



## Discussion

# All India NEP-2020 Syllabus for Bachelor of Physical Education and Sport (BPES) Honours Degree: Proposed Model

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## ARTICLE INFO

### Article history :

Received: 30<sup>th</sup> April, 2023

Received in Revise form  
13<sup>th</sup> May, 2023

Accepted: 31<sup>st</sup> May, 2023

Available Online: 6<sup>th</sup> June, 2023

### Keywords :

NEP-2020, UG BPES Certificate, UG  
BPES Diploma, UG BPES Degree,  
UG BPES Degree with Honours, UG  
BPES Degree Honours with Research

## ABSTRACT

In 2016 31<sup>st</sup> May, the Secretary of the University Grants Commission sent a letter (D.O. No. F.5-1/2015(CPP-II)) to all the university's Vice-Chancellors to amend notification in the gazette dated 2<sup>nd</sup> May 2016 and mention the following new degrees have been specified: 1. Bachelor of Physical Education and Sport (BPES) and 2. Masters of Physical Education and Sport (MPES). In that letter, the UGC secretary requested all the universities to restructure their programs. Some universities took it seriously from that time and restructured their syllabus and nomenclature. After that Government of India started working on a new education policy. Then the government announced the National Education Policy 2020 (NEP-2020). On that, they offered four years of undergraduate courses for all subjects. Also, they mentioned that after completing first-year Sem-I and II, students would be awarded a UG certificate if they leave the courses. After completing two years, a student may earn a UG Diploma and, after three years, a UG degree. If the student completes a total of 4 years, they may get four years UG degree with honours, and with the dissertation option, the student will be offered honours with a research degree. NEP-2020 UG syllabus structure also mentioned that students must select major subjects and minor subjects, which will be reflected on their mark sheet.

NEP-2020 is broad guidelines and advisory in nature. The policy is a comprehension framework from elementary education to higher education and vocational training in rural and urban India. The policy aims to transform India's Education system by 2040. Indian higher education system operates mainly through universities, colleges, research centers, and other higher studies and research institutions. Universities and colleges are the key operators in the system. In NEP-2020, the activities include teaching-learning, evaluation

and assessment, research projects, field study, practical workshop internship, etc., and participating in community services, cultural activities, sports and games, competitions, seminars, debates, interactions, and scholarly discussions. NEP-2020 is well structured with acquiring the Indian Knowledge System, Human Values, and Positive Global Attitudes.

In the following, the present author, an experienced academician and professional, proposes all India model for BPES: 4 years honours degree.

**BACHELOR OF PHYSICAL EDUCATION AND SPORT (BPES): 4 Years UG Degree****(Physical Education Major with Sports Science Minor)****Based on NEP – 2020, Total Credit-160**

\*UG Certificate- 40 Credit (SEM-I &amp; II)

\*\* UG Diploma – 80 Credit (SEM- I to IV)

\*\*\* 3 Years UG Degree- 120 Credit (SEM-I to VI)

\*\*\*\* 4 Years UG Honours Degree-160 Credit (SEM-I to VIII)

\*\*\*\*\* 4 Years UG Honours with Research Degree-160 Credit (SEM-I to VIII)

<b>SEMESTER- I</b>				
SL No	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-101	Vyayama Shastra tatha Krida Shastra (Exercise Science and Sport Science)	4
02	Discipline-Specific Course (Minor)	BPES-MN-101 (P)	Fitness and Gym Exercises - Practical	4
03	Interdisciplinary Course	BPES-IDC-101	Human Anatomy and Physiology	3
04	Ability Enhancement Course	BPES-AEC-01	Bengali/Sanskrit/Hindi/MIL	2
05	Skill Enhancement Course	BPES- SEC-101 (P)	Digital and Technical Education- Practical	3
06	Common Value-Added Course	BPES-CVAC-01	Ayurveda (Indian Medicinal System)	4
07	Internship		Not Applicable	
08	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

<b>SEMESTER- II</b>				
SL No	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-102	Health and Wellness	4
02	Discipline-Specific Course (Minor)	BPES-MN-102 (P)	Paramparic Bharatiya Vayayama tatha krida- Practical (Traditional Indian Exercise and Sport)	4
03	Interdisciplinary Course	BPES-IDC-102	Human Psychology	3
04	Ability Enhancement Course	BPES-AEC-102	Bengali/ Sanskrit/ Hindi/MIL	2
05	Skill Enhancement Course	BPES-SEC-102 (P)	Anga Mardana (Traditional Indian Massage)- Practical	3
06	Common Value-Added Course	BPES-CVAC-102 (P)	Bharatiya Sangeet Shastra tatha Nritya Shastra – Practical (Indian Music and Dance)	4
07	Internship		Not Applicable	
08	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- III				
SL NO.	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-201	Yoga Shastra tatha Prakritik Chikitsa Shastra (Yoga & Naturopathy)	4
02	Discipline Specific Course (Major)	BPES-MJ-202 (P)	Yoga - Practical	4
03	Discipline-Specific Course (Minor)	BPES-MN-201 (P)	Recreational Exercise and Sport- Practical	4
04	Interdisciplinary Course	BPES-IDC-201	Bharatiya Aahaar tatha Poshan Shastra (Indian Diet and Nutrition)	3
05	Ability Enhancement Course	BPES-AEC-201	English	2
06	Skill Enhancement Course	BPES-SEC-201 (P)	Environmental Studies- Practical	3
07	Common Value-Added Course		Not Applicable	
08	Internship		Not Applicable	
09	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- IV				
SL NO	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-203	Sport Event Management	4
02	Discipline Specific Course (Major)	BPES-MJ-204 (P)	Atma Raksha-Mulak Krida (Self Defence Sport – Karata, Judo, Tikundo) - Practical	6
03	Discipline Specific Course (Major)	BPES-MJ-205 (P)	Sangeetik Vyayama (Musical Exercise)-Practical	4
05	Discipline-Specific Course (Minor)	BPES-MN-202 (P)	Exercise and Sport for Divyangjan - Practical	4
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement Course	BPES-AEC-202	English	2
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
11	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- V				
SL NO	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-301	Exercise and Sports Physiology	4
02	Discipline Specific Course (Major)	BPES-MJ-302 (P)	Gymnastics and Exercise Therapy -Practical	6
03	Discipline Specific Course (Major)	BPES-MJ-303 (P)	Ball Games-I (Football, Volleyball, Basketball, Handball with 1 Credits)- Practical	4
04	Discipline-Specific Course (Minor)	BPES-MN-301 (P)	Jala Vyayama tatha Jala Krida (Water Exercise and Water Sport)- Practical	4
05	Interdisciplinary Course		Not Applicable	
06	Ability Enhancement		Not Applicable	
07	Skill Enhancement Course		Not Applicable	
08	Common Value-Added Course		Not Applicable	
09	Internship	BPES-INT-301	Internship- Practical	2
<b>Total Credits</b>				<b>20</b>

SEMESTER- VI				
SL NO	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-304	Exercise and Sport Psychology	4
02	Discipline Specific Course (Major)	BPES-MJ-305	Exercise and Sport Training	4
03	Discipline Specific Course (Major)	BPES-MJ-306 (P)	Indigenous Games: Kho Kho and Kabaddi - Practical	4
04	Discipline Specific Course (Major)	BPES-MJ-307 (P)	Racket Sport (Badminton and Table Tennis) - Practical	4
05	Discipline-Specific Course (Minor)	BPES-MN-301 (P)	Test and Measurement in Exercise and Sport	4
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement		Not Applicable	
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- VII				
SL NO	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-401	Exercise and Sports Sociology	4
02	Discipline Specific Course (Major)	BPES-MJ-402A/402B	Research Methodology and Statistics / Sport Coaching Method	4
03	Discipline Specific Course (Major)	BPES-MJ-403 (P)	Ball Games- II (Cricket, Hockey, Baseball, Rugby with 1 Credits) Practical	4
04	Discipline Specific Course (Major)	BPES-MJ-404 (P)	Tirandazi and Malla Krida (Archery and Wrestling) -Practical	4
05	Discipline-Specific Course (Minor)	BPES-MN-401 (P)	Adventure Sport - Practical	4
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement		Not Applicable	
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
Total Credits				20

SEMESTER- VIII				
SL NO	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	BPES-MJ-405	Exercise and Sports Biomechanics	4
02	Discipline Specific Course (Major)	BPES-MJ-406 (P)	Athletics - Practical	4
03	Discipline Specific Course (Major)		Not Applicable	
04	Discipline Specific Course (Major)		Not Applicable	
05	Discipline-Specific Course (Minor)		Not Applicable	
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement		Not Applicable	
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
11	Dissertation/ Three Major Subjects #	BPES-DIS-401		12/ 4+4+4
Total Credits				20

- #i. Sport Coaching – Practical – 4 Credit (Any one Event) – BPES-OP-401
- ii. Sport Officiating- Practical- 4 Credit (Any one Event) – BPES-OP-402
- iii. Sport Injury Management- Practical – 4 Credit (Any one Event) BPES-OP-403

**Acknowledgment:**

I'm immensely thankful to the following personalities for preparing NEP- 2020, BPES: 4 years (Honours) syllabus structure for the proposed 'All India Model'.

- i. Dr. Swapan Kumar Pan, Former Principal, Gushkara Mahavidyalaya, University of Burdwan, West Bengal, India
- ii. Dr. Jayasree Laha, Principal, RNK Women's College (Autonomous), Vidyasagar University, West Bengal, India
- iii. Dr. Krishnendu Pradhan, Head, Department of Physical Education, Garbeta College, Vidyasagar University, West Bengal, India
- iv. Dr. Manisha Mondal, Head, Department of Physical Education, Gushkara Mahavidyalaya, University of Burdwan, West Bengal, India
- v. Dr. Sukanta Saha, Head, Department of Physical Education, Memari College, University of Burdwan, West Bengal, India
- vi. Dr. Nasim Ahmed, Head, Department of Physical Education, RNK Women's College (Autonomous), Vidyasagar University, West Bengal, India
- vii. Dr. Sridip Chatterjee, Associate Professor, Department of Physical Education, Jadavpur University, West Bengal, India
- viii. Mr. Sushil Prasad Mahato, Research Scholar, School of Public Health and Community Medicine, Department of Yoga Studies, Central University of Kerala