BP205	Recreation and Leisure Management					
Part-B : Practical Course						
R(26)BP206	Track and Field (Jumping Events) * Gymnastics/*Swimming (* Any one)	6	4	30	70	100
R(26)BP207	Yoga, Ball Badminton, Kabaddi	6	4	30	70	100
R(26)BP208	Hockey, Handball, Cricket	6	4	30	70	100
Part-C Teaching Practices						
R(26)BP209	**Project work :**Teaching Practice (Class room and Outdoor) (4 internal and 1 External in class room and outdoor)	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**

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.

Semester-III

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(26)BP301	Sports Training	4	4	30	70	100
R(26)BP302	Concepts of Wellness Management	4	4	30	70	100
R(26)BP303	Sports Psychology and Sociology	4	4	30	70	100
Elective Course (Anyone)						
R(26)BP304	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
R(26)BP305	Curriculum Design					
Part-B : Practical Course						
R(26)BP306	**Project work** :Track and Field (Throwing Events) * Gymnastics/*Swimming (* Any one)	6	4	30	70	100
R(26)BP307	Karate / Judo / Fencing/ Tennikoit, Softball, Basketball	6	4	30	70	100
R(26)BP308	Wrestling, Taekwondo, Boxing, Table Tennis, Volleyball	6	4	30	70	100
Part-C Teaching Practices						
R(26)BP309	Teaching practice: Particular Lesson Plans for the games of I, II & III Semesters (out of 10 lessons 5 at practicing school & 4 internal and 1 external).	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**

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.

Semester-IV

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(26)BP401	Sports Management	4	4	30	70	100
R(26)BP402	Concepts of Yoga	4	4	30	70	100
R(26)BP403	Officiating and Coaching	4	4	30	70	100
Elective Course (Anyone)						
R(26)BP404	Fitness Assessment and exercise prescription	4	4	30	70	100
R(26)BP405	Research and Statistics in Physical Education					
Part-B : Practical Course						
R(26)BP406	Athletics Specialization	6	4	30	70	100
R(26)BP407	**Project Work:** Game of Specialization: Football, Kabaddi, Badminton, Cricket, Hockey, Handball, Kho-Kho, Ball Badminton, Basketball, Volleyball, Softball, Tennis, Table Tennis (Any one of these)	6	4	30	70	100
Part-C Teaching Practices						
R(26)BP408	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	6	4	30	70	100
R(26)BP409	Teaching practice in Game of specialization: Coaching lessons: Kabaddi/ Kho-kho/ Cricket/ Football/ Hockey/ softball/ Volleyball/ Handball/ Basketball/ Badminton/ Table-tennis/ Tennis / Throwball/Shooting/Yoga /Ball Badminton/Karate/Judo/ Fencing/Tennikoit/Boxing/Wrestling /Teakwando (Any one of the above games). Out of 10 lessons, 5 lessons at school and 4 internal and 1 external . (both particular and coaching lessons have to be included in the program. Each lesson is of 45 minutes duration.	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**
Grand Total for four semesters		**160**	**128**	**960**	**2240**	**3200**

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.

SCHEME OF EXAMINATION

SEMESTER-I

Paper Code	Internal	External	Total Marks
R(26)BP101	30	70	100
R(26)BP102	30	70	100
R(26)BP103	30	70	100
R(26)BP104/ R(26)BP105	30	70	100
R(26)BP106	30	70	100
R(26)BP107	30	70	100
R(26)BP108	30	70	100
R(26)BP109	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-II

Paper Code	Internal	External	Total Marks
R(26)BP201	30	70	100
R(26)BP202	30	70	100
R(26)BP203	30	70	100
R(26)BP204/ R(26)BP205	30	70	100
R(26)BP206	30	70	100
R(26)BP207	30	70	100
R(26)BP208	30	70	100
R(26)BP209	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-III

Paper Code	Internal	External	Total Marks
R(26)BP301	30	70	100
R(26)BP302	30	70	100
R(26)BP303	30	70	100
R(26)BP304/ R(26)BP305	30	70	100
R(26)BP306	30	70	100
R(26)BP307	30	70	100
R(26)BP308	30	70	100
R(26)BP309	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-IV

Paper Code	Internal	External	Total Marks
R(26)BP401	30	70	100
R(26)BP402	30	70	100
R(26)BP403	30	70	100
R(26)BP404/ R(26)BP405	30	70	100
R(26)BP406	30	70	100
R(26)BP407	30	70	100
R(26)BP408	30	70	100
R(26)BP409	30	70	100
TOTAL	**240**	**560**	**800**