



Far Western University
Faculty of Education
Bachelor of Education (B.Ed.)
Course cycle (Health and Physical Education)

	Course Title	Course Code	Credits	Remarks
Sem. I	अनिवार्य नेपाली-१	C. Nep. 110	3	Communication
	Study Skills in English I	C.Eng.110	3	Communication
	Philosophies in Education	Ed. 111	3	Professional
	Foundation of Health Education	Hp. Ed. 111	3	Specialization (2)
	Basic Human Anatomy and Physiology	Hp. Ed. 112	3	
Sem. II	अनिवार्य नेपाली-२	C.Nep. 120	3	Communication
	Study Skills in English II	C.Eng.120	3	Communication
	Developmental Psychology	Ed. Psy. 121	3	Professional
	Environmental Health and Sanitation	Hp. Ed. 121	3	Specialization (2)
	Foundation of Physical Education	Hp. Ed. 122	3	
Sem.III	Study Skills in English III	C.Eng.230	3	Communication
	Learning, Teaching and Assessment	Ed. Psy. 231	3	Professional
" "	Introduction to Curriculum	Ed. Cur. 232	3	Professional
	Primary Health Care and Maternal Child Health	Hp. Ed. 231	3	Specialization (2)
	Athletics and Volleyball	Hp. Ed. 232	3	
Sem.IV	Education and Society	Ed. 241	3	Professional
" "	Instructional Methods and Technology	Ed. Tech. 242	3	Professional
	Communicable Diseases and their Prevention	Hp. Ed. 241	3	Specialization (3+1)
	Health Promoting School	Hp. Ed. 242	3	
	Indigenous Games (Kabaddi and Kho-Kho)	Hp. Ed. 243	3	
	Foundation of Health Education	Hp. Ed. MC. 244	3	MC
Sem. V	Nepal's Study	Ed. NS. 351	3	Professional
"	Application of Statistics in Education	Ed.St.352	3	Professional
	Non-communicable Diseases and Lifestyle	Hp. Ed. 351	3	Specialization (3+1)
	Sports Science	Hp. Ed. 352	3	
	Racket Games (Badminton and Table Tennis)	Hp. Ed. 353	3	
	Foundation of Physical Education	Hp. Ed. MC. 354	3	MC

Sem VI	Educational Development in Nepal	Ed.361	3	Professional
	Management of Health and Physical Education	Hp. Ed. 361	3	Specialization (3+2)
	Sexual and Reproductive Health	Hp. Ed. 362	3	
	Field Games (Football and Basketball)	Hp. Ed. 363	3	
	Environmental Health and Sanitation	Hp. Ed. MC. 364	3	MC
	Athletics and Volleyball	Hp. Ed. MC. 365	3	
Sem VII	Diversity in Education	Ed. 471	3	Professional
	Professional Development in Health and Physical Education	Hp. Ed. 471	3	Specialization (3+2)
	Research in Health Promotion	Hp. Ed. 472	3	
	Approaches to Teaching Health and Physical Education	Hp. Ed. 473	3	
	Communicable Diseases and their Prevention	Hp. Ed. MC. 474	3	MC
	Indigenous Games (Kabaddi and Kho-Kho)	Hp. Ed. MC. 475	3	
Sem.VIII	Alternative Thinking in Education	Ed. 481	3	Professional
	Teaching Practice/Practicum	Ed.482	3	
	Community Health	Hp. Ed. 481	3	Specialization (2)
	Sports Training, Officiating and Coaching	Hp. Ed. 482	3	

Summary Table

Type of Courses	Number of Courses	Credit Hours
Communication Skills	5	5×3=15
Professional	12	12×3=36
Major Specialization	20	20×3=60
Minor Specialization	6	6×3=18
Total	43	43×3= 129