

GOVT. OF WEST BENGAL

OFFICE OF THE PRINCIPAL

STATE INSTITUTE OF PHYSICAL EDUCATION FOR WOMEN

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SCEHEDULE OF BPED AND MPED (SEM- 1) PRACTICAL EXAMINATION-2022**PRACTICAL PROGRAMME**

CLASS	DATE	SUBJECTS & MARKS (External + Internal=Total)
MPed Sem 1	29.03.2023 (8 am – 4 pm) Wednesday	MPPC-101 Track and Field (I) : Running Events (50+50=100) MPPC-102: Sports Major – I: Swimming/ Gymnastics (50+50=100)
MPed Sem 1	30.03.2023 (8 am – 4 pm) Thursday	MPPC-103: Karate / Self Defense (25+25=50) Adventure Sports (25+25=50) MPPC-104: Class Room Teaching Lessons (50+50=100)
BPed Sem 1	30.03.2023 (8 am – 4 pm) Thursday	PC-102: Gymnastics : (50+50=100) PC-103: PC-103: March Past – (10+10=20) Mass Demonstration Activities: Dumbbells/ Wands/ Umbrella/ Calisthenics (Any two)-10+10=20 Indigenous Sports: Kabaddi (15+15=30) and Kho-kho; (15+15=30)
BPed Sem 1	31.03.2023 (8 am – 4 pm) Friday	PC-101:Track & Field: All running events & LJ, TJ (50+50=100) PC-104: Yoga- (20+20=40), Weight training- (15+15=30) Aerobics- (15+15=30)

Sd/-

(Dr. P Sil)

Officer in Charge

State Institute of Physical Education for Women

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