



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

Workload for the session of 2021-2022

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
Add on Classes				
2.	Add on Course (Physical Fitness & Yoga)	All classes	4	
Practice Hour				
3.	Sports Practices	Sports & Games		Per hour daily 1x6=6

Dr. Vikrant Bhardwaj