Shree H. V. P. Mandal's

Degree College of Physical Education,

(Multi-Faculty Autonomous College) Amravati (M.S.)

FACULTY OF PHYSICAL EDUCATION



CURRICULUM SCHEME AND SYLLABUS OF

MASTERS OF PHYSICAL EDUCATION

Program Code: MPEd2022

Introduced from the Session

2022-2023

Preamble:

The Master of Physical Education (M.P.Ed.) two years (Four Semesters, Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and teacher educators in College of Physical Education. The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations / Sports Academy / Sports Club.

R.M.P.Ed.1. Intake, Eligibility and Admission Procedure:

The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards.

R. M.P.Ed. 2. Duration:

The M.P.Ed programme is of duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

R. M.P.Ed. 3. The CBCS System:

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

R. M.P.Ed. 4. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

R. M.P.Ed.5. Courses of Programme:

The M.P.Ed. programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

R. M.P.Ed.6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

R. M.P.Ed.7. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

R. M.P.Ed. 8. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.P.Ed. programme is 90 credits and for each semester 20 credits.

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
	Sports Achievement at State level Competition (Medal Winner)	1
1	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
8	News Reporting / Article Writing / book writing / progress report writing	1

Provision of Bonus Credits Maximum 06 Credits in each Semester

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above-mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

R. M.P.Ed. 9. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Assignments / Lab Practical	10 Marks
Attendance	05 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R. M.P.Ed 10. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. M.P.Ed. 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^{n} C_i G_i}{\sum_{i=1}^{n} C_i}$$

$$CGPA = \frac{\sum_{j=1}^{N} SGPA_j}{N}$$

Where C_i is the Credit earned for the course is in any semester; G_i is the Grade point obtained by the student for the course and *n* number of courses obtained in that semester; $SGPA_j$ is SGPA of semester *j* and *N* number of semester. Thus, CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

R. M.P.Ed. 11. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

R. M.P.Ed.12. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Latter	Description	Classification of final
		Grade		result
85 & above	8.5-10.0	0	Outstanding	First along with Distinction
70-84.99	7.0-8.49	A^+	Excellent	First class with Distinction
60-69.99	6.0-6.99	А	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	В	Above Average	Second Class
40-49.99	4.0-4.99	С	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

R. M.P.Ed.13. Grade Point Calculation

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point

(CGP) and declaration of class for M. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^{n} C_i G_i}{\sum_{i=1}^{n} C_i}$$

Example – I

Marks obtained by Student in course MPCC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = $6.0 + 5 (0.99/9.99) = 6.0 + 5 \ge 0.1 = 6.0 + 0.5 = 6.5$

The Course Credits = 03

Credits Grade Point (CGP) = $6.5 \times 03 = 19.5$

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

Courses Code.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
22 MPEd 101	4	65	А	6.5	19.5
22 MPEd 102	4	60	А	6	18
22 MPEd 103	4	62	А	6.2	18.6
22 MPEd 104	4	57	B+	5.7	17.1
22 MPEd 105	3	55	B+	5.5	16.5
22 MPEd 106	3	72	A+	7.2	21.6
22 MPEd 107	3	66	А	6.6	19.8
22 MPEd 108	3	72	A+	7.2	21.6
	28				2.7

SEMESTER-1

Examples: Conversion of marks into grade points

MPEd 101 $65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$ **MPEd 102** 60 = 6.0**MPEd 103** $62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$ **MPEd 104** 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7**MPEd 105** 55 = 5.5**MPEd 106** $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$ **MPEd 107** $66 = 60 + 6 = 6.0 + 6 \ge (0.99 / 9.99) = 6.0 + 6 \ge 0.1 = 6.0 + 0.6 = 6.6$ **MPEd 108** $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$ SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points = 2.7/24 = 6.3625SGPA Sem. I = 6.3625 At the end of Semester-1 Total SGPA = 6.3625Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.3625

CGPA = 6.66875, Grade = A, Class = First Class

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
22MPEd 109	4	76	A+	7.6	22.8
22MPEd 110	4	64	А	6.4	19.2
22MPEd 111	4	59	B+	5.9	17.7
22MPEd 112	4	80	A+	8	24
22MPEd 113	3	49	С	4.9	14.7
22MPEd 114	3	64	А	6.4	19.2
22MPEd 115	3	55	B+	5.5	16.5
22MPEd 116	3	72	A+	7.2	21.6
	28				5.7

SEMESTER-2

SGPA Sem. II = 6.4875

At the end of Semester-2

Total SGPA for two Semesters = 12.85 Cumulative Grade Point Average (CGPA) = 12.85/2 = 6.425 CGPA = 6.66875, Grade = A, Class = First Class

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
22MPEd 201	4	64	А	6.4	19.2
22MPEd 202	4	64	А	6.4	19.2
22MPEd 203	4	59	B+	5.9	17.7
22MPEd 204	4	81	A+	8.1	24.3
22MPEd 205	3	49	С	4.9	14.7
22MPEd 206	2	64	А	6.4	19.2
22MPEd 207	3	68	А	6.8	20.4
22MPEd 208	3	75	A+	7.5	22.5
	27				7.2

SEMESTER-3

SGPA Sem. III = 6.55 At the end of Semester-3

Total SGPA for three Semesters = 19.4Cumulative Grade Point Average (CGPA) = 19.4/3 = 6.466667CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-4

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
22 MPEd 209	4	83	A+	8.3	24.9
22MPEd 210	4	76	A+	7.6	22.8
22MPEd 211	4	59	B+	5.9	17.7
22MPEd 212	4	81	A+	8.1	24.3
22MPEd 213	3	49	С	4.9	14.7
21MPPC 214	3	78	A+	7.8	23.4
21MPPC215	2	81	A+	8.1	24.3
21MPPC 216	3	75	A+	7.5	22.5
	27				174.6

SGPA Sem. IV = 7.275 At the end of Semester-4

Total SGPA for all the four semesters = 26.675

Cumulative Grade Point Average (CGPA) = 26.675 /4 = 6.66875

CGPA = 6.66875, Grade = A, Class = First Class

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment And
 - (b) Marks of each Semester Continuous Internal Assessment for each course.

The final Class for M.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

R. M.P.Ed.14. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

R. M.P.Ed.15. Revision of Syllabi:

- 1. Syllabi of every course should be revised according to the NCTE.
- 2. Revised Syllabi of each semester should be implemented in a sequential way.
- 3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
- 4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
- 5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- 6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

SCHEME OF EXAMINATION

<u>Semester - I</u>

	Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	
		Core C	Course				
22MPEd 101	Research Process in Physical Education & Sports.	3	4	30	70	100	
22MPEd 102	Physiology of Exercise.	3	4	30	70	100	
22MPEd 103	Yogic Sciences	3	4	30	70	100	
	Elective 1	l Cours	e (Anyon	e)		<u> </u>	
22MPEd 104	Corrective Physical Education and Rehabilitation.	3	4	30	70	100	
	Sports Nutrition.						
	Part-	B Prac	tical Cou	rse			
22MPEd 105	Athletics Track Events	6	3	30	70	100	
22MPEd 106	Swimming	6	3	30	70	100	
22MPEd 107	Yoga Practical	6	3	30	70	100	
22MPEd 108	Laboratory Practical and Report Writing (Sports Biomechanics, Sports Psychology, Exercise Physiology, Anthropometry, ICT)	6	3	30	70	100	
	Total	36	28	240	560	800	

Note: Total number of hours required to earn 4 credits for each theory course are 51-60 hours per semester whereas 80-90 hours for each practicum course.

<u>Semester - II</u>

Part A:							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	
	С	ore Cou	rse				
22MPEd 109	Applied Statistics in Physical Education &	3	4	30	70	100	
22 MPEd 110	Sports Biomechanics	3	4	30	70	100	
22MPEd 111	Test Measurement and Evaluation in Physical Education	3	4	30	70	100	
	Elec	tive 2 C	ourse				
22MPEd 112	Theory of Athletics	3	4	30	70	100	
22MPEd112	Sports Journalism						
	Par	t–B Pra	ctical				
22 MPEd113	Athletic Field Events	6	3	30	70	100	
22MPEd114	Game Specialization- Kabaddi/ Kho-Kho	6	3	30	70	100	
22 MPEd115	Teaching Lessons on Track (3) and Field Events (3)	6	3	30	70	100	
22 MPEd116	Class room Teaching Lessons on theory (4 Internal & 1 External)	6	3	30	70	100	
	Total	36	28	240	560	800	

Note: The number of hours required to earn 4 credits for each theory course are 51-60 hours per semester whereas 80-90 hours for each practicum course.

	Part A: Theoretical Course							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks		
	Core	Course						
22 MPEd 201	Scientific Principles of Sports Training	3	4	30	70	100		
22MPEd 202	Sports Medicine	3	4	30	70	100		
22MPEd 203	Sports Management and Curriculum Design in Physical Education	3	4	30	70	100		
	Elective 3 Co	ourse (A	nyone)	1				
22MPEd 204	Sports Engineering	3	4	30	70	100		
22MPEd 204	Physical Fitness and Wellness							
	Part–B Pra	ctical C	ourse					
22MPEd 205	Specialization in Individual Game Boxing/Wrestling/Judo/ Mallakhamb/Badminton	6	3	30	70	100		
22MPEd 206	Open Elective / MOOC		2		100	100		
22MPEd 207	Skill Oriented Course	-	2		100	100		
Elective 4 Practical Course (Anyone)								
22MPEd 208 22MPEd 208	Research Project Sports Coaching (90 days)	6	3	30	70	100		
	Total	30	27	240	560	800		

<u>Semester - III</u>

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester - IV

Part A: Theoretical Course								
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks		
	Core Cou	irse						
22 MPEd 209	Information & Communication Technology (ICT) in Physical Education	3	4	30	70	100		
22 MPEd 210	Sports Psychology	3	4	30	70	100		
	Elective 5 Cours	e (Any	one)					
22MPEd 211	Dissertation							
22MPEd 211	Professional Preparation in Physical Education	3	4	30	70	100		
	Elective 6 Course (Anyone)							
22MPEd 212	Sports/Game Specialisation- - Football/Cricket/Basketball/ Handball/ Volleyball/Hockey/	3	4	30	70	100		
	Part-B Practic	al Cour	se					
22MPEd 213	Sports/Game Specialization Football/Cricket/Basketball/ Handball/ Volleyball/Hockey/ Aquatic.	6	3	30	70	100		
22MPEd 214	Advance Coaching Lessons- 5 (5 Internal & 1 External)	6	3	30	70	100		
22MPEd 215	Projects on Organization of Tournaments and Competitions	6	3	30	70	100		
22MPEd 216	Internship	6	3	30	70	100		
	Total		27	240	560	800		
		144	96	960	2240	3200		

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

System of Examination (Theory External -			100 Marks 70 Marks
Inte	ernal	-	30 Marks
1.	Terminal Test	-	10 Marks
2.	Class Assignme	ent-	05 Marks
3.	Class Seminar	-	10 Marks
4.	Attendance	-	05 Marks

Semester I

Theory Courses

22 MPEd 101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS

UNIT I – Introduction to Research

Meaning and Definition of Research – Need, Nature and Scope of Research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism. Philosophical research: meaning, steps, pitfalls and data synthesis

UNIT III – Experimental Research

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV – Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Criteria for selection of statistical, tool Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

REFERENCE :

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;

Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam

Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc

Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication

Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

Semester I

Theory Courses

22 MPEd 102 PHYSIOLOGY OF EXERCISE

UNIT I – Introduction to Exercise Physiology and Bioenergetics

- Meaning, Definition and Importance of Physiology of Exercise.
- Sources of Muscular Energy
- ATP Structure and Functions
- Sources of Muscular Energy
- ATP PC or Phosphagen System
- Anaerobic Glycolysis
- Aerobic Sources Aerobic Glycolysis, Kreb Cycle, ETS (Electron Transport System).
- Aerobic and Anaerobic Sources of Energy at Rest and During Exercise.

UNIT II – Skeletal Muscles and Exercise

- Microscopic Structure of Muscle Fibre
- Types of Muscle Fibre, Chemical Composition of Muscle
- Sliding Filament theory of Muscular Contraction.
- Effect of Exercises and Training on the Muscular System
- Physiology of Muscular Fatigue
- Muscle Tone, Second Wind, Oxygen Debt

.UNIT III - Cardiovascular System and Exercise

- Physiology of Blood Circulation
- Cardiac Cycle
- Stroke Volume
- Cardiac Output
- Blood Pressure
- Heart Rate
- Cardiac Hypertrophy
- Effect of Exercises and Training on the Cardiovascular System- at Rest, During Sub-maximal Exercise and Maximal Exercise
- Regulation of Blood Flow at Rest and During Exercise

UNIT IV – Respiratory System and Exercise

- Physiological Mechanism of Respiration
- Respiratory Muscles
- Various Respiratory Capacities
- Ventilation at Rest and During Exercise.
- Diffusion of Gases
- Exchange of Gases in the Lungs
- Exchange of Gases in the Tissues
- Anaerobic Threshold.
- Effect of Exercises and Training on the Various Respiratory Capacities.

UNIT V - Climatic Conditions and Sports Performance and Ergogenic Aids

- Thermoregulation Physiological Mechanism
- Sports Performance in Hot and Cold climate
- Heat Illness- Causes, Symptoms and their Treatment.
- High Altitude Training Merits, Demerits, and Physiological Adaptation
- Types and Effects of Ergogenic Aids Advantages and Disadvantages

Note: Laboratory Practical in Physiology be designed and arranged internally. Measurement of: Vital capacity techniques, Blood pressure, Pulse pressure, Haemoglobin content, Blood Lactate/ Blood Glucose, Respiratory Rate, HR: HR_{max}, HR_{Recovery}, HR_{Peak},

REFERENCES:

Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.

Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.

Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.

David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.

Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.

Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.

Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.

Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.

Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human

Performance. Philadelphia: Lippincott Williams and Wilkins Company.

William D. McArdle, Frank I. Katch, Victor L. Katch (2006). Essentials of Exercise Physiology.

Semester I

Theory Courses

22 MPEd 103 Yogic Sciences

Unit I – Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Straining – Age – Contra- Indication – Inverted asana – Sunbathing.

Unit II – Aasanas and Pranayam

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis:

Meaning, methods and benefits, Chakras: Major Chakaras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dhauti – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendhar Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta hastam, Samyukta hastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techiques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

Unit V – Yoga and Sports

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise-. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self-Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System. *Note: Laboratory Practicals be designed and arranged internally.*

REFERENCE:

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.

Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan.

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Semester I

Theory Courses

22 MPEd 104 CORRECTIVE PHYSICAL EDUCATION AND REHABILITATION

Unit I – Corrective Physical Education

Definition, objectives and Scope of corrective physical Education. Body Types. Rehabilitation Principles and program, Rehabilitation of athletic injuries: Passive, Active, Assisted, resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

Unit II – Posture

Meaning, Definition of posture and postural education. Dynamic and static postures, common postural deformities: Kyphosis, lordosis, Scoliosis, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including corrective exercises.

Posture test – Examination of the spine, Kyphosis, Lordosis, Scoliosis, Knock Knee, Bow leg, Flat foot. Drawbacks and causes of bad posture

Unit III – Preventive Measures of Sports Injuries

Protective Sports Equipment, Training and conditioning techniques, Nutritional considerations, Environmental considerations, Mechanism and characteristic of sports trauma, Bandaging and Tapping, Tissue response to injury, psychological intervention for sports injuries, Warm up and Cool down.

Unit IV – Massage Manipulation

Brief history of massage – Massage as an aid for relaxation – Points to be considered in giving massage – Physiological, Chemical, Psychological effects of massage – Indication / Contra indication of Massage – Classification of the manipulation used massage and their specific uses in the human body – Stroking, Pressure, Percussion, Shacking

Unit V – Therapeutic Modalities

Care and treatment of exposed and unexposed injuries in sports – Cryotherapy, Hydrotherapy, Whirlpool, contrast bath, infrared rays, Ultraviolet Ray, Ultrasound, Short wave diathermy therapy, IFT, Wax, traction.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

Projects on use of modalities in common sports injuries

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Semester I

Theory Courses

22 MPEd 104 HEALTH EDUCATION AND SPORTS NURTITION

Unit - I Health Education

Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objective and Principles of Health Education Health Service and guidance instruction in personal hygiene

Unit - II Health Problems in India

Communicable and Non-Communicable Diseases

Obesity, Diabetes, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population,

Personal and Environmental Hygiene in schools

Objective of school health service, Role of health education in schools

Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit- III Hygiene and Health

Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress and diabetes

Unit - IV Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

Unit - V Nutrition and Weight Management

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

References:

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PRACTICAL Semester-1

22 MPED 105:

ATHLETICS 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	Viva on Rules & Regulation	Performa any three	events	Track Marking	Total
	(10M)	(20M)	(30]	M)	(10M)	(70M)
			1			
			2			
			3			

i) Record Book (10 Marks)

Contents:

- Track Marking on graph paper and Geo-tagged Photos while marking on ground.
- Fundamental Skills
- Advance Drills
- Periodization

- Rules
- Technical Equipment
- Score sheets
- Recent Records of National and International events
- ii) Viva-Voce (20 Marks)
 Viva shall be conducted on the track events of contents of Record 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) Record 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 Record 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 Record 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.

22 MPED 106

SWIMMING

Internal Marks (30 Marks)

Roll No	Attendance	Performance	Officiating
110.		50/100 M	6
Marks	10M	10M	10M

Swimming:

- Fundamental Skills
 - Breathing, Floating, Leg action, Arm action, Jumping
- Fundamentals of Two Strokes
 - 1. Free Style: Body Position, Breathing, Coordination, Leg action, Arm action, Starting position.
 - 2. Breaststroke: Body Position, Breathing, Coordination, Leg action, Arm action, Starting position.
- Types of Competitions
 Regulation
 Regulation

System of Examinations

Individual Score Sheet

Combined Score Sheet - Table No. 5

Roll	Fundamental Skill		Performance		Record	Officiating	Total
No.			Any Two Stroke		Book &	swimming	(70
					Viva	tournament	Marks)
					(20 Marks)	(10 Marks)	
	Candidate	Exam	iner	50/100 Meter			
	choice	choi	ce	(20 Martra)			
	(10Marks)	(10 Marks)		(20 Marks)			

Date:

Name and Signature of Examiner

22 MPED 107

YOGA PRACTICAL

Internal Marks - (30)

Roll No.			Attendance				
	Section –I Asanas (4M)	Section –II Shatkarma (4M)	Section –III Bandhas- Mudras (4M)	Section -IV Pranayam (4M)	Section –V Yogic Sukshma, Sthula Vyayams, Suryanamaskar (4M)	(10M)	Total (30M)

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
		H. Moolshodhan
3. Nauli	:	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

 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. Bhuja bandha Shakti Vikasaka
- 14. Kohni Shakti Vikasaka
- 15. Bhuja-balli Shakti Vikasaka
- 16. Purnabhuja Shakti Vikasaka
- 17. Manibandh 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 Vikasak (Nauli) (10)
- 34. Kati Shakti Vikasaka (1)
- Sthula Vyayama:

- 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

.

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:	Total Marks - 06		
1) Two asanas as told by Examiner 02 marks each	04 Marks		
2) One asana of candidate's choice 02 marks each	02 Marks		
Section - II			
System of examination: Total Mark			

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	02 Marks
	by examiners	
	b. One Kriya with Instrument of candidate's choic	e 02 Marks
Sectio	n - III	
System	n of Examination:	Total Marks : 06
1.	Any one Bandha as asked by the examiner	2 Marks
2.	Any two Mudras of candidate's choice	4 Marks
Sectio	n - IV	
System	n of Examination:	Total Marks : 06
1.	Any one pranayama as told by the examiners	02 Marks
2.	Any two Pranayamas of candidate's choice	04 Marks
Sectio	n - V	
System	n of Examination	Total Marks: 06 Marks

1) Any one Yogic Sthula Vyayama as told by the examiner	02 Marks
2) Any one Yogic Sukshama Vyayama as told by the examiner	02 Marks
3) Suryanamskara 12 counts	02 Marks

External Marks – (70)

Roll	Record	Viva	Performance					
INO.	воок (10 М)	(20 M)	Asanas (8 M)	Shatkarmas (8M)	Bandhas Mudras (8 M)	Pranayam (8 M)	Sukshma, Sthula, Suryanamaskar	(70 M)
							(8 M)	

Date:

Name and Signature of Examiner

22 MPED 108

LABORATORY PRACTICAL

Internal Marks – (30)

Roll No.	L	Attendance	Total				
Marks	Sport Biomechanics (4M)	Sports Psychology (4M)	Ex. Physiology (4M)	Anthropometry (4M)	ICT (4M)	(10M)	Marks 30M

While report writing student/candidate has to describe complete method of conducting Laboratory practical in detail, including instruments required, administration of test and scoring methods.

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:

- Camcorders ([4] Sony HDR cx220) and Tripods (Mannfroto) Used to capture video for biomechanical analysis.
- Eye Tracking System (SR Eyelink II) Binocular assessment of eye movement and gaze fixation with light meter for pupillometry.
- Vertical Jump System (Just Jump System Vertical Jump and jump air time: The Vertec Jump test is a measure of vertical jump height which uses the Vertec device to measure performance. The test is extremely practical as it uses a simple device which is portable and can be used in a variety of settings to measure performance. To perform the test, the athlete must perform a maximal jump with either a single- or double-arm swing to reach the highest possible vane of the Vertec device
- Goniometers (Various) Measuring joint angles
- **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 Test Include -

Depth perception, Reaction time, Memorization, Stability, Finger dexterity, Different Questionnaires, Two-arm coordination tracer, Reaction timers.

Physiology of exercise

Sport physiology is the study of how exercise alters the function and structure of the body. A sports physiologist seeks to understand the physiological demands of a sporting performance, which inform what characteristics an athlete should have to be successful competing at the highest level

Physiology Test Include

- Heart Rate Monitors Resting and exercising chest strap-based heart rate assessment.
- Pulse Oximeter Blood oxygen saturation stationary and portable.
- Automated Blood Pressure Automated resting blood pressure and heart rate assessment.
- Manual Blood Pressure Equipment (Various) Stethoscopes, stand based and portable blood pressure cuffs for the assessment of resting and exercising blood pressure.
- Spirometers Forced vital capacity assessment.
- Dynamometers (Various brands) Static force.
- Pedometers Step count assessment
- Metronomes Pacing for various fitness tests.
- Accelerometers Assessment of physical activity levels.
- Cycle ergometer Real-time data acquisition of power and pedal rate for aerobic and anaerobic cycle ergometer exercise tests
- Bioelectrical Impedance Analysis Weight, impedance, and body fat assessment.
- Treadmill High performance exercise ergometer.

Anthropometry: - Anthropometry is the science of obtaining systematic measurements of the human body.

Anthropometry Test Include: -

- Circumference- measuring Girth of body
- Vertical Measurements measuring length of limb
- Body Weight Scale- For mass measurements
- Transverse Measurements- measuring diameters for the measurement of torso and limb.
- Skinfolds Measurement of skin and subcutaneous fat for body density and body fat assessment.

Information and Communication Technology (ICT)

- Refers to all communication technologies, including the internet, wireless networks, cell phones, computers, software, middleware, video conferencing, social networking, and other media applications and services enabling users to access, retrieve, store, transmit, and manipulate information in a digital form.
- ICT Equipment:

Camcorder, Scanner, Digital devices, etc.

External Marks - (70)

Roll No.	Record Book Five tests from each section (20 M)	Demonstration of Lab. Practical (Any Two) (30 M)	Viva (20 M)	Total (70 M)

Date:

Name and Signature of Examiner

Semester II Theory Courses

22 MPEd 109

APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT I – Introduction

Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous, Nature of scale: Nominal, ordinal, Interval. Parametric and non-parametric statistics.

UNIT II – Data Classification, Tabulation and Measures of Central Tendency

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode on grouped and ungrouped data.

UNIT III – Measures of Dispersions and Scales

Meaning, Purpose, Calculation and advances of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale, T Scale, percentile

UNIT IV – Probability Distributions and Graphs

Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation of data in Statistics; Scattered, Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

UNIT V – Inferential Statistics

Tests of significance; Independent "t" test, Dependent "t" test – chi-square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA (One Way) and Theory of ANCOVA.

Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

Collection, tabulation, analysis and interpretation of 3 projects

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Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;

Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

Semester II Theory Courses

22 MPEd 110 SPORTS BIOMECHANICS

UNIT I – Introduction

Meaning, Importance and scope of kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Static and Dynamics, Kinematics, Kinetics, Centre of gravity -Line of gravity Vectors and Scalars.

UNIT II – Muscle and Joints Action

Muscle- Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius. Joints – Types, Structure, Movements

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, uniform and non-uniform motion. Principles of Newton law of Motion - Law of Inertia, Law of acceleration, and Law of action and reaction. Meaning and definition of force- Sources of force -Force components, Centripetal force - Centrifugal force. Force applied at an angle pressure -friction -Buoyancy, Spin -.

UNIT IV – Projectile and Lever

Freely falling bodies - Projectiles - Equation of projectiles, equilibrium -Factors influencing equilibrium - Guiding principles for equilibrium -static and dynamic equilibrium. Meaning of work, power, energy, kinetic energy and potential energy. Leverage - classes of lever - practical application. Aerodynamics: Water resistance - Air resistance.

UNIT V – Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical, and Muscular Analysis. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive,

Note: Laboratory practical should be designed and arranged for students internally.

3 skills of track and field events (Cinematographic)

REFERENCE:

Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.

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Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Semester II

Theory Courses

22 MPEd 111

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT I – Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Feasibilities.

UNIT III – Motor Fitness and Motor Ability Tests

Meaning and components of Motor Fitness. Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test –, Motor Educability Test,

UNIT II – Physical Fitness Tests

Physical Fitness Meaning and Components, AAHPERD: Youth Physical Fitness, Health Related Physical Fitness, Functional Fitness; Roger's physical fitness Index. Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test), Kraus Weber Minimum Muscular Fitness Test.

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring (Body Composition) Skin folds: Biceps, Triceps, Sub scapular, Suprailiac. Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test,

UNIT V – Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: AAHPERD Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Harban's

Hockey Test, Volleyball, Russel Lange Volleyball Test, Football: Moor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Tennis: Dyer Tennis Test.

Note: Practical of indoor and out-door tests be designed and arranged internally. Projects on 5 fitness and 5 skill tests

REFERENCES:

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications

Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press

Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company

Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc

Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc

Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications

Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research

Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaigm IL: Human Kinetics

Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Semester II

Theory Courses

22 MPEd 114 THEORY OF ATHLETICS

Unit I

- **t** I 1. Historical development of Athletics at National and International levels.
 - 2. National body controlling Athletics and its units.
 - 3. International bodies controlling athletics and their affiliated units.
 - 4. Major National and International competitions.

Unit II Officiating and Layout of Play Fields

- 1. Rules and their interpretations.
- 2. Mechanics of officiating.
- 3. Layout and marking of Track.
- 4. Layout and making of field events.

Unit III Skill and Techniques

- 1. Skill and Techniques of track events.
- 2. Skill and Techniques of field events.
- 3. Methods of teaching and training of skills and techniques of different track events and field events.

Unit IV 1. Preparation of training schedule for different events of track sprints, middledistance, long-distance relays, hurdles and steeplechase.

- 2. Preparation of training schedules for different field events long jump, High jump, Pole vault, shot put, Discus throw, Javelin throw and Hammer throw.
- 3. Short-term, long-term training plans and periodization.

Unit V1. Duties and functions of different officials for a standard competition.2. Technical equipment for track and field events.

References:

- 1. Scientific teaching and training of Athletic K. Bosen, NSNIS, Patiayala Publication
- 2. Track and Field marking U. C. Thakur H. V. P. M. Publication
- 3. Modern Principles of athletic training The C. V. Mosby company London
- 4. Coaching and care of Athletics Sports Education technologies, New Delhi
- 5. AFI, Rule book

Semester II

Theory Courses

22 MPEd 114

SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I Introduction

Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism- Sports Ethics and Sportsmanship – Reporting Sports Events. National and International Sports News Agencies.

UNIT II Sports Bulletin

Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin – Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.

UNIT III Mass Media

Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio – Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing – Publishing.

UNIT IV Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT –V Journalism

Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach.

Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.

REFERENCE:

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications

Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surject Publication

Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.

Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication

Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.

Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication

Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.

Venkataiah. N (2009) Value Education, - New Delhi: APH Publishing Corporation. 43

PRACTICAL

Semester – II

22 MPED 113 ATHLETIC FIELD EVENTS

Internal Marks – (30)

	Demonstration		Perfor	mance	Attendance	Total
Roll No.	Jump (5M)	Throw (5M)	Jump (5M)	Throw (5M)	(10M)	(30M)

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

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

The examinee must demonstrate the 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.

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

Jumps

Long Jump

\triangleright	Start		Transition Phase	≻ Flight	
\triangleright	Approach		Attack Phase	Landing	
\triangleright	Drive Phase		Take- off		
High J	Jump				
\triangleright	Determining the		Plant	Landing	
	take-off test.		Arm Action		
\triangleright	Approach		Flight		
Triple	Jump				
\triangleright	Approach Run		\triangleright	Jump (3 rd Jump)	
\triangleright	Take-off (Hop Ist Jump)		\triangleright	Landing	
\triangleright	Step (2 nd Jump)				
Pole V	ault				
\triangleright	Approach		\triangleright	Swing and Rock-Back	
\triangleright	Check Mark		\triangleright	Pull, Turn, Release	
\succ	Pole Carry		\triangleright	Landing	
\triangleright	Take-off				
Throw	vs				
	Shot Put				
\succ	Grip		Shift	Recovery	
\succ	Stance		Delivery		
\triangleright	Leg-Swing	\triangleright	Release		
Discus	ss Throw				
۶	Grip	۶	Pivot on the Foot	۶	Release
---	-------------------	------------------	-------------------	---	----------
	Initial Stance		Pivot	≻	Recovery
۶	Preliminary Swing	\triangleright	Delivery		

Javelin Throw

- ➢ Grip ➢ Hungarian Form ➢ Approach
- Finish HoldClearing the JavelinDelivery- Release
- American Grip
 Carrying the Javelin

Hammer Throw

- Starting Position
- ➢ Winds
- > Turn

Record Book (10 Marks)

Contents: The students shall prepare a Record Book having considered the following contents: The Record Book consists of 10 marks.

- Track Marking on graph paper and Geo-tagged Photos while marking on ground.
- Fundamental Skills
- Advance Drills
- Periodization

• Rules

> Deliver

• Technical Equipment

Direction of the Feet Advancement

- Score sheets
- Recent Records of National and International event

Viva-Voce (20 Marks)

Viva shall be conducted on two field events of the contents of Record Book as already cited. **Performance on events (20 Marks)**

Performance has to be 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.

External Marks – (70)

Doll No	Record Book	Viva on Rules &	Perfor	mance	Field N	Marking	Total
Kon 110.	(10M)	Regulation (20M)	Jump (10M)	Throw (10M)	Jump (10M)	Throw (10M)	(70M)

Date:

Semester II

22 MPED-114

GAME SPECIALIZATION KABADDI / KHO-KHO

Internal Marks - (30)

Roll No.	Conduct of Class	Skill/Assignment	Attendance	Total
	(10 M)	(10 M)	(10 M)	(30M)

The examinee has to demonstrate any 2 skills from the opted game individually with proper explanation phase by phase. Each skill consists of 5 marks, in total 10 marks. Playing efficiency has to be judged on the basis of advanced skills executed in terms of offensive and defensive manner during play. The Conduct of Class consists of 10 marks and Attendance 10 marks in total 30 marks.

Record Book (10 Marks)

Contents: Brief history

- Fundamental Skills
- Advance Drills and Their Training
- Rules and Equipment
 - 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 Record 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 playground. He/she shall know technical aspects of

marking of the ground to anticipate the question in general asked by the external examiner.

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

External Marks - (70)

Date:

Semester II 22 MPED 115 TEACHING LESSONS ON TRACK (3) & FIELD (3) EVENTS

Internal Marks – (30)

	Lessons							
Dall Ma	Track Event			Field Event			Total	
KOII INO.	L1	L2	L3	L4	L5	L6	(30M)	
	(5M)	(5M)	(5M)	(5M)	(5M)	(5M)		

Six teaching and coaching lesson plans on field events (throws and jumps), consists of (05) 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.	Pers	onal Prepara (35 M)	ation	Tech	Technical Preparation (35 M)			
Marks	Fluency (10M)	Command (10M)	Class Org. (15M)	Teaching (10M)	Pedagogy (10M)	Teaching Aids (15M)	Total (70 M)	

Date:

- 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/organization, 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 organization, diagrams, laptops, PowerPoints (if needed) and way of teaching & pedagogy etc. will be considered under Technical Preparation which consists of 35 marks, so both, personal and technical preparations, totaling 70 marks for the external examination.

Semester II 22 MPED 116 CLASSROOM TEACHING LESSON (Sports and Games Theory Course)

Internal Marks - (30)

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

- Five classroom teaching lesson plans, pertaining to five different games and sports of the different physical education courses to 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)			Tecl	Total (70 M)		
Marks	Fluency (10M)	Class Control (10M)	Content Knowledge (15M)	Pedagogy (10M)	Teaching Aids (10M)	Facilitator Personality (15M)	

Date:

- 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, Content Knowledge, 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 organization, diagrams, laptops, PowerPoints (if needed), pedagogy, Facilitator Personality, 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

Theory Courses 22 MPEd 201 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

- UNIT I 1. Introduction to Sports Training & Coaching
 - a) Meaning, definitions, aim and objectives of Sports Training and Coaching.
 - b) Characteristics of Sports Training.
 - c) Principles of Sports Training and Coaching
 - 2. a) Qualities and qualifications of a successful coach.
 - b) Nature and scope of coaching profession
- UNIT II 1. a) Sports Talent Identification and Development
 - b) Psychological and sociological factors in training competition.
 - 2. a) Technique: Meaning of technique, skill and style, significance of technique training in different sports.
 - b) Factors affecting technique training, phases of technique training and their implications.
- **UNIT III** 1. Training Load and Recovery:
 - a) Factors of training load: quality of movement, types of exercise, load volume, load intensity
 - b) Principles of Loading.
 - c) Over Load: meaning, causes, symptoms and tackling
 - d) Adaptation process- factors affecting recovery, means of faster recovery.
 - 2. Meaning, forms, factors determining and training methods of a Strength, b) Speed c) Endurance d) Flexibility e) coordinative abilities:
- **UNIT IV** 1. Tactical Training: Meaning of strategy and tactics, difference between strategy and tactics, significance of tactics, tactical training means.
 - 2. Competitions: Types and importance of competitions as a method of training.
 - 3. Environmental factors and Sports Training.
- **UNIT V** 1. Periodization Meaning and types of periodization, contents of training and coaching for different periods.
 - 2. Planning- Meaning, principles and types of training plans.
 - 3. Monitoring of the training schedule.

REFERENCE BOOKS:

- Dick Franek W. "Sports Training Principles" Ist edition 1980: Henry Kimpton Publishers Ltd. Leigon Road London NWS2QL
- 2. Herre Dictrich, "Principles of Sports Training", 1982 Sports verlag, Germany.
- Matyeyer L.P., "Fundamentals of sports training", 2nd Edition 1981, Published by Progress Publishers Mosco, Russia
- 4. Singh Hardyal;" Science of Sports Training" (New Delhi, Dvs Publications) 1997, Kirti Nagar, Kalkaji, New Delhi.
- 5. Uppal A.K. Principles of Sports Training (Delhi: Friends Publications) 2001
- 6. Uppal A.K. Science of Sports Training (Delhi: Friends Publications) 2009
- 7. Lawther John D. Psychology of Coaching (Prentice Hall, Inc. Engle wood Cliffs)

Semester III 22 MPEd 202 SPORTS MEDICINE

UNIT - I Introduction to Sports Medicine

- i. Meaning, concept and scope of Sports Medicine
- ii. Historical back ground of Sports Medicine
- iii. Need and importance of Sports Medicine

Hygiene and Athlete:

- iv. Sports hygiene: Meaning, concept and scope
- v. Personal hygiene; Bodily cleanliness, personal belongings,
- vi. Hygiene in camps and competitions

UNIT - II Health Hazards in sports

- i. Dope: History, definition, classification and their adverse effects on Health and Sports performance
- ii. Role of Managers and Coaches in controlling the dope problems
- iii. Malnutrition among athletes and its correction, Environmental Stress Safety in sports
- iv. Gymnasium, play ground and swimming pool safety
- v. Safety appliances in different sports and their uses
- vi. Provisions of safety rules in competitive sports and principles of safety

UNIT - III Sports Injuries :

- i. Classification of injuries in sports
- ii. Causes of injuries in sports
- iii. Role of rules and regulations in prevention of injuries
- iv. General preventive measures to minimize sports injuries
- v. Specific preventive measures to minimize sports injuries

UNIT - IV Management of Sports Injuries

- Soft tissue injuries: Signs, Symptoms and Management of -
- i. Abrasions, Blisters, Lacerations, Puncture wounds, Corn, Contusions
- ii. Muscle strains, Tendon injuries, Bursitis & Sprains
- iii. Dislocations : Causes, Signs, Symptoms and Management
- iv. Fractures : Types, Causes, Signs, Symptom and Management
- v. Head Injuries

UNIT - V Physiotherapy and its use in the treatment and rehabilitation in sports injuries.

- i. Exercise therapy : Types and Principles
- ii. Massage Therapy : Types, Techniques, Indication and Contra indications.
- iii. Therapeutic Modalities
- iv. Different forms of Hydrotherapy and thermotherapy
- v. Hot and Cold Packs, Whirlpool, Contrast bath, Parafin bath
- vi. Infrared, Ultra-violet, Ultra Sonic, Short wave diathermy, Electric Muscle Stimulation, Indications and Contra-indications of each therapy
- Practical: Lab, Practical and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, visit to TV centre etc. should be planned internally. 3 Projects on sports injuries.

Reference Books Recommended:

- 1. Marua K. Anderson, Malissa marlin : "Quick References Guide for sports injury Management"
- 2. Dr. P.K. Pande Sports Medicine
- 3. Griffith H. Winter : " Complete guide to sports, injuries.
- 4. Borozne, Joseph and bechar stanley, safely in team sports.
- 5. Clarke Kenneth S: Drugs and the coach
- 6. Borozne, Joseph and Pechar stanly: Administration and Supervision for Safety in Sports.
- 7. Ryan A.J. and Fred L. Athman : " Sports Medicine"
- 8. Johnson W.R. : Science and Medicine of exercise and sports.
- 9. Govindarajulu N. Sports Medicine, Friends Publications, New Delhi, India

Semester III 22 MPEd 203 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Core)

UNIT I – Introduction to Sports Management

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Personal Policies, Role of Personal Manager in an organization, Personnel recruitment and selection.

UNIT II – Programme Management

Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Competitive Sports Programs, Benefits, Management Guidelines for School, Colleges Sports Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program, Budget and Office Management.

UNIT III – Equipment and Public Relations

Purchase and Care of Supplies of Equipment, Guidelines for selection of Equipments and Supplies, Equipment Room, Equipment and Supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment. Public Relations in Sports: Planning the Public Relation Program – Principles of Public Relation – Public Relations in School and Communities – Public Relation and the Media. Marketing

UNIT IV – Curriculum

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.

UNIT V – Curriculum Sources

Factors that affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopaedias, Magazines, Internet. Integration of Physical Education with other

Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation. **Reference:**

Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.

Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.

Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.

Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.

Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.

Chakraborthy & Samiran. (1998). Sports Management. New Delhi: Sports Publication.

Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.

Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.

John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.

McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research, U.K. Routledge

NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.

NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.

NCERT (2005). National Curriculum Framework, New Delhi: NCERT.

NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.

Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.

Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

Semester III 22 MPEd 204 SPORTS ENGINEERING (Elective)

Unit - I Introduction to sports engineering and Technology

Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.

Unit - II Mechanics of engineering materials

Concept of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities –Gait, Posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

Unit- III Sports Dynamics

Introduction to Dynamics, Kinematics to particles – rectilinear and plane curvilinear motion coordinate system. Kinetics of particles – Newton's laws of Motion, Work, Energy, Impulse and momentum.

Unit- IV Building and Maintenance:

Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.

Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration. **Building process**: - design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurnish, demolish. **Maintenance policy**, preventive maintenance, corrective maintenance, record and register for maintenance.

Unit – V Facility life cycle costing

Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

Reference

Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)

Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)

Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)

Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)

Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)

Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)

Colin White, Projectile Dynamics in Sport: Principles and Applications

Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)

Semester III 22 MPEd 204 PHYSICAL FITNESS AND WELLNESS (Elective)

Unit I – Introduction

Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness.

Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit II – Nutrition

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs.

Unit III – Aerobic Exercise

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running,

distance running, aerobics and circuits.

Unit IV – Anaerobic Exercise

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training

Unit V – Flexibility Exercise

Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates and Yoga.

Reference:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

PRACTICAL Semester - III 22 MPED 205 SPECIALIZATION IN INDIVIDUAL GAME

Boxing/Wrestling/Judo/ Taekwondo/ Mallakhamb/ Badminton

(Any one)

Internal Marks – (30)

Roll No.	Conduct of Class	Skill/Assignment	Attendance	Total
	(10 M)	(10 M)	(10 M)	(30 M)

The examinee has to demonstrate 2 skills from the opted games individually with proper explanation phase by phase, each skill consists of 5 marks, in total 10 marks for 2 skills. The playing efficiency/skill has to be judged on the basis of advanced skills executed in terms of offensive and defensive ways during play as a whole. The skill/playing efficiency consists of 10 marks and attendance, in total 30 marks. 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 the basic skills, strategies and rules followed by advanced skills of the concerned game.

Record Book (10 Marks)

- Brief History
- Fundamental skills
- Advance drills and their training methods
- Strategies and tactics
- Rules

II) Viva (20 Marks)

Viva pertaining to the game opted for final examination shall be conducted in terms of contents mentioned in the Record Book.

III) Playing Efficiency (20 Marks)

The 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 behaviour etc.

- Technical equipment
- Score sheets
- Recent records of National and International tournaments
- Marking of Playing area

IV) Officiating (10 Marks) Proper use of uniform, displaying the signals, sense of humor etc be assessed during officiating.

External Marks- (70)

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

Date:

Name and Signature of Examiner

Semester - III 22 MPED 206: ELECTIVE 4

A. RESEARCH PROJECTS WITH INTERDISCIPLINARY APPRAOCH (IN GROUPS)

INTERNAL MARKS - (30)

Roll No.	Research Project: Minimum Four and Maximum Five Students. (10 M)	Reports Writing by All the Students (20 M)	Total (30 M)

Out of 10 Marks and 20 Marks each student has to be Assessed.

Field of Research Projects: The Projects Will Be Assessed In:

- *Significance of The Topics
- *Efforts Involve in Completion of Projects
- *Methodology of the Projects
- *Nature of the Projects
- *References in Research
- *Outcome of the Projects

Duty discharge recording: students who have undertaken projects are advised to keep records of their projects in all respects for their evaluation.

- The project undertaken by the group will have responsibility of writing reports of their project which will be subjects of evaluation by their internal and external examiners.
- The completed research project will be presented combined by groups for its evaluation by examiners.

• The group of students who completed the research project will be subject of viva to explain each aspect of completed research project.

Here, the aim is to provide maximum exposure to our post graduate students to acquire research skills for their future professional development.

EXTERNAL MARKS-70

Roll. No.	Reports of Project (20M)	Presentation of Project Report (30M)	Viva (20M)	Total (70M)

Semester - III

22 MPED 206: ELECTIVE 4

B. SPORTS COACHING (90 DAYS)

INTERNAL MARKS – (30)

Roll	Progress Reports	Effectiveness and Feedback	Records	Total
No.	(10 M)	(10 M)	(10M)	(30 M)

The examinee will prepare a professional sports coaching camp throughout the semester with minimum 3 students under his/her coaching. Examinee must perform and have to maintain the record of the following particulars:

- 1. Preparing a training plan
- 2. Executing pre-test with proper record and geo-tag photos
- 3. Self and students' attendance record along with geo-tag photos.
- 4. Maintenance of ground and field area.
- 5. Organizing an intramural or extramural competition for the evaluation of the performance of students.
- 6. Preparing a progress report.
- 1. Keeping the basic Physiological, psychological and physical record of the students.
- 2. Counter measures applied in case of injury or negative aspects.
- 3. Executing post-test after the completion of training plan of 90 days.

Note: The internal examiner will guide and supervise the training plan throughout the 90 days of training. Only 5 examinees are allowed in each game.

EXTERNAL MARKS-70

Roll. No.	Progress Reports of the Students (20M)	Presentation of the Training Plan (30M)	Viva (20M)	Total (70M)

Semester - III 22 MPED 207 ONLINE EDUCATION / MOOC/ INTERDISCIPLINARY COURSES

The examinee can pursue the credit-based course form any MOOC platform or Interdisciplinary Courses with minimum of 2 credits, whichever is available at the time of ongoing semester. (SWAYAM, Up-Grad, Udemy, NPTEL, edX, etc.) The examinee will be continually evaluated by both his and her teachers and by the student. The evaluation can be taken in any form or grading system is used to assess the student's performance.

References: <u>https://www.mooc-list.com/</u>

www.classcentral.com/report/mooc-platforms/

- Select any available course from the list attached herewith.
- The courses which have already been completed cannot be repeated.

External Marks - (100)

Roll No.	Name of the Course	Platform	Total (100 M)

Date:

Semester - III

22 MPED 208

SKILL ORIENTED COURSE

Total Marks

100 Marks

Examination system

100 Marks

Note:

- Select any available course from the list attached herewith.
- The courses which have already been completed cannot be repeated.

	Short Term Course List (Skill Oriented Courses)											
			Ι	Departn	nent of Sci	ience						
Sr. No.	Name of the Course	Course Type [Theory (T)/ Practical (P)/ Skill development (S)]	Duration in Hrs.	Total Credits	Frequency in an Academic Year	Method of Evaluation	If Marks then Total Marks	If Grade then Details				
1	Certificate in Computer Fundamentals	T and P	30	4	2	Written Exam and Oral Exam	50	A Grade Marks>=75%; B Grade Marks>=50% and Marks<75; C Grade Marks>=40% and Marks < 50%; NO Grade/ Fail for Marks<25%				
2	Fundamentals of Arduino	T and P	60	4	1	Written Exam and Oral Exam	100	Same as above				
3	Foundation of Statistics	T and P	45	4	1	Written Exam and Oral Exam	100	Same as above				
4	Statistical Analysis	T and P	60	4	1	Written Exam and Oral Exam	100	Same as above				

5	English Speaking	T and P	60	4	1	Written Exam and Oral Exam	100	Same as above			
6	Communication Skills	T and P	60	4	1	Written Exam and Oral Exam	100	Same as above			
7	Certificate Course in MS Office	T and S	30	2	2	Written Exam and Oral Exam	50	Same as above			
8	Certificate Course in PCB Design	T and S	30	2	2	Case Study Presentation	50	Same as above			
9	Data Analysis in MS- Excel	T and S	30	2	1	Written Exam and Oral Exam	50	Same as above			
	P. G. Department of Computer Science and Technology										
Sr. No	Name of the Course	Course Type [Theory (T)/ Practical (P)/ Skill development (S)]	Duration in Hrs.	Total Credits	Frequency in an Academic Year	Method of Evaluation	If Marks then Total Marks	If Grade then Details			
1	Certificate Course in Software Testing	T and P	45	3	1	Written Exam and Oral Exam	100	A Grade Marks>=75%; B Grade Marks>=50% and Marks<75; C Grade Marks>=40% and Marks < 50%; NO Grade/ Fail for Marks<25%			
2	Certificate Course in Website Development	T and P	45	3	1	Same as above	100	Same as above			
3	Certificate Course Introductory Data Science	Т	30	2	1	Same as above	100	Same as above			

4	Certificate Course in Data Science with Python	T and P	60	4	1	Same as above	100	Same as above			
5	Certificate Course in Mobile Application Development	T and P	30	2	2	Same as above	100	Same as above			
6	Certificate Course in LAMP	T and P	60	4	1	Same as above	100	Same as above			
7	Certificate Course in Full Stack Development	T and P	60	4	1	Same as above	100	Same as above			
8	Certificate Course in Cyber laws and Cyber Security	T and P	60	4	1	Same as above	100	Same as above			
			D	epartm	ent of La	nguages					
1	Certificate Course in English Speaking	T and P	45	4	1	Presentation	50	Same as above			
2	Certificate Course in Communication Skills	T and P	45	4	1	Written Exam and Oral Exam	100	Same as above			
	Department of Physical Education										
1	Certificate course in Swimming	Р	60	2	1	Oral Exam	50	A Grade Marks>=75%; B Grade Marks>=50% and Marks<75; C Grade Marks>=40% and Marks < 50%; NO Grade/ Fail for Marks<40%			

2	Certificate Course in Health, Hygiene and Fitness	T and P	60	4	1	Written Exam and Oral Exam	100	Same as above
3	Certificate course in First Aid	Р	60	2	1	Written Exam and Oral Exam	50	Same as above
4	Certificate course in Sports Nutrition	Т	60	4	1	Case Study Presentation	50	Same as above
5	Certificate Course in Band, Bigule and Flute	Р	60	2	2	Oral Examination	50	Same as above
6	Certificate Course in Cricket	Р	60	2	2	Oral Examination	100	Same as above
7	Certificate Course in Basketball	Р	60	2	2	Oral Examination	100	Same as above
8	Certificate Course in Hockey	Р	60	2	2	Oral Examination	100	Same as above
		De	epartmen	t of Co	mmerce a	nd Adminis	tration	
1	Advertising Media Management	Т	60	4	1	Written Exam and Oral Exam	100	Same as above
2	Business Law	Т	60	4	1	Written Exam and Oral Exam	100	Same as above
3	Fundamentals of Management	Т	60	4	1	Written Exam and Oral Exam	100	Same as above
4	Fundamentals of Accounting	Т	60	4	1	Written Exam and Oral Exam	100	Same as above

5	Financial System	Т	60	4	1	Written exam	100	Same as above

			Depart	ment of	Yoga			
Sr. No	Name of the Course	Course Type [Theory (T)/ Practical (P)/ Skill development (S)]	Duration in Hrs.	Total Credits	Frequency in an Academic Year	Method of Evaluation	Total Marks	Grade Details
1	Certificate in Meditation	T and P	15 (5T+10P)	1	2	MCQ & Viva	50	A Grade Marks>=75%; B Grade Marks>=50% and Marks<75; C Grade Marks>=40% and Marks < 50%; NO Grade/ Fail for Marks <25%
2	Certificate in Acupressure (Level 1)	T and P	30 (15T+15P)	2	2	MCQ & Viva	50	Same as above
3	Certificate in Common Yoga Protocol	T and P	30 (15T+15P)	2	2	MCQ & Practical	100	Same as above
4	Certificate Course in Yoga Education	T and P	60 (33T+27P)	4	2	MCQ & Practical	200	Same as above
5	Travel & Tourism	T and P	15 (15T)	1	2	MCQ	30	Same as above
6	सूत्रसंचालन व निवेदन प्रमाणपत्र अभ्यासक्रम	T and P	15 (15T)	1	2	MCQ	30	Same as above
7	Certificate in Chromo Therapy	T and P	15 (8T+7P)	1	2	MCQ & Viva	30	Same as above
8	Certificate Course in Magneto Therapy	T and P	15 (8T+7P)	1	2	MCQ & Viva	30	Same as above

9	Certificate in awareness Programme in Nutrition and deficiency syndrome	T and P	15 (8T+7P)	1	2	MCQ & Viva	30	Same as above
10	Certificate in Acupressure & Manual Traction (Level 2)	T and P	30 (15T+15P)	2	2	MCQ & Viva	50	Same as above
11	Daily English Certificate Course	T and P	30 (15T+15P)	2	2	MCQ & Viva	50	Same as above

External Marks – (100)

Roll No.	Name of the Course	Sessional 80M	Attendance 10M	Assignment 10M	Total (100 M)

Date:

Semester IV

Theory Courses

22 MPEd 209 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication Communication Barriers & Facilitators of communication Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues

Unit III – Applications of MS Office and SPSS

MS Word: Main Features & its Uses in Physical Education MS Excel: Main Features & its Applications in Physical Education MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education MS Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & Brochure Introduction to SPSS for data analysis

Unit IV – ICT Integration in Teaching Learning Process

Approaches to Integrating ICT in Teaching Learning Process Project Based Learning (PBL) Co-Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension

Unit V – E-Learning & Web Based Learning

E-Learning Web Based Learning Virtual Classroom Artificial Intelligence

Practical examinations on two techniques: MS office/SPSS/E-Learning/Computer applications

REFERENCES:

- Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
- Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
- Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
- Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
- ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
- Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006.
- Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
- Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

Semester IV 22 MPEd 210 SPORTS PSYCHOLOGY

UNIT I - Introduction

Meaning, Definition, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure – Measuring of Personality Traits. Effects of Personality on Sports Performance.

UNIT II -

Psychological aspects of Sports

Achievement Motivation, Assessment of Achievement Motivation. Imagery, Self-Efficacy, Anxiety, Aspiration, Stress, Aggression, Self-Concept, will to win, Focus and Flow

UNIT III – Goal Setting

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. 4cs (Concentration, Control, Confidence, Commitment); Relaxation: Meaning and Definition, Types and Methods of Psychological relaxation. Assessment of psychological aspects of sports

UNIT IV – Sports Sociology

Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution. National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Leadership: Meaning, Definition, types. Leadership and Sports Performance.

UNIT V – Group Cohesion

Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. Current Problems in Sports and Future Directions – Sports Social Crisis Management – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Practicals: At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.) Practical: Finger Dexterity, perception: Depth, size, distance, weight, time; Mirror terser, steadiness,

REFERENCES:

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc.

John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.

Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

Whiting, K, Karman.,. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

Kamlesh, ML (2011). Psychology in Physical Education and Sport

Semester IV 22 MPEd 211 ELECTIVE 5 - DISSERTATION

- 1. A candidate shall have dissertation for M.P.Ed. IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
- 2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IV Semester Examination.
- 3. The candidate has to face the Viva-Voce conducted by DRC.

Semester IV 22 MPEd 211

ELECTIVE 5

PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION AND SPORTS

UNIT - I Foundation of professional preparation

Historical perspective of religious teachers training in India, Meaning, Nature and Criteria of Profession, types of physical education programs in India, Specific qualifications and courses for Physical Education teachers need and importance eligibility criterion, NCTE norms for physical education teachers, NEP for physical education.

UNIT - II Teacher Education

Duties and services physical education teachers, Teaching coaching and training as a profession, Community responsibilities and leadership program, Adventure sports and leadership activity for teachers.

UNIT – III In Service Education of Professional Personnel

Nature and Scope of in-service education, Need of in-service education, Professional organizations, and Associations for in service education, Role of in-service education in career advancement, promotions and Incentives.

UNIT-IV Physical profession in educational Institutes

Development program for different levels of education: Kindergarten, elementary school, Middle School, High School and Higher Secondary School, College and University, Special institution (Technical School & orphan hostel) special days, national days etc., Co-education in physical education – Interrelating the Programs for boys and girls. Activities suitable for co-education

UNIT V Preparation for Professionalism

Physical preparation for teachers, Psychology for Interview, Preparation of Resume, CV, presentation of self, information procurement for professionalism, Current trends, Development of teacher education in Physical Education, Professional courses in sports and physical education in India and content of courses, Qualities, and qualification of physical education personnel.

Reference Books Recommended:

- 1. Foundation of Physical Education and Sports Bucher, Wuest:
- 2. Seidel, Reseck: Physical Education: An Overview (2nd Edn.)
- 3. Richard S. Revenes: Foundation of Physical Education
- 4. Buher, Charles A: Foundation and Sports, St. Louis, The Mosby Co. 1979
- 5. Zeigler Earle A.: Physical Education and Sports.

- 6. Barrow Harold M.: Man, and Movement (3rd Edition)
- 7. Lumpki : Physical Education and Contemporary Education.
- 8. Albert Raymond, Snyler, Scoot Harry Alexander: Professional Preparation in Health, Physical Education and Recreation
- 9. Pape Laurence A. and louis E. Means: A Professional Career in a Physical education, Englewood Cliffs N. J. Prencice Hall, Inc. 1952
- 10. Vendien, C. L. and Nixon, J. E.: The world Today in Health, Physical Education and Recreation, Cliffs, N. J. Prentice Hall. Inc. 1963
- Brucel, Bennett, Maxwell, Howell, Uriel Simri: Comparative Physical Education and Sports (2nd Edition)
- 12. National plan of Physical Education and Recreation, 1956 Ministry of Education, Govt. of India
- 13. Report of the All-India Seminar of Physical Education for Principals of physical education institutions, 1950, Ministry of Education, Govt. of India
- 14. Report of the university education committee (2 Vols.)1946, Delhi, Manager of publication, Govt. of India, 1951
- 15. A Brief history of Physical Education in India by K. Rajagopalan.
- 16. History of Physical Education by E. A. Khan

Semester IV Theory Courses 22 MPEd 212 ELECTIVE 6 - Theory of Sports Specialization (Football)

Unit I i. History of the Game and Development of Football

- ii. Construction and Marking of Play grounds
- iii. Laws of the Game and their interpretations
- iv. International and National Body of Football-FIFA, AIFF
- v. National and International levels of football tournament
- vi. Awards in Football

Unit II Techniques

- i. Technique without Ball
- ii. Technique with Ball
- iii. Fundamental skills of the Game.
- iv. Step of Skill Teaching.
- v. Relationship between Tactics, Techniques and Fitness.
- vi. Motor Fitness requires for a Football player and their training methods.

Unit III Principles of Play

- i. Principles of Attack
- ii. Principles of Defence
- iii. Attacking Tactics
- iv. Defending Tactics
- v. Qualifications and duties of officials, Signals of officials.

vi. Qualifications and qualities of Coach

Unit IV Systems of Play or Formations

- i. 2:2:1:5 Scottish Formation
- ii. 3:2:5 WM formation
- iii. 4:2:4 Balanced formation
- iv. 4:3:3 Full balanced
- v. 4:4:2 Defence wing formation
- vi. 3:5:2 Midfield oriented formation

vii. Advantages, Importance and situation of set plays

Unit V Fitness Training of Footballer-

- i. Endurance training
- ii. Strength training
- iii. Speed training
- iv. Pressure training
- v. Criteria of team selection

References:

- 1. Ken Jones, Play the game Soccer (The Hamlyn Publishing Group Limited, New York)
- 2. Richard Widdows, Football Techniques and Tactics (The Hamlyn Publishing Co. Ltd., London)
- 3. Sigi Schmid & Bob Alego, Complete conditioning for Soccer (Human Kinetics, USA)
- 4. William Thomson, Teaching Soccer (Surjeet Publication, Delhi)
- 5. Stan Liversedge, Let's Play Soccer (Octopus Books Ltd., London)
- 6. N. P. Sharma, Football (Khel Sahitya Kendra, N. Delhi)
- 7. Hardayal Singh, Science of Sports Coaching (DVS Publications New Delhi)
- 8. Biru Mal and B.C. Kapri A to Z Soccer (Friends Publications New Delhi 110009)

Semester IV 22 MPEd 212 ELECTIVE 6 - Theory of Sports Specialization (Volleyball)

- UNIT I History of Volleyball
 - i. Origin and development
 - ii. Volleyball in India and Asia
 - iii. FIVB National and International Associations and their units.
 - iv. Major Tournaments : National and International level.
 - v. Awards in Volleyball

- ii. Construction and Marking of Volleyball Court.
- iii. Rules of Volleyball and its interpretations.
- iv. Qualifications and responsibilities of Officials.
- v. Different signals of Officials.
- vi. Process of filling the score sheet.

- UNIT III i. Fundamental skills
 - ii. Teaching Techniques of Fundamental Skills
 - iii. Drills and lead up games for different skills.
 - iv. Dive and Role
- UNIT IV i. Individual and Team strategies.
 - ii. Individual and team tactics.
 - iii. Attacking tactics
 - iv. Defending tactics
 - v. Qualifications and qualities of Volleyball Coach
- UNIT V i. Motor fitness components require for Volleyball players.
 - ii. Training Methods for Volleyball fitness development.
 - iii. Qualifications of Basketball Coach
 - iv. Short term and long term training plan for a Volleyball team.
 - v. Selections criteria for Volleyball player and Volleyball team.

Books Recommended:

- 1. Volleyball Skills and tactics Sagar S. K., Sports Pub., Delhi, 1994
- 2. Volleyball for coaches and teachers Heck Ann, Wm. C. Brown, Lowa, 1985
- 3. Training Volley Ball: Step to Success- Ferguson Bonnie Jill, Champaign: Leisure Press, 1957
- 4. The skills of the game Nicholls Ketin, Wittshire: The Crowwood Press, 1986
- 5. Niyam, Kaushalya Aur Tantra (Hindi)- Gayakwad Sandeep Kumar, Yavatmal Sat Chikitsa Prasarak Mandal Dr. Babas, 2007
- Volley for man and woman- Dhanraj V. Hubert, 7th Ed. New Delhi: YM.C.A. Publishing house, 1969
- 7. Volleyball: Basic & advance Sandhu Gurbakhsh Singh, Chandigarh: The sport people, 1982
- 8. Volleyball: Basic and Advanced-Singh Sandhu, 1st Chandigarh: The Sports People, 1982
- 9. Modern Volleyball; for teacher, coach and player- Nicholls Keith, 1st ed.-London: Lepus Book, 1978
- 10. Insights and strategies for winning volleyball-Hebert Michael R. -1st ed.-USA: Leisure Press, 1991

Semester IV 22 MPEd 212 ELECTIVE 6 - Theory of Sports Specialization (Basketball)

- UNIT I i. History of Basketball Game
 - ii. Origin and development of the game
 - iii. Basketball in Asia and India
 - iv. Federation/Association of Basketball: National and International and their units
 - v. Major Tournaments: National and International level

UNIT - II i. Types, Construction and Marking of Basketball Grounds / Courts.

ii. Original Rules of Basketball game and their interpretation

- iii. Rules of Amateur Basketball game and their interpretation
- iv. Qualifications and duties of officials
- v. Principles and mechanics of officiating
- UNIT III i. Fundamental skills of Basketball game
 - ii. Teaching Techniques for Fundamental Skills
 - iii. Drills and lead up games for different skills.
 - iv. Standardized tests of Basketball Playing ability
- UNIT IV i. Individual and Team strategies and tactics with ball and without ball.
 - ii. Offensive and defensive strategies.
 - iii. Tactical training-its meaning and importance
 - iv. Selection criteria of Basketball player and Basketball team
- UNIT V i. Motor fitness components require for Basketball players.
 - ii. Training Methods for fitness development.
 - iii. Qualifications of Basketball Coach
 - iv. Short term and long-term training plan for a Basketball team.

Books Recommended:

- 1. Basketball Sikhe (Hindi) Dikshit Suresh, Delhi: Sports Publication, 2006
- 2. Winning Basketball systems Warren William E., 1st ed.-Boston: Allyn and bacon, Inc., 1941
- 3. Basketball Coaching Manual K. Kanika, Delhi: Sports Pub., 2005
- 4. Basketball: A manual for coaches, instructors and players- Dettow Boris, Sport vertex Berlin, 1984
- Basketball multiple offenses and defence-Dean Smith, 1st ed. Englewood cliffs: Prentice Hall, 1981
- 6. Basketball- Srivatsan S, Patiala: NIS Publication, 1971
- 7. Basketball: A manual for coaches, instructors and players, Hercher Wolfgang, Sportvertag Berlin, 1984
- 8. Multiple defence for winning basketball: Herris Deimer, New York: Parket, 1971
- Modern Basketball Team Techniques- Mike Harkins Harry L, 1st ed. New York: Parket publishing company Inc., 1985
- 10. Basketball for man and woman- Abraham CC, Calcutta: Y.M.C.A. Publishing house, 1956
- 11. The basketball coach guides to success- Bunn John W-Englewood: Prentice Hall, Inc., 1961
- 12. Basketball: The basics for coach and player-Ambler Vic, London: Faber and Faber limited, 1979
- 13. Basketball techniques for woman: Neal Patsy, New York: The ronals press company, 1966
- 14. The Theory and science of basketball-Cooper John M. Siedentop Daryl, 2nd London: Henry Kimpton, 1975

Semester IV 22 MPEd 212 ELECTIVE 6 - Theory of Sports Specialization (Hockey)

Unit 1: Basics of Field Hockey

- Introduction to Field Hockey: History, origins, and development of the sport.
- Rules and Regulations: A comprehensive overview of the basic rules and key aspects of the game.
- Equipment: Understanding the essential gear used in field hockey and its significance.

Unit 2: Fundamentals of Field Hockey

- Player Positions and Roles: In-depth analysis of the different player positions and their responsibilities on the field.
- Essential Skills: Detailed explanation and importance of dribbling, passing, shooting, and tackling techniques.
- Defensive Tactics: Understanding marking, intercepting, and positioning in defensive play.
- Offensive Strategies: Analysis of attacking formations, goal-scoring techniques, and creating goal-scoring opportunities.

Unit 3: Sports Science and Field Hockey

- Physical Fitness and Conditioning: The role of fitness in field hockey, specific training regimes, and injury prevention.
- Nutrition and Hydration: Understanding the importance of proper diet and hydration for peak performance.

Unit 4: Field Hockey Ethics and Sportsmanship

- Fair Play: Emphasizing the spirit of fair play and good sportsmanship in field hockey.
- Code of Conduct: Examining the behavior expected from players, coaches, and officials.

Unit 5: History and Milestones

- Notable Players and Coaches: Profiles of significant figures who have contributed to the sport of field hockey.
- Major Tournaments and Events: An overview of prestigious tournaments and their historical significance.

Books Recommended:

- FIH Rule Book
- Rules of Hockey including explanations, The International Hockey Federation Rue du Valentin 61 CH 1004 Lausanne Switzerland, January 2022
- "The Illustrated History of Indian Hockey" AYajjmpDLunawN9mRtBUbWAMSNG9on1NRL by K. Arumugam

Semester IV 22 MPEd 212

ELECTIVE 6 - Theory of Sports Specialization (Handball)

UNIT NO. - 01.

- 01) Introduction of Game.
- 02) Rules of the Game.
- 03) Equipment.

UNIT No. - 02.

Fundamental Skills of Offensive Player.

Dribbling.

- i) High Dribble.
- ii) Low Dribble.

Passing :-

- i) Wrist Pass.
- ii) Bounce Pass.

- iii) Chest Pass.
- iv) Back Pass. Shooting :-
- i) Jump Shoot Long.
- ii) Jump Shoot High.
- iii) Penalty Shoot.
- iv) Running shoot.
- v) Campa Shoot.
- vi) Dive Shoot.

UNIT No. - 03

- Fundamental Skills of Defensive Player.
- Goal keeping: -- A) High Save. B) Low Save. C) Diagonal Save.
- Formation's: A) 6.0 B) 3.2.1 C) 5.1 D) 1.5 E) Man to man defence.

UNIT No. - 04

- 01) Ground Measurement.
- 02) Ground Marking.
- 03) Mechanism of Officiating.
- 04) Whistling & Hand Signals of Officials.
- 05) Score-sheet of Hand Ball.
- 06) Awards and Records.

Books Recommended:

- "Handball: A Complete Guide" by Philippe Bana and Jörg Madinger
- "Coaching Team Handball" by Reita Clanton
- "Handball Basics: All You Need to Know About Handball" by Jim Stagnitta
- "Advanced Handball Techniques and Tactics" by Klaus Feldmann
- "Handball: Techniques, Tactics, Training" by Detlef Mann

Semester IV

22 MPEd 212

ELECTIVE 6 - Theory of Sports Specialization (Cricket)

UNIT – I Introduction to Cricket

- > Overview of the game of cricket.
- 1. History and evolution of cricket.
- 2. The basic rules and regulations of cricket.
- 3. Different formats of cricket (Test, One-Day, T20)
- Cricket Administration and Management
- 1. The structure of cricket organizations (national and international).
- 2. Player contracts and financial aspects.
- 3. Sponsorship and marketing in cricket.
- 4. Ethics and integrity in cricket.

UNIT - II Cricket Equipment and Safety

- 1. Understanding cricket gear and equipment.
- 2. Proper maintenance and care of cricket gear.
- 3. Importance of protective gear and safety measures.
- 4. Warm-up and cool-down exercises for cricket.

UNIT – III Fundamental Skills

- Batting Techniques
- 1. Stance, grip, and body positioning.
- 2. Shot selection and execution.
- 3. Dealing with different bowler types.
- 4. Footwork, Shot Selection, Timing, Defensive and Attacking Shots, Running Between Wickets and Adaptability

Bowling Techniques

- 1. Understanding different types of bowling (fast, spin, medium).
- 2. Bowling action and body alignment.
- 3. Variations and tactics in bowling.
- 4. Line and Length, Swing and Seam Movement, Spin Bowling, Bowling Variations, Accuracy, Bowling Endurance

UNIT – IV Fundamental Skills and Fitness

- Fielding and Wicketkeeping
- 1. Fielding positions and strategies.
- 2. Catching, diving, throwing and ground fielding (gully and slips).
- 3. Introduction to wicketkeeping.
- 4. Wicketkeeping techniques and drills.
- Cricket Fitness and Conditioning
- 1. Importance of physical fitness in cricket.
- 2. Strength training and conditioning exercises.
- 3. Injury prevention and recovery.

UNIT – V Analysis and Officiating in Cricket

- Match Strategy and Analysis
- 1. Understanding match situations and strategy.
- 2. Analysing opposition teams and players.
- 3. Captaincy and leadership on the field.
- 4. Mental preparation and sports psychology.

> Umpiring and Officiating

- 1. Introduction to cricket umpiring.
- 2. Laws of cricket for umpires.
- 3. Decision-making and match control.
- 4. Review technology and its impact.

Books Recommended:

- > [1] "The Laws of Cricket" by Marylebone Cricket Club (MCC).
- ▶ [2] "A History of Cricket" by John Major.
- > [3] "The Cricket Equipment Handbook" by Steve Hession.
- ▶ [4] "Cricket Safety" by International Cricket Council (ICC).
- ▶ [5] "The Art of Cricket" by Don Bradman.
- ▶ [6] "Batting" by Gary Palmer.
- ▶ [7] "The Art of Bowling" by Dennis Lillee.
- ▶ [8] "Spin Bowling" by Ashley Mallett.
- > [9] "Fielding: The Essentials of Cricket" by Richard Kinsey.
- > [10] "Wicketkeeping: Skills and Techniques" by Chris Taylor.
- > [11] "Strength and Conditioning for Cricket" by Ian Jeffreys.
- ▶ [12] "The Cricket Fitness Guide" by Robert Wehner.
- ► [13] "Cricket: A Mental Game" by Roy Palmer.
- ▶ [14] "Match Analysis in Cricket" by Keith Lyons.
- > [15] "Tom Smith's Cricket Umpiring and Scoring" by Marylebone Cricket Club (MCC).
- > [16] "Umpire Decision Review System (UDRS) in Cricket" by ICC.
- ▶ [17] "The Business of Cricket" by Nalin Mehta.
- ▶ [18] "Ethics in Sport" by William J. Morgan.

Semester IV 22 MPEd 212

ELECTIVE 6 - Theory of Sports Specialization (Aquatics)

Unit I. A. History, Development and Organizations:

- a) Development of modern competitive strokes
- b) FINA
- c) Swimming Federation of India

B. Teaching Techniques in Swimming

- 1. Teaching of basic Swimming Skills.
- 2. Bobbling/Submerging, Gliding, jumping into the Water, Breathing, Moving into the water
- 3. Safety and sanitary rules

Unit II. A. Training Methods in Swimming

- 1. The interval training method
- 2. Method of Teaching Swimming

B. Science of swimming.

- 1. Mechanical principles involved in swimming.
- 2. Faults and corrections

Unit III. A. Competitive swimming

1. Freestyle: Leg kick, Arm Pull, Breathing and timing, the racing start, Turns, Rules for Turns.

2. Training for freestyle sprinting, training for freestyle distance swimming.

3. Back stroke: Leg kick, Arm Pull, Breathing and timing, The racing start, Turns, the back stroke swimming rules, training.

B. Competitive Swimming

- 1. Breaststroke: Leg kick, Arm Pull, Breathing and timing, The racing start, Turns, the back stroke swimming rules, training.
- 2. Butterfly stroke: Leg kick, Arm Pull, Breathing and timing, The racing start, Turns, the back stroke swimming rules, training.

Unit VI. A. Lifesaving and water safety

- **1.** The place of lifesaving and water safety in the aquatics programme.
 - 2. Safety is everyone's responsibility, schools and camp.
 - 3. Basic principles of safety and health in aquatics.
 - 4. General safety factors, health factors, survival swimming.

Unit V. A. Water Polo:

- 1. Interpretation of 'FINA.W/P Rules
- 2. Types of passes, and types of Water polo shots

B. Rules and their Interpretation:(Swimming)

- 1. Fina
- 2. Training Terminology in Swimming

References Book

- FINA Hand Book 2013-17
- Emmett Hines: Fitness Swimming, Director and Head coach of Houston Swims.
- ✤ Aquatics for Special Population, YMCA of USA.
- Cecil M. Colwin: Swimming into the 21st Century, Leisure Press Champaign, Illinois.
- * M. Alexander Gabrielsen, Aquatics Handbook Second Edition.
- ✤ James E. Counsilman, The Science of Swimming, Prentice Hall Englewood Cliffs, N.J.
- Dr. James E. Counsilman, Competitive Swimming Manual for Coaches and Swimmers, Pelham Books London.
- Solution Science of Coaching Swimming, Leisure Press Champaign, Illinois.
- M.S. Rana, C.P.K. Mathew, G. Jagannathan, Swimming Manual for Coaches and Swimmers. Sports Authority of India Netaji Subhas Southern Center, Banglore-5.

PRACTICAL

Semester - IV

22 MPED 213

SPORTS/GAME SPECIALIZATIONS

(Football/Cricket/Basketball/ Handball/ Volleyball/Hockey/Aquatic)

Internal Marks – (30)

Roll No.	Demonstration of skills	Playing Efficiency	Attendance	Total	
	(10 M)	(10 M)	(10M)	(30 M)	

The examinee has to demonstrate 2 skills from the opted games individually with proper explanation phase by phase; each skill consists of 5 marks, in total 10 marks for 2 skills.

Playing efficiency has to be judged on the basis of advanced skills executed in terms of offensive and defensive ways during play as a whole. The playing efficiency consists of 10 marks, attendance 10 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 the basic skills, strategies and rules followed by advanced skills of the concerned game.

Record Book (10 Marks)

- Brief history
- ➢ Fundamental skills
- Advance drills and their training methods
- Strategies and tactics
- Rules & Technical equipment
- > Scoresheets
- 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 Record 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 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.

External Marks- (70)

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

Semester IV

22 MPED 214

ADVANCE COACHING LESSONS

Internal Marks – (30)

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

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 the class teacher successfully with necessary remarks and signature of the supervisor. A file of 06 lesson plans to be maintained with an Index. Based on the performance of the compiled lesson plans throughout, the examinees shall be assessed for 30 marks accordingly.

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 organization, 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.

External Marks – (70)

Coaching Lesson (Football/Cricket/Basketball/ Handball/ Volleyball/Hockey/Aquatic)

Roll No.	Personal Preparation (35 M)			Tec	Total		
Marks	Fluency	Command (10M)	Class Org.	Teaching (10M)	Pedagogy	Teaching	(70 M)
	(10101)		(1314)		(1000)		

Date:

Name and Signature of Examiner

Semester IV

22 MPED 215

PROJECTS ON ORGANIZATION OF COMPETITION AND TOURNAMENTS

Project (P) Athletics and Games

Internal Marks – (30)

Roll No.		Tatal				
	P-1 (6M)	P-2 (6M)	P-3 (6M)	P-4 (6M)	P-5 (6M)	(30M)

Five projects on athletic competition and 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 the supervisor.

Essentials of writing Projects

- 1) Appropriate form of language.
- 2) Past tense should be used while writing.
- 3) Logical development of ideas.
- Factual description & process of writing should be in present tense.
- 5) The report should be brief and clear.
- 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. Overall response.

ii) Tournaments

- 1. Occasion / organizer / sponsor etc.
- 2. Date, venue, time
- 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 thank

Power Point presentation of a Project

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

- Personality, dress up, fluency, command, daring, skill of report writing 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), presentation and experience 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.

External Marks – (70)

Roll No.	Personal Preparation (35 M)		Technical (3	Total	
Marks	Personality (15M)	Report Writing (20M)	Aids Utilized (15M)	Presentation and Experience (20M)	(70 M)

Semester IV 22 MPED 216 Internship

Internal Marks – (30)

Roll No.	Conduct of Assembly (3x2= 6M)	Tea (An Theory (3M)	ching y one) Practical (3M)	Coaching (Any one) (6M)	Sincerity (4M)	Discipline (4M)	Efficiency (4M)	Total (30M)

Duty discharge recording

An internship is an opportunity offered by one institution to potential students or students of class undergoing a training / professional programme in the institution, either in any one or both semesters in the final year or after the end of the final semester of the programme usually. It provides students with a period of practical experience in the institution relating to their field of study. The experience is 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 to an exchange and extending of services for professional experience to be continued for 15 days in a school/college/organization. Between the student and organization so that as experienced interns of few needs 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 are assessed based on the following aspects and its record.

- 1.The intern shall at least conduct three assemblies 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 shall further 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, and discipline while carrying out the concerned work. The efficiency of the intern should be placed on record thoroughly.
- 6.Schools, organizations 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 students 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 conducts 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 / counsellor.
- **Note:** A compiled filed 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 / counsellor / of the programme. Ultimately it has to be endorsed by the head of the department of the programme.

Presentation of report of Internship

A power point presentation shall be made by the examinee pertaining to the internship over 15 days, in the presence of external examiner. The 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.

External	Marks	s – (70)
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Roll No.	Personal Preparation (25M)	Technical Preparation (25M)	Question and Answers (20 M)	Total (70 M)

Name and Signature of Examiner

Date: