



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

**Workload for the session of 2024-2025**

B. A I <sup>st</sup> Year				
Sr. No.	Subject	Class	Paper Code	No. of Lectures
1.	Introduction to Physical Education & Olympic Movement and Organization of Tournaments	B.A. I <sup>st</sup>	PED101TH & PED102TH	4+4=8
B. A II <sup>nd</sup> Year				
2.	Human Anatomy & Physiology  Sports Psychology	B.A. II <sup>nd</sup>	PED201TH  PED202TH	3+3=6
B. A III <sup>rd</sup> Year				
3.	Methods of Teaching & Recreation	B.A. III <sup>rd</sup>	PED305TH & PED310TH	3+3=6
Research & Statistics				
4.	Research & Statistics	For PG Students (Botany)		1+1=2
5.	Value Education	UG		1
Practice Hour				
5.	Sports Practices	Sports Students	Sports & Games	6+6=12

**Principal**  
**Date:**

**Department of Physical Education**