



# Lakshmibai National Institute of Physical Education, Gwalior

Deemed to be University, Ministry of Youth Affairs & Sports, Government of India  
(Declared vide Govt. of India MHRD Notification No. F.9-14/92-U.3 dated 21.09.1995 under section 2 of UGC Act, 1956)

Ref. No.: CE-16/2025-26/205

Date: 17-10-2025

## NOTICE TIME - TABLE

**For B.P.Ed.-III, VII Semester, P.G.D.S.C.-I Sem., D.S.C.-I Sem., P.G.D.Y.Ed.-I Sem., P.G.D.S.S.C.-I Sem. & M.S.M.-I Semester  
(THEORY/ACTIVITY/PRACTICAL EXAMINATIONS, NOVEMBER-DECEMBER, 2025)**

**TIMING: 02:00 PM to 05:00 PM (For Theory Papers only)**

Date & Day	BPEd III – Sem.	BPEd VII – Sem.	P.G.D.S.C. I – Sem.	D.S.C. I – Sem.	P.G.D.Y.Ed. I – Sem.	P.G.D.S.S.C. I – Sem.	M.S.M. I – Sem.
26/11/2025 (Wednesday)	❖ Understanding of Learner and Learning	❖ Education for Global Citizenship	Theory and Science of Game-I	General Methods of Sports Training-I	Fundamentals of Yoga	.....	Sports Organizational Structure
28/11/2025 (Friday)	❖ Pedagogy of Primary Physical Education	❖ Correctives in Physical Education	Theory and Science of Game-II	Fundamentals of Anatomy, Physiology and Physiology of Exercise	Foundation and Practices of Hatha Yoga	Foundations of Strength Training	Business Communication for Sports
01/12/2025 (Monday)	❖ Educational Technology	<b>SPORT THEORY</b> (02:00 AM to 04:00 PM)	Theory of Sports Training-I	Fundamentals of Kinesiology & Sports Biomechanics	Applied Anatomy and Physiology	Resistance Training Program Design and Periodization-I	Business Skills for Sports Management
03/12/2025 (Wednesday)	Optional Paper (Select any one): ❖ 1. Adapted Physical Education ❖ 2. Basic Statistics	<b>Teaching Ability-III *</b> (Theory Teaching)	Physiology & Physiology of Exercise	Theory and Science of Game-I	Naturopathy	Resistance Training Program Design-II	Sports Facility Planning and Management
05/12/2025 (Friday)	<b>Practical Skills *</b> (Activities)	<b>Teaching Ability-III *</b> (Theory Teaching)	Kinesiology & Sports Biomechanics	Theory and Science of Game-II	<b>Naturopathy Practical</b> (10:30 AM to 12:00 PM) <b>Yoga Practical-I</b> (04:00 PM to 05:30 PM)	.....	<b>Case Study</b> (07:00 AM to 08:00 AM)
06/12/2025 (Saturday)	.....	.....	<b>TEACHING ABILITY</b> Teaching Lesson (06:30 AM to 08:30 AM) Teaching Lesson (03:30 PM to 05:30 PM) <b>PRACTICAL / VIVA *</b> Group-A : Theory of Sports Training-I (11:00 AM to 01:30 PM) Group-B : Physiology & Physiology of Exercise (11:00 AM to 01:30 PM) Group-C : Kinesiology & Sports Biomechanics (11:00 AM to 01:30 PM)	<b>TEACHING ABILITY</b> Teaching Lesson (06:30 AM to 08:30 AM) Teaching Lesson (04:00 PM to 06:00 PM) <b>PRACTICAL / VIVA</b> General Methods of Sports Training-I (11:00 AM to 01:30 PM)	.....	<b>Basic Level Practical Training</b> (Internal)	.....
08/12/2025 (Monday)	<b>Practical Skills *</b> (Activities)	<b>Skill Proficiency</b> (07:00 AM to 08:30 AM) (03:30 PM to 05:30 PM)	<b>SKILL PROFICIENCY</b> Skills/Performance/Playing ability (06:30 AM to 08:30 AM) Skills/Performance/Playing ability (03:30 PM to 05:30 PM) <b>PRACTICAL / VIVA *</b> Group-B : Theory of Sports Training-I (11:00 AM to 01:30 PM) Group-C : Physiology & Physiology of Exercise (11:00 AM to 01:30 PM) Group-A : Kinesiology & Sports Biomechanics (11:00 AM to 01:30 PM)	<b>SKILL PROFICIENCY</b> Skills/Performance/Playing ability (06:30 AM to 08:30 AM) Skills/Performance/Playing ability (04:00 PM to 06:00 PM) <b>PRACTICAL / VIVA</b> Fundamentals of Anatomy, Physiology and Physiology of Exercise (11:00 AM to 01:30 PM)	<b>Teaching Ability</b> (Lesson Plan-I) (07:00 AM to 08:30 AM)	<b>Teaching Lesson</b> (Internal)	.....
09/12/2025 (Tuesday)	.....	.....	<b>PRACTICAL / VIVA *</b> Group-C : Theory of Sports Training-I (11:00 AM to 01:30 PM) Group-A : Physiology & Physiology of Exercise (11:00 AM to 01:30 PM) Group-B : Kinesiology & Sports Biomechanics (11:00 AM to 01:30 PM)	<b>PRACTICAL / VIVA</b> Fundamentals of Kinesiology & Sports Biomechanics (11:00 AM to 01:30 PM)	.....	.....	.....

\* For PGDSC-I Sem. Programme: Group-A consists of Roll No. PGDSC251201 - PGDSC251270, Group-B consists of Roll No. PGDSC251271 - PGDSC251346, Group-C consists of Roll No. PGDSC251347- PGDSC251421.

\* For B.P.Ed.-III & VII Sem.: Grouping and Timing, Separate Schedule shall be issued.

**IMPORTANT:** Every care has been taken while finalizing the Time-Table, but the same can be changed at any time in case of any emergency and unavoidable circumstances and in that event the students are required to note the said changes from Student's Notice Board and failure on this account will be the responsibility of the students.

(Authority: Hon'ble Vice-Chancellor's Approval dated: 14-10-2025)

### Copy to :

- V.C.'s Secretariat      - Registrar Secretariat      - Dean (Academics)      - Dean NERC, Guwahati      - All HOD's      - Asst. Registrar (Acad.)  
- Centre Superintendent      - Assistant Centre Superintendent      - Academic Section      - Faculty Circulation      - Institute Notice Board      - Director (IQAC) – Please upload on Institute Website.  
- Students Notice Board      - All Boys / Girls Hostel Notice Board      - Boys & Girls Mess Notice Board      - File

**Prof. (Dr.) M.K. Singh**  
Controller of Examination

*Amathia*



# Lakshmibai National Institute of Physical Education, Gwalior

Deemed to be University, Ministry of Youth Affairs & Sports, Government of India  
(Declared vide Govt. of India MHRD Notification No. F.9-14/92-U.3 dated 21.09.1995 under section 2 of UGC Act, 1956)

Ref. No.: CE-16/2025-26/ 204

Date: 17-10-2025

## NOTICE TIME - TABLE

**For B.P.Ed.-I, V Semester, M.P.Ed.-I, III, & M.A.(Yoga)-I, III Semester  
(THEORY/ACTIVITY/PRACTICAL EXAMINATIONS, NOVEMBER-DECEMBER, 2025)**

**TIMING: 10:00 AM to 01:00 PM (For Theory Papers only)**

Date & Day	BPEd I – Sem.	BPEd V – Sem.	MPEd I – Sem.	MPEd III – Sem.	M.A. Yoga I – Sem.	M.A. Yoga III – Sem.
26/11/2025 (Wednesday)	.....	❖ Pedagogy of Secondary Physical Education	.....	❖ Exercise Physiology (PEP, SB, SP, HS, SM) ❖ Instrumentation and Assessment in Exercise Physiology (EP)	Research Methodology	Principles of Psychology and Counseling in Yoga
27/11/2025 (Thursday)	Practical Skills * (Activities)	.....	<b>Sports Specialization Practical</b> (07:00 AM to 09:00 AM & 03:30 PM to 05:30 PM)	.....	.....	.....
28/11/2025 (Friday)	Practical Skills * (Activities)	❖ Methods in Physical Education	❖ Research Methods	❖ Sports Biomechanics (PEP, EP, SP, HS, SM) ❖ Instrumentation and Assessment in Sports Biomechanics (SB)	Applied Statistics	Yoga Therapy and Diagnostic Tools
01/12/2025 (Monday)	❖ Introduction and Development of Physical Education	❖ Yoga Education	❖ Applied Statistics	Optional Paper (Select any one): ❖ 1. Sports Nutrition ❖ 2. Fitness and Wellness ❖ 3. Adapted Physical Education ❖ 4. Inclusive Education	Foundation of Yoga	Swasthvat, Diet and Nutrition
03/12/2025 (Wednesday)	❖ Health Education and First Aid	❖ Basics of Sports Training	❖ Measurement and Evaluation	❖ Instrumentation in Sports Science (PEP) ❖ Cardio-respiratory and Neuro-muscular Concepts of Exercise (EP) ❖ Mechanical Aspects and Analysis in Sports Biomechanics (SB) ❖ Psychometrics, Measurements and Evaluation in Sports Psychology (SP) ❖ Health and Disease (HS) ❖ Sports Facility and Event Management (SM)	Human Anatomy and Physiology-I	Shrimad Bhagwad Gita
05/12/2025 (Friday)	❖ English MIL	Practical Skills (Morning) * (Activities) Practical Skills (Evening) * (Activities)	❖ Adolescence Development and Learning (PEP) ❖ Fundamentals of Exercise Physiology (EP) ❖ Fundamentals of Mechanics and Sports Biomechanics (SB) ❖ Sports and Exercise Psychology (SP) ❖ Health and Hygiene (HS) ❖ Foundation of Sports Management (SM)	Theory Practical (10:30 AM to 12:30 PM) ❖ Cardio-respiratory and Neuro-muscular Concepts of Exercise (EP) ❖ Instrumentation and Assessment in Sports Biomechanics (SB) ❖ Psychometrics, Measurements and Evaluation in Sports Psychology (SP) ❖ Health and Disease (HS)	Theory Practical Applied Statistics (10:30 AM to 12:30 PM)	Yoga Practical-IV (07:30 AM to 08:30 AM) Lesson Plan-II (04:00 PM to 05:00 PM)
08/12/2025 (Monday)	❖ Environmental Studies	Practical Skills (Morning) * (Activities) Teaching Ability-I (Evening) * (Activity Teaching)	❖ Sport Theory (Sports Specialization)	Coaching Lesson (07:00 AM to 09:00 AM & 03:30 PM to 05:30 PM)	Yoga Practical-I (07:00 AM to 08:30 AM) Yoga Practical-II (03:30 PM to 05:00 PM)	.....
09/12/2025 (Tuesday)	.....	Teaching Ability-I (Morning) * (Activity Teaching) Teaching Ability-I (Evening) * (Activity Teaching)	.....	Dissertation – Viva (For all Supervisors) (10:30 AM to 12:30 PM)	.....	.....

\* For Grouping and Timing, Separate Schedule shall be issued.

**IMPORTANT:** Every care has been taken while finalizing the Time-Table, but the same can be changed at any time in case of any emergency and unavoidable circumstances and in that event the students are required to note the said changes from Student's Notice Board and failure on this account will be the responsibility of the students.

(Authority: Hon'ble Vice-Chancellor's Approval dated: 14-10-2025)

### Copy to :

- |                         |  |                                  |                       |                          |   |
|-------------------------|--|----------------------------------|-----------------------|--------------------------|---|
| - V.C.'s Secretariat    | - Registrar Secretariat                | - Dean (Academics)               | - Dean NERC, Guwahati | - All HOD's              | - Asst. Registrar (Acad.)                               |
| - Centre Superintendent | - Assistant Centre Superintendent      | - Academic Section               | - Faculty Circulation | - Institute Notice Board | - Director (IQAC) – Please upload on Institute Website. |
| - Students Notice Board | - All Boys / Girls Hostel Notice Board | - Boys & Girls Mess Notice Board | - File                |                          |   |

**Prof. (Dr.) M.K. Singh**  
Controller of Examination

*Amathia*