

**Study & Evaluation Scheme**  
**of**  
**Master of Physical Education (M.P.Ed)**  
**(REVISED)**  
**[Academic Year 2018-19]**  
**Approved by VC dated 09-08-2018**



**TEERTHANKER MAHAVEER UNIVERSITY**

**N.H. 24, Delhi Road, Moradabad, Uttar Pradesh-244001**

**Website: [www.tmu.ac.in](http://www.tmu.ac.in)**



**TEERTHANKER MAHAVEER UNIVERSITY**  
(Established under Govt .of U.P. Act No.30, 2008)  
Delhi Road, Moradabad (U.P)  
Study & Evaluation Scheme  
M.P.Ed. (Master of Physical Education)  
**SUMMARY**

<b>Programme</b>	: M.P.Ed. (Master of Physical Education)
<b>Duration</b>	: Two year (Four Semesters)
<b>Medium</b>	: Hindi/English
<b>Minimum Required Attendance</b>	: 75 %
<b>Maximum Credit</b>	: 99
<b>Minimum Credits Required For the Degree</b>	: 99
<b>Assessment (Theory)</b>	:

Internal	External	Total
40	60	100

**Internal Evaluation  
(Theory Papers)**

Class Test I	Class Test II	Class Test III	Assignment	Attendance	Total
Best two out of the Three					
10	10	10	10	10	40

**Duration  
Examination**

<b>External</b>	<b>Internal</b>
3 hrs	1 ½ hrs.

*To qualify the course a student is required to secure a minimum of 45% marks in aggregate in each course including the semester-end examination and the teacher's continuous evaluation shall be essential for passing the course and earning its assigned credits. A candidate, who secures less than 45% marks in a course, shall be deemed to have failed in that course.*

**Note: For internal assessment purpose, there will be three Class Tests in a semester and best two tests will be considered for the final result.**

**Successful completion of MPed 405 would be mandatory for the award of degree.**

**Pattern of Question Papers:**

Question Papers shall have five questions corresponding to four units of each theory course.

**M.P.Ed.: Format of question paper for external examinations.**

Each question paper shall have five questions. The pattern will be as follows:

<b>Question No.</b>	<b>Description</b>	<b>Marks</b>
1.	M.C.Q. Type Questions (10 Question, Covering whole syllabus) all mandatory	10
2.	Answer in detail ( Any One Long Question out of Two From Unit 1)	10
3.	Answer in detail (Any One Long Question out of Two From Unit 2)	10
4.	Answer in detail ( Any One Long Question out of Two From Unit 3)	10
5.	Answer in detail ( Any One Long Question out of Two From Unit 4)	10
6.	Answer in detail ( Any One Long Question out of Two From Unit 5)	10
<b>Total</b>		<b>60</b>

## Provision of Bonus Credits Maximum 04 Credits in a Programme

Sr. No.	Special Credits for Extra/ Co-curricular Activities (During Programme)	Credit	Marks
1.	<b><i>Sports participation International level Competition</i></b>	4	
	One time during the programme		85
	Two times during the programme		90
	Three times during the programme		95
	Four times during the programme/Medalist		100
2.	<b><i>Sports Achievement National level Competition</i></b>	3	
	Gold		85
	Silver		80
	Bronze		75
	Participation		70
3.	<b><i>Sports Achievement at State level Competition</i></b>	2	
	Gold		70
	Silver		65
	Bronze		60
	Participation		55
4.	<b><i>Sports Achievement at Inter University Competition (Any one game)</i></b>	2	
	Gold		65
	Silver		60
	Bronze		55
	Participation		50
5.	<b><i>Inter College Participation (min. two times)</i></b>	2	50
6.	<b><i>National Cadet Corps / National Service Scheme</i></b>	2	
	One Camp		50
	Two Camps		60
7.	<b><i>Blood donation / Cleanliness drive / Community services</i></b>	2	
	<b><i>Mountaineering – Basic Camp, Advance Camp / Adventure Activities</i></b>		
	<b><i>Organization / Officiating(Referee, Umpire, Judge) – State / National level in any two game</i></b>		50
	One time		55
	Two times		60
	Three times		65
Four times			

**Note:** Student can earn maximum 04 bonus credits during programme by his/her participation in the above mentioned activities duly certified by the Head of the Institution / department. These bonus credits will be used only to compensate loss of credits in academic activities.

In case four or more credits are obtained by more than one criteria from above, the credits/marks obtained would be the maximum of the marks obtained.

## Study & Evaluation Scheme

**Program: M.P.Ed. (Master of Physical Education)**

**Semester – I**

Sl. No.	Part A: Core Course							
	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks
	Core Course		L	P				
1	MPED101	Research Methods in Physical Education & Sports	4	-	4	40	60	100
2	MPED102	Exercise Physiology	3	2	4	40	60	100
3	MPED103	Yogic Sciences	3	2	4	40	60	100
4	MPED151	Foundation Games-I (Athletics- & Gymnastics)	-	4	2	50	50	100
5	MPED152	Mass Demonstration Activities	-	4	2	50	50	100
6	MPED153	Yoga-I	-	4	2	50	50	100
Part B: Elective Course								
7	MPED104	Tests, Measurement and Evaluation in Physical Education	(Anyone)		4	40	60	100
8	MPED105	Sports Technology	3	2				
9	MPED154	Sport Ceremony Management	(Anyone)		2	50	50	100
10	MPED155	Aerobics	-	4				
<b>Total</b>			<b>17</b>	<b>22</b>	<b>24</b>	<b>360</b>	<b>440</b>	<b>800</b>

**Semester – II**

Sl. No.	Part A: Core Course								
	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks	
	<b>Core Course</b>		<b>L</b>	<b>P</b>					
1	MPED201	Applied Statistics in Physical Education & Sports	3	2	4	40	60	100	
2	MPED202	Sports Biomechanics & Kinesiology	3	2	4	40	60	100	
3	MPED203	Athletic Care and Rehabilitation	3	2	4	40	60	100	
4	MPED251	Foundation games-II (Athletics- & Gymnastics)	-	4	2	50	50	100	
5	MPED252	Teaching Lesson- I (Indigenous Activities and Sport)	-	4	2	50	50	100	
6	MPED253	Teaching Lesson- II (Theory lesson plan)	-	4	2	50	50	100	
<b>Part B: Elective Course</b>									
7	MPED204	Sports Journalism and Mass Media	(Any One)	3	2	4	40	60	100
8	MPED205	Sports Management and Curriculum Design in Physical Education		4	-				
9	MPED254	Kabaddi-I	Sports Specialization (Minor-I) (Any One)	-	4	2	50	50	100
10	MPED255	Kho-Kho-I							
11	MPED256	Badminton-I							
12	MPED257	Table Tennis-I							
13	MPED258	Squash-I							
14	MPED259	Volleyball-I							
15	MPED260	Basketball-I							
16	MPED261	Cricket-I							
17	MPED262	Football-I							
18	MPED263	Hockey-I							
<b>Total</b>			<b>12/13</b>	<b>24/22</b>	<b>24</b>	<b>360</b>	<b>440</b>	<b>800</b>	

**Semester – III**

Sl. No.	Part A: Core Course								
	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks	
Core Course			L	P					
1	MPED301	Scientific Principles of Sports Training	4	-	4	40	60	100	
2	MPED302	Sports Medicine	3	2	4	40	60	100	
3	MPED303	Health Education and Sports Nutrition	4	0	4	40	60	100	
4	MPED351	Foundation games-III (Athletics- & Gymnastics)	-	4	2	50	50	100	
5	MPED352	Coaching lesson-I ( Track and Field/Gymnastics)	-	4	2	50	50	100	
6	MPED353	Coaching lesson-II ( Game Specialization)	-	4	2	50	50	100	
7	MPED354	Educational Tour	-	-	2	100	-	100	
Part B: Elective Course									
8	MPED304	Sports Engineering	(Any One)	4	0	4	40	60	100
9	MPED305	Physical Fitness and Wellness							
10	MPED355	Boxing-I	Sports Specialization (Minor-II) (Anyone)	-	4	2	50	50	100
11	MPED356	Judo-I							
12	MPED357	Wrestling-I							
13	MPED358	Karate-I							
14	MPED359	Taekwondo-I							
<b>Total</b>			<b>15</b>	<b>18</b>	<b>26</b>	<b>460</b>	<b>440</b>	<b>900</b>	

Semester – IV

Sl. No.	Part A: Core Course									
	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks		
Core Course			L	P						
1	MPED401	Information & Communication technology (ICT) in Physical Education	3	2	4	40	60	100		
2	MPED402	Sports Psychology	3	2	4	40	60	100		
3	MPED405	Teaching Practice (Internship)	-	-	-	-	--	--		
4	MPED451	Foundation games-IV (Athletics- & Gymnastics)	-	4	2	50	50	100		
5	MPED452	Officiating lesson-I (Track and Field/ Gymnastics)	-	4	2	50	50	100		
6	MPED453	Officiating lesson-II (Game Specialization)	-	4	2	50	50	100		
7	MPED403	Value and Environmental Education	-	4	4	50	50	100		
Part B: Elective Course										
8	MPED454	Dissertation	-	8	4	50	50	100		
9	MPED404	Educational Technology in Physical Education & Sports	4	-		40	60			
10	MPED455	<b>Sports Specialization</b>	<b>Sports Specialization (Major) (Anyone)</b>	-	6	3	50	50	100	
11	MPED456									Kabaddi-II
12	MPED457									Kho-Kho-II
13	MPED458									Badminton-II
14	MPED459									Table Tennis-II
15	MPED460									Squash-II
16	MPED461									Volleyball-II
17	MPED462									Basketball-II
18	MPED463									Cricket-II
19	MPED464									Football-II
20	MPED465									Hockey-II
21	MPED466									Boxing-II
22	MPED467									Judo-II
23	MPED468									Wrestling-II
24	MPED469									Karate-II
25	MPED470	Taekwondo-II								
		Yoga-II								
<b>Total</b>			10/14	22/30	25	360/370	430/440	800		

Note: - For sports specialization (Major) any one sports can be selected from Minor-I, Minor-II & Yoga-I.

**SEMESTER - I**  
**RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS**

**Course Code- MPED101**

<b>L</b>	<b>P</b>	<b>C</b>
4	0	4

**Objectives:** Student will be able to understand tools and methodology of research which is to be applied in the area of physical education and its applied sports sciences.

**UNIT 1 – Introduction (15 Hrs.)**

1.1 Meaning, Definition, Need, Importance and Scope of Research in Physical Education and Sports.

1.2 Types of Research- Basic, Applied and Action Research.

1.3 Meaning of Research Problem, Location Criteria of selection of Research Problem.

1.4. Formulation of Research Problem.

1.5 Qualities of a Good Researcher.

**UNIT 2 – Survey of Related Literature (15 Hrs.)**

2.1 Meaning and Need of survey related literature.

2.2 Purpose of survey related literature.

2.3 Kinds of Related Literature.

2.4 Literature Sources – Primary and Secondary

2.5 Steps in Literature Search.

**UNIT 3- Research Methods (15 Hrs.)**

3.1 Survey Study- Meaning and Tools of Survey Research.

3.2 Experimental Research – Meaning, Nature and Importance.

3.3 Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure design, Static Group Comparison Design, Equated Group Design, Factorial Design.

3.4 Historical Research- Meaning, Steps in Historical Research, Sources of Historical Research- Primary Data and Secondary Data, Historical Criticism.

**UNIT 4 – Sampling (15 Hrs.)**

4.1 Meaning and Definition of Sample and Population.

4.2 Types of Sampling- Probability Sampling Methods, Simple Random Sampling, Cluster Sampling, Stratified Sampling, Systematic Sampling Multistage Sampling.

4.3 Non-Probability Sampling Methods- Convenience Sample, Judgment or Purposive Sampling, Quota Sampling.

**UNIT 5 – Research Proposal and Report (15 Hrs.)**

5.1 Chapterization of Thesis/Dissertation, Front Material and Back materials of Thesis.

5.2 Method of Writing Research Proposal.

5.3 Writing of Thesis / Dissertation, Abstract and Full Paper for Presenting in a Conference and Journals.

5.4 Mechanics of Writing Research Report, References style.

**Text and Reference book:**

1. Best J. W Research in Education, New Jersey; Prentice Hall, Inc.
2. Clarke David. H & Clarke H, Harrison Research processes in Physical Education, New Jersey; Prentice Hall Inc.
3. Craig Williams and Chris Wragg Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press.

4. Jerry R Thomas & Jack K Nelson Research Methods in Physical Activities; Illonosis; Human Kinetics.
5. Kamlesh, M. L. Research Methodology in Physical Education and Sports, New Delhi Moses.
6. A.K. Thesis Writing Format, Chennai; Poompugar Pathippagam.
7. Rothstain, A Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
8. Subramanian, R, Thirumalai Kumar S & Arumugam C Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.
9. Moorthy A. M. Research Processes in Physical Education; Friend Publication, New Delhi.
10. Sivaramakrishnan S. Research methods In Physical Education, friend's publication, New Delhi.

**Latest editions of all the suggested books are recommended.**

**SEMESTER - I**  
**EXERCISE PHYSIOLOGY**

**Course Code- MPED102**

**L P C**  
3 2 4

**Objectives:** To provide the mechanized knowledge of aerobic anaerobic resources of the body, their functions and utility in the life of human being.

**UNIT 1 – Skeletal Muscles and Exercise (15 Hrs.)**

1.1 Meaning & Definition of Exercise Physiology and Its Role in the Field of Physical Education and Sport.

1.2 Microscopic Structure of the Muscle Fiber.

1.3 Chemical Composition of Skeletal Muscle.

1.4 Muscle Fiber and its types.

1.5 Molecular Structure of the Myofilament.

1.6 Sliding Filament Theory of Muscular Contraction.

1.7 Muscle Tone, Effect of Exercises and Training on the Muscular System.

**UNIT 2 – Cardiovascular System and Exercise (15 Hrs.)**

2.1 Concept of Cardiovascular System, Heart Valves and Direction of the Blood Flow.

2.2 Conduction System of the Heart- Blood Supply to the Heart, Heart Rate, Cardiac Cycle, Stroke Volume, Cardiac Output.

2.3 Factors Affecting Heart Rate.

2.4 Athlete's Heart.

2.5 Effect of Exercises and Training on the Cardio Vascular System.

**UNIT 3 – Bioenergetics (15 Hrs.)**

3.1 Energy: Definition, Energy for Cellular Activity.

3.2 Fuel for Muscle Work.

3.3 Sources of Energy for Muscular Contraction.

3.4 Chemical Changes during Muscle Contraction.

3.5 Aerobic and Anaerobic Muscular Activity.

3.6 Heat Production and Thermodynamics of Muscle Contraction.

**UNIT 4 – Neuro-Muscular System, Metabolism and Energy Transfer (15 Hrs.)**

4.1 Neuron and Motor Unit

4.2 Transmission of Nerve Impulse.

4.3 Neuro-Muscular Junction and Transmission of Nerve Impulse across it.

4.4 Anaerobic and Aerobic Metabolism

4.5 Aerobic and Anaerobic Systems during Rest and Exercise.

**UNIT 5- Climatic Conditions, Ergogenic Aids and Hormonal Response. (15 Hrs.)**

5.1 Variation in Temperature and Humidity- Thermoregulation- Sports Performance in Hot Climate, Cool Climate, High Altitude.

5.2 Influence of Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Narcotic.

5.3 Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines, Stimulants and Sports Performance.

5.4 Effects of Exercise on Hormones: growth Hormones, Insulin, Estrogen and Progesterone.

**Note:** As per the topic mentioned above the concerned faculty will give them practical expose as well as practical assignment and this will be evaluated as an integral part of the internal assessment.

**Text and Reference book:**

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3. Clarke, D.H. Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4. David, L Costill. Physiology of Sports and Exercise. Human Kinetics.
5. Fox, E.L., and Mathews, D.K.. The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6. Guyton, A.C. Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. Sports Physiology. WMC: Brown Publishers.
7. Sandhya Tiwari. Exercise Physiology. Sports Publishers.
8. Shaver, L. Essentials of Exercise Physiology. New Delhi: Subject Publications.
9. Vincent, T. Murche. . Elementary Physiology. Hyderabad: Sports Publication.
10. William, D. Mc Aradle. . Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
11. Tiwari S. , Exercise Physiology, Sports Publication, New Delhi.
12. Plowman S.A. & Smith D.L. , Exercise Physiology for Health, Fitness & Performance, Lippincott Williams & wilkins, Philadelphia.

**Latest editions of all the suggested books are recommended.**

**SEMESTER - I**  
**YOGIC SCIENCES**

**Course Code- MPED103**

**L P C**  
3 2 4

**Objectives:** To prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

**Unit 1 – Introduction (15 Hrs.)**

- 1.1 Meaning and Definition of Yoga.
- 1.2 Astanga Yoga : Bahirang Yoga & Antarang Yoga
- 1.3 Concept of Yogic Practices.
- 1.4 Loosening Exercise- Techniques and Benefits.

**Unit 2 – Asanas and Pranayama (15 Hrs.)**

- 2.1 Asanas- Types, Techniques and Benefits.
- 2.2 Surya Namaskar- Methods and Benefits.
- 2.3 Principles of Breathing.
- 2.4 Pranayama- Types, Methods and Benefits.
- 2.5 Nadis- Meaning and Benefits.
- 2.6 Chakras- Major Chakras- Benefits of Clearing and Balancing Chakras.

**Unit 3 – Kriyas and Bandhas (15 Hrs.)**

- 3.1 Shat Kriyas- Meaning, Techniques and Benefits of Neti, Dhauti, Basti, Trataka, Nauli & Kapalbhathi.
- 3.2 Bandhas: Meaning, Techniques and Benefits of Jalandhara bandha, Uddiyana Bandha, Mula Bandha, Jivha bandha.

**Unit 4 – Mudras and Meditations (15 Hrs.)**

- 4.1 Meaning, Techniques and Benefits of Hasta Mudras, (Asamyukta hastas, Samyukta hastas) Gyan Mudra, Mana Mudra, Kaya Mudra, Adhara Mudra.
- 4.2 Meditation- Meaning, Techniques and Benefits of Meditation- Passive and active, Saguna Meditation and Nirguna Meditation.

**Unit 5 – Yoga and Sports (15 Hrs.)**

- 5.1 Yoga Supplemental Exercise.
- 5.2 Yoga Compensation Exercise.
- 5.3 Yoga Regeneration Exercise.
- 5.4 The concept of Power Yoga.
- 5.5 Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self Actualization.
- 5.6 Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

**Note:** As per the topic mentioned above the concerned faculty will give them practical exposé as well as practical assignment and this will be evaluated as an integral part of the internal assessment.

**Text and Reference book:**

1. George Feuerstein, Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
2. Gore, Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan.
3. Helen Purperhart , The Yoga Adventure for Children. Netherlands: A Hunter House book.
4. Iyengar, B.K.S, Light on Yoga. New Delhi: Harper Collins Publishers.

5. Karbelkar N.V. Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
  6. Kenghe. C.T. Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
  7. Kuvalyananada Swami & S.L. Vinekar, Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
  8. Moorthy A.M. & Alagesan. S. Yoga Therapy. Coimbatore: Teachers Publication House.
  9. Swami Kuvalayanda, Asanas. Lonavala: Kaivalyadhama.
  10. Swami Satyananada Sarasvati. Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
  11. Swami Satyananda Saraswathi, Kundalini and Tantra, Bihar: Yoga Publications Trust.
  12. Swami Sivananda, The Science of Pranayama. Chennai: A Divine Life Society Publication.
  13. Thirumalai Kumar. S and Indira. S Yoga in Your Life, Chennai: The Parkar Publication.
  14. Tiwari O.P, Asanas-Why and How. Lonavala: Kaivalyadham.
- Latest editions of all the suggested books are recommended.**

**Semester I**  
**Practicum Course**  
**Foundation Games-1**  
**(Athletics & Gymnastics)**

**Course Code- MPED151**

**L P C**  
**0 4 2**

**Objectives:** To know about the fundamentals of running and Jumping events to achieve the optimum level of performance in future.

**PART-A (Athletics) 25 Marks**

**Unit – 1 Running Event**

- 1.1 Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- 1.2 Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- 1.3 Races: Short, Medium & Long distance
- 1.4 Hurdles
  - 1.4.1 Fundamental Skills- Starting, Clearance and Landing Techniques.
  - 1.4.2 Types of Hurdles

**Unit – 2 Relays: Fundamental Skills**

- 2.1 Various patterns of Baton Exchange
- 2.2 Understanding of Relay Zones

**PART- B (Gymnastics) 25 Marks**

**Unit-3 Floor Exercise**

- 3.1 Forward roll
- 3.2 Backward roll
- 3.3 Sideward roll
- 3.4 Leg split
- 3.5 Head stand
- 3.6 Cart Wheel
- 3.7 Hand stand and forward roll
- 3.8 Backward roll to hand stand
- 3.9 Diving forward roll

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester I**  
**Mass Demonstration Activities**

**Course Code- MPED152**

**L P C**  
0 4 2

**Objectives:** Student will be able to conduct callisthenic and equipment exercise.

**Unit - 1:** Lezim, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc.

1.1 Apparatus/ Light apparatus Grip

1.2 Attention with apparatus/ Light apparatus

1.3 Stand – at – ease with apparatus/ light apparatus

1.4 Exercise with verbal command, drum, whistle and music – Two counts, four counts, eight counts and sixteen counts.

**Unit-2**

2.1 Standing Exercise

2.2 Jumping Exercise

2.3 Moving Exercise

2.4 Combination of above all

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester I**

**Yoga-I**

**Course Code- MPED153**

**L P C**  
**0 4 2**

**Objectives:** Student will be able to perform any yoga asanas and pranayama with their benefits. It helps students to open our yogic center.

**Unit-1 Asanas**

1.1 Meditative: Sukhasan, Swastikasan, Padmasan, Vajrasan and Siddhasan.

1.2 Cultural: Bhujangasan, Ardha-Shalabhasana, Dhanurasana, Naukasana, Padhastasana, Halasan, Matsyasan, Vakrasan, Chakrasan, Lateral bend Tadasan, Utkatasana, Vrikshasan, Parvatasan.

1.3 Relaxative Asana: Shavasana, makarasana

**Unit-2**

2.1 Surya Namaskar

2.2 Pranayama

2.3 Bandha

2.4 Mudra

2.5 Kriya

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

## SEMESTER - I

### TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

Course Code- MPED104

L	P	C
3	2	4

**Objectives:** To provide knowledge about test, measurement and evaluation for testing the performance of the sports person and qualitative performance of an individual.

#### UNIT 1 – Introduction

(15 Hrs.)

1.1 Meaning and Definition of Test, Measurement and Evaluation.

1.2 Need and Importance of Test, Measurement and Evaluation.

1.3 Criteria for Test Selection.

1.4 Scientific Authenticity- Meaning, Definition of Validity, Reliability, Objectivity and Norms.

#### UNIT 2 – Motor Fitness Tests

(15 Hrs.)

2.1 Meaning and Definition of Motor Fitness.

2.2 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)

2.3 JCR test.

2.4 Motor Ability Test- Barrow Motor Ability Test and Newton Motor Ability Test.

2.5 Muscular Fitness- Kraus Weber Minimum Muscular Fitness Test.

#### UNIT 3 – Physical Fitness Tests

(15 Hrs.)

3.1 Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index.

3.2 Cardio Vascular Test- Harvard step test, Cooper's 12 minutes Run/Walk Test, Multi-Stage Fitness Test (Beep test)

#### UNIT 4 – Anthropometric and Aerobic-Anaerobic Tests

(15 Hrs.)

4.1 Aerobic Capacity- The Bruce Treadmill Test Protocol, 1.5 Mile Run Test for College Age Males and Females.

4.2 Anaerobic Capacity- Margaria-Kalamen test, Wingate Anaerobic Test,

4.3 Method of Measuring Height- Standing Height, Sitting Height.

4.4 Method of Measuring Circumference- Arm, Waist, Hip, Thigh.

4.5 Method of Measuring Skin folds- Triceps, Sub-Scapular and Suprailiac.

#### UNIT 5 – Skill Tests

(15 Hrs.)

5.1 Soccer- Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, McDonald Volley Soccer Test.

5.2 Badminton- Lock Hart and McPherson Badminton Test, Miller Wall Volley Test.

5.3 Basketball-Johnson Basketball Test, Harrison Basketball Ability Test.

5.4 Hockey- Harban's Hockey Test.

5.5 Volleyball- Russel Lange Volleyball Test, Brady Volleyball Test.

5.6 Tennis- Dyer Tennis Test.

**Note: As per the topic mentioned above the concerned faculty will give them practical exposers as well as practical assignment and this will be evaluated as an integral part of the internal assessment.**

#### Text and Reference book:

1. Authors Guide ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2. Collins, R.D., & Hodges P.B. A Comprehensive Guide to Sports Skills Tests and Measurement (2<sup>nd</sup> edition) Lanham: Scarecrow Press
3. Cureton T.K. Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company

4. Getchell B Physical Fitness A Way of Life, 2<sup>nd</sup> Edition New York, John Wiley and Sons, Inc
5. Jenson, Clayne R and Cynt ha, C. Hirst Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc
6. Kansal D.K. , “Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
7. Krishnamurthy Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
8. Vivian H. Heyward Advance Fitness Assessment and Exercise Prescription, 3<sup>rd</sup> Edition, Dallas TX: The Cooper Institute for Aerobics Research
9. Wilmore JH and Costill DL. Physiology of Sport and Exercise: 3<sup>rd</sup> Edition. Champaign IL: Human Kinetics.
10. Yobu, A , Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications.
11. Kansal D.K. , A Practical approach to Test Measurement and Evaluation, SSS publication, New Delhi.

**Latest editions of all the suggested books are recommended.**

**SEMESTER - I**  
**SPORTS TECHNOLOGY**  
**(Elective)**

**Course Code- MPED105**

**L P C**  
4 0 4

**Objectives:** This allowed students to deeper understanding and knowledge to greatly improve the quality of feedback to players/athletes and how athletes can further push their abilities, recognize their maximum potential through sports technology.

**Unit 1 – Sports Technology (15 Hrs.)**

- 1.1 Meaning, Definition, Purpose, Advantages and Applications of Sports Technology.
- 1.2 General Principles and Purpose of Instrumentation in Sports.
- 1.3 Workflow of Instrumentation and Business Aspects,
- 1.4 Technological Impacts on Sports.

**Unit 2 – Science of Sports Materials (15 Hrs.)**

- 2.1 Adhesives- Nano Glue, Nano Moulding Technology, Nano Turf.
- 2.2 Foot Wears Production.
- 2.3 Factors and Application in Sports, Constraints.
- 2.4 Foams- Polyurethane, Polystyrene, Styrofoam, Closed-Cell and Open-Cell Foams, Neoprene, Foam.
- 2.5 Smart Materials- Shape Memory Alloy (Small), Thermo Chromic Film, High-Density Modeling Foam.

**Unit 3 – Surfaces of Playfields (15 Hrs.)**

- 3.1 Modern Surfaces for Playfields, Construction and Installation of Sports Surfaces.
- 3.2 Types of Materials- Synthetic, Wood, Polyurethane, Artificial Turf.
- 3.3 Modern Technology in the Construction of Indoor and Outdoor Facilities.
- 3.4 Technology in Manufacture of Modern Play Equipments.
- 3.5 Use of Computer and Software in Match Analysis and Coaching.

**Unit 4- Modern Equipment (15 Hrs.)**

- 4.1 Playing Equipments- Balls: Types, Materials and Advantages.
- 4.2 Bat/Stick/ Racquets- Types, Materials and Advantages.
- 4.3 Clothing and Shoes- Types, Materials and Advantages.
- 4.4 Measuring Equipments- Throwing and Jumping Events.
- 4.5 Protective Equipments- Types, Materials and Advantages.
- 4.6 Sports Equipment with Nano technology, Advantages.

**Unit 5- Training Gadgets (15 Hrs.)**

- 5.1 Basketball- Ball Feeder Mechanism and Advantages.
- 5.2 Cricket- Bowling Machine Mechanism and Advantages.
- 5.3 Tennis- Serving Machine Mechanism and Advantages.
- 5.4 Volleyball- Serving Machine Mechanism and Advantages.
- 5.5 Lighting Facilities- Method of Erecting Flood Light and Measuring Luminous.
- 5.6 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.

**Text and Reference book:**

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

**Latest editions of all the suggested books are recommended.**

**Semester I**  
**Sports Ceremony Management**

**Course Code- MPED154**

**L P C**  
**0 4 2**

**Unit-1 National Flag**

1.1 Meaning, concept and significance of National Flag, Symbolism of Tri-colour and Wheel. Code of hoisting or lowering of Flag, Dimensions of the Flag & tri-colour proportions. Honor of the Flag and its use. Penalty of misusing or dishonoring the Flag..

**Unit- 2.1 Opening Ceremony**

2.1.1 Schedule and formality of Opening Ceremony- Unfurling of Flag, Flame igniting, Oath, March-Past of players/teams, Salutation, Declaration of Opening of the Meet.

2.1.2 Brief address by the guests, announcement of beginning of competition Victory & Prize distribution Ceremony- Planning of schedule for victory ceremony.

**2.2 Closing Ceremony**

2.2.1 Assembly of sports-persons, March-Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of Prizes/ Certificates, Vote of thanks, Ceremonial Flag-lowering, Flame extinguishing, Declaration of Closing of the Meet.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester I**  
**Aerobics**

**Course Code- MPED155**

**L P C**  
**0 4 2**

**Objective:** To improve and maintain cardio-vascular fitness, muscular fitness and flexibility in the individual. To install a motivation to retain a regular exercise program through a lifetime leisure activity

**Unit 1**

1.1 Aerobic workout

1.1.1 Cardio, leg work, upper body strength work and abdominal work

1.2 Introduce and perform aerobic exercises to include a warm-up, a cardio segment, a cool down, and designated muscle isolation

1.3 Understand how to care for and prevent common aerobic injuries

1.4 Belly Dance workout & Cardio Kickboxing

1.5 Zumba (Latin aerobic dance workout) & Cardio Equipment

1.6 Step Aerobics weights & Aerobic Dance workout.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

## SEMESTER - II

### APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Course Code- MPED201

L P C  
3 2 4

**Objectives:** To provide the knowledge to achieve valid and reliable results of the sports persons.

#### UNIT 1 – Introduction

(15 Hrs.)

- 1.1 Meaning and Definition, Functions, Need and Importance of Statistics.
- 1.2 Types of Statistics.
- 1.3 Meaning and kinds of Data, Variables & its types.
- 1.4 Parametric and Non-Parametric Statistics.

#### UNIT 2 – Data Classification, Tabulation and Measures of Central Tendency (15 Hrs.)

- 2.1 Meaning, Uses and Construction of Frequency Table.
- 2.2 Meaning, Uses and Calculation of Mean from Ungrouped and Grouped Data.
- 2.3 Meaning, Uses and Calculation of Median from Ungrouped and Grouped Data.
- 2.4 Meaning, Uses and Calculation of Mode from Ungrouped and Grouped Data.

#### UNIT 3 – Measures of Dispersions and Scales

(15 Hrs.)

- 3.1 Meaning, Calculation, Uses and Advantages of Range, Quartile, Deviation, Mean Deviation, Standard Deviation.
- 3.2 Meaning, Calculation and Advantages of Scoring Scales- T Scale, 6 Sigma Scale, Z Scale & Hull Scale.

#### UNIT 4 – Probability Distributions and Graphs

(15 Hrs.)

- 4.1 Normal Curve- Definition, Principles and Properties of Normal Curve.
- 4.2 Divergence form Normality- Skewness, Kurtosis and its types.
- 4.3 Definition of Hypothesis & its types (Null & Research Hypothesis), Type I and Type II Error, One and Two Tailed Test.
- 4.4 Types and Uses of Graphical Representation.

#### UNIT 5 – Inferential and Comparative Statistics

(15 Hrs.)

- 5.1 Testing Hypothesis: t-test, z- test Chi square test, Level of significance and Interpretation of Data.
- 5.2 Correlation- meaning, Pearson product-moment correlation coefficient and Rank Difference correlation.
- 5.3 Concept of ANOVA and ANCOVA.

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

#### Text and Reference book:

1. Best J. W Research in Education, New Jersey; Prentice Hall, Inc
2. Clark D.H. Research Problem in Physical Education 2<sup>nd</sup> edition, Eaglewood Cliffs, Prentice Hall, Inc.
3. Jerry R Thomas & Jack K Nelson Research Methods in Physical Activities; Illonosis; Human Kinetics;
4. Kamlesh, M. L. Reserach Methodology in Physical Education and Sports, New Delhi.
5. Rothstain A Research Design and Statistics for Physical Education, Englewood Cliffs:Prentice Hall, Inc
6. Sivaramakrishnan. S. Statistics for Physical Education, Delhi; Friends Publication

7. Thirumalaisamy , Statistics in Physical Education, Karaikudi, Senthil kumar Publications.
8. Verma J.P, A test book of Sports Statistics, Sports Publication, New Delhi.
9. Shaw D.Fundamental Statistics in Physical Education & Sports Sciences, Sports Publication, New Delhi.

**Latest editions of all the suggested books are recommended.**

**SEMESTER - II**  
**SPORTS BIOMECHANICS AND KINSESIOLGY**

**Course Code- MPED202**

<b>L</b>	<b>P</b>	<b>C</b>
3	2	4

**Objectives:** To provide the knowledge of joints and their smooth movements.

**UNIT 1 – Introduction**

**(15 Hrs.)**

- 1.1 Meaning and Definition of Mechanics, Biomechanics & Kinesiology, Functions of Sports Biomechanics.
- 1.2 Meaning, Definition and types: Axis and Planes.
- 1.3 Science of Body Mechanics: Linear Kinetic- Distance, Displacement, Speed, Velocity, Acceleration, Angular Displacement- Angular Distance, Angular Displacement, Angular Speed, Angular Velocity, Angular Acceleration.
- 1.4 Centre of gravity and Line of gravity.

**UNIT 2 – Muscle Action**

**(15 Hrs.)**

- 2.1 Origin, Insertion and Action of Muscles- Pectoralis Major and Minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius.
- 2.2 Origin, Insertion and Action of Muscles- Quadriceps Group of Muscles, Hamstring Group of Muscles, Serratus Anterior, Sartorius, Gastrocnemius.

**UNIT 3 – Motion and Force**

**(15 Hrs.)**

- 3.1 Motion- Meaning, Definition.
- 3.2 Types of Motion- Linear Motion, Angular Motion, Circular Motion, Uniform Motion.
- 3.3 Newton’s Law of Motion- Law of Inertia, Law of Acceleration and Law of Action- Reaction
- 3.4 Force- Meaning, Definition, Sources, Effects of force, Types of Forces, Pressure, Centripetal Force and Centrifugal Force.
- 3.5 Meaning, Definition and types: spin and Friction.

**UNIT 4- Projectile, Lever and Dynamics**

**(15 Hrs.)**

- 4.1 Freely Falling Bodies- Meaning, Definition and Principles of Projectile.
- 4.2 Equilibrium- Meaning, Factors Influencing Equilibrium.
- 4.3 Stability- Meaning, Definition, Types and Factors Influencing Stability.
- 4.4 Leverage- Definition and Classes of Lever with Practical Application.
- 4.5 Resistance- Air and Water Resistance, Buoyancy Force and Flotation, Drag, Magnus Effect.

**UNIT 5 – Movement Analysis**

**(15 Hrs.)**

- 5.1 Concept of Kinesiological Analysis.
- 5.2 Concept of Biomechanical Analysis.
- 5.3 Concept of Mechanical Analysis.
- 5.4 Concept of Cinematographic Analysis.
- 5.5 Concept of Qualitative and Quantitative Analysis.
- 5.6 Movement Analysis: Walking, Running, Jumping and Throwing.

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

**Text and Reference book:**

1. Deshpande S.H.. Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
2. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication.
3. Steven Roy, & Richard Irvin. Sports Medicine. New Jersery: Prentice hall.
4. Thomas. Manual of structural Kinesiology, New York: Me Graw Hill.
5. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India)

6. Uppal, A, Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
7. Williams M Biomechanics of Human Motion, Philadelphia; Saunders Co.

**Latest editions of all the suggested books are recommended.**

**Semester II**  
**ATHLETIC CARE AND REHABILITATION**

**Course Code- MPED203**

**L P C**  
**3 2 4**

**Objectives:** It's designed to students understand the process of recovery from injury, illness, or disease to as normal a condition as possible.

**Unit 1- Corrective Physical Education & Ergonomics (15 Hrs.)**

- 1.1 Definition and Objectives of Corrective Physical Education
- 1.2 Importance of Corrective Physical Education at School level
- 1.3 Criteria to select Rehabilitation steps for Physically disabled
- 1.4 Concepts of Ergonomics
- 1.5 Ergonomics in sports

**Unit 2- Posture (15 Hrs.)**

- 2.1 Posture and Body Mechanics.
- 2.2 Standards of Standing Posture.
- 2.3 Value of Good Posture.
- 2.4 Drawbacks and Causes of Bad Posture.
- 2.5 Posture Test- Examination of the Spine.
- 2.6 Deviations in posture- Kyphosis, lordosis, flat back, scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot.

**Unit 3– Rehabilitation Exercises (15 Hrs.)**

- 3.1 Exercises- Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching.
- 3.2 Basic Principals of PNF Techniques.

**Unit 4- Massage (15 Hrs.)**

- 4.1 Brief History of Massage-Massage as an Aid for Relaxation.
- 4.2 Points to be considered in Giving Massage.
- 4.3 Physiological, Chemical, Psychological effects of massage.
- 4.4 Indication / Contra Indication of Massage.
- 4.5 Classification of the Manipulation used Massage and their Specific uses in the Human Body.
- 4.6 Stroking manipulation- Effleurage, Pressure manipulation: Petri sage Kneading (Finger, Kneading, and Circular) Ironing Skin Rolling.
- 4.7 Percussion Manipulation- Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

**Unit 5 – Sports Injuries Care, Treatment and Support (15 Hrs.)**

- 5.1 Principles Pertaining To the Prevention of Sports Injuries
- 5.2 Care and Treatment of Exposed and Unexposed Injuries in Sports.
- 5.3 Principles of Apply Cold and Heat, Infrared Rays.
- 5.4 Ultrasonic, Therapy, Short Wave Diathermy Therapy.
- 5.5 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)*

**Text and Reference book:**

1. Dohenty. J. Meno. Web, Moder D Track & Field, Englewood Cliffs, Prentice Hal nc.
2. Lace, M. V. Massage and Medical Gymnastics, London: J & A Churchill Ltd.
3. Mc Ooyand Young Tests and Measurement, New York: Appleton Century.
4. Naro, C. L. Manual of Massage and, Movement, London: Febra and Febra Ltd.  
Rathbone, J.I. Corrective Physical education, London: W.B. Saunders & Co.
5. Stafford and Kelly, Preventive and Corrective Physical Education, New York.

**Latest editions of all the suggested books are recommended.**

**Semester II**  
**Practicum Course**  
**Foundation Games-II**  
**(Athletics & Gymnastics)**

**Course Code- MPED251**

**L P C**  
**0 4 2**

**PART-A (Athletics) 25 Marks**

**Unit - 1 High jump: Western and Straddle roll**

- 1.1 Approach run
- 1.2 Take off
- 1.3 Cross the bar
- 1.4 Clearance
- 1.5 Landing

**Unit- 2 Long Jump (Hang and Hitch-Kick styles)**

- 2.1 Approach run
- 2.2 Take off
- 2.3 Flight
- 2.4 Landing

**Unit-3 Triple jump**

- 3.1 Approach run
- 3.2 Take off
- 3.3 Landing of all the three Phase-Hop, step and jump.

**PART- B (Gymnastics) 25 Marks**

**Unit-3 Vaulting Horse**

- 3.1 Approach Run
- 3.2 Take off from the vault board
- 3.3 Cat Vault
- 3.4 Squat Vault

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Teaching lesson-I**  
**(Indigenous Activities and Sport)**

**Course Code- MPED252**

**L P C**  
0 4 2

**Objective:** To develop proficiency in taking teaching classes in indigenous activities and sport.

**Teaching lesson-I:** Teaching Lessons on indigenous activities and sport- 6 Lessons (5 Internal & 1 External). - In second semester there are two parts of teaching lessons. In the first part students will take two lessons from indigenous activities and in second part three lesson from any games and sports. After the completion of this internal process students will discuss with his class mentor/lesson supervisor and class mentor/lesson supervisor will allot him/her a final (Sixth) lesson for external examination.

The duration of the lesson shall be in the range of 30 to 40 minutes.

**(A) Evaluation criteria for teaching lesson (Internal)**

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of lesson plan	2
2	Entrance, appearance, appropriate dress-up, grooming, Use of apparatus, Music, Drum etc	2
3	Command, Voice & Confidence	2
4	Detection & Correction of faults	1
5	Discipline & control of class	1
Total of one lesson		08
For five lessons each as above ( x 5)		40
*Attendance		10
<b>Grand Total (Internal)</b>		<b>50</b>

**\*10 Marks will be allotted from the overall attendance of the semester as per ordinance.**

**(B) Evaluation criteria for teaching lesson (External)**

Sr. No.	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipments, teaching-aids etc.	05
3	Presentation, Demonstration & Teaching stages	07
4	Use of formation/technique of skill teaching	05
5	Command, Voice & Confidence	05
6	Detection & Correction of faults	05
7	Effectiveness & Creativeness of training	05
8	Discipline & control of class	05
9	Dismissal	05
<b>Total</b>		<b>50</b>

**Semester II**  
**Teaching lesson-II**  
**(Theory lesson plan)**

**Course Code- MPED253**

**L P C**  
**0 4 2**

**Objectives:** The students of M.P.Ed – II Semester need to develop proficiency in taking teaching lessons.

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 which they suppose to handle in their near future at school and college level.

Each student teacher is expected to take six lessons during the course of the second semester. The first five lessons (two from health education, one from games & sports and last two from the school-state board, CBSE, ICSE physical education syllabus) 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. After the completion of this internal process students will discuss with his class mentor/lesson supervisor and class mentor/lesson supervisor will allot him/her a final (sixth) lesson for external examination.

**(A)Evaluation criteria for teaching lesson (Internal)**

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Selection of the topic	2
2	Preparation of lesson/Consultation of books/internet	2
3	The depth of subject matter	2
4	Use of teaching aids/available resources	1
5	Presentation (Overall impact)	1
Total of one lesson		08
For five lessons each as above ( x 5)		40
*Attendance		10
<b>Grand Total (Internal)</b>		<b>50</b>

**\*10 Marks will be allotted from the overall attendance of the semester as per ordinance.**

**(B)Evaluation criteria (External)**

Sl. No.	Assessment	Marks
1	Selection of the topic	05
2	Preparation of lesson/Consultation of books/internet	05
3	The depth of subject matter	05
4	Neatness and formatting	02
5	Innovative method applied	05
6	Confidence and fluency	05
7	Use of teaching aids/available resources	05
8	Art of questioning	03
9	Handling the class and response of the students	05
10	Presentation (Overall impact)	10
<b>Total</b>		<b>50</b>

**Semester II**  
**SPORTS JOURNALISM AND MASS MEDIA**  
**(Elective)**

**Course Code- MPED204**

**L P C**  
3 2 4

**Objectives:** Students will be able to write reports & work as sports editor for print media, hosts of radio or television etc.

**UNIT 1- Introduction** **(15 Hrs.)**

- 1.1 Meaning and Definition of Journalism, Ethics of Journalism.
- 1.2 Canons of Journalism- Sports Ethics and Sportsmanship.
- 1.3 Reporting Sports Events.
- 1.4 National and International Sports News Agencies.

**UNIT 2- Sports Bulletin** **(15 Hrs.)**

- 2.1 Concept of Sports Bulletin- Journalism and Sports Education.
- 2.2 Structure of Sports Bulletin, Compiling a Bulletin, Types of Bulletin.
- 2.3 Role of Journalism in the Field of Physical Education, Sports as an Integral Part of Physical Education.
- 2.4 Sports Organization and Sports Journalism.
- 2.5 General News Reporting and Sports Reporting.

**UNIT 3- Mass Media** **(15 Hrs.)**

- 3.1 Radio and T.V. commentary- running commentary on the Radio, Sports Expert's comments.
- 3.2 Role of Advertisement in Journalism.
- 3.3 Sports Photography- Equipment, Editing, Publishing.

**UNIT 4- Report Writing on Sports (Brief review)** **(15 Hrs.)**

- 4.1 Olympic Games.
- 4.2 Asian Games.
- 4.3 Commonwealth Games.
- 4.4 World Cup.
- 4.5 National Games.
- 4.6 Indian Traditional Games.
- 4.7 Preparing report of an Annual Sports Meet for Publication in Newspaper.
- 4.8 Organization of Press Meet.

**UNIT 5- Journalism** **(15 Hrs.)**

- 5.1 General News Reporting and Sports Reporting.
- 5.2 Methods of Editing a Sports Report.
- 5.3 Evaluation of Reported News.
- 5.4 Interview with 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.

**Text and Reference book:**

1. Ahiya B.N. Theory and Practice of Journalism: Set to Indian context Ed3. New Delhi: Surjeet Publications
2. Ahiya B.N. Chobra S.S.A. Concise Course in Reporting. New Delhi: Surjeet Publication

3. Bhatt S.C. Broadcast Journalism Basic Principles. New Delhi. Haranand Publication  
Dhananjay Joshi Value Education in Global Perspective. New Delhi: Lotus Press.  
Kannan K Soft Skills, Madurai: Madurai: Yadava College Publication
4. Mohit Chakrabarti : Value Education: Changing Perspective, New Delhi: Kanishka  
Publication,
5. Padmanabhan. A & Perumal A , Science and Art of Living, Madurai: Pakavathi  
Publication.
6. Shiv Khera , You Can Win, New Delhi: Macmillan India Limited.
7. Varma A.K. Journalism in India from Earliest Times to the Present Period. Sterling  
publication Pvt. Ltd. Venkataiah. N Value Education,- New Delhi: APH Publishing  
Corporation.

**Latest editions of all the suggested books are recommended.**

**Semester II**  
**SPORTS MANAGEMENT & CURRICULUM DESIGNS IN PHYSICAL EDUCATION**  
**(Elective)**

**Course Code- MPED205**

**L P C**  
4 0 4

**Objectives:** Student will be able to understand skills of management which is essential part of organizing any competition or tournament in the field of physical education of sports.

**UNIT 1- Introduction to Sports Management (15 Hrs.)**

- 1.1 Definition, Importance and Basic Principles of Sports Management.
- 1.2 Scope of Sports Management.
- 1.3 Functions of Sports Management.
- 1.4 Personal Management- Objectives of Personal Management, Personal Policies, Personnel recruitment and selection.

**UNIT 2- Event & Facilities Management (15 Hrs.)**

- 2.1 Purpose of Event Management.
- 2.2 Event Planning.
- 2.3 Evaluation of Event Management.
- 2.4 Concept of Facilities Management.
- 2.5 Factor Affecting Planning Facilities for sports and Activities based Program.
- 2.6 Developing Multipurpose Indoor and Outdoor Sports Facilities.

**UNIT 3 – Equipments and Public Relation (15 Hrs.)**

- 3.1 Types of Equipments, Purchases And Care of Supplies of Equipment, Guidelines for Selection of Equipments and Supplies.
- 3.2 Guidelines for Checking, Storing, Issuing and Maintenance of Equipments and Supplies.
- 3.3 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 4- Curriculum (15 Hrs.)**

- 4.1 Meaning and Definition of Curriculum.
- 4.2 Factors that Affecting Curriculum
- 4.3 Principles of Curriculum Construction: Students Centered, Activity Centered, Community Centered, Forward Looking Principle, Principles of Integration.
- 4.4 Theories of Curriculum Development, Conservative (Preservation of Culture), Relevance, Flexibility, Quality, Contextually.
- 4.5 Foundation of Curriculum Development-Philosophical, Psychological & Sociological.

**UNIT 5 – Curriculum Sources (15 Hrs.)**

- 5.1. Sources of Curriculum materials, text books, Journals, Dictionaries, Encyclopedias, Magazines, Internet.
- 5.2 Integration of Physical Education with other Sports Sciences- Curriculum research, Objectives of Curriculum research, Importance of Curriculum research.
- 5.3 Evaluation of Curriculum, Methods of evaluation.

**Text and Reference book:**

- 1. Aggarwal, J.C. Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
- 2. Arora, G.L. : Reflections on Curriculum, New Delhi: NCERT.
- 3. Bonnie, L.. The Management of Sports. St. Louis: Mosby Publishing Company, Park House.

4. Bucher A. Charles, Management of Physical Education and Sports (10<sup>th</sup> ed.,) St. Louis: Mobsy Publishing Company.
5. Carl, E, Willgoose. Curriculum in Physical Education, London: Prentice Hall. Chakraborty & Samiran. . Sports Management. New Delhi: Sports Publication.
6. Charles, A, Bucher & March, L, Krotee. Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
7. Chelladurai, P. Human Resources Management in Sports and Recreation. Human Kinetics.
8. John, E, Nixon & Ann, E, Jewett. Physical Education Curriculum, New York: The Ronald Press Company.
9. McKernan, James Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge
10. NCERT. National Curriculum Framework for School Education, New Delhi:NCERT.
11. NCERT. National Curriculum Framework for School Education, New Delhi:NCERT.
12. NCERT . National Curriculum Framework, New Delhi: NCERT. . National Curriculum Framework-2005, New Delhi: NCERT.
13. Williams, J.F.. Principles of Physical Education. Meerut: College Book House. Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.
14. Nanda S.M. , Sports Management, Sports Publication, New Delhi.
15. Chakarbarthy S, Sports Management, Sports Publication, New Delhi.
16. Shinde B.S, Curriculum Design in Physical Education, Sports Publication, New Delhi.
17. Mahaboobjan A. , Curriculum & Development In Physical Education, Khel Sahitya Kendra, New Delhi.

**Latest editions of all the suggested books are recommended.**

**Semester II**  
**Game Specialization (Minor-I)**

**Kabaddi-I**

**Course Code- MPED254**

**L P C**  
0 4 2

**Objectives:** To enhance knowledge and understanding of Kabaddi.

**Unit - 1 Kabaddi: Fundamental Skills**

- 1.1 Skills in Raiding-Touching with hand, various kicks, crossing of baulk line.
- 1.2 Skills of Holding the Raider-Variou formations, Catching from particular position Different catches, Luring the raider to take particular position so as to facilitate catching.
- 1.3 Additional skills in raiding- combined formations in offence and defense.
- 1.4 Ground Marking, Rules and Officiating.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Kho-Kho-I**

**Course Code- MPED255**

**L P C**  
**0 4 2**

**Objectives:** To enhance knowledge and understanding of Kho-Kho.

**Unit - 1 Kho Kho: Fundamental Skills**

- 1.1 General skills of the game-Running, chasing, Dodging, Faking etc.
- 1.2 Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- 1.3 Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- 1.4 Ground Marking
- 1.5 Rules and their interpretations and duties of officials.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Badminton-I**

**Course Code- MPED256**

**L P C**  
0 4 2

**Objectives:** Students will be able to learn racquet sports; students become more skilled and incorporate the skills and strategies into play.

**Unit- 1 Badminton: Fundamental Skills**

- 1.1 Racket parts, Racket grips, Shuttle Grips.
- 1.2 The basic stances.
- 1.3 The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm.
- 1.4 Drills and lead up games.
- 1.5 Types of games-Singles, doubles, including mixed doubles.
- 1.6 Rules and their interpretations and duties of officials.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Table Tennis-I**

**Course Code- MPED257**

**L P C**  
0 4 2

**Objectives:** Students will be able to learn racquet sports; students become more skilled and incorporate the skills and strategies into play.

**Unit - 1 Table Tennis: Fundamental Skills**

- 1.1 The Grip-The Tennis Grip, Pen Holder Grip
- 1.2 Service-Forehand, Backhand, Side Spin, High Toss
- 1.3 Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive
- 1.4 Stance and Ready position and foot work
- 1.5 Rules and their interpretations and duties of officials

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Squash-I**

**Course Code- MPED258**

**L P C**  
0 4 2

**Objective:** Students will be able to learn racquet sports; students become more skilled and incorporate the skills and strategies into play.

**Unit-1 Fundamentals Skills**

- 1.1 Service
- 1.2 Under hand
- 1.3 Over hand
- 1.4 Service reception

**Unit-2 Basic shorts**

- 2.1 Drive
  - 2.1.1 Forehand drive
  - 2.1.2 Backhand drive
- 2.2 Drop
- 2.3 Angular Hit (boast)
- 2.4 Volley
- 2.5 Lob

**Unit- 3 Rules & Regulation**

- 3.1 Basic Rules
- 3.2 Officiating

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Volleyball-I**

**Course Code- MPED259**

**L P C**  
0 4 2

**Objectives:** Aim to develop motor and games skills among student and try to improving them with the knowledge of rules and regulation of different games and sports.

**Content**

**Unit – 1 Volleyball: Fundamental Skills**

- 1.1 Players Stance-Receiving the ball and passing to the team mates
- 1.2 The Volley (Over head pass)
- 1.3 The Dig (Under hand pass)
- 1.4 Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- 1.5 Rules and their interpretations and duties of officials.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Basketball-I**

**Course Code- MPED260**

**L P C**  
**0 4 2**

**Objective:** To enhance knowledge and understanding of Basketball.

**Unit -1Fundamental skills**

- 1.1. Ball handling.
- 1.2. Catching the ball.
- 1.3. Pass and their drills
  - 1.3.1 Chest pass
  - 1.3.2 Side pass (variations)
  - 1.3.3 Overhead pass (variations)
  - 1.3.4 Bounce Pass (variations)
  - 1.3.5 Underhand pass (variations)
  - 1.3.6 Back pass (variations)
- 1.4. Passes on the move and drills.
- 1.5. Dribbling
  - 1.5.1 Bouncing on the spot
  - 1.5.2 High-Low (variations)
  - 1.5.3 Zigzag dribbling

**Unit-2 Shooting**

- 2.1 Set shot variations
- 2.2 Free throw-variations
- 2.3 Layup shot-variations
- 2.4 Tip in shot

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Cricket-I**

**Course Code- MPED261**

**L P C**  
**0 4 2**

**Objectives:** Aim to develop motor and games skills among student and try to improving them with the knowledge of rules and regulation of different games and sports.

**Content**

**Unit - 1 Cricket: Fundamental Skills**

- 1.1 Batting-Forward and backward defensive stroke
- 1.2 Bowling-Simple bowling techniques
- 1.3 Fielding-Defensive and offensive fielding
- 1.4 Catching-High catching and Slip catching
- 1.5 Stopping and throwing techniques
- 1.6 Wicket keeping techniques

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Football-I**

**Course Code- MPED262**

**L P C**  
0 4 2

**Objectives:** To familiarize with Demonstration of basic skills, rules teaching, Officiating, construction, layout and marking of football ground.

**Unit-1 Basic skills and their drills**

- 1.1 Kicking the ball- Push Kick, Low Drive, Hip Shot, Volley, front Volley, side Volley.
- 1.2 Trapping the ball- Under the sole of the foot, Inside of the foot, Instep of the foot, Outside of the foot with shin, with thighs, with forehead.
- 1.3 Heading the ball- Deflection side way, Forward, Backward.
- 1.4 Dribbling & tackling- Running and controlling the ball, Block tackle, Slide tackles
- 1.5 Goal keeping- Post Play, Handling of high and low ball, Servicing of the ball, Clearance of the ball

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester II**  
**Game Specialization (Minor-I)**

**Hockey-I**

**Course Code- MPED263**

**L P C**  
**0 4 2**

**Objectives:** To enhance knowledge and understanding of Hockey.

**Unit-1 Basic skills and their drills**

- 1.1 Grip of stick
- 1.2 Dribbling
- 1.3 Stopping the ball
- 1.4 Stroke
- 1.5 Hit & Variations
- 1.6 Push & Variations
- 1.7 Scoop
- 1.8 Reverse stroke- Flick, Jab, Tackling, Dodging right and left

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester III**  
**SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

**Course Code- MPED301**

**L P C**  
4 0 4

**Objectives:** To provide knowledge about the training load and proper development of motor abilities of sports person for optimum performance.

**UNIT 1- Introduction (15 Hrs.)**

- 1.1 Sports training- Definition, Aim, & its Importance in Physical Education & Sports.
- 1.2 Principles of Sports Training.
- 1.3 Training Load- Definition, Component of Training Load, Adaptation Process, Super Compensation, Causes of Over Load, Symptoms of Overload and Methods of Tackling Overload.
- 1.4 Altitude Training, Cross Training.

**UNIT 2- Components of Physical fitness (15 Hrs.)**

- 2.1 Strength- Definition and Importance, Classification of Strength, Methods of Developing Strength.
- 2.2 Speed- Definition and Importance, Forms of Speed, Methods to Developing Speed.
- 2.3 Endurance- Definition and Importance, Classification of Endurance, Methods to Improve Endurance- Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training.

**UNIT 3- Flexibility & Coordinative Abilities (15 Hrs.)**

- 3.1 Flexibility- Definition and Importance, classification of Flexibility, Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method and PNF Method.
- 3.2 Coordinative Abilities- Definition and Importance, Classification of Coordinative Abilities, Methods to Improve Coordinative Abilities- Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method.

**UNIT 4 – Training Plan (15 Hrs.)**

- 4.1 Training Plan- Micro Cycle, Meso-Cycle, Macro Cycle, Short Term Plan and Long Term Plans.
- 4.2 Periodisation- Meaning and Aim of Periodisation, Phases of Periodization.
- 4.3 Types of Periodisation: Single, Double and Multiple periodisation.
- 4.4 Aims and Contents of Various Periods- Preparatory Period, Competition Period, Transitional Period.
- 4.5 Competition- Meaning and Importance, Classification of Competition- Build-up, Major, Main competitions.

**UNIT 5 – Doping (15 Hrs.)**

- 5.1 Definition of Doping.
- 5.2 Side Effects of Drugs.
- 5.3 Dietary Supplements.
- 5.4 Role of WADA & NADA for Anti Doping.
- 5.5 Blood Doping- The Use of Erythropoietin in Blood Boosting.
- 5.6 Blood Doping Control- The Testing Programs, Problems in Drug Detection, Blood Testing in Doping Control.

**Text and Reference book:**

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

2. Bunn, J.N. Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
3. Cart, E. Klafs & Daniel, D. Arnheim Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
4. Daniel, D. Arnheim Principles of Athletic Training, St. Luis, Mosby Year Book.
5. David R. Mottram Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
6. Gary, T. Moran – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh Science of Sports Training, New Delhi, DVS Publications.
7. Jensen, C.R. & Fisher A.G. Scientific Basic of Athletic Conditioning, Philadelphia.
8. Ronald, P. Pfeiffer Concepts of Athletics Training 2<sup>nd</sup> Edition, London: Jones and Bartlett Publications.
9. Yograj Thani , Sports Training, Delhi: Sports Publications.
10. Uppal A.K. , Science of Sports Training, Friends Publication, New Delhi.
11. Aneja O.P., Sports Training & Exercise Physiology, Sports Publication, New Delhi.
12. Uppal A.K., Principles of Sports Training, Friends Publication, New Delhi.
13. Sebastian P.J., Sebastian A., Manilal K.P. & Joseph V.C.S., System of Sports Training, Friends Publication, New Delhi.
14. Dabas S. , Theory of Scientific Sports Training, Sports Publication, New Delhi.
15. Dick F.W. , Sports Training Principles, 4<sup>th</sup> Edition, Friends Publication, New Delhi.
16. Verma H.J., Sports Training, Competition Preparation and Rules of Game & Sports, Sports Publication, New Delhi.

**Latest editions of all the suggested books are recommended.**

**Semester III**  
**SPORTS MEDICINE**

**Course Code- MPED302**

**L P C**  
3 2 4

**Objectives:** To utilize know how of relevant aspects of musculo-skeletal medicine in prevention and treatment of sports related injuries.

**UNIT 1 – Introduction**

**(15 Hrs.)**

- 1.1 Meaning, Definition, Importance, Need and Scope of Sports Medicine.
- 1.2 Definition and Principles of Therapeutic Exercises.
- 1.3 Coordination Exercise, Balance Training Exercise, Strengthening Exercise, Mobilization Exercise, Gait Training, Gym Ball Exercise.
- 1.4 Injuries- Acute, Sub-Acute, Chronic Injuries, Prevention of Sports Injuries.
- 1.5 Advantages and Disadvantages of PRICE, Aquatic Therapy.

**UNIT 2 – Basic Rehabilitation**

**(15 Hrs.)**

- 2.1 Basic Rehabilitation (Strapping/Tapping) - Definition, Principles, Precautions, Contraindications.
- 2.2 Proprioceptive Neuromuscular Facilitation- Definition, Hold, Relax, Repeated Contractions.
- 2.3 Reversal Technique Exercises- Isotonic and Isometric Stretching.
- 2.4 Stretching- Definition, Types of Stretching, Advantages, Dangers of Stretching, Manual Muscle Grading.

**UNIT 3 – Spine Injuries and Exercise**

**(15 Hrs.)**

- 3.1 Head, Neck and Spine injuries- Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries.
- 3.2 Spinal Range of Motion.
- 3.3 Free Hand Exercises.
- 3.4 Stretching and Rehabilitation Exercise for Head, Neck and Spine.
- 3.5 Supporting and Aiding Techniques and Equipment for Head, Neck and Spine Injuries.

**UNIT 4 – Upper Extremity Injuries and Exercise**

**(15 Hrs.)**

- 4.1 Shoulder Injuries- Sprain, Strain, Dislocation and Strapping.
- 4.2 Elbow Injuries - Sprain, Strain and Strapping.
- 4.3 Wrist and Fingers- Sprain Strain and Strapping.
- 4.4 Thorax and Rib Fracture.
- 4.5 Breathing Exercises.
- 4.6 Relaxation Techniques.
- 4.7 Free hand Exercise.
- 4.8 Stretching and Strengthening Exercise for Shoulder, Elbow, Wrist and Hand.
- 4.9 Supporting and Aiding Techniques and Equipment for Upper Limb and Thorax Injuries.

**UNIT 5 – Lower Extremity Injuries and Exercise**

**(15 Hrs.)**

- 5.1 Hip Injuries- Adductor Strain, Dislocation, Strapping.
  - 5.2 Knee Injuries- Sprain, Strain, Strain, Strapping.
  - 5.3 Abdomen Injuries- Abdominal Wall, Contusion, Abdominal Muscle Strain.
  - 5.4 Free Exercises- Stretching And Strengthening Exercise for Hip, Knee, Ankle and Foot.
  - 5.5 Supporting and Aiding Techniques and Equipment for Lower Limb and Abdomen Injures.
- Practical's Lab:** - Visit to Physiotherapy Centre to observe treatment procedure of sports injuries, data collection of sports injury incidences, should be planned and access internally.

**Text and Reference book:**

1. Christopher M. Norris. Sports Injures Diagnosis and Management for Physiotherapists.
2. East Kilbride: Thomson Litho Ltd.
3. James, A. Gould & George J. Davies. . Physical Physical Therapy. Toronto: C.V. Mosby Company.
4. Morris B. Million Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
5. Pande.. Sports Medicine. New delhi: Khel Shitya Kendra
6. The Encyclopedia of Sports Medicine.

7.The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.  
Practical: Anthropometric Measurements.

**Latest editions of all the suggested books are recommended.**

**Semester III**  
**HEALTH EDUCATION AND SPORTS NURTITION**

**Course Code- MPED303**

**L P C**  
4 0 4

**Objectives:** Like general education is concerned with the change in knowledge, feelings and behavior of people. In its most usual 'form it concentrates on developing of health education.

**Unit 1- Health & Hygiene** **(15 Hrs.)**

- 1.1 Meaning & definition of Health & Health Education.
- 1.2 Aim, Objective and Principles of Health Education.
- 1.3 Dimension, Spectrum & Determination of Health.
- 1.4 Meaning of Hygiene.
- 1.5 Type of Hygiene.
- 1.6 Health Service and Guidance Instruction in Personal Hygiene.

**Unit 2- Health Problems in India** **(15 Hrs.)**

- 2.1 Concept of Communicable and Non Communicable Diseases, Malnutrition, Adulteration in Food, Environmental Sanitation, Population Explosion.
- 2.2 Personal and Environmental Hygiene for Schools.
- 2.3 Objective of School Health Service, Role of Health Education in Schools.
- 2.4 Health Services - Care of Skin, Nails, Eye Health Service, Nutritional Service, Health Appraisal, Health Record, Healthful School Environment, First- Aid and Emergency Care.
- 2.5 Effect of Alcohol on Health and Effect of Tobacco on Health.

**Unit 3- Health Management** **(15 Hrs.)**

- 3.1 Concept of Health Management.
- 3.2 Life Style Management.
- 3.3 Meaning and Management of Hypertension.
- 3.4 Meaning and Management of Obesity.
- 3.5 Meaning and Management of Stress.

**Unit 4 - Introduction to Sports Nutrition** **(15 Hrs.)**

- 4.1 Meaning and Definition of Nutrition.
- 4.2 Role of nutrition in sports.
- 4.3 Basic Nutrition guidelines.
- 4.4 Types of Nutrients.
- 4.5 Nutrient verses sports type (burnout type).
- 4.6 Role of carbohydrates, Fats and Proteins during Exercise.

**Unit 5- Nutrition and Weight Management** **(15 Hrs.)**

- 5.1 Concept of BMI (Body mass index).
- 5.2 Obesity and its Hazard.
- 5.3 Dieting Versus Exercise for Weight Control
- 5.4 Role of Diet and Exercise in Weight Management.
- 5.5 Design Diet Plan and Exercise Schedule for Weight Gain and Loss.

**Text and Reference book:**

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" . Turner, C.E. "The School Health and Health Education".
5. Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. "The School Health Education" (Harber and Brothers, New York).

6. Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc. Boyd-Eaton S. et al
7. The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
8. Terras S. Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

**Latest editions of all the suggested books are recommended.**

**Semester III**  
**Practicum Course**  
**Foundation Games-III**  
**(Athletics & Gymnastics)**

**Course Code- MPED351**

**L P C**  
**0 4 2**

**Objectives:** The students will be able to gain fundamental knowledge of skills, strategies, tactics and techniques associated with throwing and jumping events related to track and field.

**PART-A (Athletics) 25 Marks**

**Unit - 1 Track and field (Throwing Events)**

- 1.1 Discus Throw, Javelin, Hammer throw, shot-put
- 1.2 Grip
- 1.3 Stance
- 1.4 Release
- 1.5 Reserve/ (Follow through action)

**PART-B Gymnastic 25 Marks**

**Unit- 3 Parallel Bars (Boys)**

- 3.1 Mount from one bar.
- 3.2 Straddle walking on parallel bars.
- 3.3 Single and double step walk.
- 3.4 Shoulder stand on one bar and roll forward.
- 3.5 Shoulder stand.
- 3.6. Front on back vault to the side (dismount).

**Unit- 4 Balancing Beam (Girls)**

- 4.1 Walking and running on the beam.
- 4.2 Turning movement on the beam.
- 4.3 Cat Jump.
- 4.4 Dancing steps and movements.
- 4.5 Different kinds of scales.
- 4.6 Mount (1/4 turn to cross sitting).
- 4.7 Dismount (jump, from the end of the beam with legs straddle in the air).

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester III**  
**Coaching Lesson-I (Track and Field/Gymnastics)**

Course Code- MPED352

**L P C**  
0 4 2

**Objectives:** To develop proficiency in taking coaching lesson on Track and Field/Gymnastics. The duration of the lesson shall be in the range of 30 to 40 minutes.

**Note:** Each student teacher is expected to take six lessons during the course of the third semester. The five 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. After the completion of this internal process students will discuss with his class mentor/lesson supervisor and class mentor/lesson supervisor will allot him/her a final (Sixth) lesson for external examination.

**(A) Evaluation criteria for teaching lesson (Internal)**

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of lesson plan	2
2	Entrance, appearance, appropriate dress-up, grooming, Use of apparatus, Music, Drum etc	2
3	Command, Voice & Confidence	2
4	Detection & Correction of faults	1
5	Discipline & control of class	1
Total of one lesson		08
For five lessons each as above ( x 5)		40
*Attendance		10
<b>Grand Total (Internal)</b>		<b>50</b>

**\*10 Marks will be allotted from the overall attendance of the semester as per ordinance.**

**(B) Evaluation criteria for teaching lesson (External)**

Sr. No.	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipments, teaching-aids etc.	05
3	Presentation, Demonstration & Teaching stages	07
4	Use of formation/technique of skill teaching	05
5	Command, Voice & Confidence	05
6	Detection & Correction of faults	05
7	Effectiveness & Creativeness of training	05
8	Discipline & control of class	05
9	Dismissal	05
<b>Total</b>		<b>50</b>

**Semester III**  
**Coaching Lesson-II (Game Specialization)**

Course Code- MPED353

**L P C**  
0 4 2

**Objectives:** To develop proficiency in taking coaching lesson on Game specialization. In view of this, the students will be familiar with advance training and coaching in selected discipline. The duration of the lesson shall be in the range of 30 to 40 minutes.

**Note:** Each student teacher is expected to take six lessons during the course of the third semester. The five 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. After the completion of this internal process students will discuss with his class mentor/lesson supervisor and class mentor/lesson supervisor will allot him/her a final (Sixth) lesson for external examination.

**(A)Evaluation criteria for teaching lesson (Internal)**

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of lesson plan	2
2	Entrance, appearance, appropriate dress-up, grooming, Use of apparatus, Music, Drum etc	2
3	Command, Voice & Confidence	2
4	Detection & Correction of faults	1
5	Discipline & control of class	1
Total of one lesson		08
For five lessons each as above ( x 5)		40
*Attendance		10
<b>Grand Total (Internal)</b>		<b>50</b>

**\*10 Marks will be allotted from the overall attendance of the semester as per ordinance.**

**(B) Evaluation criteria for teaching lesson (External)**

Sr. No.	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipments, teaching-aids etc.	05
3	Presentation, Demonstration & Teaching stages	07
4	Use of formation/technique of skill teaching	05
5	Command, Voice & Confidence	05
6	Detection & Correction of faults	05
7	Effectiveness & Creativeness of training	05
8	Discipline & control of class	05
9	Dismissal	05
<b>Total</b>		<b>50</b>

**Semester III  
Educational Tour**

**Course Code- MPED354**

**L P C**  
0 0 2

**Objectives:** To give them an opportunity to learn from their own experiences and from the experience of others.

Five to ten days educational tour will be organized at historic or educational place to learn about the history and importance of that place.

**Evaluation Criteria for Educational Tour**

<b>Sl. No.</b>	<b>Activity</b>	<b>Marks</b>
1	Task Given in tour	05
2	Interest in Extracurricular activities	05
3	Organizing ability	10
4	Participation in Extracurricular activities	15
5	Task Performance	15
6	Personal behavior in group	10
7	Observing leadership ability	05
8	Cooperation in a group	10
9	Discipline	05
10	Tour report	20
<b>Total</b>		100

**Semester III**  
**SPORTS ENGINEERING**  
**(Elective)**

**Course Code- MPED304**

**L P C**  
4 0 4

**Objectives:** To define the importance of engineering in the sports world and develop an understanding of different ways materials can affect performance.

**Unit - 1 Introduction to sports engineering and Technology (15 Hrs.)**

1.1 Meaning of sports engineering.

1.2 Human Motion Detection and Recording, Human Performance, Assessment, Equipment and Facility Designing.

1.3 Sports Related Instrumentation and Measurement.

**Unit - 2 Mechanics of engineering materials (15 Hrs.)**

2.1 Concept of Internal Force, Axial Force, Shear Force, Bending Movement, Torsion, Energy Method to Find Displacement of Structure and Strain Energy.

2.2 Biomechanics of Daily and Common Activities- Gait, Posture, Body Levers, Ergonomics.

2.3 Mechanical Principles in Movements Such as Lifting, Walking, Running, Throwing, Jumping, Pulling and Pushing etc.

**Unit- 3 Sports Dynamics (15 Hrs.)**

3.1 Introduction to Dynamics.

3.2 Kinematics To Particles – Rectilinear and Plane Curvilinear Motion Coordinate System.

3.3 Kinetics of Particles – Newton’s Laws of Motion, Work, Energy, Impulse and Momentum.

**Unit- 4 Building and Maintenance (15 Hrs.)**

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

4.2 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.

4.3 Building Process- Design Phase (Including Brief Documentation), Construction Phase Functional (Occupational) Life, Re-Evaluation, Refurnish, Demolish.

4.4 Maintenance Policy- Preventive Maintenance, Corrective Maintenance, Record and Register for Maintenance.

**Unit – 5 Facility life cycles costing (15 Hrs.)**

5.1 Basics of Theoretical Analysis of Cost, Total Life Cost Concepts, Maintenance Costs, Energy Cost, Capital Cost and Taxation.

**Text and Reference book:**

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

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

3. Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press) Helge N., Sports Aerodynamics (Springer Science & Business Media)

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

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

6. Colin White, Projectile Dynamics in Sport: Principles and Applications.

**Latest editions of all the suggested books are recommended.**

**Semester III**  
**PHYSICAL FITNESS AND WELLNESS**  
**(Elective)**

**Course Code- MPED305**

**L P C**  
4 0 4

**Objectives:** The objective of this subject is to teach them regarding introduction, history of Physical education and its importance in relation to health and fitness.

**Unit 1 – Introduction of Physical Fitness (15 Hrs.)**

- 1.1 Meaning and Definition of Physical Fitness.
- 1.2 Importance of Physical Fitness.
- 1.3 Categories of Physical Fitness.
- 1.4 Components of Physical Fitness.
- 1.5 Factor Affecting Physical Fitness.

**Unit 2 – Introduction to Wellness (15 Hrs.)**

- 2.1 Meaning and Definition of Wellness.
- 2.2 Importance of Wellness.
- 2.3 Components of Wellness.
- 2.4 Benefits of Wellness.
- 2.5 The Wellness challenge.

**Unit 3 – Development and maintenance of Physical fitness & Wellness. (15 Hrs.)**

- 3.1 Principle of Physical Fitness & Wellness.
- 3.2 Means of Fitness Development.
- 3.3 About exercise for Physical Fitness Development.
- 3.4 Role of Yoga for Physical Fitness Development.
- 3.5 Role of Nutrition for Physical Fitness Development.

**Unit 4 – Assessment of Physical Fitness. (15 Hrs.)**

- 4.1 Concept of Physical Fitness Assessment.
- 4.2 Importance of Physical fitness Assessment.
- 4.3 Criteria for selecting test for Physical Fitness Assessment.
- 4.4 Selection of Equipment for Faculty Assessment
- 4.5 Presentation Technique of Assessment & Evaluation at School Level (Report card, Notice board, Wall magazine, School Yearly Magazine, Website, Social Media Groups).

**Unit 5 – Maintaining Emotional Wellness (15 Hrs.)**

- 5.1 Meaning & Management of Fears, phobias & Anxiety.
- 5.2 Meaning & Management of Depression.
- 5.3 Meaning & Management of Anger.
- 5.4 Meaning & Management of Sleep.
- 5.5 Meaning & Management of Mental stress.

**Text and Reference book:**

1. Edlin G. & Golanty E, Health & Wellness, 8<sup>th</sup> Edition, Jones and Bartlett Publication, London.
2. Uppal A.K., Physical Fitness & Wellness, Friends Publication, New Delhi.
3. Kansal D.K. , A Practical approach to Test Measurement and Evaluation, SSS publication, New Delhi.
4. Gopalakrishnan R.W, Physical Fitness, Exercise and Health, Sports Publication, New Delhi.
5. Vaidhya R, Physical Fitness & Wellness, Prerna Prakashan, Delhi.

**Latest editions of all the suggested books are recommended.**

**Semester III**  
**Game Specialization (Minor-II)**  
**Boxing-I**

**Course Code- MPED355**

**L P C**  
**0 4 2**

**Objectives:** To enhance knowledge and understanding of Boxing.

**Unit-1 Fundamental Skills**

- 1.1 Boxing Stance
- 1.2 Boxing Steps
- 1.3 Boxing Punches- Straight Punches, Curved Punches, Hook, Upper Cut
- 1.4 Basic Defense
- 1.5 Combinations of Punches
- 1.6 Feinting
- 1.7 Boxing in Various Distances

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester III**  
**Game Specialization (Minor-II)**

**JUDO-I**

**Course Code- MPED356**

**L P C**  
**0 4 2**

**Objectives:** To enhance knowledge and understanding of Judo.

**Unit-1 Fundamental Skills**

- 1.1 Rej (salutation),
- 1.2 Ritsurei (salutation in standing position).
- 1.3 Zarai (salutation in the sitting position).
- 1.4 Kumi Kata (Methods of holding judo costume).
- 1.5 Shisei (Posture in Judo).
- 1.6 Kuzushi (Act of disturbing the opponent posture).
- 1.7 Tsukuri and kake (Preparatory action for attack,)
- 1.8 Ukemi (Break fall).
- 1.8.1 Urhiro Ukemi-(Rear break fall).
- 1.8.2 Yoko Ukemi (Side break fall).
- 1.8.3 Mae Ukemi (Front break fall).
- 1.8.4 Mae mawari Ukemi (Front rolling break fall).

**Unit-2 Shin Tai (Advance or Retreat foot Movement).**

- 2.1 Suri-ashi (Gliding foot).
- 2.2 Tsugi-ashi (Following footsteps).
- 2.3 Ayumi-ashi (Walking steps).
- 2.4 Tai Sabaki (Management of the body).
- 2.5 Nage-waze (Throwing Techniques).
- 2.5.1 Hiza Guruma (Knee wheel).
- 2.5.2 Sesae Tsurikomi-ashi (Drawing ankle throw).
- 2.5.3 De-ashi hari (Advance foot sweep).
- 2.5.4 O Goshi (Major Loin).
- 2.5.5 Seoi. nage (Shoulder throw) – Ippon scionage and Morote Scionag.
- 2.6 Katama-waze (Grappling Techniques).
- 2.6.1 Kesa-gatame (Scaff hold).
- 2.6.2 Kata-gatma (Shoulder hold).
- 2.6.3 Kami-shiho gatama (Locking of upper four quarters).
- 2.6.4 Method of escaping from each hold.
- 2.7 Rules their interpretations and duties of officials.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester III**  
**Game Specialization (Minor-II)**

**Wrestling-I**

**Course Code- MPED357**

**L P C**  
0 4 2

**Objectives:** To enhance knowledge and understanding of Wrestling.

**Unit-1 Fundamental Skills**

- 1.1 Take downs: leg tackles, arm drag.
- 1.2 Counters for take downs: Cross face, whizzer series.
- 1.3 Escapes from under: Sit out-turns in tripped.
- 1.4 Counters for escapes from under: Basic control, back drop, counters for stand up.
- 1.5 Pinning combination: Nelson series, (Half Nelson, Half Nelson and bar arm) leg lift series, leg cradle series, Reverse double bar arm, chicken wing and half nelson.
- 1.6 Escapes from pinning: Wing lock series, Double arm lock roll, bridge.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester III**  
**Game Specialization (Minor-II)**

**Karate-I**

**Course Code- MPED358**

**L P C**  
**0 4 2**

**Objectives:** To enhance knowledge and understanding of Karate.

**Unit-1 Fundamental Skills**

- 1.1 Zarei (Seated Bow)
- 1.2 Ritsurei (Standing Bow)
- 1.3 Conduct In and Out of the Dojo
- 1.4 Wearing Apparel
- 1.5 The Spirit of Karate-do
- 1.6 Basic Stances
- 1.7 Basic Blocking Technique
- 1.8 Basic Punching and Kicking

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester III**  
**Game Specialization (Minor-II)**

**Taekwondo-I**

**Course Code- MPED359**

**L P C**  
0 4 2

**Objectives:** Student will be able to participate and teach in a variety of physical activities and acquire the concepts and skills that will enable them to professional endeavor.

**Unit - 1 Taekwondo Fundamental Skills**

1.1 Player Stances – walking, extending walking,

1.2 Fundamental Skills – Sitting stance punch, single punch

1.3 Punching Skill from sparring position – front-fist punch, rear fist punch.

1.4 Foot Techniques (Balgisul) – standing kick (soseochagi), Front kick (AP chagi), Arc Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal

1.5 Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks)

1.6 Board Breaking (Kyokpa) – eye control, balance.

1.7 Rules and their interpretations and duties of officials.

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

## Semester IV

### INFORMATION & COMMUNICATION TECHNOLOGY IN PHYSICAL EDUCATION

Course Code- MPED401

L	P	C
3	2	4

**Objectives:** The student will be able to answer about basic knowledge of information technology in relation to innovation in teaching and training techniques.

#### **Unit 1 – Communication & Classroom Interaction (15 Hrs.)**

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

#### **Unit 2 – Fundamentals of Computers (15 Hrs.)**

- 2.1 Characteristics, Types & Applications of Computers Hardware of Computer- Input, Output & Storage Devices
- 2.2 Software of Computer- Concept & Types.
- 2.3 Computer Memory- Concept & Types Viruses & its Management.
- 2.4 Concept Types & Functions of Computer Networks Internet and its Applications.
- 2.5 Web Browsers & Search Engines Legal & Ethical Issues.

#### **Unit 3 – MS Office Applications (15 Hrs.)**

- 3.1 MS Word - Main Features & it's Uses in Physical Education.
- 3.2 MS Excel - Main Features & it's Applications in Physical Education.
- 3.3 MS Access - Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its uses in Physical Education.
- 3.4 MS Power Point - Preparation of Slides with Multimedia Effects.
- 3.5 MS Publisher - Newsletter & Brochure.

#### **Unit 4 – Application of Computer in Physical Education (15 Hrs.)**

- 4.1 Need and Importance of Computer in the Field of Sport Sciences and Physical Education.
- 4.2 Application of Computer in Exercise Physiology.
- 4.3 Application of Computer in Biomechanics.
- 4.4 Application of Computer in sports Psychology.

#### **Unit 5 – Graphical Representation through Computer (15 Hrs.)**

- 5.1 Introduction.
- 5.2 Line Diagram.
- 5.3 Histogram.
- 5.4 Bar Diagram
- 5.5 Pie Diagram

#### **Text and Reference book:**

- 1.B. Ram, New Age International Publication, Computer Fundamental, Third Edition.
- 2.Brain under IDG Book. India (p) Ltd Teach Yourself Office, Fourth Edition.
- 3.Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in.
- 4.Heidi Steel Low price Edition, Microsoft Office Word.
- 5.ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing.
- 6.Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications.
- 7.Rebecca Bridges Altman Peach pit Press, Power point for window.
- 8.Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition.
- 9.Jayachitra M. Computer Application in Physical Education. Friends Publication, New Delhi.

10. Thakur J.K.. Statistics and Computer Application in Physical Education. Khel Sahitya Kendra. New Delhi.

**Latest editions of all the suggested books are recommended.**

**Semester IV**  
**SPORTS PSYCHOLOGY**

**Course Code- MPED402**

**L P C**  
3 2 4

**Objectives:** To provide the knowledge of psychological problems and qualities of sports Personnel in the field of physical activities.

**UNIT 1 – Introduction (15 Hrs.)**

- 1.1 History, Meaning, Definition, Aim, Objective and Importance of Sports Psychology.
- 1.2 Branches of Sports Psychology.
- 1.3 Motor Learning – Concept of Skill, Motor Skill, Conditions & Principles of Motor Skill Learning, Factor Affecting Motor Learning.
- 1.4 Personality- Meaning, Definition, Dimensions, Types, Effects of Personality on Sports Performance.
- 1.5 Sports Participation and Personality Development.

**UNIT 2 - Psychological Aspects of Sports Performance (15 Hrs.)**

- 2.1 Motivation: Meaning, Definition, Types, Sources and Importance.
- 2.2 Anxiety- Meaning, Definition, Types, Symptoms, techniques to control Anxiety.
- 2.3 Stress- Meaning, Definition, Types and Causes.
- 2.4 Aggression- Meaning, Definition, Types and Management.
- 2.5 Self-Concept- Meaning and Definition, Methods of Measurement.

**UNIT 3 – Goal Setting (15 Hrs.)**

- 3.1 Meaning, Definition and Process of Goal Setting in Physical Education and Sports.
- 3.2 Relaxation- Meaning, Definition, types and methods of psychological relaxation.
- 3.3 Psychological Tests (Instrument Based) - Reaction time, Finger dexterity board, Depth perception box (Electrical).
- 3.4 Questionnaire- Sports Achievement Motivation, Sports Competition Anxiety, Aggression, Locus of control.

**UNIT 4 – Intelligence in Life & Sport (15 Hrs.)**

- 4.1 Intelligence: Meaning, Definition, Nature, Principles,
- 4.2 Types, Uses of Intelligence in Education.
- 4.3 Concept of Athletic Intelligence.

**UNIT 5 – Group Cohesion (15 Hrs.)**

- 5.1 Group, Team and Group Dynamic, Group Development Stages.
- 5.2 Group Cohesion: Meaning, Definition, Developing team Cohesiveness, Cohesion and Sport Performance.

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

**Text and Reference book:**

1. Authors Guide National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
2. Authors Guide National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
3. Jain, Sports Sociology, Heal Sahety Kendre Publishers.

4. Jay Coakley. Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
5. John D Lauther Psychology of Coaching. Ner Jersey: Prenticce Hall Inc. John D. Lauther Sports Psychology. Englewood, Prentice Hall Inc.
6. Miroslaw Vauks & Bryant Cratty . Psychology and the Superior Athlete. London: The Macmillan Co.
7. Richard, J. Crisp. Essential Social Psychology. Sage Publications.
8. Robert N. Singer . Motor Learning and Human Performance. New York: The Macmillan Co.
9. Robert N. Singer. The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
10. Thelma Horn. . Advances in Sports Psychology. Human Kinetic.
11. Whiting, K, Karman., Hendry L.B & Jones M.G. Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
12. Kamlesh M.L. . Psychology in Physical education & Sports. KHel Sahitya Kendra, New Delhi.
13. Kumar A. . Sports Psychology. Friends Publication, New Delhi.
14. Singh, V.K.. Psychology of Physical Education. Sports Publication, New Delhi.

**Latest editions of all the suggested books are recommended.**

**SEMESTER IV**  
**Teaching Practice**  
**(Internship)**

**Course Code – MPED405**

**L P C**  
**0 0 0**

A minimum of 20 lessons out of which 10 Teaching & 10 Coaching lessons in the School/ college/ institution/ department itself.

For Teaching Practice/Internship, School and participating college shall setup a mutually agreed mechanism for mentoring, supervising, tracking & accessing the student-teachers. After the completion of Internship student will report to his/her principal/class mentor, then they will form committee for the concern student presentation.

**This Course is compulsory and successful completion of the same with due documentation would be essential and a pre-requisite for award of the degree.**

**Semester IV**  
**Practicum Course**  
**Foundation Games-IV**  
**(Athletics & Gymnastics)**

**Course Code- MPED451**

**L P C**  
**0 4 2**

**Objectives:** The student will be able to demonstrate basic skills of athletics, familiarize with the rules of athletics and methods of construction/layout/ marking the field.

**Part- A Athletics 25 Marks**

**UNIT 1 Marking, Coaching & Officiating**

- 1.1 Standard track marking & duties of Officials
- 1.2 Field event marking & duties of Officials
- 1.3 Basic Coaching & Training of Runner
- 1.4 Basic Coaching & Training of jumpers
- 1.5 Basic Coaching & Training of Throwers

**Part-B Gymnastics 25 Marks**

**Unit-3 Acrobatic Skills**

- 3.1 fundamental acrobatic skills
- 3.2 Basic acrobatic pyramids in pairs
- 3.3 Basic acrobatic pyramids in groups
- 3.4 Cartwheels

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Practicum Course**  
**Officiating Lesson-I (Track and Field/ Gymnastics)**

**Course Code- MPED452**

**L P C**  
**0 4 2**

**Objectives:** To develop proficiency in taking officiating lesson on Track and Field/ Gymnastics. In view of this, students will be able to familiar with the mechanism of officiating in selected discipline.

The duration of the lesson shall be in the range of 30 to 40 minutes.

**Note:** Each student teacher is expected to take six lessons during the course of the fourth semester. The five 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. After the completion of this internal process students will discuss with his class mentor/lesson supervisor and class mentor/lesson supervisor will allot him/her a final (Sixth) lesson for external examination.

**(A) Evaluation criteria for teaching lesson (Internal)**

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of lesson plan	2
2	Entrance, appearance, appropriate dress-up, grooming, Use of apparatus, Music, Drum etc	2
3	Command, Voice & Confidence	2
4	Detection & Correction of faults	1
5	Discipline & control of class	1
Total of one lesson		08
For five lessons each as above ( x 5)		40
*Attendance		10
<b>Grand Total (Internal)</b>		<b>50</b>

**\*10 Marks will be allotted from the overall attendance of the semester as per ordinance.**

**(B) Evaluation criteria for teaching lesson (External)**

Sr. No.	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipments, teaching-aids etc.	05
3	Presentation, Demonstration & Teaching stages	07
4	Use of formation/technique of skill teaching	05
5	Command, Voice & Confidence	05
6	Detection & Correction of faults	05
7	Effectiveness & Creativeness of training	05
8	Discipline & control of class	05
9	Dismissal	05
<b>Total</b>		<b>50</b>

**Semester IV**  
**Practicum Course**  
**Officiating Lesson-II (Game Specialization)**

**Course Code- MPED453**

**L P C**  
0 4 2

**Objectives:** to be develop proficiency in taking officiating lesson on selected game specialization (IV Sem.).

The duration of the lesson shall be in the range of 30 to 40 minutes.

**Note:** Each student teacher is expected to take six lessons during the course of the fourth semester. The five 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. After the completion of this internal process students will discuss with his class mentor/lesson supervisor and class mentor/lesson supervisor will allot him/her a final (Sixth) lesson for external examination.

**(A)Evaluation criteria for teaching lesson (Internal)**

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of lesson plan	2
2	Entrance, appearance, appropriate dress-up, grooming, Use of apparatus, Music, Drum etc	2
3	Command, Voice & Confidence	2
4	Detection & Correction of faults	1
5	Discipline & control of class	1
Total of one lesson		08
For five lessons each as above ( x 5)		40
*Attendance		10
<b>Grand Total (Internal)</b>		<b>50</b>

**\*10 Marks will be allotted from the overall attendance of the semester as per ordinance.**

**(B) Evaluation criteria for teaching lesson (External)**

Sr. No.	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipments, teaching-aids etc.	05
3	Presentation, Demonstration & Teaching stages	07
4	Use of formation/technique of skill teaching	05
5	Command, Voice & Confidence	05
6	Detection & Correction of faults	05
7	Effectiveness & Creativeness of training	05
8	Discipline & control of class	05
9	Dismissal	05
<b>Total</b>		<b>50</b>

**Semester IV**  
**DISSERTATION**

**Course Code- MPED454**

**L P C**  
**0 6 3**

**Objectives:**

1. To orient students with research methodology
2. To acquaint with steps needed to undertake research work.
3. To provide exposure to do research work in their Prospective career
4. To assess their knowledge, skills and efficacy in research work.

**Procedure**

1. A candidate shall have dissertation for M.P.Ed. – IV Semester.
2. Allotment of supervisor
3. Submission his/her Synopsis after concerned with the supervisor.
4. Presentation of synopsis in front of Head/Director/In-charge and all faculty members.
5. Final Approval has given by Head/Director/In-charge of the college.
6. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.
3. The candidate has to face the Viva-Voce.

**Semester IV**  
**VALUE AND ENVIRONMENTAL EDUCATION**  
**(Elective)**

**Course Code- MPED403**

**L P C**  
4 0 4

**Objectives:** To learn about the environment, through the environment and for the environment.

**UNIT 1 – Introduction to Value Education.**

**(15 Hrs.)**

- 1.1 Values- Meaning, Definition, Concepts of Values.
- 1.2 Value Education- Need, Importance and Objectives.
- 1.3 Moral Values- Need and Theories of Values.
- 1.4 Classification of Values- Basic Values of Religion.

**UNIT 2 – Value Systems**

**(15 Hrs.)**

- 2.1 Meaning and Definition of Personal and Communal Values.
- 2.2 Meaning and Types of Consistency- Internally consistent, internally inconsistent.
- 2.3 Judging Value System, Commitment, and Commitment to values.

**Unit- 3 – Environmental Education**

**(15 Hrs.)**

- 3.1 Definition, Scope, Need and Importance of environmental studies.
- 3.2 Concept of environmental education.
- 3.3 Celebration of various Environmental days.
- 3.4 Plastic recycling & prohibition of plastic bag / cover.
- 3.5 Role of School in Environmental conservation and sustainable development.
- 3.6 Pollution free eco-system.

**Unit - 4 Rural Sanitation and Urban Health**

**(15 Hrs.)**

- 4.1 Meaning of Rural Health Problems and Causes of Rural Health Problems.
- 4.2 Means of Improvement of Rural Sanitation.
- 4.3 Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Educational Activities, Services on Urban Slum Area.
- 4.4 Sanitation at Fairs, Festivals and Sports Competitions.
- 4.5 Introduction to National Health Policies: national Health Policies, National Policy for Person with Disability and National youth Policy.

**Unit - 5 Natural Resources and related environmental issues**

**(15 Hrs.)**

- 5.1 Water resources.
- 5.2 Food resources.
- 5.3 Land resources.
- 5.4 Definition, effects and control measures- Air Pollution, Water Pollution, Soil Pollution, Soil Pollution, Soil Pollution, Thermal Pollution.
- 5.5 Management of environment and Government policies.
- 5.6 Role of Pollution Control Board.

**Text and Reference book:**

1. Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) .
2. Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.)
3. Townsend C. and others, Essentials of Ecology (Black well Science)
4. Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press).
5. Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House).

6. Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web enhanced Ed.).
  7. Johri K.S. Environmental Studies. The Readers Paradise, New Delhi.
  8. Sinha M, Environmental Studies: Nature and Importance. Vandana Publication, New Delhi.
  9. Salvi M. Environmental Education. Prerna Prakashan, Delhi.
  10. Bharucha E. Text Book for Environmental Studies, UGC, New Delhi.
- Latest editions of all the suggested books are recommended.**

**Semester IV**  
**Theory Courses**  
**EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS**  
**(Elective)**

**Course Code- MPED404**

**L P C**  
**4 0 4**

**Objectives:** Students will be able to understand about different techniques, methods of teaching and they can present innovative lesson plans in future.

**Unit 1 – Introduction** (15 Hrs.)

- 1.1 Meaning and Definition of Educational Technology.
- 1.2 Uses of Educational Technology in Physical education and Sports.
- 1.3 Types of educational & Educative Process.
- 1.4 Uses of Devices in teaching.

**Unit 2 – Systems Approach and Reprographic Equipments.** (15 Hrs.)

- 2.1 Meaning and Definition of System Approach & Reprography.
- 2.2 Components of an Instrumental System..
- 2.3 Designing a Curriculum.
- 2.4 Topic analysis and Credit System.
- 2.5 Use of Reprographic aids in Physical Education and Sports- Blue print, Digital Camera, Reflex Printing.

**Unit 3- Technology in Physical Education.** (15 Hrs.)

- 3.1 Introduction of Technology and its uses in Physical Education and Sports.
- 3.2 Relevance of Education Technology with Difference Education Technology.
- 3.3 Criteria for selecting tools for Teaching & Training.
- 3.4 Limitations of Educational Technology.

**Unit 4 – Teaching Aids** (15 Hrs.)

- 4.1 Introduction to Teaching aids & Teen Teaching
- 4.2 Criteria for selecting Teaching aids.
- 4.3 Types and Uses of Different Teaching aids.
- 4.4 Misconceptions about teaching aids.

**Unit 5 – Educational Technology & Sports.** (15 Hrs.)

- 5.1 Uses of Technology in sports Competitions.
- 5.2 Educational Technology for players.
- 5.3 Coaches/Trainer/Instructors.
- 5.4 For administrators/Referee/Official Staffs.

**Text and Reference book:**

1. Amita Bhardwaj, New Media of Educational Planning”. Sarup of Sons, New Delhi Bhatia and Bhatia.
2. The Principles and Methods of Teaching (New Delhi: Doaba House).
3. Communication and Education, D. N. Dasgupta, Pointer Publishers
4. Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi
5. Madan Lal, Essentials of Educational Technology, Anmol Publications
6. K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.).
7. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.).

8. Kozman, Cassidy and K. Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London).
9. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London).
10. K.  
Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.).
11. Pathak R.P. & Chaudhary J. Educational Technology. Dorling Kindersley Publication, South Asia.

**Latest editions of all the suggested books are recommended.**

**Semester IV**  
**Game Specialization (Major)**

**Kabaddi-II**

**Course Code- MPED455**

**L P C**  
**0 6 3**

**Unit - 1 Catches**

- 1.1 Wrist catch
- 1.2 Knee catch
- 1.3 Ankle catch
- 1.4 Thigh catch

**Unit -2 Raiding skills**

- 2.1 Touching with hand
- 2.2 Leg thrust
- 2.3 Front kick
- 2.4 Sidekick
- 2.5 Mule kick

**Unit-3 Basic & Advance tactics**

- 3.1 Offensive
- 3.2 Defensive

**Unit -4 Playfield technology-**

- 4.1 Planning,
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**Kho-Kho-II**

**Course Code- MPED456**

**L P C**  
**0 6 3**

**Unit- 1 Chasing Skills**

- 1.1 Giving kho
- 1.2 Getting up
- 1.3 Pole dive
- 1.4 Diving- Air dive, Sitting Dive & Fake dive
- 1.5 Dozing

**Unit-2 Running Skills**

- 2.1 single and double chain, ring formation
- 2.2 Dozing

**Unit-3 Basic tactics & Advance**

- 3.1 Offensive
- 3.2 Defensive

**Unit-4** Playfield technology planning, construction and maintenance of Kho-Kho court

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV  
Game Specialization (Major)**

**Badminton-II**

**Course Code- MPED457**

**L P C**  
**0 6 3**

**Unit- 1 Fundamental Skills**

- 1.1 Service
  - 1.1.1 High
  - 1.1.2 Short service
- 1.2 Drop
  - 1.2.1 Back hand
  - 1.2.2 Forehand
- 1.3 Clear
  - 1.3.1 under arm clear
  - 1.3.2 over arm clear
- 1.4 Smash
- 1.5 Drive.

**Unit – 2 Basic & Advance tactics and Techniques**

- 2.1 Offensive
- 2.2 Defensive
- 2.3 Individual and game strategies

**Unit -3 Playfield technology-**

- 3.1 Planning,
- 3.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**Table Tennis-II**

**Course Code- MPED458**

**L P C**  
**0 6 3**

**Unit-1 Skills**

- 1.1 Serve
- 1.2 Forehand
- 1.3 Backhand
- 1.4 Spins
- 1.5 Spikes
- 1.6 Saves

**Unit- 2 Training for foot work**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit-3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Individual and game strategies

**Unit -4 Playfield technology-**

- 4.1 Planning,
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV  
Game Specialization (Major)**

**Squash-II**

**Course Code- MPED459**

**L P C**  
**0 6 3**

**Unit- 1 Skills**

- 1.1 Grip
- 1.2 Forehand & backhand
- 1.3 Services
- 1.4 Boast
- 1.5 Drop shot
- 1.6 Lob
- 1.7 Slice

**Unit- 2 Drills for skills development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit-3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Individual and game strategies

**Unit -4 Playfield technology-**

- 4.1 Planning,
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**  
**Volleyball-II**

**Course Code- MPED460**

**L P C**  
**0 6 3**

**Unit- 1 Skills**

- 1.1 Service
  - 1.1.1 Under arm
  - 1.1.2 Tennis
  - 1.1.3 Floating
  - 1.1.4 Jump Service
- 1.2 Passes
  - 1.2.1 Volley pass
  - 1.2.2 Dig pass
  - 1.2.3 Back roll volley
  - 1.2.4 Side roll dig one handed
- 1.3 Spike
  - 1.3.1 Straight spike
  - 1.3.2 Spike on high ball and low ball
- 1.4 Blocking
  - 1.4.1 Single
  - 1.4.2 Double block

**Unit-2 Basic & Advance tactics and Techniques**

- 2.1 Offensive
- 2.2 Defensive
- 2.3 Game strategies

**Unit- 3 Drills for skills development**

- 3.1 Basic Drill
- 3.2 Intermediate Drill
- 3.3 Advance Drill

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**Basketball-II**

**Course Code- MPED461**

**L P C**  
**0 6 3**

**Unit- 1 Skills**

- 1.1 Ball handling & Player's stance
- 1.2 Passing and Receiving
  - 1.2.1 Chest pass
  - 1.2.2 Bounce pass,
  - 1.2.3 Overhead pass
- 1.3 Shooting
  - 1.3.1 Layup shot
  - 1.3.2 Set shot
  - 1.3.3 Jump shot
- 1.4 Dribbling- High, low and reverse
- 1.5 Pivoting,
- 1.6 Offensive and defensive rebounding.

**Unit- 2 Drills for skills development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit-3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Game strategies

**Unit-4** Playing technology- planning, construction and maintenance of the basketball court

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**Cricket-II**

**Course Code- MPED462**

**L P C**  
**0 6 3**

**Unit- 1 Skills**

- 1.1 Batting-forward & backward defense, straight drive, square cut, pull
- 1.2 Bowling:- Medium pace, good length ball, in swing and out swing, leg break, off break, goggle
- 1.3 Fielding- catching, ground fielding, close and deep fielding
- 1.4 Wicket keeping

**Unit- 2 Drills for skills development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Game strategies

**Unit -4** Short term and long term planning play field technology- planning, construction and maintenance of cricket pitch and field

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV  
Game Specialization (Major)**

**Football-II**

**Course Code- MPED463**

**L   P   C**  
**0   6   3**

**Unit- 1 Skills**

- 1.1 Kicking
- 1.2 Receiving
- 1.3 Heading
- 1.4 Dribbling
- 1.5 Pyramid system- Swiss bolt, three back systems, 4-2-4 Formation
- 1.6 Goal Keeping

**Unit- 2 Drill for skill development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Game strategies

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**Hockey-II**

**Course Code- MPED464**

**L P C**  
**0 6 3**

**Unit- 1Skills**

- 1.1 Hitting
- 1.2 Passing
- 1.3 Dribbling
- 1.4 Scoop
- 1.5 Bully
- 1.6 Grip
- 1.7 Flick
- 1.8 Goal Keeping

**Unit- 2 Drills for skill development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Game strategies

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV  
Game Specialization (Major)**

**Boxing-II**

**Course Code- MPED465**

**L P C**  
**0 6 3**

**Unit- 1 Skills**

- 1.1 Boxing Footwork
- 1.2 Punching
- 1.3 Straight Shots
- 1.4 The right cross
- 1.5 Hook shots
- 1.6 Uppercut shots

**Unit- 2 Drills for skill development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Strategies

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major-II)**

**Judo-II**

**Course Code- MPED466**

**L P C**  
**0 6 3**

**Unit- 1 Skills**

- 1.1 How to grip
- 1.2 Nage-Waza: Throwing techniques
  - 1.2.1 Te-waza: hand throwing techniques
  - 1.2.2 Koshi- Waza: Hip throwing techniques
  - 1.2.3 Ashi-Waza: Foot throwing techniques
  - 1.2.4 Sutemi- Waza: Sacrifice techniques
- 1.3 Groundwork techniques
- 1.4 groundwork holds and locks

**Unit- 2 Drills for skill development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Strategies

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV  
Game Specialization (Major)**

**Wrestling-II**

**Course Code- MPED467**

**L P C**  
0 6 3

**Unit- 1 Skills**

- 1.1 Grip
- 1.2 Stance
- 1.3 Floating Drill
- 1.4 Moving up drill
- 1.5 Back spinning drill
- 1.6 Stand up
- 1.7 Twisting arm fireman's carry
- 1.8 Stand up with hand control
- 1.9 Standing up with hand control
- 1.10 standing techniques
- 1.11 Upsetting an opponent down from behind
- 1.12 The bullfighter
- 1.13 Taking an opponent down from behind
- 1.14 Freeing the hands

**Unit- 2 Drills for skill development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Strategies

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of playing area

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**Karate-II**

**Course Code- MPED468**

**L P C**  
**0 6 3**

**Unit- 1 Skills**

- 1.1 Basic posture
  - 1.1.1 Alternative basic posture
- 1.2 Basic Karate stance
  - 1.2.1 Kiba Dachi
  - 1.2.2 Kokutsu Dachi
  - 1.2.3 Zenkutsu
- 1.3 Attacking style

**Unit- 2 Drills for skill development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Strategies

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of Karate arena

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**Taekwondo-II**

**Course Code- MPED469**

**L P C**  
**0 6 3**

**Unit - 1 Taekwondo Skills**

- 1.1 Stance (Sogui)
- 1.2 Hand attacks
- 1.3 Kicks (Chagi)
- 1.4 Blocks (Makgi Burat)
- 1.5 Patterns, Poomsae, Hyung, Tul
- 1.6 Basic movement of Taekwondo
  - 1.6.1 Kibon joonbi sogi
  - 1.6.2 Juchumseo Momtong Jireugi
  - 1.6.3 Arae Makki
  - 1.6.4 Momtong Bandae Jireugi
  - 1.6.5 Ap Chagi
  - 1.6.6 Sannal Bakkat Chigi
  - 1.6.7 Denugjumeok Chigi
  - 1.6.8 Momtong Makki

**Unit- 2 Drills for skill development**

- 2.1 Basic Drill
- 2.2 Intermediate Drill
- 2.3 Advance Drill

**Unit- 3 Basic & Advance tactics and Techniques**

- 3.1 Offensive
- 3.2 Defensive
- 3.3 Strategies

**Unit -4 Playfield technology-**

- 4.1 Planning
- 4.2 Construction and maintenance of Taekwondo arena

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50

**Semester IV**  
**Game Specialization (Major)**

**YOGA-II**

**Course Code – MPED470**

**L P C**  
**0 4 2**

**Content**

**Unit-I (Culturative Asanas)**

Vriksh Asana  
Tad Asana  
Trikon Asana  
Vakra Asana  
Supta Vajra Asana  
Pad-hast Asana  
Nauka Asana  
Viprit Karni  
Sarvang Asana  
Hal Asana  
Bhujang Asana  
Shalbh Asana  
Dhanur Asana  
Paschimottan Asana  
Matasyaendrasana  
Ustra Asana  
Pawan Mukta Asana  
Shirsh Asana  
Chakra Asana  
Vaka Asana  
Mayur Asana

**Relaxative Asanas**

Sava Asana  
Makra Asana

**Meditative Asanas**

Padma Asana  
Swastik Asana  
Vajra Asana  
Sukha Asana

**Unit-II PRANAYAMA**

- |                   |                 |            |            |
|-------------------|-----------------|------------|------------|
| 1. Suryabhedan    | 2. Ujjai        | 3. Shitali | 4. Sitkari |
| 5. Bhastrika      | 6. Bhramari     | 7. Moorcha | 8. Plavini |
| 9. Chandra Bhedan | 10. Nari Sodhan |            |            |

**Unit-III KRIYA**

- |         |               |         |          |
|---------|---------------|---------|----------|
| • Neti  | • Dhauthi     | • Basti | • Tratak |
| • Nauli | • Kapalbhathi |         |          |

**Evaluation Scheme**

**For internal**

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

**For External**

Assignment/File work	Viva	Skill	Total
10	10	30	50