



**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.245	3	Specialization (3+1)
	Health Promoting School	Hp.Ed.246	3	
	Indigenous Games (Kabaddi and Kho-Kho)	Hp.Ed.247	3	
	Foundation of Health Education	Hp.Ed.M.24.1	3	MC
Sem. V	Nepal's Study	Ed.NS.352	3	Professional
"	Application of Statistics in Education	Ed.St.353	3	Professional
	Non-communicable Diseases and Lifestyle	Hp.Ed.356	3	Specialization (3+1)
	Sports Science	Hp.Ed.357	3	
	Racket Games (Badminton and Table Tennis)	Hp.Ed.358	3	
	Foundation of Physical Education	Hp.Ed.M.35.2	3	MC

Sem VI	Educational Development in Nepal	Ed.362	3	Professional
	Management of Health and Physical Education	Hp.Ed.367	3	Specialization (3+2)
	Sexual and Reproductive Health	Hp.Ed.368	3	
	Field Games (Football and Basketball)	Hp.Ed.369	3	
	Environmental Health and Sanitation	Hp.Ed.M.36.3	3	
	Athletics and Volleyball	Hp.Ed.M.36.4	3	
Sem VII	Diversity in Education	Ed.472	3	Professional
	Professional Development in Health and Physical Education	Hp.Ed.476	3	Specialization (3+2)
	Research in Health Promotion	Hp.Ed.477	3	
	Approaches to Teaching Health and Physical Education	Hp.Ed.478	3	
	Communicable Diseases and their Prevention	Hp.Ed.M.47.5	3	
	Indigenous Games (Kabaddi and Kho-Kho)	Hp.Ed.M.47.6	3	
				MC
Sem.VIII	Alternative Thinking in Education	Ed.483	3	Professional
	Teaching Practice/Practicum	Ed.TP.484	3	
	Community Health	Hp.Ed.485	3	Specialization (2 )
	Sports Training, Officiating and Coaching	Hp.Ed.486	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>