

# PROGRAMME CREDIT ARCHITECTURE & TEACHING SCHEME

## 4.1 Master Credit Distribution Grid — All 6 Semesters

VASANTRAO NAIK MAHAVIDYALAYA (AUTONOMOUS) — CHHATRAPATI SAMBHAJINAGAR

### B.A. PHYSICAL EDUCATION, YOGA & SPORTS (BPEYS)

SEMESTER-WISE CREDIT DISTRIBUTION SHEET | NEP 2020 | Dr. BAMU | CCFUP 2024 |

Vasant Rao Naik Mahavidyalaya, Chhatrapati Sambhajinagar

## B.A. Physical Education, Yoga & Sports (BPEYS)

### PROGRAMME SCHEME — SEMESTER-WISE COURSE STRUCTURE

135 Credits | 6 Semesters | 3 Years | 37 Courses | NCrF 5.0–5.5

NEP 2020 | CCFUP | OBE | NAAC Compliant | Revised Curriculum R11 | AY 2025–26

#### Semester I (Year I) | NCrF 5.0

S.No	Category	Course Code	Course Title	Credits	Type	Remarks
Serial Number	Type	Specific Code	Course Title	Credits	Type	Remarks
1	DSC	MAJ-C1-101	History & Foundations of PE	4	Embedded Lab	3T+1P
2	DSC	MAJ-C2-102	Human Anatomy & Physiology for Sport	4	Embedded Lab	3T+1P   Fitness Testing, Spirometry, BP, BMI, Joint ROM
3	MDC	MDC-M1-103	Sport, Society & Indian Culture	3	Theory	Renamed
4	VAC	VAC-V1-104	Indian Knowledge Systems & Traditional Wellness	2	Theory+Activity	Incl. 5 asanas, Nadi Shodhana, Panchakosha model
5	AEC	AEC-A1-105	English Communication for Sports Professionals	2	Theory+Skills	Theory + presentation skills
6	MIN	MIN-01	Minor Stream Course 1 (SMS / WHL / IPA)	4	Theory/Applied	SMS: Foundations of Sport Management   WHL: Foundations of Holistic Nutrition   IPA: Introduction to Sports Analytics
19		DSC: 8   MDC: 3   SEC: 0   VAC: 2   AEC: 2   MIN: 4				

## Semester II (Year I) | NCrf 5.0

S.No	Category	Course Code	Course Title	Credits	Type	Remarks
<b>DSC — Discipline Specific Core</b>						
1	DSC	MAJ-C3-201	Yoga: Foundations, Asanas & Pranayama	6	Formal Lab ★	NEW   4T+2P   External Examiner: 20 asanas, Pranayama, Surya Namaskar, Yoga Nidra
2	DSC	MAJ-C4-202	Exercise Physiology	4	Embedded Lab	3T+1P   VO2 max, HR zones, Lactate threshold, RPE, Spirometry, WBGT
<b>SEC — Skill Enhancement Course</b>						
3	SEC	SEC-S1-203	Track & Field Athletics & Gymnastics Basics	3	Practical (3P)	NEW   100–400m, Shot Put, Long Jump, High Jump; Rolls, Cartwheel, Vault; 90 hrs
<b>AEC — Ability Enhancement Course</b>						
4	AEC	AEC-A2-1204	Health Foundations & Lifestyle Diseases	2	Theory+Activity	NEW   Theory + health assessment activity
<b>MIN — Minor Programme</b>						
5	MIN	MIN-02	Minor Stream Course 2 (SMS / WHL / IPA)	4	Theory/Applied	SMS: Sports Economics & Business   WHL: Mindfulness & Stress Mgmt   IPA: Advanced Exercise Physiology
<b>Semester 2 — Total Credits</b>				<b>19</b>	DSC: 10   SEC: 3   VAC: 0   AEC: 2   MIN: 4	

## Semester III (Year II) | NCrf 5.0

S.No	Category	Course Code	Course Title	Credits	Type	Remarks
<b>DSC — Discipline Specific Core</b>						
1	DSC	MAJ-C5-301	Pedagogy of Physical Education	4	Embedded Lab	RENAMED   3T+1P   Lesson plan delivery, Mosston spectrum, UDL, Differentiated instruction
2	DSC	MAJ-C6-302	Sports Psychology: Foundations & Mental Skills	4	Embedded Lab	UPGRADED fr MDC   3T+1P   POMS, SMART goals, Guided imagery, Pre-performance routine
3	DSC	MAJ-C7-303	First Aid, Sports Injury Mgmt & Rehabilitation	6	Formal Lab ★	MOVED fr Sem 5   4T+2P   CPR/AED cert, Bandaging, SCAT5, Heat stroke, Taping   External Examiner
<b>SEC — Skill Enhancement Course</b>						
4	SEC	SEC-S2-304	Major Games Set 1: Officiating & Skills	3	Practical (3P)	Football, Kabaddi, Kho-Kho, Volleyball; 90 hrs; tournament organisation
<b>VAC — Value-Added Course</b>						
5	VAC	VAC-V2-305	Human Values, Ethics & Sports	2	Theory	
<b>MIN — Minor Programme</b>						
6	MIN	MIN-03	Minor Stream Course 3 (SMS / WHL / IPA)	4	Theory/Applied	SMS: Sports Marketing & Sponsorship   WHL: Ayurvedic Principles in Wellness   IPA: Sports Performance Metrics

## Semester IV (Year II) | NCrf 5.5

S.No	Category	Course Code	Course Title	Credits	Type	Remarks
<b>DSC — Discipline Specific Core</b>						
1	DSC	MAJ-C8-401	Kinesiology & Sports Biomechanics	4	Embedded Lab	MOVED fr Sem 2   3T+1P   Kinovea motion analysis, GRF, Goniometry, Yoga asana biomechanics
2	DSC	MAJ-C9-402	Sports Training Science & Talent Identification	4	Embedded Lab	MOVED fr Sem 3   3T+1P   Fitness battery, Khelo India norms, Periodisation plan, Talent ID profile
3	DSC	MAJ-C10-403	Coaching Science	4	Embedded Lab	MOVED fr Sem 5   3T+1P   Coaching demo, Periodisation, LTAD, Feedback analysis, Coach-athlete roleplay
<b>MDC — Multidisciplinary Course</b>						
4	MDC	MDC-M2-404	Digital Health & Fitness Technology	3	Theory	MOVED fr Sem 2
<b>SEC — Skill Enhancement Course</b>						
5	SEC	SEC-S3-405	Major Games Set 2: Advanced Skills & Coaching	3	Practical (3P)	Basketball, Handball, Hockey, Cricket; 90 hrs; coaching demo + officiate a match
<b>VAC — Value-Added Course</b>						
6	VAC	VAC-V3-406	Indigenous Games & Traditional Physical Culture	2	Theory+Practical	NEW   Mallakhamb, Kalaripayattu, Gatka, Kushti, Silambam
<b>AEC — Ability Enhancement Course</b>						
7	AEC	AEC-A3-407	Hindi / Regional Language for Sports Communication	2	Language Skills	
<b>MIN — Minor Programme</b>						
8	MIN	MIN-04	Minor Stream Course 4 (SMS / WHL / IPA)	4	Theory/Applied	SMS: Sports Event Management & Finance   WHL: Corporate Wellness Programme Design   IPA: Fitness Assessment & Prescription
<b>Semester 4 — Total Credits</b>				<b>26</b>	DSC: 12   MDC: 3   SEC: 3   VAC: 2   AEC: 2   MIN: 4	

## Semester V (Year III) | NCrF 5.5

S.No	Category	Course Code	Course Title	Credits	Type	Remarks
<b>DSC — Discipline Specific Core</b>						
1	DSC	MAJ-C11-501	Sports Management & Organisation	4	Embedded Lab	3T+1P   Event budget/proposal, Fixture drawing, Sponsorship pitch, NSF case study, Risk assessment
2	DSC	MAJ-C12-502	Sports Psychology & Performance Enhancement	4	Embedded Lab	3T+1P   12-wk PST programme, HRV biofeedback, Butler-Hardy Profile, Mental health referral
3	DSC	MAJ-C13-503	Yoga Theory, Philosophy & Therapeutic Practice	6	Formal Lab ★	4T+2P   External Examiner: 45-min therapeutic Yoga session, Advanced asanas, Bandhas, AYP criteria
4	DSC	MAJ-C14-504	Sports Nutrition & Community Health Promotion	4	Embedded Lab	3T+1P   3-day dietary recall, RDA analysis, Community health survey, Hydration, WADA supplement check
<b>SEC — Skill Enhancement Course</b>						
5	SEC	SEC-S4-505	Performance Analysis Lab OR Applied Yoga Coaching	0*	Optional (0 Cr)	Co-curricular; recorded on transcript only
<b>VAC — Value-Added Course</b>						
6	VAC	VAC-V4-506	Sports, Media & Digital Journalism	2	Theory+Digital	Theory + digital content creation
<b>MIN — Minor Programme</b>						
7	MIN	MIN-05	Minor Stream Course 5 (SMS / WHL / IPA)	4	Theory/Applied	SMS: Sports Entrepreneurship & Start-Up   WHL: Yoga Therapy for Chronic Disorders   IPA: Data Visualization in Sports
<b>Semester 5 — Total Credits</b>				<b>24</b>	DSC: 18   SEC: 0   VAC: 2   MIN: 4	

## Semester VI (Year III) | NCrf 5.5

S.No	Category	Course Code	Course Title	Credits	Type	Remarks
<b>DSC — Discipline Specific Core</b>						
1	DSC	MAJ-C15-601	Game Officiating & Rules	4	Formal Lab ★	NEW   2T+2P   External Examiner: Officiate Football+Cricket+Basketball+Volleyball; Rule viva, DRS/VAR
2	DSC	MAJ-C16-602	Test, Measurement & Evaluation in PE	4	Embedded Lab	NEW — Gap filled   3T+1P   AAHPERD/JCR batteries, Harvard Step, SPSS analysis, Posture assessment
3	DSC	MAJ-C17-603	Adapted Physical Education & Inclusion	4	Embedded Lab	3T+1P   Adapted sport session, Paralympic classification, UDL lesson plan, Functional movement assessment
4	DSC	MAJ-C18-604	Research Methods in Sports & PE	4	Theory	4T — Theory only
5	INT	INT-605	Internship / Research Dissertation	4	Field/Internship	REDUCED fr 6 Cr   Option A: 30-day placement (SAI/school/NGO/clinic)   Option B: 8000-word dissertation + viva
<b>SEC — Skill Enhancement Course</b>						
6	SEC		Game Officiating (embedded in BPEYS-MAJ-C15-601)	0*	Embedded (in C11B)	Football/Cricket/Basketball/Volleyball officiating embedded in BPEYS-MAJ-C15-601 Formal Lab
<b>MIN — Minor Programme</b>						
7	MIN	MIN-06	Minor Stream Course 6 (SMS / WHL / IPA)	4	Theory/Applied	SMS: Digital Sports Strategy & Analytics   WHL: Spa & Wellness Centre Operations   IPA: Applied Sports Training & Conditioning
<b>Semester 6 — Total Credits</b>				<b>24</b>	DSC: 16   INT: 4   SEC: 0   MIN: 4	

## SECTION A — Semester-wise Credit Summary

Credits shown are for courses with credit value > 0. Optional 0-credit courses (SEC-1, SEC-5, SEC-6) are listed in semester tables but excluded from totals.

Semester	Year	NCrf	Courses	Credits	Category-wise Breakdown
Semester I	Year I	NCrf 4.5	6	19	DSC: 8 Cr   MDC: 3 Cr   SEC: 0 Cr   VAC: 2 Cr   AEC: 2 Cr   MIN: 4 Cr
Semester II	Year I	NCrf 4.5	6	21	DSC: 10 Cr   SEC: 3 Cr   VAC: 2 Cr   AEC: 2 Cr   MIN: 4 Cr
Semester III	Year II	NCrf 5.0	6	23	DSC: 14 Cr   SEC: 3 Cr   VAC: 2 Cr   MIN: 4 Cr
Semester IV	Year II	NCrf 5.0	8	26	DSC: 12 Cr   MDC: 3 Cr   SEC: 3 Cr   VAC: 2 Cr   AEC: 2 Cr   MIN: 4 Cr
Semester V	Year III	NCrf 5.5	6	24	DSC: 18 Cr   SEC: 0 Cr   VAC: 2 Cr   MIN: 4 Cr
Semester VI	Year III	NCrf 5.5	6	24	DSC: 20 Cr   SEC: 0 Cr   MIN: 4 Cr
<b>PROGRAMME TOTAL</b>				<b>137</b>	<b>Core: 111 Cr + Minor: 24 Cr = 135 Cr   6 Semesters   3 Years   NCrf 5.0–5.5</b>