

MPed Programme

Scheme of examination Semester-1 Practical

21 MPED 105: Track Events (Running and Walking events)

➤ **Internal Marks – (30)**

Roll No.	Events	Demonstration of Technique	Marks (3 x 10)	Total (30 M)
	1	1	1	
	2	2	2	
	3	3	3	

Contents:

100,200,400,800, 1500 mts, 110 mts Hurdle (M), 100mts Hurdle (W), Walking, Steeple Chase.

From the above mentioned track events the examinee has to demonstrate any 03 events to their best of choices, each event consists of 10 marks, thus 30 marks stand for Internal examination.

➤ **External Marks – (70)**

Roll No.	Record Book (10M)	Viva on Rules & Regulation (20M)	Performance any three events		Track Marking (10M)	Total (70M)
			(30 M)			
			1			
			2			
			3			

- i) Record Book (10 Marks)

Contents:

- Track Marking on graph paper
- Fundamental Skills

- Advance Drills
 - Marking
 - Rules
 - Technical Equipments
 - Score sheets
 - Records of National and International events
- ii) Viva-Voce (20 Marks)
Viva shall be conducted on the track events of contents of note book as already cited.
- iii) Performance on Track events (30 Marks)
Performance has to be given on the opted three track events.
- iv) Track Marking (10 Marks)

To solve general and technical questions pertaining to the marking of the track may be shown / marked / interpreted practically in the presence of external examiner.

The external examination for the track events is of 70 marks which is divided into four subheads: i) Note book ii) Viva iii) Physical performance of track events and iv) Standardized track marking that consist of 10,20,30 and 10 marks respectively.

A note book has to be prepared by the examinee containing track marking on a graph paper, track events- fundamental skills, advance drills, marking, rules and its interpretations, technical equipments, score sheets, record of National and International track events.

The Examinee has to face a Viva-voce pertaining to the track events referring the contents of the note book to prove the general and technical knowledge in the concerned area.

Physical performance of any three events listed above for the track events, shall be selected by the examinee to test one's prowess in the event.

The examinee shall have to expertise in marking the track properly. To prove ones general and technical knowledge the examinee has to face the external examiner with examinees personal and technical preparations.

21 MPED 106 Teaching and Coaching Lesson Practice (Track Events)

Internal Marks – (30)

Roll No.	Lessons					Total (30M)
	L1 (6M)	L2 (6M)	L3 (6M)	L4 (6M)	L5 (6M)	

- Five teaching and coaching lesson plans, consist of (06) marks for each teaching practice and totally 30 marks be assigned to each student over the span of learning period of the first semester. All the teaching and coaching practice are to be conducted under the supervision of house advisor / experts successfully with necessary remarks and signature of the supervisor. A file of 06 lesson plans to be maintained with an Index. On the basis of the performance as a whole, of the compiled lesson plans throughout, the examinees shall be assessed accordingly for 30 marks.

● External Marks - (70)

Roll No	Personal Preparation (35 M)	Technical Preparation (35 M)	Total (70 M)
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- Any one lesson of the internally assessed lessons be taken up in the final examination by the examinees that consists of 70 marks.
- Dress up, fluency, command, control, daring, class management etc like aspects of examinees shall be observed during lesson plan execution under personal preparation which consists of 35 marks.
- Appropriate use of Audio-visual aids, charts, class formation and organisation, diagrams, laptops, powerpoints (if needed) etc may be considered under Technical Preparation while consists of 35 marks, so both, personal and technical preparations will be of 70 marks in total for the external examination.

21 MPED 107 Yoga Practical
Internal Marks - (30)

Roll No.	Demonstration					Total (30M)
	Section –I Asanas (6M)	Section –II Shatkarma (6M)	Section –III Bandhas- Mudras (6M)	Section -IV Pranayam (6M)	Section –V Yogic Sukshma, Sthula Vyayams, Suryanamaskar (6M)	

Contents :

- Section – I - Asana
 Section –II - Shatkarma
 Section- III - Bandha-Mudras
 Section- IV - Pranayam
 Section – V - Yogic Sukshma Vyayam, Sthula Vyayama and Suryanamaskar

Section – I : - Asana

Sarvangasana, Shirshasana, Siddhasana, Bhadrasana, Simhasana, Padmasana, Virasana, Mayurasana (for boys), Gomukhasana, Ardha-Matsyendrasana, Dhanurasana, Paschimottanasa, Svastikasana, Shavasana, Garudasana, Ushtrasana, Shalbasana, Makarasana, Bhujangasana, Vrikshasana, Sankatasana, Utkatasana, Guptasana, Matsyasana, Vajrasana, Viparitkarani, Trikonasana, Akarnadhanurasana, Tadasana.

Section – II: Shatkarma

1. Neti : A. Jalneti
 B. Sutraneti
 2. Dhauti : A. Danta Dhauti
 B. Jivhamoola
 C. Karnarandhra
 D. Kapalrandhra
 E. Danda Dhauti
 F. Vaman Dhauti
 G. Vastra Dhauti

3. Nauli : H. Moolshodhan
A. Madhya Nauli
B. Vam Nauli
C. Dakshin Nauli
D. Naulichalan
4. Trantaka : Samip and Sudoor
5. Kapalbhati : Vatkarm, Sitkarm and Vyutkarm

Section III Bandha-Mudras

1. Bandha-Mudra: Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwinin, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha.

Section IV Pranayama

1. Pranayama: Nadishodhan, Suryabhedhan, Ujjai, Shitali, Sitkari, Bhastrika, Bhramari.

Section – V: Yogic Sukshama Vyayama, Sthula Vyayama and Suryanamaskar Yogic Suksham Vyayam

1. Vishudh Chakra Or Uccharan-sthala Shudhi
2. Prarthana
3. Buddi tatha Dhriti Shakti-Vikasaka
4. Simran Shakti Vikasaka
5. Medha Shakti-Vikasaka
6. Kapal-Shakti Vikasaka
7. Netra Shakti Vikasaka
8. Karna Shakti Vikasaka
9. Griva ShaktiVikasaka(1)
10. Griva Shakti Vikasaka (2)
11. Griva Shakti Vikasaka (3)
12. Skandha & Bahumala Shakti Vikasaka
13. Bhujabandha Shakti Vikasaka
14. Kohni Shakti Vikasaka
15. Bhujaballi Shakti Vikasaka
16. Purnabhujabandha Shakti Vikasaka
17. Manibandha Shakti Vikasaka
18. Karapristha Shakti Vikasaka
19. Kara-tala Shakti Vikasaka
20. Anguli Shakti Vikasaka(1)

21. Ansuli Shakti ikasaka (2)
22. Vaksha Shakti Vikasaka(1)
23. Vaksha Shakti Vikasaka(2)
24. Udar Shakti Vikasaka (1)
25. Udar Shakti Vikasaka (2)
26. Udar Shakti Vikasaka (3)
27. Udar Shakti Vikasaka (4)
28. Udar Shakti Vikasaka (5)
29. Udar Shakti Vikasaka (6)
30. Udar Shakti Vikasaka (7)
31. Udar Shakti Vikasaka (8)
32. Udar Shakti Vikasaka (9)
33. Udar Shakti Vikasaka (Nauli) (10)
34. Kati Shakti Vikasaka (1)
35. Kati Shakti Vikasaka (2)
36. Kati Shakti Vikasaka (3)
37. Kati Shakti Vikasaka (4)
38. Kati Shakti Vikasaka (5)
39. Mooladhar Chakra Shudhi
40. Upastha thatha swadhishth Chakra Shuddi
41. Kundalini Shakti Vikasaka
42. Jangha Shakti Vikasaka (1)
43. Jangha Shakti Vikasaka (2)
44. Janu Shakti Vikasaka
45. Pindhi Shakti Vikasaka
46. Pada-mula shakti Vikasaka
47. Padungali-Shakti-Vikasaka (Gukpha
48. Pada-Prishtha-Patha-Tala Shakti-vikasaka

Sthula Vyayama:

- 1) Rekha-hati 1) Hird-gati 3) Utkurdana 4) Urdva-gati 5) Sarvanga-pusti

Suryanamaskar:

- 1) Twelve Mantras

- 2) Ten counts, Twelve counts and Sixteen counts

From the above mentioned list of 5 sections : Asanas, Shatkarmas, Bandhas- Mudras, Pranayama and Yogic Sukshma, Sthula, Suryanamaskar, Vyayams, the examinee has to select any 03 from each section i.e. any 02 asanas, 02 Shatkarma, 02 Bandhas-Mudras, 02 Pranayama and 02 Sukshma/Sthula/ Suryanamaskar. Each section consists of 06 marks, in total internal examination shall be of 30 marks.

Section - I**System of Examination:**

- 1) Two asanas as told by Examiner 02 marks each
- 2) One asana of candidate's choice 02 marks each

Total Marks - 06

04 Marks

02 Marks

Section - II**System of examination :**

Shat Karma is divided in two groups

1) **Without Instrument**

One Kriya as told by examiners

02 Marks

2) **With Instrument**a. One Kriya with instrument as told
by examiners

02 Marks

b. One Kriya with Instrument of candidate's choice

02 Marks

Total Marks 06**Section - III****System of Examination:**

1. Any one Bandha as asked by the examiner
2. Any two Mudras of candidate's choice

Total Marks : 06

2 Marks

4 Marks

Section – IV**System of Examination:**

1. Any one pranayama as told by the examiners
2. Any two Pranayamas of candidate's choice

Total Marks : 06

02 Marks

04 Marks

Section – V**System of Examination****Total Marks : 06 Marks**

- 1) Any one Yogic Sthula Vyayama as told by the examiner
- 2) Any one Yogic Sukshama Vyayama as told by the examiner
- 3) Suryanamskara 12 counts

02 Marks

02 Marks

02 Marks

External Marks – (70)

Roll No.	Note Book (10 M)	Viva (20 M)	Performance					Total (70 M)
			Asanas (8 M)	Shatkarm as (8M)	Bandhas – Mudras (8 M)	Pranayam (8 M)	Sukshma, Sthula, Suryanamaskar (8 M)	

21 MPED 108

Laboratory Practical and Report Writing

Internal Marks – (30)

Lab Practical (Any two) (2 x 10 = 20 M)				Report writing on (Any two) (2 x 5 = 10 M)			
Ex. Physiology	Sports Psychology	Anthro pometry	Sport Biomechanics	Excursion	Picnic	Adventure Sports	Camp

The laboratory Project is initiated with a view to create & provide an unmatched service of training and well being to all individuals looking to gain an advantage in their sport or general life.

Sports Biomechanics

The following are the areas where Biomechanics is applied to either support performers or solve issues in sport or exercise:

- The identification of the optimal technique for enhancing sports performance
- The analysis of body movements to determine the safest method for performing a particular sport or exercise task
- The analysis of sport and exercise equipment e.g., shoes, surfaces and racquets.

Biomechanical analysis technique is a highly accurate way to identify key factors for performance, technique deficiencies, and injury mechanics. Biomechanics is ideally suited to closed skill sports such as rowing, kayaking, running/walking, cycling, and swimming.

There are a wide variety of testing procedures in Biomechanics depending upon the sport and also depending upon the skill within the sport. Testing methodology is

determined based on the problem that needs to be answered and in consultation with the coach. Typical general biomechanical testing methods are:

- **3D Analysis:** Appropriate for many sports especially those involving complex body movements and where very accurate detailed information is needed. Typically 3D analysis is done using the high speed 3D VICON motion analysis system and testing is done in the lab. Sports tested include Track & Field events, Tennis, Basketball, Cycling, Cricket, Hockey, Netball, Golf, Football codes, Running for specific sports.
- **Force Plate Analysis:** Typically used for walking, running and landing activities and used in conjunction with the VICON. Useful for determining impact, braking and propulsive forces; calculating joint kinetics; weight transfer in dynamic activities.
- **High Speed Video Analysis:** Biomechanics has Six Photron high speed cameras which can operate up to 1000Hz. Very useful for qualitative analysis of high speed movements and impacts.
- **EMG:** Used for measuring muscle activity. Often combined with 3D motion analysis and force plate testing. Generally only used for higher level analysis.
- **Competition Analysis:** Competition analysis where relevant performance variables are determined, e.g. T&F: split times, stride rate/length; splits, stroke length / rate; Skeleton: splits:

Sports Psychology

Now there are two types of sports psychology, academic and applied. Academic sports psychology does the research. Applied sports psychology uses that research to teach coaches and trainers.

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport

psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

Psychological tests include -

Depth perception, Reaction time, Memorization, Stability, Finger dexterity, Questionnaires, Compilation.

Physiology of exercise

Heart Rate, Blood Pressure, Hemoglobin, Vital Capacity, Breath holding, VO2 Max, Blood Lactate.

Anthropometry

Height, Weight, Circumference, Body composition,

External Marks - (70)

Roll No.	Note Book	Demonstration of Lab. Prac.	Viva	Total
	(10 M)	(Any one) (40 M)	(20 M)	(70 M)

Semester - II

21 MPED 113

Field Events

Internal Marks – (30)

Roll No.	Demonstration		Performance		Total (30M)
	Jump (10M)	Throw (10M)	Jump (5M)	Throw (5M)	

Contents : Jumps: Long Jump, High Jump, Tripple Jump, Pole Vault

Throws : Shot put, Discus throw, Javelin throw, Hammer throw

The examinee has to demonstrate the whole skills, one each from throws and jumps which consists of 10 marks each, in total 20 marks for two events. All the phases of opted events to be demonstrated step by step with proper explanation.

Examinee shall also give his / her physical performance in concerned events that consists of 5 marks each totaling 10 marks for two events.

Jumps

Long Jump

- The Start
- Overall Approach
- Drive Phase
- Transition Phase
- Attack Phase
- Take- off
- Flight
- Landing

High Jump

- Determining the take off test

- Approach, its importance and problems, eyeline during the approach
- The plant
- Arm Action
- Take-off
- The Flight
- The landing

Tripple Jump

- The Approach
- Take-off (Hop Ist Jump)
- Step (2nd Jump)
- Jump (3rd Jump)
- The Landing

Pole Vault

- The Approach
- Check Mark
- Pole Carry
- Take-off
- Swing and Rock-Back
- Pull, Turn, Release
- Landing

Throws

Shot Put

- The Grip
- The Stance
- The Leg-Swing
- The Shift
- The Delivery
- The Release
- The Recovery

Discuss Throw

- The Grip
- The Initial Stance
- The Preliminary Swing
- The Pivot on the Foot
- The Pivot
- The Delivery
- The Release
- The Recovery

Javelin Throw

- The Grip
 - Finish Hold
 - American Grip
 - Hungarian Form
- Clearing the Javelin
 - Carrying the Javelin
 - The Approach

- The Delivery- Release

Hammer Throw

- Starting Position
- Winds
- The Turn
- Direction of the Feet Advancement
- Delivery

➤ External Marks – (70)

Roll No.	Record Book (10M)	Viva on Rules & Regulation (20M)	Performance		Field Marking		Total (70M)
			Jump (10M)	Throw (10M)	Jump (10M)	Throw (10M)	

Note Book (10 Marks)

Contents: The students shall prepare a note book having considered the following contents, The note book consists of 10 marks.

- Brief history
- Fundamental Skills
- Advance Drills
- Marking
- Rules
- Technical Equipments
- Score sheets

- Records of National and International events.
- Track Marking on graph paper

Viva-Voce (20 Marks)

Viva shall be conducted on two field events of the contents of note book as already cited.

Performance on events (20 Marks)

Performance has to given in two events one from each. Each event consists of 10 marks and 20 marks in total.

Field Marking (10 Marks)

To solve technical questions pertaining to the marking of the field events may be shown / marked / interpreted practically in the presence of external examiner.

21 MPED-114 Kabaddi / Kho-Kho

Internal Marks - (30)

Roll No	Demonstration of skills (15 M)	Playing Efficiency (15 M)	Total (30M)
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The examinee has to demonstrate any 3 skills from the opted game individually with proper explanation phase by phase. Each skill consists of 5 marks, in total 15 marks for 3 skills.

The playing efficiency has to be judged on the basis of advance skills executed in terms of offensive and defensive manner during play as whole. The playing efficiency consists of 15 marks. In total 30 marks for both demonstration of the skills and playing efficiency of the play during play.

External Marks - (70)

Roll No.	Record Book (10M)	Viva on (Rules & Regulation) (20 M)	Playing Efficiency (20M)	Officiating (10M)	Marking of Playing Area (10M)	Total (70M)
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Note Book (10 Marks)

Contents:

- Brief history
- Fundamental Skills
- Advance Drills
- Rules
- Technical Equipments
- Score sheets
- Records of National and International tournaments.
- Marking of playing area

Viva (20 Marks)

Viva, pertaining to the game opted for final examination, shall be conducted in terms of contents mentioned in note book.

Playing Efficiency (20 Marks)

The playing efficiency has to be assessed on the basis of advance skill executed during offensive and defensive play in game situation.

Officiating (10 Marks)

Integrity, hustle, judgment, communicative response, consistency, courage, common sense etc. shall be evaluated while officiating the game.

Marking of playing Area (10 Marks)

The examinee has to be able to mark the play ground. He / She shall know technical aspects of marking of the ground to anticipate the question in general asked by the external examiner.

21 MPED 115 Teaching and Coaching lesson Practice (Field Events)

Internal Marks – (30)

Roll No.	Lessons					Total (30M)
	L1 (6M)	L2 (6M)	L3 (6M)	L4 (6M)	L5 (6M)	

- Five teaching and coaching lesson plans on field events (throws and jumps), consists of (06) marks totally 30 marks be assigned to each student over the span of learning period of the first semester. All the lesson plans are to be conducted under the supervision of house advisor / experts successfully with necessary remarks and signature of the supervisor. A file of 06 lesson plans be maintained with an Index. On the basis of the performance as a whole of the compiled lesson plans throughout the examinees shall be assessed for 30 marks accordingly.

● **External Marks - (70)**

Roll No	Personal Preparation (35 M)	Technical Preparation (35 M)	Total (70 M)
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- Any one teaching and coaching lesson of the internally assessed lessons be taken up in the final examination by the examinees that consists of 70 marks.
- Dress up, fluency, command, control, daring, class management etc like aspects of examinees shall be observed during lesson plan execution under personal preparation which consists of 35 marks.
- Appropriate use of Audio-visual aids, charts, class formation and organisation, diagrams, laptops, powerpoints (if needed) etc may be considered under Technical Preparation which consists of 35 marks, so both, personal and technical preparations, totaling 70 marks for the external examination.

21 MPPD 116 Class Room Teaching Lesson (Theory Course)

Internal Marks – (30)

Roll No.	Lessons					Total (30M)
	L1 (6M)	L2 (6M)	L3 (6M)	L4 (6M)	L5 (6M)	

- Five class room teaching lesson plans, pertaining to five different topics of four subject- course (at least one from each subject- course) of the concerned semester be taken up during the semester session, consists of (06) marks totally 30 marks be assigned to each student over the span of learning period of the first semester. All the lesson plans are to be conducted under the supervision of house advisor / experts in the theoretical classroom situations successfully with necessary remarks and signature of the supervisor. A file of 06 lesson plans be maintained with an Index. On the basis of all round classroom teaching performance of the compiled lesson plans throughout, the examinees shall be assessed accordingly for 30 marks.

- **External Marks - (70)**

Roll No	Personal Preparation (35 Marks)	Technical Preparation (35 Marks)	Total (70 M)
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- Any one theory classroom teaching lesson of the internally assessed lessons be taken up in the final examination by the examinees that consists of 70 marks.
- Dress up, fluency, command, control, daring, class management etc like aspects of examinees shall be observed during lesson plan execution under personal preparation which consists of 35 marks.
- Appropriate use of Audio-visual aids, charts, class formation and organisation, diagrams, laptops, powerpoints (if needed) etc may be considered under Technical Preparation which consists of 35 marks, so both, personal and technical preparations, totaling 70 marks for the external examination.

Semester - III

21 MPED 205

Specialization in Individual Game - (Badminton / Wrestling / Judo / Boxing / Archery) - (any one)

Internal Marks – (30)

Roll No.	Demonstration of skills (15 M)	Playing Efficiency (15 M)	Total (30 M)
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The examinee has to demonstrate 3 skills from the opted games individually with proper explanation phase by phase, each skill consists of 5 marks, in total 15 marks for 3 skills.

The playing efficiency has to be judged on the basis of advance skills executed in terms of offensive and defensive ways during play as a whole. The playing efficiency consists of 15 marks, in total 30 marks for both demonstration of the skills and playing efficiency in game during play.

The demonstration shall necessarily include competency in motor skills and movement pattern /form.

It shall also show the proficiency of knowledge and skills in movement- pattern / forms.

The examinee shall explain the movement pattern clearly.

The demonstration shall also focus on understanding of the basic skills, strategies and rules followed by advance skills of the concerned game.

External Marks- (70)

Roll No.	Note Book (10M)	Viva (20M)	Playing Efficiency (30M)	Officiating (10M)	Total (70M)
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1. Note Book (10 Marks)

- Brief history
- Fundamental skills
- Advance drills
- Strategies and tactics
- Rules
- Technical equipments
- Score-sheets
- Record of National and International tournaments
- Marking of Playing area.

II) Viva (20 Marks)

Viva pertaining to game opted for final examination shall be conducted in terms of contents mentioned in Note book.

III) Playing Efficiency (20 Marks)

Playing efficiency of a player during play, has to be judged by the external on the basis of advance skills executed during offensive and defensive play as a whole.

The playing efficiency in particular game shall focus on understanding of movement, concepts, strategies and tactics, shot selection, sporting behavior etc.

IV) Officiating (10 Marks)

Proper use of uniform, displaying the signals, sense of humor etc be assessed during officiating.

21 MPED 206**Lesson on individual Game Specialization****(Badminton / Wrestling / Judo / Boxing / Archery)****Internal Marks – (30)**

Roll No.	Lessons					Total (30M)
	L1 (6M)	L2 (6M)	L3 (6M)	L4 (6M)	L5 (6M)	

The examinee has to conduct 5 lessons consists of 6 marks each in total 30 marks over the session as prescribed. All the lesson plans to be conducted under the supervision of house advisor / counselor / supervisor successfully with necessary remarks and signature of the supervisor. A file of 5 lesson plans be maintained with an index. On the basis of the performance as a whole of the same. The examinee shall be assessed for 30 marks accordingly. The examinee shall also make a note of that of the 5 lessons at least one skill shall have static application.

External Marks – (70)**Individual Game Specialization****(Badminton / Wrestling / Judo / Boxing / Archery)**

Roll No	Personal Preparation (35 Marks)	Technical Preparation (35 Marks)	Total (70 M)
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- Any one Coaching Lesson of the internally assessed lessons from the above list be taken up in the final examination by the examinee that consists of 70 marks.
- Dress up, fluency, command, control, daring, class management like aspects of examinees shall be observed during execution of teaching lesson under personal preparation which consists of 35 marks.

- Appropriate use of Audio-visual aids, charts, class formation and organisation, diagrams, laptops, powerpoints (if needed) etc may be considered under Technical Preparation which consists of 35 marks, so both, personal and technical preparations will be of 70 marks in total for the external examination.

21 MPED 207 Projects on organization of Competition and Tournaments

(Athletics and Games)

Internal Marks – (30)

Roll No.	Lessons					Total (30M)
	Pro1 (6M)	Pro 2 (6M)	Pro 3 (6M)	Pro 4 (6M)	Pro 5 (6M)	
Roll No.						
Roll No.						

Two projects on athletic competition and three on tournaments of games to be completed over the session either as organizer or organizers' behalf. A file has to be prepared with an index which shall be countersigned by supervisor.

Essentials of writing Projects

- 1) Appropriate form of language.
- 2) Past tense should be used while writing.
- 3) Logical development of ideas.
- 4) Factual description & process of writing should be in present tense.
- 5) Report should be brief and clear.
- 6) It should have a title date, place of origin, time and name of the competition and tournaments.

Viz. i) Sports events (Competition)

1. Occasion / organizer / sponsor etc.
2. Date , venue, time.
3. Chief guest / special invitees.
4. Objectives & main highlights of the programme
5. Prize distribution.
6. Message by the chief guest
7. Vote of thanks
8. Over all response.

ii) Tournaments

1. Occasion / organizer / sponsor etc.

2. Date, venue, time
3. Name of the completion, level, topic etc.
4. Participants
5. Inaugural ceremony / welcome
6. Chief Guest, Judges etc.
7. Highlights related to performances, result etc.
8. Prize distribution
9. Special remarks, if any
10. Vote of thanks

External Marks – (70)

Roll No.	Personal Preparation (35 M)	Technical Preparation (35 M)	Total (70 M)

Power Point presentation of a Project

The examinee shall present any one of the projects from five internally assessed projects.

- Dress up, fluency, command, daring etc like aspects of examinees shall be observed during execution of presentation under personal preparation which consists of 35 marks.
- Appropriate use of Audio-visual aids, charts, laptops, powerpoints (if needed) etc may be considered under Technical Preparation which consists of 35 marks, so both, personal and technical preparations will be of 70 marks in total for the external examination.

21 MPPD 208 Research Project

PART-B PRACTICLE COURSE

COURSE CODE	TITLE OF THE PAPER	Total Hours	Credit	Internal Marks	External Marks	Total Marks
21MPE D208	RESEARCH PROJECTS (IN GROUPS): 1.SURVEY OF SCHOOLS, COLLEGE, SPORTS ORGANISATIONS, SPORTS CLUBS, TRADITIONAL AKHADAS & VYAYAMSHALAS ETC. 2.SURVEY OF NATIONAL AND INTERNATIONAL PLAYERS PROFILE 3.ASSESSMENT OF CHILDRENS PHYSICAL AND HEALTH STATUS 4. NUTRITION INTAKE OF STUDENTS OF DIFFERENT STATUS. 5. COMMUNITY HEATH ASSESSMENT ETC. AND 6. PHYSIOLOGICAL,PSYCHOLOGICAL, BIOMECHANICAL ,HEALTH EDUCATION ETC.	6	3	30	70	100

21MPED208: RESEARCH PROJECTS (IN GROUPS)

INTERNAL MARKS – (30)

RESEARCH PROJECT: BY MINIMUM FOUR AND MAXIMUM FIVE STUDENTS.	REPORTS WRITING BY ALL THE STUDENTS, OUT OF 20 MARKS EACH STUDENTS OF GROUP HAS TO BE ASSESSED.
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OUT OF 10 MARKS EACH STUDENTS HAS TO BE ASSESSED.	
FIELD OF RESEARCH PROJECTS:	<p>THE PROJECTS WILL BE ASSESSED IN:</p> <ul style="list-style-type: none"> *SIGNIFICANCE OF THE TOPICS *EFFORTS INVOLVE IN COMPLITION OF PROJECTS *METHODOLOGY OF THE PROJECTS *NATURE OF THE PROJECTS *REFERENCES IN RESEARCH *OUTCOME OF THE PROJECTS

DUTY DISCHARGE RECORDING: STUDENTS THOSE WHO HAVE UNDERTAKEN PROJECTS ARE ADVISED TO KEEP RECORDS OF THEIR PROJECTS IN ALL RESPECTS FOR ITS EVALUATION.

From experience to reflection

The first stage is to find a suitable topic for a research project. Students often worry about this: “I have no idea what to do!”

Past experiences and challenges are the starting point for exploring areas of interest. The topic needs to be personally stimulating and relevant. It should not only enable the student to pass the course, but also be valuable to others. Sharing opinions and views with tutors, experts in the field, and other students contributes to the reflective process, enabling the individual to identify a topic or a problem. Students might analyse critical incidents from their professional experience to identify issues for further investigation.

From reflection to conceptualisation

Learning progresses in an exciting way once the student has grasped why they want to do the project. The reaction at this point is often: “What is the best method to get the answer to my research question?”

Students need to decide on the design of the study. They should also consider what the best methods are for collecting their data, whether qualitative, quantitative, or a combination of both. Doing this sets the student on the path to conceptualising their views and knowledge.

At this stage, students must think about sample sizes, time frames, and budgets. They must also figure out how to gain entry to the research site and how to get consent from subjects/participants. Lastly, they need to put a research team together and obtain ethical approval for their project.

Good supervision is crucial in helping students to develop a research methodology that is practical, remains within an allocated budget, and can be carried out within an appropriate time frame.

From conceptualisation to experimentation

The experimentation stage of the project is often described as the most interesting. Field work puts students' knowledge and skills into practice. They learn to train a team; to collect, organise, and manage data; and to enter the data into formats ready for analysis with statistical software packages. At this stage, students begin to reap the benefits of the careful and detailed planning that went into the design of their study.

From active experimentation to new experience

The process of reflection and conceptualisation continues during the next two stages of the research project: the analysis of the data and the writing up of the dissertation. New data give rise to new views and ideas, which are compared to those previously held. This is a particularly educative process, as students frequently find their notions and preconceptions challenged. Writing up the research and communicating the results is an active process and offers unique learning opportunities. For many students, this is the first time they face the challenge of writing a report describing their research, synthesising their findings, and making recommendations. This is an experience which will serve them well in any leadership role.

Roles of institutions and supervisors

Institutions have a major role to play. They facilitate the success of student research projects and can maximise the learning opportunities for the student.

EXTERNAL MARKS-70

ROLL.NO.	REPORTS OF PROJECT	PRESENTATION OF PROJECT REPORT	VIVA	TOTAL
	(20)	(30)	(20)	(70)

- THE PROJECT UNDERTAKEN BY THE GROUP WILL HAVE RESPONSIBILITY OF WRITING REPORT OF THEIR PROJECT WHICH WILL BE SUBJECTS OF EVALUATION BY THEIR INTERNAL AND EXTERNAL EXAMINERS.
- THE COMPLETED RESEARCH PROJECT WILL BE PRESENTED COMBINEDLY BY GROUP FOR ITS EVALUATION BY EXAMINERS.
- THE GROUP OF STUDENTS, WHO COMPLETED THE RESEARCH PROJECT, WILL BE SUBJECT OF VIVA TO EXPLAIN EACH ASPECTS OF COMPLETED RESEARCH PROJECT.
HERE OUR MAIN AIM TO PROVIDE MAXIMUM EXPOSURE TO OUR POST GRADUATE STUDENTS TO ACQUIRE RESEARCH SKILLS FOR THEIR FUTURE PROFESSIONAL DEVELOPMENT.

Semester - IV

21 MPED 213 Team Game Specialization

(Football, Cricket, Basketball, Handball, Volleyball, Hockey, Water polo)

Internal Marks – (30)

Roll No.	Demonstration of skills (15 M)	Playing Efficiency (15 M)	Total (30 M)
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The examinee has to demonstrate 3 skills from the opted games individually with proper explanation phase by phase, each skill consists of 5 marks, in total 15 marks for 3 skills.

The playing efficiency has to be judged on the basis of advance skills executed in terms of offensive and defensive ways during play as a whole. The playing efficiency consists of 15 marks, in total 30 marks for both demonstration of the skills and playing efficiency in game during play.

The demonstration shall necessarily include competency in motor skills and movement pattern /form.

It shall also show the proficiency of knowledge and skills in movement- pattern / forms.

The examinee shall explain the movement pattern explicitly.

The demonstration shall also focus on understanding of the basic skills, strategies and rules followed by advance skills of the concerned game.

External Marks- (70)

Roll No.	Record Book (10M)	Viva on (Rules & Regulation) (20 M)	Playing Efficiency (20M)	Officiating (10M)	Marking of Playing Area (10M)	Total (70M)
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Record Book (10 Marks)

- Brief history
- Fundamental skills
- Advance drills
- Strategies and tactics
- Rules
- Technical equipments
- Score-sheets
- Record of National and International tournaments
- Marking of Playing area.

Viva (20 Marks)

Viva pertaining to game opted for final examination shall be conducted in terms of contents mentioned in Note book.

Playing Efficiency (20 Marks)

Playing efficiency of a player during play, has to be judged by the external on the basis of advance skills executed during offensive and defensive play as a whole.

The playing efficiency in particular shall focus on understanding of movement, concepts, strategies and tactics, ball distribution, shot selection, shooting efficiency, good fouls, team behavior etc.

Officiating (10 Marks)

Proper use of uniform, whistle displaying of cards, signals facing and body position, sense of humor, coordination with the other officials as whole be assessed during officiating.

21 MPED 214

Internal Marks – (30)

Roll No.	Lessons					Total (30M)
	L1 (6M)	L2 (6M)	L3 (6M)	L4 (6M)	L5 (6M)	

- Five coaching lesson practice on examinees opted game will be of (06) marks each and in total 30 marks be assigned to each student. All the coaching lessons are to be conducted under the supervision of class teacher successfully with necessary remarks and signature of the supervisor. A file of 06 lesson plans to be maintained with an Index. On the basis of the performance as a whole, of the compiled lesson plans throughout, the examinees shall be assessed for 30 marks accordingly.

External Marks – (70)

Team Game Specialization

(Volleyball, Basketball, Football, Handball, Hockey, Cricket)

Roll No	Personal Preparation (35 Marks)	Technical Preparation (35 Marks)	Total (70 M)

- Any one Coaching Lesson of the internally assessed lessons from the above list be taken up in the final examination by the examinee that consists of 70 marks.
- Dress up, fluency, command, demonstration, explanation, control, daring, class management etc like aspects of examinees shall be observed during execution of lesson plan under personal preparation which consists of 35 marks.

- Appropriate use of Audio-visual aids, charts, class formation and organisation, diagrams, laptops, Powerpoint (if needed) may be considered under Technical Preparation while consists of 35 marks, so both, personal and technical preparations will be of 70 marks in total for the external examination.

21 MPED 215

Class Room Teaching Lesson Practice (Theory Course)

Internal Marks – (30)

Roll No.	Lessons					Total (30M)
	L1 (6M)	L2 (6M)	L3 (6M)	L4 (6M)	L5 (6M)	

- Five class room teaching lesson plans, pertaining to five different topics of four subject- course (at least one from each subject- course) of the concerned semester be taken up during the semester session, consists of (06) marks totally 30 marks be assigned to each student over the span of learning period of the first semester. All the lesson plans are to be conducted under the supervision of house advisor / experts in the theoretical classroom situations successfully with necessary remarks and signature of the supervisor. A file of 06 lesson plans to be maintained with an Index. On the basis of all round classroom teaching performance of the compiled lesson plans throughout, the examinees shall be assessed accordingly for 30 marks.

- **External Marks - (70)**

Roll No	Personal Preparation (35 M)	Technical Preparation (35 M)	Total (70 M)
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- Any one theory classroom teaching lesson of the internally assessed lessons be taken up in the final examination by the examinees that consists of 70 marks.
- Dress up, fluency, command, control, daring, class management etc like aspects of examinees shall be observed during execution of lesson plan under personal preparation which consists of 35 marks.
- Appropriate use of Audio-visual aids, charts, class formation and organisation, diagrams, laptops, powerpoints (if needed) may be considered under Technical Preparation which consists of 35 marks, so both, personal and technical preparations will be of in aggregate 70 marks for the external examinations.

21 MPED 216 Internship

Internal Marks – (30)

Conduct of Assembly (3Assembly x 2 = 6 M)	Teaching (Any one)		Coaching (Any one) (6 M)	Sincerity (4M)	Discipline (4M)	Efficiency (4M)	Total (30 M)
	Theory (3 M)	Practical (3M)					

Duty discharge recording

An internship is an opportunity offered by one institution to potential students or students of class under going a training / professional programme in the institution, either in any one or both of the semesters in the final year or after the end of the final semester of the programme usually. It provides students a period of practical experience in the institution relating to their field of study. The experience valuable to students as a means of allowing them to experience how their studies are applied in the “Real World” and as a work experience that can be highly attractive to employers on candidate’s CV.

An intern is someone para / unpaid who works in a temporary position starting from a few days to couple of months even more in the organization for employer.

It further, determines if they (interns) have an interest in a particular career, create a network of contacts and credits, ultimately putting themselves for forthcoming opportunities for period work.

Here, particularly the programme of Master of Physical Education, internship refers an exchange and extending of services for professional experience to be continued for 30 days in a school. Between the student and organization so that as experienced interns of few need little or no training when they begin regular employment, such work experiences during this period of internship, the intern is expected to use the things he /she has learned in the institution and put them in to practice thus the students gain with experience in this field of study. It would be a mandatory part of the completion of the said programme.

Duty Discharge Recording : Internal marks for 30 be assessed on the basis of the following aspects and its record.

1. The intern shall at least conduct three assembly for the students of whole school / organization.
2. The intern shall conduct classroom theory lessons on, at least any three lessons pertaining to any topics learned in the course.
3. The intern shall conduct practical lessons on, at least any three lessons related to any learned physical activities from the course.
4. The intern further shall conduct sports coaching lesson practically, at least one lesson pertaining to his or her individual game specialization.
5. The interns shall show their sincerity and dedication, discipline, while carrying out the concerned work. The efficiency as a whole of the intern should be placed on record thoroughly.
6. Schools, organization like Sports schools, Ashramshala, Other recognized and registered local schools shall either be adopted or hour wise classes be conducted.
7. The duration of internship shall be of 15 days, one hour every day. A group of 5 student- teachers individually shall conduct teaching lessons one each from the theory course, physical activity practically and sports coaching for students of different classes in the school / organization every day.
8. A file has to be prepared and maintained with an index of all three lessons along with a brief note on three conduct of assembly of the whole school / organization. The sincerity, discipline and overall efficiency of student-teacher shall be mentioned in the note and be submitted to supervisor after duly signed by the school

personnel / administrator of the school/ organization countersigned by the supervisor / house advisor / counselor.

Note: A compiled file with an index, having recorded the duty discharged by the intern be maintained accordingly which shall be signed by the physical education personal / administrator of the school, followed by counter signed by the house advisor / counselor / of the programme. Ultimately it has to endorsed by head of the department of the programme.

External Marks – (70)

Roll No.	Personal Preparation (25M)	Technical Preparation (25M)	Question and Answers (20 M)	Total (70 M)
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Presentation of report of Internship

A power point presentation shall be made by the examinee pertaining to the internship over 30 days, in the presence of external examiner. A examinee has to face and answer the questions asked by the examiner with regards to personal and technical preparations for internship and experiences gained during internship.

21MPPC-302 Lesson on individual game specialization

Internal Marks – (30)

The examinee has to conduct 5 lessons consists of 6 marks each in total 30 marks over the session as prescribed. All the lesson plans to be conducted under the supervision of house advisor / counselor / supervisor successfully with necessary remarks and signature of the supervisor. A file of 5 lesson plans be maintained with an index. On the basis of the performance as a whole of the same. The examinee shall be assessed for 30 marks accordingly. The examinee shall also make a note of that of the 5 lessons at least one skill shall have static application.