



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

Workload for the session of 2025-2026

| B. A I st Year | | | | |
|-----------------------------|---|------------------------|--|-----------------|
| Sr. No. | Subject | Class | Paper Code | No. of Lectures |
| 1. | Introduction to Physical Education & Olympic Movement and Organization of Tournaments | B.A. I st | PED101TH & PED102TH | 3+3=6 |
| B. A II nd Year | | | | |
| 2. | Human Anatomy & Physiology Sports Psychology Sports Medicine, Physiotherapy & Rehabilitation Sports Training | B.A. II nd | PED201TH PED202TH PED202TH PED204TH | 3+3=6 2+2=4 |
| B. A III rd Year | | | | |
| 3. | Methods of Teaching & Recreation | B.A. III rd | PED305TH & PED310TH | 2+2=4 |
| 5. | Value Education | UG | | 1 |
| Practice Hours | | | | |
| 5. | Sports Practices | Sports Students | Sports & Games | 6+6=12 |

Sr. Rosily Jm

Principal
Officiating Principal
Date: St. Bede's College
Shimla - 171 002

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