



**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
	<b>Study Skills in English I</b>	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
	<b>Study Skills in English II</b>	C.Eng.120	3	Communication
	Developmental Psychology	Ed.Psy.122	3	Professional
	Environmental Health and Sanitation	Hp.Ed.123	3	Specialization (2)
	Foundation of Physical Education	Hp.Ed.124	3	
Sem.III	<b>Study Skills in English III</b>	C.Eng.230	3	Communication
	Learning, Teaching and Assessment	Ed.Psy.233	3	Professional
" "	Introduction to Curriculum	Ed.Cur.234	3	Professional
	Maternal Child Health	Hp.Ed.233	3	Specialization (2)
	Athletics and Volleyball	Hp.Ed.234	3	
Sem.IV	Education and Society	Ed.243	3	Professional
" "	Instructional Methods and Technology	Ed.Tech.244	3	Professional
	Communicable Diseases and their Prevention	Hp.Ed.243	3	Specialization (3+1)
	Health Promoting School	Hp.Ed.244	3	
	Indigenous Games (Kabaddi and Kho-Kho)	Hp.Ed.245	3	
	Foundation of Health Education	Hp.Ed.MC.246	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.353	3	Specialization (3+1)
	Sports Science	Hp.Ed.354	3	
	Racket Games (Badminton and Table Tennis)	Hp.Ed.355	3	
	Foundation of Physical Education	Hp.Ed.MC.356	3	MC
Sem VI	Educational Development in Nepal	Ed.362	3	Professional

	Management of Health and Physical Education	Hp.Ed.363	3	Specialization (3+2)	
	Sexual and Reproductive Health	Hp.Ed.364	3		
	Field Games (Football and Basketball)	Hp.Ed.365	3		
	Environmental Health and Sanitation	Hp.Ed.MC.366	3		MC
	Athletics and Volleyball	Hp.Ed.MC.367	3		
Sem VII	Diversity in Education	Ed.472	3	Professional	
	Professional Development in Health and Physical Education	Hp.Ed.473	3	Specialization (3+2)	
	Research in Health Promotion	Hp.Ed.474	3		
	Approaches to Teaching Health and Physical Education	Hp.Ed.475	3		
	Communicable Diseases and their Prevention	Hp.Ed.MC.476	3		MC
	Indigenous Games (Kabaddi and Kho-Kho)	Hp.Ed.MC.477	3		
Sem.VIII	Alternative Thinking in Education	Ed.482	3	Professional	
	Teaching Practice/Practicum	Ed.483	3		
	Community Health	Hp.Ed.483	3	Specialization (2 )	
	Sports Training, Officiating and Coaching	Hp.Ed.484	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
<b>Total</b>	<b>43</b>	<b>43×3=129</b>