

**A
Report
On
Restructuring of PG syllabus under the Faculty of Arts etc,
The University of Burdwan
(Under CBCS)
w.e.f 2022**

**Course- M.P.Ed
Subject- Physical Education
Department - Physical Education**

The University of Burdwan

January, 2022

Gopa Saha Roy.

Restructuring of PG syllabus under the Faculty of Arts
The University of Burdwan
(Under CBCS System) 2022

[Common Structure (Except MBA, MBA(HR), MBA(Tourism), M.P. Ed, M.Ed. and Law. However, for these Programmes, the guidelines regarding Community Engagement Course, Inter-disciplinary Elective Course and the option of Credit Transfer through SWAYAM Platform will have to be followed]

CONTENT

- A. PG COURSE STRUCTURE AND GUIDELINE FRAMEWORK OF TEACHING – LEARNING PROCESS**
- B. DETAILED SYLLABUS STRUCTURE (THEORY, PRACTICAL, INTERDISCIPLINARY ELECTIVE COURSE AND COMMUNITY ENGAGEMENT COURSE.)**
- C. GENERAL AGREEMENT**
- D. GUIDELINES FOR QUESTION AND EVALUATION PATTERN**

Gopa Saha Roy.

A

**THE UNIVERSITY OF BURDWAN
CURRICULUM FREAMWORK
TWO -YEAR M.P.ED. PROGRAMME**

SEMESTER - I

Part A: Theoretical Course							
Course Code	Title of The Paper	Total Hours	Credit	Internal Examination Marks	University Examination Marks	Total Marks	
Core Course							
MPCC-101	Yoga Education	3	3	20	80	100	
MPCC-102	Physiology of Exercise	3	3	20	80	100	
MPCC-103	Test, Measurement And Evaluation in Physical Education	3	3	20	80	100	
Major Elective Course (any one)							
MPEC-101	Athletic Care and Rehabilitation	3	3	20	80	100	
MPEC-102	Sports Technology						
Part-B Practical Course							
MPPC-101	1. Track & Field: Running Events	A	3	3	10	40	100
	2. Gymnastics	B	3		10	40	
MPPC-102	Self Defense Specialization Karate, Judo, Boxing, Fencing, wrestling, wushu.(any two)	A	3	3	10	40	100
		B	3		10	40	
MPPC-103	Yoga (compulsory) *Aerobics/Self Defense Techniques-Martial Arts, Taekwondo/Shooting/Archer y(any one activity)	A	3	3	10	40	100
		B	3		10	40	
MPPC-104	1.Camping	A	3	3	10	40	100
	2. Mass Demonstration Activities	B	3		10	40	
Total		36	24	160	640	800	

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SEMESTER - II

Part A: Theoretical Course							
Course Code	Title of The Paper	Total Hours	Credit	Internal Examination Marks	University Examination Marks	Total Marks	
Core Course							
MPCC-201	Research Process in Physical Education & Sports Science	3	3	20	80	100	
MPCC-202	Applied Statistics in Physical Education & Sports	3	3	20	80	100	
MPCC-203	Sports Biomechanics and Kinesiology	3	3	20	80	100	
Major Elective Course (any one)							
MPEC- 201	Sports Management and Curriculum Design in Physical Education	3	3	20	80	100	
MPEC -202	Education Technology in Physical Education						
Part-B Practical Course							
MPPC-201	Track & Field 1. Jumping Events + Hurdles	A	3	3	10	40	100
		2. Gymnastics	B		3	10	
MPPC-202	1 st Games Specialization Practical Skill Kabaddi, Kho-Kho, Badminton, Table Tennis, Volleyball, Basketball, Football, Cricket, Handball, Hockey, Netball, (Any one)	A	3	3	10	40	100
		B	3		10	40	
MPPC-203	Teaching Lesson of Indigenous Activities And Sports-5 Lessons (4 Internal & 1 External)	6	3	20	80	100	
MPPC-204	Class Room Teaching Lesson on Theory of Different Sports & Games-5 Lessons (4 Internal & 1 External)	6	3	20	80	100	
Total		36	24	160	640	800	

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SEMESTER - III

Part A: Theoretical Course

Course Code	Title of The Paper	Total Hours	Credit	Internal Examination Marks	University Examination Marks	Total Marks
Core Course						
MPCC 301	Scientific Principles of Sports Training	3	3	20	80	100
MPCC-302	Sports Psychology	3	3	20	80	100
MPCC-303	Health Education and Sports Nutrition, Physical Fitness and Wellness	3	3	20	80	100
Major Elective Course (Any one)						
MPEC-301	Olympic Studies	2	2	10	40	50
	Sports Engineering					
MPEC-302						
Part-B Practical Course						
MPPC-301	1. Track & Field Throwing Events + Introduction of Heptathlon Events	3	3	10	40	100
	2. Swimming	3		10	40	
	Laboratory Practical (Two practical for each subject)		3			100
MPPC-302	A Sports Psychology (30 Marks)	A	2	6	24	
	B Physiology (40 Marks)	B	2	8	32	
	C Biomechanics & Kinesiology (30 Marks)	C	2	6	24	
MPPC-303	Coaching Lesson of Track & Field/ Gymnastics/ Swimming-5 Lessons (4 Internal & 1 External)	6	3	20	80	100
MPPC-304	Coaching Lesson of 1 st game specialization i.e Kabaddi, Kho-Kho, Badminton, Volleyball, Basketball, Football, Cricket, Handball: Total -5 Lessons (4 Internal & 1 External)	6	3	20	80	100
Total		35	23	150	600	750

Interdisciplinary Elective Course (Non Departmental)

MPMEC-305	Trends and Practices in Physical Education	4	4	10	40	50
	Or					
	[Students may opt for a Credit course from SWAYAM platform and can avail the option of credit transfer]					
Total		39	27	160	640	800

Interdisciplinary Elective course for the students of other departments, candidates have to take ONE subject MPMEC-305 Interdisciplinary Elective course. Students may opt for a 4 credit course from SWAYAM Platform and can avail the option of credit transfer.

SEMESTER - IV

Course Code	Title of The Paper	Total Hours	Credit	Internal Examination Marks	University Examination Marks	Total Marks	
Students have to take compulsory Community Engagement Course(MPCEC-400)							
MPCEC-400	Community Engagement Course	4	2	10	40	50	
Part A: Theoretical Course Core Course							
MPCC-401	Information and Communication Technology (ICT) in Physical Education	3	3	20	80	100	
MPCC-402	Sports Medicine	3	3	20	80	100	
MPCC-403	Dissertation	3	3	20	80	100	
Major Elective Course (any one)							
MPEC-401	Value and Environmental Education	2	2	10	40	50	
MPEC-402	Sports Journalism and Mass Media						
Part-B Practical Course							
MPPC-401	1. Track & Field Introduction of Decathlon events	A	3	3	10	40	100
	2. Swimming (Practical skill)	B	3		10	40	
MPPC-402	2 nd Games Specialization Practical Skill- Kabaddi, Kho-Kho, Badminton, Volleyball, Basketball, Football, Cricket, Handball (any one from major games)	A	3	3	10	40	100
		B	3		10	40	
MPPC-403	Officiating Lesson of Track & Field/ Gymnastics/ Swimming-5 Lessons (4 Internal & 1 External)	6	3	20	80	100	
MPPC-404	Officiating Lessons of 1 st game specialization- i.e Kabaddi, Kho-Kho, Badminton, Volleyball, Basketball, Football, Cricket, Handball : Total -5 Lessons (4 Internal & 1 External)	6	3	20	80	100	
Total		39	25	160	640	800	
		150	100	640	2560	3200	

MPCC403 Dissertation: (Project Paper/Practical Paper):

Based on Survey Report, Assignment, Presentation and Viva-Voce.

- ❖ Internal Evaluation : 20 marks
- ❖ Presentation and Viva-Voce (in the presence of external experts from other Universities/Institutions): 80 marks

MPCEC 400 Community Engagement Course:

Students have to participate in the Community Engagement programmes/ activities of the department for the concerned year and follow it up with a written Report & Presentation and Viva-Voce. The main objectives are to develop an appreciation of rural culture, lifestyle and wisdoms among students, to learn about the states of various agricultural and rural development programmes, to understand causes for rural distress and poverty and explore solutions for the same and to apply class room knowledge of courses to field realities. Evaluation pattern would be as follows:

- Report writing: 10 marks
- Presentation and viva-voce: 10 marks (in the presence of external expert(s) from other Departments of the Home University)

MPCEC 400 Community Engagement Course:

- **Community Engagement Course MPCEC 400:**
These are field based practical activities pertaining to the services to the communities. Department must specify the Community Engagement activities/Programmes linking with the broad themes as specified).

Broad Community Engagement Programmes/ activities(UGC Prescribed)

- Appreciation of Rural Society
- Understanding Rural Society
- Rural Institutions
- Rural Development Programmes, etc.

(For details see National Curriculum Framework and Guidelines, UGC, January 2020, page 11)

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B

SEMESTER - I THEORY COURSES MPCC-101 YOGA EDUCATION

Unit I – Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, 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 – Asanas and Pranayam

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- types, means/ methods and benefits of balancing their functions. Nadis: Meaning, types, means/methods and benefits of balancing their functions. Chakras: Major Chakras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalabhati- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra 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, Techniques 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- Power Yoga. 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 Practical 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 Yogic Practices. Lonavala: Kanchan Prakashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.

Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Swami Satyananda Sarasvathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.

Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.

Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.

SEMESTER - I
THEORY COURSES
MPCC-102 PHYSIOLOGY OF EXERCISE

UNIT I – Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II – Cardiovascular System and Exercise

Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the

Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate –

Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system.

UNIT III – Respiratory System and Exercise

Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system.

UNIT IV – Metabolism and Energy Transfer

Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

UNIT V – Climatic conditions and sports performance and ergogenic aids

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

Note: Laboratory Practical in Physiology be designed and arranged internally.

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.

SEMESTER - I
THEORY COURSES
MPCC-103 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 Considerations.

UNIT II – Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for 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 – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

UNIT III – Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's Physical Fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

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, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

UNIT V – Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor- Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

Note: Practical of indoors and out-door tests be designed and arranged internally.

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 Publishing 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.
Champaign IL:
Human Kinetics
Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

SEMESTER – I

THEORY COURSES (MAJOR ELECTIVE)

MPEC-101 ATHLETIC CARE AND REHABILITATION (Elective)

Unit I – Corrective Physical Education

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture. Posture test – Examination of the spine.

Unit II – Posture

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

Unit III – Rehabilitation Exercises

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

Unit IV – Massage

Brief history of massage – Massage as an aid for relaxation – Points under consideration 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 manipulation: Effleurage – Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

Unit V – Sports Injuries Care, Treatment and Support

Principles of prevention of Sports injuries – care and treatment of exposed and unexposed injuries in sports – Principles to apply cold and heat, infrared rays – Ultrasonic, Therapy – Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

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)

REFERENCES:

Doherty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lacey, M.
V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967)
Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbone, J.I. (1965)
Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968)
Preventive and Corrective Physical Education, New York.

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SEMESTER – I
THEORY COURSES MAJOR ELECTIVE
MPEC-102 SPORTS TECHNOLOGY (Elective)

Unit I – Sports Technology

Meaning, definition, purpose, advantages and applications, General Principles and purposes of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

Unit II – Science of Sports Materials

Adhesives- Nano glue, nano moulding technology, Nano turf. Foot wear production, Factors and application in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closed-cell and open-cell foams, Neoprene, Foam. Smart Materials – Shape Memory Alloy (SMA), Thermo chromic film, High-density modelling foam.

Unit III – Surfaces of Playfields

Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials – synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipments. Use of computer and software in Match Analysis and Coaching.

Unit IV – Modern Equipment

Playing Equipments: Balls: Types, Materials and Advantages. Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring Equipments: Throwing and Jumping Events. Protective Equipments: Types, Materials and Advantages. Sports equipment with nano technology and Advantages.

Unit V – Training Gadgets

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine, Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminosity. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.

REFERENCE:

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) “Selection of Engineering Materials” UK: Butterworth Heiremann.
- Finn, R.A. and Trojan P.K. (1999) “Engineering Materials and their Applications” UK: Jaico Publisher.
- John Mongilo, (2001), “Nano Technology 101 “New York: Green wood publishing group.
- Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
- Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
- Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

SEMESTER - II
THEORY COURSES

MPCC-201 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – Introduction

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.

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 Sampling, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Cauterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, 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.(Students will prepared a sample project report).

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; HumanKinetics;
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 II THEORY COURSES

MPCC-202 APPLIED STATICTICS 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. 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.

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

UNIT IV – Probability Distributions and Graphs

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

UNIT V – Inferential and Comparative 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 and ANCOVA.

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

REFERENCE

- 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) Reserach 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

MPCC-203 SPORTS BIOMECHANICS AND KINSESIOLGY

UNIT I – Introduction

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

UNIT II – Muscle Action

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.

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principals related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force - Force components .Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV – Projectile and Lever

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

UNIT V – Movement Analysis

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

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

REFERENCE:

- Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
- Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
- Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

SEMESTER II THEORY COURSES

MPEC-201 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Major Elective)

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 – Program 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.

UNIT III – Equipments and Public Relation

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

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, contextuality 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: Moby Publishing Company.
- Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.
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Samiran. (1998) . Sports Management. New Delhi: Sports Publication. Charles, A, Bucher & March, L,
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- 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.
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- 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.
- Yadvinder Singh. Sports Management, New Delhi: Lakshay Publication.

SEMESTER II
THEORY COURSES
THEORY COURSES MAJOR ELECTIVE
MPEC-202 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND
SPORTS (Major Elective)

Unit I – Nature and Scope

Educational technology-concept, Nature and Scope. Forms of educational technology, teaching technology, instructional technology, and behavior technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent). Programmed learning stage; Media application stage and Computer application stage.

Unit II – System Approach to Physical Education and Communication

System Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies; Instructional Strategies and Media for Instruction. Effectiveness of Communication in instructional system; Communication - Modes, Barriers and Process of Communication.

Unit III- Instructional Design

Instructional Design: Concept, Views, Process and stages of Development of Instructional Design. Overview of Models of Instructional Design. Instructional Design for Competency Based Teaching: Models for Development of Self Learning Material.

Unit IV – Audio Visual Media in Physical Education

Audio-visual media - meaning, importance and various forms Audio/Radio: Broadcast and audio recordings - strengths and Limitations, criteria for selection of instructional units, script writing, preproduction, post-production process and practices, Audio Conferencing and Interactive Radio Conference. Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CCTV in instruction and Training, Video Conferencing, SITE experiment, countrywide classroom project and Satellite based instructions. Use of animation films for the development of children's imagination.

Unit V – New Horizons of Educational Technology

Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical fiber technology - laser disk, computer conferencing. etc. Procedure and organization of

Teleconferencing/Interactive video-experiences of institutions, schools and universities. Recent experiments in the third world countries and pointers for India with reference to Physical Education. Recent trends of Research in Educational Technology and its future with reference to Education.

REFERENCE:

- Amita Bhardwaj, New Media of Educational Planning". Sarup of Sons, New Delhi-2003
Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959.
Communication and Education, D. N. Dasgupta, Pointer Publishers
Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi
Essentials of Educational Technology, Madan Lal, Anmol Publications 142
K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

SEMESTER III THEORY COURSES

MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

Sports Training: Definition, Aim, Characteristics, Principles of Sports Training. Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures – Super Compensation – Altitude Training – Cross Training

UNIT II – Components of Physical Fitness

Strength: Methods to improve Strength- Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed - Repetition Method, Downhill Run, Parachute Running, Wind Sprints. Endurance: Methods to Improve Endurance- Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

UNIT III – Flexibility

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method. Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities- Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method. Types of Stretching Exercises.

UNIT IV – Training Plan

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans. Periodisation: Meaning, Single, Double and Multiple Periodisation. Preparatory Period, Competition Period and Transition Period.

UNIT V – Doping

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping substances and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations: over-the-counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education.

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REFERENCES:

- Beotra, Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
- Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
- Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P.
- Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
- Yograj Thani (2003), Sports Training, Delhi : Sports Publications

SEMESTER III THEORY COURSES MPCC-302 SPORTS PSYCHOLOGY

UNIT I - Introduction

Meaning, Definition, History, 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 Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation

Meaning, Definition and Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

UNIT III – Goal Setting

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

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 for Social Crisis Management – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Practicals: *Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)*

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.

SEMESTER III

THEORY COURSES

MPCC-303 HEALTH EDUCATION, SPORTS NURTITION, FITNESS AND WELLNESS

Unit I -Health Education, Health Problems and health Hygiene in India

Concept, Dimensions 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(Care of skin, Nails, Eye and dental hygiene), Communicable and Non Communicable Diseases; Obesity, hypertension, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc, Effect of Alcohol, Tobacco and Drugs on Health.

Unit II- Introduction to Sports Nutrition and Weight Management

Meaning and Definition of Nutrition and 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. Concept of BMI (Body mass index), Obesity and its hazard, 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.

Unit III – Introduction of Fitness and Wellness

Meaning and Definition of Physical Fitness and Wellness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identification of opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health, fitness and relationship between physical activity and lifelong wellness.

Unit IV – Aerobic Exercise and Anaerobic 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 - power walking, pacer test, interval training, incline running, distance running, aerobics and circuits. 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, Yoga.

REFERENCES:

- Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
- Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons
- 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

SEMESTER III THEORY COURSES MPEC-301 Olympic Studies

UNIT-I: Olympic Games

Ancient Olympic Games: Myths about the ancient Olympic Games, History of the ancient Olympic Games, Olympic events, Ethics of sports and Olympics.

The Modern Olympic Games: Olympic movement, International Olympic Committee (IOC) - structure and function, Olympic ceremony and Olympic sport disciplines, Winter Olympics and Paralympics - history and philosophy.

UNIT-II: Social cultural Perspectives

National and International Dimensions: National Olympic associations - formation and functions, Olympic - national and international politics, Olympic participation - criterion, and protests, Sponsorship and Broadcasting.

Olympic Legacy: Olympic legacy - meaning and the concept, Legacy dimensions - impact on the society, Hosting Olympic - cost overruns and impact, Olympic and sustainable development.

UNIT-III: Olympic Issues

Women and Olympic: Women in the Olympic Games, History of women Olympic participation, Gender verification for Olympic participation, Women in Olympic administration and sports education.

Performance Issue: Amateurism vs. professionalism, Performance enhancing modalities, World Anti Doping Agency (WADA) - Establishment, functions and IOC prohibited substances, IOC Medical Commission.

Reference:

- a. The Evolution Of The Olympic Games by F. A. M. Webster
- b. The Olympic Games: A Social Science Perspective by Kristine Toohey and A. J. Veal
- c. Olympic Turnaround by Michael Payne
- d. The Olympic Games Effect by John A. Davis
- e. The Olympic Games Explained by Vassil Girginov and Jim Parry
- f. The Olympics and Economics by Dominic Wilson
- g. Cost and Revenue Overruns of the Olympic Games by Holger Preuß, Wladimir Andreff and Maike Weitzmann
- h. A Brief History of the Olympic Games by David C. Young

Semester III

Theory Courses

MPEC-302 SPORTS ENGINEERING (Major 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 expenditure 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 of particles – rectilinear plane and 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 Hostel, 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 performed

activity,

Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Ecofriendly outer surrounding. Maintenance staff, financial consideration.

Building process:- design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurbish, 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

MPMEC-305 INTERDISCIPLINARY ELECTIVE COURSE

Trends and Practices in Physical Education and Test and Measurement in Health, Fitness and Wellness

Unit-I

Meaning, Definition and Importance of Physical Education and sports.

Aims and Objectives of Physical Education. Types of Sports and their importance in physical education. Meaning, Definition, Components and Importance of physical fitness, Motor fitness. Difference between Physical fitness and Motor fitness. Leisure time physical activity identification of opportunity in the community to participate in this activity. Current trends in fitness and conditioning. Relationship between physical activity and lifelong wellness.

Health and Health problems

Concept, Definition, aim and objectives of health, Health Education.

Communicable disease: Malaria, Diarrhoea, Chicken Pox, Common Cold- sign and symptoms and management.

Balance Diet: Components, weightage and their importance. Vitamins: Types, Sources and Importance.

Obesity: Meaning, Associated problems and management. Malnutrition: Meaning, Associated problems and management. Environmental Sanitation: Meaning scope and Importance Yoga: Definition and Types of Yoga

Astanga yoga: It's Importance in wellness. Hygiene and wellness

Meaning, Definition and types of Hygiene, personal, community and dental hygiene and their importance in wellness. Effect of Alcohol and Tobacco on health.

Stress and Hypertension- Cause and Management of Stress and Hypertension. First aid.

Unit –II

INTRODUCTION

Meaning and Definition of test, Measurement and Evaluation. Need and Importance of test, Measurement and Evaluation.

Physical fitness test- AAHPERD Youth Fitness test

Cardiovascular test- 12 mins Run/Walk Test.

Motor fitness tests- JCR test and Barrow motor ability test.

Physiological Tests

Pulse rate, Heart rate, Breath rate, Blood Pressure (Systolic, Diastolic and Mean Pressure), Vital Capacity, Breath Holding Capacity.

Psychological and Anthropometric Tests

Psychology- Personality, Self concept testing

Anthropometric – Height (Standing and sitting) Weight testing, Length testing- Arm, Leg and Foot. Circumference and width testing Hip waist shoulder.

Height weight relationships, Skin fold measurements, biceps, triceps, sub scapular and suprailliac.

SEMESTER IV

MPCEC 400 COMMUNITY ENGAGEMENT COURSE:

Students have to participate in the Community Engagement programmes/ activities of the department for the concerned year and follow it up with a written Report & Presentation and Viva-Voce. The main objectives are to develop an appreciation of rural culture, lifestyle and wisdoms among students, to learn about the states of various agricultural and rural development programmes, to understand causes for rural distress and poverty and explore solutions for the same and to apply class room knowledge of courses to field realities. Evaluation pattern would be as follows:

- Report writing: 10 marks
- Presentation and viva-voce: 10 marks (in the presence of external expert(s) from other Departments of the Home University)

MPCEC 400 Community Engagement Course:

<ul style="list-style-type: none">• <u>Community Engagement Course MPCEC 400: These</u> are field based practical activities pertaining to the services to the communities. Department must specify the Community Engagement activities/Programmes linking with the broad themes as specified).	<p><u>Broad Community Engagement Programmes/ activities(UGC Prescribed)</u></p> <ul style="list-style-type: none">• <u>Appreciation of Rural Society</u>• <u>Understanding Rural Society</u>• <u>Rural Institutions</u>• <u>Rural Development Programmes, etc.</u> <p>(For details see National Curriculum Framework and Guidelines, UGC, January 2020, page 11)</p>
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SEMESTER IV
THEORY COURSES
MPCC-401 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 in 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 – MS Office Applications

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

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
Visual Classroom

REFERENCES:

B. 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

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**SEMESTER IV
THEORY COURSES
MPCC-402 SPORTS MEDICINE**

UNIT I – Introduction

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise. Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II – Basic Rehabilitation

Basic Rehabilitation: Strapping/Tapping: Definition, Principles of Precautions, Contraindications. Proprioceptive neuromuscular facilitation: Definition of - hold, relax, repeated contractions. Show reversal technique. Exercises: Isotonic, Isokinetic, isometric stretching- Definition, Types of stretching, Advantages, dangers of stretching, Manual of muscle grading.

UNIT III – Spine Injuries and Exercise

Head, Neck and Spine injuries: Causes, Presentation of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercises for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT IV – Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

UNIT V – Lower Extremity Injuries and Exercise

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

Note- 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.,

REFERENCES:

Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.

Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

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SEMESTER IV
THEORY COURSES
MPCC-403 DISSERTATION

2. A candidate shall have a 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).
3. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.
4. The candidate has to face the Viva-Voce conducted by DRC.

SEMESTER IV
THEORY COURSES (MAJOR ELECTIVE)
MPEC-401 VALUE AND ENVIRONMENTAL EDUCATION

UNIT I – Introduction to Value Education.

Values: Meaning, Definition, Concepts of Values. Value Education: Need, Importance and Objectives. Moral Values: Need and Theories of Values. Classification of Values: Basic Values of Religion, Classification of Values.

UNIT II – Value Systems

Meaning and Definition, Personal and Communal Values. Consistency, Internally consistent and Internally inconsistent Judging Value System, Commitment, Commitment to values.

Unit- III – Environmental Education

Definition, Scope, Need and Importance of environmental studies. Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment. Plastic recycling & prohibition of using plastic bag / cover. Role of school in environmental conservation, sustainable development and Pollution free eco-system.

Unit IV- Rural Sanitation and Urban Health

Rural Health Problems, Causes of Rural Health Problems, Considerations for improvement of Rural Sanitation, Urban Health Problems, Process of Urban Health Services, Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals. Mass Education.

Unit V- Natural Resources and related Environmental Issues:

Water resources, food resources and Land resources. Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution. Management of environment and Govt. policies, Role of pollution control board.

REFERENCE:

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.

Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987 Townsend C. and others, Essentials of Ecology (Black well Science)

Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.

Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.

Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web

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enhanced Ed.) 1996.

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

SEMESTER IV
THEORY COURSES MPEC-402
SPORTS JOURNALISM AND MASS MEDIA

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 experts’ 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.

Note: 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 3rd Ed. Delhi : Surjeet Publications

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

Khera Shiv (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

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**SEMESTER I
PRACTICUM COURSE
MPPC- 101 TRACK AND FIELD: RUNNING EVENTS
AND GYMNASTICS**

Track & Field

Running Events

Fundamental skills –Short and Middle distance. Use of Starting blocks- stance on the blocks. Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish. ·Advanced Skills, Various techniques of sprint start: Bullet start, standing start , · Active game practice

Gymnastics:

Floor Exercise –

Forward Rolling, Backward Rolling, Hand Stand, Hand Stand & Forward Roll, Dive Roll, Backward Roll with Split, T-Balance, Cart Wheel, Hand Spring, Back Flip, Salto, Round off.

**SEMESTER II
PRACTICUM COURSE
MPPC-102 SELF DEFENCE SPECIALIZATION- I BOXING/ FENCING/ JUDO/
KARATE/WRESTLING/ WUSHU**

**SEMESTER I
PRACTICUM COURSE**

**MPPC- 103 YOGA (COMPULSORY), AEROBICS/ SELF DEFENCE
TECHNIQUES-MARTIAL ARTS, TAEKWON-DO/ SHOOTING/ ARCHERY**

Yoga, Asanas prescribed by Maharshi „Patanjali“, Shudhi Kriyas, jalneti, sutraneti, dugdhaneti, kunjai, Nauli, Bhastika, shatkriya, Pranayams, Anulom-Vilom, Kapalbhathi,

AEROBICS

Rhythmic Aerobics - dance Low impact aerobics High impact aerobics, kick boxing Moves March single, basics, side to side alternate, turn s/a ,double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11. kick side, corner, heel to reft, shape, 'e' shape, shapew, shape, repeater left mode, Warm up and cool down, Being successful in exercise and adaptation to aerobic workout.

**SELF DEFENCE TECHNIQUES-MARTIAL ARTS, TAEK-WON-DO/ SHOOTING/
ARCHERY**

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**SEMESTER I
PRACTICUM**

**MPCC-104 CAMPING ACTIVITI AND MASS DEMONSTRATION ACTIVITIES-
LEZIM,DUMB-BELL, UMBRELLA, TIPRI, WANDS, HOOPS/ MALKHAMBH
CAMPING ACTIVITI AND**

MASS DEMONSTRATION ACTIVITIES- Callisthenics lezium, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc. *(Students are expected to learn and organize mass drill in school situation)*

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

MALKHAMB: Table of Exercises on Malkhamb should be prepared internally for teaching.

General out-line of the contents of teaching of theory of Games and Sports

Introduction of the game/sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport. Warming-up- General free hand exercises, specific work out using equipment. Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

**SEMESTER II
PRACTICUM COURSE**

MPCC- 201 TRACK AND FIELD II: JUMPING EVENTS AND GYMNASTICS

Track & Field: Jumping Events: Running Broad Jump, Triple Jump and High Jump + Hurdles.

Gymnastics:

Apparatus-

Vaulting Table:

Through Vault, Astride Vault, Hand Spring

or

Parallel Bars:

Swing, Change, Shoulder Stand, Split, (One leg & both leg), L- Hold, Dismount.

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SEMESTER II
PRACTICUM COURSE
MPPC-202 1st GAMES SPECIALIZATION

The Candidate has choice to select any one of the following games as the Specialization – II (Second best) in 2nd Semester. (Kabaddi/ Kho-kho/ Badminton / Volleyball/ Basketball/ Cricket/ football/ Handball)

(Course contents in Game specialization should be chalked out internally).

SEMESTER II
PRACTICUM COURSE

MPPC-203 TEACHING LESSONS OF INDIGENIOUS ACTIVITIES AND SPORTS

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

SEMESTER II
PRACTICUM COURSE
MPPC-204 CLASS ROOM TEACHING

(LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES)

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching lessons as per selected games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester.

The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

SEMESTER III
PRACTICUM COURSE

MPPC- 301 TRACK AND FIELD III: THROWING EVENTS AND SWIMMING
TRACK AND FIELD: Shot Put, Discus Throw, Javelin Throw and Heptathlon Events
SWIMMING:-Life saving Technique, Free style, Back stroke,

SEMESTER III
PRACTICUM COURSE
MPPC- 302 LABORATORY PRACTICAL
Two Practical for each subject

- A. Exercise Physiology**
- I. Cardio-respiratory Endurance
 - II. Body Measurements

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- B. Sports Psychology**
- III. Personality
- IV. Anxiety/Self Concept
- C. Biomechanics & Kinesiology**
- V. Measurements of CG
- VI. Gait Analysis

**Semester III
Practicum Course**

**MPPC-303 COACHING LESSONS OF TRACK AND FIELD/
GYMNASTICS/SWIMMING**

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class, they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester.

The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**SEMESTER III
PRACTICUM COURSE**

MPPC-304 COACHING LESSONS OF 1st GAME SPECIALIZATIONS

The students of M.P.Ed – III Semester need to be develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester.

The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**SEMESTER IV
PRACTICUM COURSE**

MPPC- 401 TRACK AND FIELD AND SWIMMING

TRACK AND FIELD: Introduction of Decathlon Events

SWIMMING:-Breast stroke, Butter fly, Diving,

**SEMESTER IV
PRACTICUM COURSE**

MPPC-402 2nd GAMES SPECIALIZATION

(Any two from major games)

(Course contents in game or sport of specialization should be chalked out internally considering advance level of students and suitable to their age and gender. Practical skill test- any two)

**SEMESTER IV
PRACTICUM COURSE**

**MPPC-403 OFFICIATING LESSONS OF TRACK AND FIELD/
GYMNASTICS/SWIMMING**

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating

lesson on selected above discipline. In view of this, the students shall be provided with advance mechanism of officiating in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester.

The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**SEMESTER IV
PRACTICUM COURSE**

MPPC-404 OFFICIATING LESSONS OF 1st GAME SPECIALIZATIONS

The students of M.P.Ed – IV Semester need to be develop proficiency in taking officiating lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of officiating in selected game specialization. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester.

The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**SEMESTER IV
PRACTICUM COURSE
MPCEC 400 Community Engagement Course**

Measurement and Development of Health and Fitness

Unit I

Testing of anthropometric/ physiological/ psychological variables/ testing of physical fitness efficiency/ height, weight and BMI measurements and fat assessment of school boys and girls.

Unit II

Development of physical fitness and mental development through physical and yogic activities of school boys and girls.

Semester wise total credit value

First SEM	24
Second SEM	24
Third SEM	27+ (Including Credit value of Interdisciplinary Elective Course)
Fourth SEM	25 + (Including Community engagement Course)
Total Credits	100

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C. GENERAL AGREEMENT

- In the syllabus „Paper“ shall be designated as „course“.
- The PG syllabus shall have 3200 marks divided into 32 courses of 100 marks each (Including Interdisciplinary Elective Course) and an additional 20 marks for Community Engagement Course.
- Each course of 100 marks shall be of 3 credits each except the Inter-disciplinary Elective course which shall be of 4 credits and Community Engagement Course shall be of 2 credits
- In MPMEC 305 students may opt for a 4 credit course from SWAYAM Platform and can avail the option of credit transfer.
- A candidate has to earn at least 100 credits to earn PG degree.
- The credits to be earned in various semesters are as follows:

	<i>First Semester</i>	<i>Second Semester</i>	<i>Third Semester</i>	<i>Fourth Semester</i>
*Core Courses (Compulsory)	24	24	21	21
				(Including the course on Project)
# Major Elective Courses (Departmental)			2	2
^ Interdisciplinary Elective (Extra departmental/ SWAYAM platform)			4	
** Community Engagement Course (Compulsory)				2
Total	24	24	27	25
Grand Total	100			

- There shall be two types of courses: Core Course – A course which should compulsorily be studied by a candidate as a core-requirement is termed as a Core course. These are compulsory courses under the concerned department; Elective Course – Generally a course which can be chosen from a pool of courses and which may be very specific / specialized / advanced to the subject of study or which provides extended scope or enables exposure to some other discipline / subject / domain will be called an Elective Course. Elective courses are to be offered by the concerned department of study (Departmental Electives or Major Electives) or by sister/ related disciplines /SWAYAM platform (Interdisciplinary Electives).
- A minimum of 75 credits shall have to be earned from Departmental Core Courses and shall be Compulsory (marked with an * in the framework)
- A minimum of 20 credits shall have to be earned from Departmental Optional courses/ Major Electives (marked with a # in the framework)

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- A minimum of 4 credits shall have to be earned from Inter-disciplinary Electives offered by other departments/SWAYAM platform as stipulated by the university regulations (marked with a ^ in the framework)
- A minimum of 2 credits shall have to be earned from Community Engagement Course (marked with a * in the framework)
- In Semester-III a student shall opt for Interdisciplinary Electives of at least 4 credits from the sister departments/ SWAYAM, subject to prior approval of the departmental committee and University Authorities and uniformity of academic calendar
- In semester IV, one course entitled „Project/Name of the Project“ shall be dealing with applied part of the subject/field survey/Literature survey/Report writing etc (with 100 marks/3 credit). It is a core compulsory course. The code of the course be fixed as „MPCC403“.
- A minimum of 2 credits shall have to be earned from Community Engagement Courses. In semester IV each student shall have to participate in Community Engagement Course compulsorily from the specified programmes in the syllabus subject to the approval of the DC/PGBS. The code of the course be fixed as „MPCEC-400“.
- Each course of 3 credits shall have 3-hour session of Lectures per week over a period of one semester of at least 16 weeks for teaching-learning process.
- **Semester wise division of marks:**
 - Aggregate Marks: 3200
 - First Semester: 800 marks/24 credits (eight courses each with 100 marks)
 - Second Semester: 800 marks/24 credits (eight courses each with 100 marks)
 - Third Semester: 800 marks/27 credits (eight courses each with 100 marks/SWAYAM specification of 4 credit marks)
 - Fourth Semester: 800 marks/25 credits (eight courses each with 100 marks plus one course with 20 marks)

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D

GUIDELINE FOR QUESTION AND EVALUATION PATTERN

According to syllabus committee and NCTE recommendations following guidelines are taking under consideration:

In course of 100 marks (3 credits), all the semester examinations will be of 80 marks and rest 20 marks internal assessments will be evaluated through continuous assessment based on class test, assignment, seminar etc modalities for which are to be decided and further will be notified to the students at the beginning of the semester.

In the end of each semester there will be 8 questions of 15 marks each from unit (I to IV). In which 2 questions from each unit will be considered. Students will be answered 4 questions out of 8 questions (4 x 15 = 60) marks.

In unit-V 6 questions of carrying 5 marks will be given from which 4 questions will be answered (4 x 5 = 20) marks.

MPMEC 305 INTERDISCIPLINARY ELECTIVE COERCE (50 MARKS, 4 CREDITS)

This course is for the students of other departments. Candidates have to select one subject. However, students may opt for a 4 credit course from SWAYAN platform and can avail the option of credit transfer.

This course carries 50 marks (4 credits), in which has two parts (part 1 and part 2)

Part 1: Short type questions -30 marks

&

Part 2: Multiple question -10 marks

- ❖ Internal 10 marks will be evaluation by the (assignment + viva-voce + demonstration of some asana / pranayama and attendance of the students)

MPCC 403 DISSERTATION (100 MARKS, 3 CREDITS)

It is based on survey report, assignment and viva-voce

- ❖ Field survey and project writing 60 marks.

&

- ❖ Presentation and viva-voce 20 marks.

(In the presence of external expert from other university / Institution)

- ❖ Internal assessment 20 marks.

MPCEC 400 COMMUNITY ENGAGEMENT COURSE:- (20 MARKS, 2 CREDITS)

Students have to participate in the communist's engagement Programmes/ activities of the department for the concerned year and follow it up with a written **Report and Presentation and Viva-voce**. The main objectives are to develop an appreciation of rural culture, lifestyle and wisdom among students, to learn about the State of various agricultural and rural development Programmes to understand causes for rural distress and poverty and explore solutions for the same and to apply classroom knowledge of courses to field realities. Evaluation pattern would be as follows:

- Reporting (10 marks)
- Presentation and viva-voce (10 marks)

[In the presence of externals from other departments of the home University.

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