

Papers offered by Department of Physical Education in B.A. Programme –CBCS

| Semester-1 | Semester-II |
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| <i>Core Course :</i> Introduction to Physical Education | <i>Core Course :</i> Wellness, Fitness and Nutrition |
| Semester-III | Semester-IV |
| <i>Core Course :</i> Health Education and Exercise Physiology | <i>Core Course :</i> Posture and Athletic Care |
| <i>Skill Enhancement Course (SEC):</i> Sports Journalism | <i>Skill Enhancement Course (SEC):</i> Life Skills and Worksite Health Promotion |
| Semester-V | Semester-VI |
| <i>Discipline Specific Elective (DSE):</i> Sports Psychology | <i>Discipline Specific Elective (DSE):</i> Organisation and Administration in Physical Education |
| <i>Skill Enhancement Course (SEC):</i> Stress Management | <i>Skill Enhancement Course (SEC):</i> Sports for All |

Note: The College reserves the right to change the papers offered as options, as well as the number of options offered in any semester, within the prescribed syllabus of the University of Delhi.