



*Department of Physical Education,
St. Bede's College Shimla (H.P)*

Workload for the session of 2022-2023

B. A Ist Year				
Sr. No.	Subject	Class	Paper Code	No. of Lectures
1.	Introduction to Physical Education & Olympic Movement and Organization of Tournaments	B.A. Ist	PED101TH & PED102TH	2+2=4
B. A IInd Year				
2.	Human Anatomy & Physiology & Sports Psychology	B.A. IInd	PED201TH & PED202TH	3+3=6
D. L. Ed.				
3.	Physical Education & Health Education	D.L. Ed. I st & D.L. Ed. II nd		1+1=2
4.	Add on Course (Physical Fitness & Yoga)	All classes		5
Practice Hour				
5.	Sports Practices	Sports Students	Sports & Games	11

Dr. Ashwani Kumar