

B.Sc Honours in Physical Education

Course Code	Course Title	No of Credits	Compulsory (C) or Elective (E)
Year I Semester I			
PED 11101	General Fitness I	1	C
PED 11202	Fundamental Motor Skills Development	2	C
PED 11303	Foundation of Movement Skill Acquisition (Gymnastics, Swimming, Volleyball)	3	C
PED 11204	Foundation of Movement Skill Acquisition in Athletics (Track Events)	2	C
PED 11105	Foundation of Physical Education	1	C
PED 11206	First Aid and Injury Prevention in Sports	2	C
PED 11207	Human Anatomy and Physiology	2	C
PED 11108	Information Technology I	1	C
CPE 11101	Professional English I	1	C
Total Credits = 15 (Compulsory = 15 and Elective = 0)			
Year I Semester II			
PED 12101	General Fitness II	1	C
PED 12302	Foundation of Movement Skill Acquisition (Badminton, Cricket, Netball)	3	C
PED 12203	Foundation of Movement Skill Acquisition in Athletics (Field Events – Throws and Jumps)	2	C
PED 12104	Aerobics and Rhythmic Activities	1	C
PED 12205	Principals of Physical Education and Sports	2	C
PED 12206	Sports Exercise Physiology	2	C
PED 12107	Basic Mathematics	1	C
PED 12108	Sports Kinesiology	1	C
PED 12109	Information Technology II	1	C
CPE 12101	Professional English II	1	C
Total Credits = 15(Compulsory = 15 and Elective = 0)			
Year II Semester I			
PED 21101	General Fitness III	1	C
PED 21302	Foundation of Movement Skill Acquisition (Basketball, Hockey, Soccer)	3	C
PED 21203	Practicum I	2	C
PED 21204	Dance	2	C
PED 21205	Physical Education in Pre School & Primary School	2	C
PED 21206	Health and physical Education	2	C
PED 21207	Educational Psychology	2	C
PED 21208	Basic Statistics	2	C
Total Credits = 16(Compulsory = 16 and Elective = 0)			

Year II Semester II			
PED 22301	Foundation of Movement Skill Acquisition (Elle, Judo, Table Tennis)	3	C
PED 22202	Practicum II	2	C
PED 22203	Physical Education in Secondary School & Tertiary Institution	2	C
PED 22204	Curriculum Perspective and Issues in Physical Education	2	C
PED 22205	General Theory of Sports Training	2	C
PED 22206	Sports Biomechanics	2	C
PED 22307	Sports Nutrition	3	C
Total Credits = 16(Compulsory = 16 and Elective = 0)			
Year III Semester I			
PED 31301	Foundation of Movement Skill Acquisition (Baseball, Karate, Weight Lifting)	3	C
PED 31202	Practicum III	2	C
PED 31203	Sport Psychology	2	C
PED 31204	Teaching outdoor pursuits and Contemporary Activities	2	C
PED 31205	Advanced Statistics	2	C
PED 31206	Advance Theory of Sports Training	2	C
Elective (Two credit to be selected from the following elective subjects)			
PED 31107	Strength and Conditioning	1	E
PED 31108	Cultural Sports in Sri Lanka	1	E
PED 31109	Minor Games in Sports	1	E
PED 31110	Politics, Economy and Sports	1	E
Total Credits = 15 (Compulsory = 13 and Elective = 02)			
Year III Semester II			
PED 32201	Specialization of Selected Sport - I	2	C
PED 32202	Test and Measurement in PE	2	C
PED 32203	Sport Business and Human Resource Management	2	C
PED 32204	Sociology of Sports	2	C
PED 32205	Sport, Education Ethics & Law	2	C
PED 32206	Olympic Movement	2	C
PED 32207	Research Methodology in Physical Education	2	C
Elective (One credits to be selected from the following elective subjects)			
PED 32108	Child and Adolescent Psychology	1	E
PED 32109	Sexual Health, Relationships and Sexualities	1	E
PED 32110	Sport Journalism	1	E
PED 32111	Drugs and Sports	1	E
Total Credits = 15(Compulsory = 14 and Elective = 01)			

Year IV Semester I			
PED 41101	Professional Development	1	C
PED 41302	Sports Administration	3	C
PED 41203	Adapted Physical Education	2	C
PED 41204	Community Service Project	2	C
PED 41205	Sport Facility Design	2	C
PED 41206	Science of Yoga and Relaxation	2	C
PED 41207	Specialization of Selected Sport (Coaching)	2	C
PED 41208	Physical Literacy	2	C
Elective (Two credits to be selected from the following elective subjects)			
PED 41109	School Policy and Programs in Sri Lanka	1	E
PED 41110	Reflective Practices in Physical Education	1	E
PED 41111	Guidance and Counselling	1	E
Total Credits = 18 (Compulsory = 16 and Elective = 02)			
Year IV Semester II			
PED 42801	Research Project	8	C
PED 42202	Industrial Training	2	C
Total Credits = 10			