



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

**Time Table for the session of 2023-2024**

Day	9.00 to 9.50	9.50 to 10.40	10.50 to 11.40	11.40 to 12.30	12.30 to 1.20	2.00 to 2.50	2.50 to 3.40	3.40 to 4.40
<b>Monday</b>	<b>B.A III</b> Kinesiology & Biomechanics		<b>B.A III</b> Recreation		<b>B.A I</b> Intro. to Physical Education	<b>B.A II</b> Human Anatomy & Physiology	<b>Activity Period</b>	<b>Practice Session</b>
<b>Tuesday</b>	<b>B.A I</b> Intro. to Physical Education	Health & Personality Development Govt. School Sanjauli		<b>B.A II</b> Human Anatomy & Physiology	<b>B.A III</b> Kinesiology & Biomechanics			
<b>Wednesday</b>		<b>B.A II</b> Sports Medicine, Physiotherapy & Rehabilitation	<b>B.A I</b> Intro. to Physical Education	<b>Value Education</b> (All Classes)		<b>B.A III</b> Kinesiology & Biomechanics		
<b>Thursday</b>	<b>B.A I</b> Olympic movement & Organization of Tournaments	<b>B.A II</b> Sports Medicine, Physiotherapy & Rehabilitation		<b>B.A II</b> Sports Psychology				
<b>Friday</b>		<b>B.A II</b> Sports Training	Health & Personality Development Govt. School Sanjauli			<b>B.A III</b> Recreation		
<b>Saturday</b>	<b>B.A II</b> Sports Training	<b>B.A III</b> Recreation		Research & Statistics (For PG Students)		<b>B.A II</b> Sports Psychology		

\*Break: 10.40 to 10.50

**Principal**

**Deptt. Phy. Edu.**