

**B.S.E.S (First Year) SEMESTER - I**

Course	Code	Hours	Credit	Marks (External)	Marks (Internal)
<b>Course I</b> Human Anatomy I (Theory) Human Anatomy I (Practical)	BSES 101 PBSES 101	T: 60 P: 60	T: 02 P: 02	60 30	40 20
<b>Course II</b> Human Physiology I (Theory) Human Physiology I (Practical)	BSES 102 PBSES 102	T: 60 P: 60	T: 02 P: 02	60 30	40 20
<b>Course III</b> Basics of Biochemistry	BSES 103	T: 60	T: 02	60	40
<b>Course IV</b> Exercise Form & Technique I (Theory) Exercise Form & Technique I (Practical)	BSES 104 PBSES 104	T: 30 P: 210	T: 01 P: 07	30 60	20 40
<b>Course V</b> English Language & Communication for Health	BSES 105	T: 60	T: 02	100	
<b>Total</b>		600	20	390	260

**B.S.E.S (First Year) SEMESTER- II**

Course	Code	Hours	Credit	Marks (External)	Marks (Internal)

<b>Course VI</b> Human Anatomy II (Theory) Human Anatomy II (Practical)	BSES 106 PBSES 106	T: 60 P: 60	T: 02 P: 02	60 30	40 20
<b>Course VII</b> Human Physiology II (Theory) Human Physiology II (Practical)	BSES 107 PBSES 107	T: 60 P: 60	T: 02 P: 02	60 30	40 20
<b>Course VIII</b> Basic Biochemistry of Biological System	BSES 108	T: 60 P: 30	T: 02 P: 01	60 30	40 20
<b>Course IX</b> Fundamental of Nutrition	BSES 109	T: 60	T: 02	30	20
<b>Course X</b> Basics of Microbiology (Theory) Basics of Microbiology (Practical)	BSES 110 PBSES 110	T: 30 P: 30	T: 01 P: 01	30 30	20 20
<b>Course XI</b> Exercise Form & Technique II(Theory) Exercise Form & Technique II(Practical)	BSES 111 PBSES 111	T: 30 P: 210	T: 01 P: 07	30 60	20 40
<b>Course XII</b> Internship I (Fitness Trainer)	PBSES 112	P: 150	P: 05	100	-

<b>Total</b>		600	20	460	240
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**B.S.E.S (Second Year) SEMESTER- III**

<b>Course</b>	<b>Code</b>	<b>Hours</b>	<b>Credit</b>	<b>Marks (External)</b>	<b>Marks (Internal)</b>
<b>Course XII</b> Human Anatomy III (Theory) Human Anatomy III (Practical)	BSES 113 PBSES 113	T: 60 P: 30	T: 02 P: 01	60 30	40 20
<b>Course XIII</b> Human Physiology III (Theory) Human Physiology III (Practical)	BSES 114 PBSES 114	T: 60 P: 30	T: 02 P: 01	60 30	40 20
<b>Course XIV</b> Biochemistry of Exercise (Theory) Biochemistry of Exercise (Practical)	BSES 115 PBSES 115	T: 60 T: 30	T: 02 T: 01	60 30	40 20
<b>Course XV</b> Exercise Programming I(Theory) Exercise Programming I(Practical)	BSES 116 PBSES 116	T: 30 P: 180	T: 01 P: 06	30 60	20 40
<b>Course XVI</b> Basics of Biomechanics	BSES 117	T: 60	T: 02	30 30	20 20

		P: 60	P: 02		
<b>Total</b>		600	20	420	280

**B.S.E.S (Second Year) SEMESTER- IV**

Course	Code	Hours	Credit	Marks (External)	Marks (Internal)
<b>Course XVII</b> Cognitive & Sports Psychology (Theory) Cognitive & Sports Psychology (Practical)	BSES 117	T: 60	T: 02	60	40
<b>Course XVIII</b> Integrated Physiological System(Theory) Integrated Physiological System (Practical)	BSES 118 PBSES 118	T: 60 P: 30	T: 02 P: 01	60 30	40 20
<b>Course XIX</b> Sports & Exercise Nutrition	BSES 119	T: 60	T: 02	30	20

<b>Course XX</b> Sports Coaching & Training (Theory) Sports Coaching & Training (Practical)	BSES 120 PBSES 120	T: 30 P: 60	T: 01 P: 02	30 60	20 40
<b>Course XXI</b> Musculoskeletal Biomechanics I (Theory) Musculoskeletal Biomechanics I (Practical)	BSES 121 PBSES 121	T: 60 P: 90	T: 02 P: 03	60 30	40 20
<b>Course XXII</b> Exercise Programming II(Theory) Exercise Programming II(Practical)	BSES 122 PBSES 122	T: 30 P: 180	T: 01 P: 06	30 60	20 40
<b>Course XXIII</b> Internship II (Personal Trainer)	PBSES 123	P: 150	P: 05	100	-
<b>Total</b>		600	20	550	300

### B.S.E.S (Third Year) SEMESTER- V

Course	Code	Hours	Credit	Marks (External)	Marks (Internal)

<b>Course XXIII</b>					
Exercise Physiology (Theory)	BSES	T: 60	T: 02	60	40
Exercise Physiology (Practical)	123 PBSES 123	P: 30	P: 01	30	20
<b>Course XXIV</b>					
Exercise Testing (Theory)	BSES	T: 60	T: 02	60	40
Exercise Testing (Practical)	124 PBSES 124	P: 60	P: 02	30	20
<b>Course XXV</b>					
Musculoskeletal Biomechanics II (Theory)	BSES	T: 60	T: 02	60	40
Musculoskeletal Biomechanics II (Practical)	125 PBSES 125	P: 60	P: 02	60	40
<b>Course XXVI</b>					
Strength & Conditioning (Theory)	BSES	T: 30	T: 01	60	40
Strength & Conditioning (Practical)	126 PBSES 126	P: 240	P: 08	60	40
<b>Total</b>		600	20	480	320

### B.S.E.S (Third Year) SEMESTER- VI

Course	Code	Hours	Credit	Marks (External)	Marks (Internal)
<b>Course XXVII</b>					
Exercise Prescription & Practice (Theory)	BSES	T: 30	T:	60	40
Exercise Prescription & Practice (Practical)	127 PBSES 127	P: 60	01 P: 02	60	40

<b>Course XXIX</b>					
Injury Prevention & Management (Theory)	BSES 128	T: 60 P: 60	T: 02	60 60	40 40
Injury Prevention & Management (Practical)	PBSES 128		P: 02		
<b>Course XXX</b>					
Physiological Principles of Rehabilitation	BSES 129 PBSES 129	T: 30 P: 30	T: 01 P: 01	60 60	40 40
<b>Course XXXI</b>					
Fitness Entrepreneurship	BSES 130	T: 30	T: 01	30	20
<b>Course XXXII</b>					
Internship III (Strength & Conditioning)	PBSES 131	P: 150	P: 10	50 50	-
Internship IV (Clinical Population)		P: 150			
<b>Total</b>		<b>600</b>	<b>20</b>	<b>490</b>	<b>260</b>

Total Credits = (Theory Credits + Practical Credits)

Total Marks = 650 (External 390 Marks + 260 Internal Marks)