

Bachelor of Physical Education & Sport (B.P.E.S.)

Course Overview:

The Bachelor of Physical Education & Sport (B.P.E.S.) is a three year (six-semester) undergraduate program aims to equip students with a strong foundation in the theoretical and practical aspects of physical education and sports. It delves into the science of movement, the principles of training, and the development of sports skills. The program also offer specialized areas of study, such as sports nutrition, rehabilitation. Students gain practical experience through hands-on training, sports participation and fitness settings.

Eligibility Criteria:

- Candidates must have completed 10+2 in any stream with a minimum of 50% marks in relevant subjects.

Course Structure:

- Fundamentals, Methods and Principals of Physical Education, Study of Olympics.
- Anatomy & Physiology, Kinesiology, Yoga and Sports Nutrition.
- Health Education, Sports Psychology, Physiology of Exercise, Management in Physical Education.
- Fundamentals of Computers, Basic Principals of Sports Training. Adapted Physical Education
- Sports Sociology, Remedial & Corrective Physical Education.
- Professional Preparation, Educational Technology, Officiating & Coaching,



Distinctive Features

- Experienced faculty and certified coaches
- Well-equipped gymnasiums, playgrounds, and sports labs
- Emphasis on holistic development and leadership
- Field visits, workshops, and guest lectures by sports professionals
- Placement assistance and career counselling

Career Opportunities

- Sports and fitness industry
- Physical education teachers
- Sports coaches & fitness trainers
- Sports managers, sports event management & sports marketing
- Sports journalism
- Exercise physiology, sports nutrition & athletic therapist.

