



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

Workload for the session of 2023-2024

B. A Ist Year				
Sr. No.	Subject	Class	Paper Code	No. of Lectures
1.	¹ Introduction to Physical Education ² Olympic Movement and Organization of Tournaments	B.A. I st	PED101TH & PED102TH	2+2=4
B. A IInd Year				
2.	¹ Human Anatomy & Physiology ² Sports Psychology ³ Sports Medicine, Physiotherapy and Rehabilitation ⁴ Sports Training	B.A. II nd	PED201TH PED202TH PED203TH PED204TH	2+2+2+2=8
B. A IIIrd Year				
3.	¹ Kinesiology & Biomechanics ² Recreation	B.A. III rd	PED306TH & PED305TH	2+2=4
For P.G Student's				
4.	Research & Statistics	All P.G Classes (Weekly)	M.Sc. & M. Com.	1
Practice Hour				
5.	Sports Practices	Sports Students	Sports & Games	6

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Date: 21/06/2023