

Study & Evaluation Scheme

of

Master of Physical Education (M.P.Ed.)

[Applicable w.e.f. Academic Session - 2020-21 till revised]
[As per NCTE guidelines]



TEERTHANKER MAHAVEER UNIVERSITY
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TEERTHANKER MAHAVEER UNIVERSITY
 (Established under Govt. of U.P. Act No. 30, 2008)
 Delhi Road, Moradabad (U.P.)

Proramme of Study & Evaluation Scheme

SUMMARY

Institute Name	TMIMT College of Physical Education
Programme	M.P.Ed. (Master of Physical Education)
Duration	Two year (Four Semester)
Medium	Hindi/English
Minimum Required Attendance	75 %
Credits	
Maximum Credits	93
Minimum Credits Required for Degree	93
Eligibility	As per NCTE norms and standard

Assessment

Evaluation			Internal	External	Total
Theory			40	60	100
Practical/ Dissertations/ Project Reports/ Viva-Voce			50	50	100
Class Test-1	Class Test-2	Class Test-3	Assignment	Attendance	Total
Best two out of three					
10	10	10	10	10	40
Duration of Examination			External	Internal	
			3 Hours	1.5 Hours	

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. However, the students shall be permitted to complete the program requirements within a maximum of three years (N+1) from date of admission to the program.

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 M.P.Ed. 405 would be mandatory to the award of degree.

Question Paper Structure

1	Question paper shall have two sections and examiner shall set questions specific to respective section. Section wise details shall be as mentioned under;
2	Section-1: It shall consist of multiple choice questions (M.C.Q). This section will essentially assess COs related to Remembering & Understanding. This section will contain ten questions and all questions are mandatory , each question shall have equal weightage of 1 Marks and total weightage of this section shall be 10 Marks .
3	Section-2: It shall consist of long answer type questions. This section will also contain five questions and every question should assess a specific CO and should have an “or” option (One long question out of two from each unit, question should assess the same CO) . Each question shall have equal weightage of 10 Marks and total weightage of this section shall be 50 Marks.

IMPORTANT NOTES

1	There must be at least one question from the entire syllabus to assess the specific element of the Higher Level of Learning (Thinking). Every question in this section must essentially assess at least one of the following aspects of learning: Applying, Analysing, Evaluating and Creating/ Designing/ Developing.
2	The question paper must be designed in such a way that it assesses the concerned CO in entirety. It means a question paper could have multiple parts depending upon the requirement of the Specific Course Outcome.

Provision of Bonus Credits Maximum 04 Credits in a Programme

Sr. No.	Special Credits for Extra/ Co-curricular Activities (During Programme)	Credit	Marks
1.	<i>Sports participation International Level Competition</i> One time during the programme Two times during the programme Three times during the programme Four times during the programme/Medalist	4	85 90 95 100
2.	<i>Sports Achievement National level Competition</i>	3	Gold 85 Silver 80 Bronze 75 Participation 70
3.	<i>Sports Achievement at State level Competition</i>	2	Gold 70 Silver 65 Bronze 60 Participation 55
4.	<i>Sports Achievement at Inter University Competition (Any one game)</i>	2	Gold 65 Silver 60 Bronze 55 Participation 50
5.	<i>Inter College Participation (min. two times)</i>	2	50
6.	<i>National Cadet Corps / National Service Scheme</i> One Camp Two Camps	2	50 60
7.	<i>Blood donation / Cleanliness drive / Community services</i> <i>Mountaineering – Basic Camp, Advance Camp / Adventure Activities</i> <i>Organization / Officiating (Referee, Umpire, Judge) – State / National level in any two game</i> One time Two times Three times Four times	2	50 55 60 65
8.	<i>MOOCs (Massive Open Online Course)</i>	As per the clause no. 15 of Pedagogy & Unique practices adopted	

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.

Program Structure-M.P.ED. A.

Introduction:

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

M.P.Ed. : Two-Year (4-Semester) CBCS Programme			
Basic Structure: Distribution of Courses			
S.No.	Type of Course	Credit Hours	Total Credits
1.	Core Course (CC)	14 Courses	47
2.	Ability-Enhancement Compulsory Course (AECC)	2 Courses	06
3.	Skill-Enhancement Elective Course (SEC)	8 Courses	16
4.	Discipline Specific Elective Course (DSEC)	8 Courses	20
5.	Project (PROJ)	2 Courses	04
Total Credits			93

Core Course (CC): Core courses of M.P.Ed., program will provide a holistic approach to physical education, giving students an overview of the field, a basis to build and specialize upon. These core courses are the strong foundation to establish physical education knowledge and provide broad multi-disciplined knowledge can be studied further in depth during the elective phase.

The core courses will provide more practical-based knowledge, case-based lessons and collaborative learning models. It will train the students to analyze, decide, and lead-rather than merely know-while creating a common student experience that can foster deep understanding, develop decision-making ability, teaching and coaching skills and contribute to the community at large.

The integrated foundation is important for students because it will not only allow them to build upon existing skills, but they can also explore career options in a range of institutes etc., and expand their understanding of various related fields.

We offer core courses in all the semester during the M.P.Ed program.

Ability Enhancement Compulsory Course (AECC):As per the guidelines of Choice Based Credit System (CBCS) for all Universities, including the private Universities, the Ability Enhancement Compulsory Course

(AECC) is a course designed to develop the ability of students in communication and other related courses where they might find it difficult to communicate at a higher level in their prospective job at a later stage due to lack of practice and exposure in the language, etc. Students are motivated to learn the theories, fundamentals and tools of communication which can help them develop and sustain in the corporate environment and culture. We offer one AECCs in Semester I& one in Semester IV of the program.

Skill Enhancement Course: These courses are specially designed to develop and enhance the professional skill related to physical education and sports. After the completion of these courses students feel highly motivated and the feeling of fresher will be disappeared.

Discipline Specific Elective Course (DSEC): The discipline specific elective course is chosen to make students specialist or having specialized knowledge of a specific domain like team games/ combative sports/ racquet sports, etc.

Value Added Course (VAC): A value added course is a non-credit course which is basically meant to enhance general ability of students in soft skills for the overall development of a student and at the same time crucial for future professional demands and requirements. The student possessing these skills will definitely develop acumen to perform well during the recruitment process of any premier organization and will have the desired confidence to face the interview. Moreover, these skills are also essential in day-to-day life of the professional world. The aim is to nurture every student for making effective communication, developing aptitude ability for a better performance, as desired in professional world. There shall be one course each in Semester III & Semester IV and will carry no credit, however, it will be compulsory for every student to pass these courses with minimum 45% marks to be eligible for the certificate. These marks will not be included in the calculation of CGPI. Students have to specifically be registered in the specific course of the respective semesters.

C. Programme Specific Outcomes (PSOs)

The learning and abilities or skills that a student would have developed by the end of two-year **M.P.Ed (Two Year Degree Program):**

PSO – 1	Remembering and understanding the concepts, theories, functions, structures, procedures, terminology and skills of physical education and sports sciences.
PSO – 2	Applying appropriate tools, methods, strategies, tactics and techniques of teaching and coaching for the development of sports skills and health issues.
PSO – 3	Applying and demonstrating skills in different sports and teaching situations.
PSO – 4	Analyzing and evaluating physical fitness, sports skills, and health issues.
PSO – 5	Creating and applying fitness programs, research tools for the promotion of health and fitness.

D. Pedagogy & Unique Practices Adopted: “Pedagogy is the method and practice of teaching, especially for teaching an academic subject or theoretical concept”. In addition to conventional time-tested lecture method, the institute will emphasize on experiential learning.

1. **Concept-based Learning:** Concept-based learning lays emphasis on helping students understand the core concept rather than just sharing a layer of important information of the concept. The end-motive is to help students to understand and retain what they are taught rather than made to mug up.

2. **Problem Base Learning (PBL):** PBL is probably the simplest extension to a traditional lecture that can improve learning. PBL is presenting concepts, information etc., in the context of solving a problem. A guided discovery mode is turned on, which makes learning interesting.

3. **Imitation Method of Teaching:** The imitation method of teaching focuses on breaking apart skills into components, providing the learner with a model of the target behavior, and rewarding the learner for demonstrating the response immediately after the model.

4. **Observation Method of Teaching:** By this method student himself make observation and acquire permanent & true knowledge. Teacher only encourages making observations and student act accordingly. This method helps students to see, things give logic and to convey their thoughts independently.

5. **Command Method of Teaching:** The Command teaching style is for those students whose learning characteristics require formal instruction and a specific assignment for the practice to be appropriate for the student to master the objective. Command method use to achieve accuracy and precision of performance as well as to achieve immediate results & achieve a synchronized performance.

6. **Project Based Learning:** In Project Based Learning, teachers make learning come alive for students. Students work on a project over an extended period of time from a week up to a semester that engages them in solving a real-world problem or answering a complex question. They demonstrate their knowledge and skills by creating a public product or presentation for a real audience. **Project based learning** is an instructional methodology that encourages students to learn and apply knowledge and skills through an engaging experience. PBL presents opportunities for deeper learning in-context and for the development of important skills tied to college and career readiness.

7. **Discovery Based Learning:** Discovery learning takes place in problem solving situations where the learner draws on his own experience and prior knowledge and is a method of instruction through which students interact with their sports environment by exploring and manipulating objects, wrestling with questions and controversies, or performing experiments.

According to skinner “you can teach anybody anything provided you know how to teach”.

8. Phenomenon-based Learning: The goal of phenomenon-based learning is to prepare learners to solve problems in real life. In Phenomenon Based Learning and teaching, holistic real-world phenomena provide the starting point for learning. The phenomena are studied as complete entities, in their real context, and the information and skills related to them are studied by crossing the boundaries between subjects. In phenomena based learning we can use the following methods like experimental activities, teacher demonstrations, engaging & relevant videos, audio experience and picture or image.

9. Guest Lectures: Some topics/concepts need extra attention and efforts as they either may be high in difficulty level or requires experts from specific industry/domain to make things/concepts clear for a better understanding from the perspective of the industry. Hence, to cater to the present needs of industry we organize such lectures, as part of lecture-series and invite prominent personalities from academia and industry from time to time to deliver their vital inputs and insights.

10. Special Assistance Program for Slow Learners & Fast Learners: The student commonly called a slow learner is one who cannot learn at an average rate from the instructional resources, texts, workbooks, and learning materials that are designed for the majority of students in the classroom. For solving this problem, we used Remedial classes for slow learners & fast learners.

11. Orientation Program: Colleges instituted orientation for incoming students to ease the transition into college. Freshman orientation is a way for students to meet other students, become familiar with campus services, and register for fall classes.

12. Mentoring Scheme & Personal Counseling: A mentor is a person who has professional & life experience and who voluntarily agrees to help a mentee to develop skills, competencies or goals. A mentor is an advisor who is willing to invest in the mentee's personal growth and professional development.

The purpose of the mentorship programme is twofold. It intends both to create a good environment for studying in the department and to develop knowledge of the subject for all involved. The mentorship programme is intended to enhance the quality of your education.

There is mentor – mentee system for B.P.Ed. & M.P.Ed., students. The system is updated time to time. Each allotted faculty takes care of students, asks questions about their problems, difficulty in studies or other personal issues. The mentor handbooks are updated timely and grievances/complaints of students are noted and tried to be sort out and informed to the concerned authority.

At the end of each session mentor-mentee handbooks are handed over to the coordinator mentormentee program after duly signed by Principal. The coordinator checks all the essentials, ensures that student's grievances are met and transfers the mentor-mentee handbooks to the next allotted faculties. The whole data is filed in a format present with the coordinator and record is

maintained. Periodic meetings are held among mentor-mentee and between mentors and coordinator for smooth functioning of the program.

13. Competitive Exam Preparation: Our highly experienced and committed faculty members always motivate and guide the students for their competitive exam preparations. After this degree students is eligible to participate in various government and non-government examinations i.e., TGT, PGT, KVS, NVS, DSSSB etc.

14. Extracurricular Activities: Organizing& participation in extracurricular activities will be mandatory to help students develop confidence & face audience with care.

15. MOOCs (Massive Open Online Course): The Academic Review Committee (ARC) will approve the list of MOOC courses/platforms before the commencement of the academic year and if any student(s) want to peruse MOOC course(s) during his/her program, they must select the same from the approved list.

Programme Study & Evaluation Scheme

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

Semester – I

Course Type	Course Code	Title of the Papers		Periods			Credit	Internal Marks	External Marks	Total Marks
				L	T	P				
CC	MPED101	Research Methods in Physical Education & Sports		4	-	-	4	40	60	100
	MPED102	Exercise Physiology		4	-	-	4	40	60	100
AECC	MPED103	Yogic Sciences		3	-	-	3	40	60	100
CC	MPED151	Foundation Games-I (Athletics- & Gymnastics)		-	-	4	2	50	50	100
	MPED152	Mass Demonstration Activities		-	-	4	2	50	50	100
	MPED153	Yoga-I		-	-	4	2	50	50	100
DSEC	• MPED104	• Tests, Measurement and Evaluation in Physical Education • Sports Technology	(Anyone)	3	-	-	3	40	60	100
	• MPED105									
	• MPED154 • MPED155	□ Sport Ceremony Management □ Aerobics	(Anyone)	-	-	4	2	50	50	100
Total				14	-	16	22	360	440	800

Semester – II

Course Type	Course Code	Title of the Papers	Periods			Credit	Internal Marks	External Marks	Total Marks	
			L	T	P					C
CC	MPED201	Applied Statistics in Physical Education & Sports	4	-	-	4	40	60	100	
	MPED202	Sports Biomechanics & Kinesiology	4	-	-	4	40	60	100	
	MPED203	Athletic Care and Rehabilitation	4	-	-	4	40	60	100	
SEC	MPED251	Foundation games-II (Athletics- & Gymnastics)	-	-	4	2	50	50	100	
	MPED252	Teaching Lesson- I (Indigenous Activities and Sport)	-	-	4	2	50	50	100	
	MPED253	Teaching Lesson- II (Theory lesson plan)	-	-	4	2	50	50	100	
DSEC	• MPED204 • MPED205	• Sports Journalism and Mass Media • Sports Management and Curriculum Design in Physical Education	(Any One)	3	-	-	3	40	60	100
	• MPED254 • MPED255 • MPED256 • MPED257 • MPED258 • MPED259 • MPED260 • MPED261 • MPED262 • MPED263	• Kabaddi-I • Kho-Kho-I • Badminton-I • Table Tennis-I • Squash-I • Volleyball-I • Basketball-I • Cricket-I • Football-I • Hockey-I	Sports Specialization (Minor-I) (Any One)	-	-	4	2	50	50	100
Total			15	-	16	23	360	440	800	

Semester – III

Course Type	Course Code	Title of the Papers	Periods			Credit	Internal Marks	External Marks	Total Marks	
			L	T	P					C
CC	MPED301	Scientific Principles of Sports Training	4	-	-	4	40	60	100	
	MPED302	Sports Medicine	4	-	-	4	40	60	100	
	MPED303	Health Education and Sports Nutrition	3	-	-	3	40	60	100	
	MPED351	Foundation games-III (Athletics- & Gymnastics)	-	-	4	2	50	50	100	
SEC	MPED352	Coaching lesson-I (Track and Field/Gymnastics)	-	-	4	2	50	50	100	
	MPED353	Coaching lesson-II (Game Specialization)	-	-	4	2	50	50	100	
PROJ	MPED354	Educational Tour-(Project-I)	-	-	-	2	100	-	100	
DSEC	• MPED304 • MPED305	• Sports Engineering • Physical Fitness and Wellness	(Any One)	3	-	0	3	40	60	100
	• MPED355 • MPED356 • MPED357 • MPED358 • MPED359	• Boxing-I • Judo-I • Wrestling-I • Karate-I • Taekwondo-I		Sports Specialization (Minor-II) (Anyone)	-	-	4	2	50	50
	Total			14	-	16	24	460	440	900

Value added Course:

VAC-I	TMUPS301	Managing self	2	1	-	-	50	50	100
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Semester – IV

Course Type	Course Code	Title of the Papers	Periods			Credit	Internal Marks	External Marks	Total Marks		
			L	T	P					C	
CC	MPED401	Information & Communication technology (ICT) in Physical Education	3	-	2	4	40	60	100		
	MPED402	Sports Psychology	4	-	-	4	40	60	100		
PROJ	MPED405	Teaching Practice -Internship- (Project-II)	-	-	-	2	50	50	100		
SEC	MPED451	Foundation games-IV (Athletics- & Gymnastics)	-	-	4	2	50	50	100		
	MPED452	Officiating lesson-I (Track and Field/ Gymnastics)	-	-	4	2	50	50	100		
	MPED453	Officiating lesson-II (Game Specialization)	-	-	4	2	50	50	100		
AECC	MPED403	Value and Environmental Education	3	-	-	3	40	60	100		
DSEC	• MPED454 • MPED404	• Dissertation • Educational Technology in Physical Education & Sports	(Any One)	-	-	6	3	50	50	100	
				3	-	-		40	60		
	• MPED455	Sports Specialization	Sports Specialization (Major) (Anyone)				4	2	50	50	100
	• MPED456			• Kabaddi-II							
	• MPED457			• Kho-Kho-II							
	• MPED458			• Badminton-II							
	• MPED459			• Table Tennis-II							
	• MPED460			• Squash-II							
	• MPED461			• Volleyball-II							
	• MPED462			• Basketball-II							
	• MPED463			• Cricket-II							
	• MPED464			• Football-II							
	• MPED465			• Hockey-II							
	• MPED466			• Boxing-II							
	• MPED467			• Judo-II							
	• MPED468			• Wrestling-II							
	• MPED469			• Karate-II							
• MPED470	• Taekwondo-II										
Total				13	-	18/24					

Value added Course:

VAC-II	TMUPS401	Managing work and others	2	1	-	-	50	50	100
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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

L T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Understanding the concepts of research methodology.

CO-2.Applying the appropriate research methods in specific research situations.

CO-3.Analyzing the research problem, literature sources and research designs.

CO-4. Evaluating the research situation & tools and selecting appropriate tools for research. **CO-**

5. Developing or writing the research report.

UNIT 1 – Introduction

(10 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

(10 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

(10 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

(10Hrs.)

- 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, **Main body** and Back materials of Thesis.
- 5.2 Method of Writing Research Proposal.

5.3 Writing of 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, London; Routledge Press.
4. Jerry R Thomas & Jack K Nelson Research Methods in Physical Activities; Illinois; 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. Rothstein, 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 T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concept of exercise physiology.

CO-2. Understanding the mechanism of muscular contraction, energy sources and drugs.

CO-3. Understanding the mechanism of cardiovascular system and bioenergetics. **CO-**

4.Applying the knowledge of exercises for developing various body systems. **CO-5.**

Applying the concept of exercise for climatic conditions.

UNIT 1 – Skeletal Muscles and Exercise

(10 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

(10 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

(10 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

(10 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: PoompugarPathipagam.
2. BeotraAlka, (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. McAradle. . 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 T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of yogic sciences.

CO-2. Understanding various asanas, pranayama, kriyas, Mudras and Bandhas.

CO-3. Understanding various types of meditations.

CO-4. Applying knowledge in demonstration of Kiriyas, Asanas, Pranayams, Mudras, Bandhas and Meditations.

CO-5. Applying the knowledge of yogic exercises for developing various body systems.

Unit 1 – Introduction (10 Hrs.)

1.1 Meaning and Definition of Yoga.

1.2 AstangaYoga :Bahirang Yoga &Antarang Yoga 1.3 Concept of Yogic Practices.

1.4 Loosening Exercise- Techniques and Benefits.

Unit 2 – Asanas and Pranayama (10 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 (10 Hrs.)

3.1 Shat Kriyas- Meaning, Techniques and Benefits of Neti, Dhauti, Basti, Trataka, Nauli&Kapalbhati.

3.2 Bandhas: Meaning, Techniques and Benefits of Jalandharabandha, UddiyanaBandha, MulaBandha, Jivhabandha.

Unit 4 – Mudras and Meditations (10 Hrs.)

4.1 Meaning, Techniques and Benefits of Hasta Mudras, (Asamyuktahastas, Samyuktahastas) 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 exposure 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: MotilalBansaridass Publishers (P) Ltd.
2. Gore, Anatomy and Physiology of Yogic Practices. Lonavata: KanchanPrkashan.
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. PatanjaliYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarakMandal
6. Kenghe. C.T. Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.
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 SatyananadaSarasvati. Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
11. Swami SatyanandaSaraswathi, 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.
15. Saraswati, S.N. (2012). Gherandsamhitayog publication. **Latest editions of all the suggested books are recommended.**

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

Course Code- MPED151

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1.Remembering the fundamentals of running events and floor exercises.

CO-2.Understanding the techniques of hurdles clearance.

CO-3. Understanding and demonstrating of techniques used in track events and floor exercises.

CO-4. Applying strategies and tactics for the relay events.

CO-5.Applying the knowledge of floor exercises during competitions.

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	T	P	C
0	0	4	2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the concepts of mass demonstration activities.
- CO-2.** Understanding concepts of mass demonstration activities.
- CO-3.** Applying various methods of mass demonstration activities.
- CO-4.** Applying the knowledge of mass demonstration activities.
- CO-5.** Applying the various commands of mass demonstration activities.

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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the various concepts of yoga.

CO-2. Remembering the various Mudras and Meditations.

CO-3. Understanding the various postures in yoga asanas and process of performing kriyas, pranayams and mudras.

CO-4. Understanding the various cultural and relaxative asanas. **CO-5.**
Applying and demonstrating various yoga asanas.

Unit-1 Asanas & Meditation

- 1.1 **Meditation and its related postures:** 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: Shavasan, 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 T P C

3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of test, measurement and evaluation in physical education.

CO-2. Understanding the concept of motor fitness & different test procedures.

CO-3. Applying anthropometric and aerobic-anaerobic tests.

CO-4.Applying and evaluating various physical fitness test & skill test in the field of physical education.

CO-5. Applying and evaluating physical fitness and sports skill test.

UNIT 1 – Introduction

(10 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

(10 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

(10 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

(10 Hrs.)

4.1 Aerobic Capacity- Cotton’s submaximal aerobic test.

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- Biceps, 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 (2nd 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, 2nd 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, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
9. Wilmore JH and Costill DL. Physiology of Sport and Exercise: 3rd 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 T P C

3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering various concepts of sports technology.

CO-2. Remembering various concepts of surfaces of playfields.

CO-5. Understanding the training gadgets and surfaces of playfields.

CO-4. Understanding various modern equipment's.

CO-5. Applying the knowledge of modern equipment's and training gadgets for the improvement of sports performance.

Unit 1 – Sports Technology (10 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 (10 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 (10 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 Equipment's.

3.5 Use of Computer and Software in Match Analysis and Coaching.

Unit 4- Modern Equipment (10 Hrs.)

4.1 Playing Equipment's- 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 Equipment's- Throwing and Jumping Events.

4.5 Protective Equipment's- 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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering various concepts of sports ceremony management.

CO-2. Remembering the sequence of opening, closing, prize distribution and flag hosting ceremony.

CO-3. Understanding and demonstrating various duties and ceremony related to sports events.

CO-4. Understanding and demonstrating the formality of opening and closing ceremony. **CO-5.** Applying and analyzing the planning of opening and closing ceremony.

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.

2.2Closing 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 Flaglowering, 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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamental activities of aerobics.
- CO-2.** Understanding the various types of aerobics.
- CO-3.** Understanding and performing the fundamental movements of aerobics activities.
- CO-4.** Understanding the various warming-up and cooling down exercises. **CO-5.** Applying and demonstrating of various aerobics techniques.

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 T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering and Understanding the concepts of applied statistics.

CO-2. Understanding the basics of applied statistics in physical education and sports.

CO-3. Applying the measures of central tendency, dispersions & scales, probability distributions, inferential and comparative statistics.

CO-4. Applying and evaluating the descriptive and inferential statistics. **CO-**

5. Analyzing various graphs and descriptive & inferential statistics.

UNIT 1 – Introduction

(10 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 (10 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 (10 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 (10 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 2nd 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, Senthilkumar 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 KINSESIIOLOGY

Course Code- MPED202

L T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamental concepts of sports biomechanics and kinesiology.

CO-2. Remembering the fundamental concepts of muscles with actions.

CO-3. Understanding the fundamentals of motions and forces in sports.

CO-4. Understanding the fundamentals of projectile, lever and dynamics.

CO-5. Applying and evaluating the leverage, Newton's laws of motion and various movements.

UNIT 1 – Introduction

(10 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

(10 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

(10 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

(10 Hrs.)

4.1 Freely Falling Bodies- Meaning, Definition and Principles of Projectile.

4.2 Equilibrium- Meaning, factors influencing equilibrium.

4.3 Leverage- Definition and Classes of Lever with Practical Application.

4.4 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..ManavKriyaVigyan – Kinesiology (Hindi Edition) Amravati: Hanuman VyayamPrasarakMandal.
2. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication.
3. Steven Roy, & Richard Irvin. Sports Medicine. New Jersey: 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 T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering and Understanding the concepts of athletic care and rehabilitation.

CO-2. Remembering and Understanding the concepts of sports injuries, care & treatment.

CO-3. Understanding the concepts of massage, postures and rehabilitation.

CO-4. Applying the knowledge of first aid, care of sports injuries, manipulation of massage, correct posture and rehabilitation from the injuries.

CO-5. Analyzing the common sports injuries, postural deformities and there cure.

Unit 1- Corrective Physical Education & First-Aid (10 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 first-aid/PRICER

1.5 Classification of common injuries

Unit 2- Posture (10 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 (10 Hrs.)

3.1 Exercises- Passive, Active, Assisted, resisted exercise for Rehabilitation, Stretching.

3.2 Basic Principals of PNF Techniques.

Unit 4- Massage (10 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.

Semester II

Course Code-

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. Doherty. 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. McOoyandYoung 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.

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

MPED251

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

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the basics of jump event and vaulting horse.
- CO-2.** Understanding the different styles of jumps (long, high, triple).
- CO-3.** Understanding the different phases of vaulting horse.
- CO-4.** Applying and demonstrating various techniques.
- CO-5.** Applying and demonstrating triple jump.

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

Semester II

Course Code-

- 3.1 Approach Run
- 3.2 Take off from the beat 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

Course Code-

Teaching lesson-I (Indigenous Activities and Sport)

MPED252

L T P C
0 0 4 2

The Course learning outcomes (COs): On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Understanding the various teaching errors.

CO-2. Applying the various concepts of teaching methods.

CO-3. Applying his experience to take lectures in class room situation.

CO-4. Applying and demonstrating the various skills of game and sports.

CO-5. Creating lesson plans.

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
Grand Total (Internal)		50

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

Sr. No.	Areas/Aspect Of Evaluation	Marks
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipment's, teaching-aids etc.	05
3	Presentation, Demonstration & Teaching stages	07

Semester II

Course Code-

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
Total		50

(B) Evaluation criteria for teaching lesson (External)

Teaching lesson-II (Theory lesson plan)

MPED253

L T P C
0 0 4 2

The Course learning outcomes (COs): On completion of the two years M.P.Ed., program, the students will be learning and able to do/performance the following.....

- CO-1. Understanding the various teaching/coaching/ errors.
- CO-2. Applying the various concepts of teaching methods.
- CO-3. Applying his experience to take lectures in class room situation.
- CO-4. Applying and demonstrating the various skills of game and sports.
- CO-5. Creating lesson plans.

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

Semester II

Total of one lesson	08
For five lessons each as above (x 5)	40
*Attendance	10
Grand Total (Internal)	50

***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
Total		50

SPORTS JOURNALISM AND MASS MEDIA

(Elective)

Course Code- MPED204

L T P C

3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concept of sports journalism and mass media.

CO-2. Remembering the concept of sports bulletin.

CO-3. Understanding commentary and sports photography.

CO-4. Understanding in writing news reports on sports and evaluating reported news. **CO-**

5. Applying and interviewing elite players and coaches.

UNIT 1- Introduction

(10 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

(10 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.

Semester II

Course Code-

- 2.4 Sports Organization and Sports Journalism.
- 2.5 General News Reporting and Sports Reporting.

UNIT 3- Mass Media (10 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) (10 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. MohitChakrabarti : Value Education: Changing Perspective, New Delhi: Kanishka Publication,
5. Padmanabhan. A &PerumalA , 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.

SPORTS MANAGEMENT & CURRICULUM DESIGNS IN PHYSICAL EDUCATION
(Elective)

Course Code- MPED205

L T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of sports, event & facilities management.

CO-2. Remembering and understanding the concepts of equipment's and public relation. **CO-3.** Understanding the concepts of curriculum design.

CO-4. Applying the knowledge to organize event, purchasing of equipment's and developing curriculum with their sources.

CO-5. Analyzing and evaluating the different kinds of indoor and outdoor facilities and events.

UNIT 1- Introduction to Sports Management (10 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 (10 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 – Equipment's and Public Relation (10 Hrs.)

3.1 Types of Equipment's, Purchases and Care of Supplies of Equipment, Guidelines for Selection of Equipment's and Supplies.

3.2 Guidelines for Checking, Storing, Issuing and Maintenance of Equipment's 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 (10 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.

4.4 Theories of Curriculum Development, Relevance, Flexibility, Quality.

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.

Semester II

- 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 (10th 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, KhelSahitya Kendra, New Delhi.

Latest editions of all the suggested books are recommended.

Game Specialization (Minor-I)

Kabaddi-I

Course Code- MPED254

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts and rules of Kabaddi.

CO-2. Understanding the fundamental techniques of Kabaddi.

CO-3. Applying various techniques that used in Kabaddi.

CO-4. Applying the knowledge of rules and regulation of Kabaddi events during practice session & competitions.

CO-5. Creating Kabaddi court & its marking.

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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts and rules of Kho-kho.

CO-2. Understanding the fundamental techniques of Kho-kho.

CO-3. Applying various techniques that used in Kho-kho.

CO-4. Applying the knowledge of rules and regulation of Kho-kho events during practice session & competitions.

CO-5. Creating Kho-kho court & its marking.

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-Zigzag 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

Game Specialization (Minor-I)

Badminton-I

MPED256

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the techniques of badminton.

CO-2. Understanding specific court movements.

CO-3. Applying various techniques of badminton.

CO-4. Applying the knowledge of badminton during officiating.

CO-5. Applying the knowledge of various formation and drills during practices.

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

Course Code-

Semester II Game Specialization (Minor-I)

Table Tennis-I

Course Code- MPED257

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamental techniques of table tennis.

CO-2. Understanding the various skills of table tennis.

CO-3. Understanding the various rules of table tennis.

CO-4. Understanding the various duties of official in table tennis. **CO-5.**
Applying and performing as a role of official.

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

Course Code-

Game Specialization (Minor**Squash-I****MPED258****L T P C****0 0 4 2**

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the rules of squash.

CO-2. Understanding the fundamental techniques of squash.

CO-3. Applying various techniques that used in squash.

CO-4. Applying the knowledge of rules and regulation while performing. **CO-5.**

Applying the knowledge for performing as an official.

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

Semester II
Game Specialization (Minor-I)

Course Code-
For External

Assignment/File work	Viva	Skill	Total
10	10	30	50

Volleyball-I

MPED259

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamentals and rules of volleyball.
- CO-2.** Understanding the various techniques of volleyball.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in volleyball.
- CO-5.** Applying the knowledge of rules and regulation of volleyball.

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

Course Code-

Semester II
Game Specialization (Minor

Basketball-I

MPED260

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamentals and rules of basketball.
- CO-2.** Understanding the various techniques of basketball.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in basketball.
- CO-5.** Applying and demonstrating the various shooting techniques.

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)

Assignment/File work	Viva	Skill	Total
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Semester II
Game Specialization (Minor-I)

Course Code-

10	10	30	50
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- 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

Semester II
Game Specialization (Minor-I)

I

Course Code-

Cricket-

MPED261

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals and rules of cricket.

CO-2. Understanding the various techniques of cricket.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in cricket.

CO-5. Applying and demonstrating the various wicket keeping techniques.

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

Football-

MPED262

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

Semester II
Game Specialization (Minor-I)

I

Course Code-

CO-1. Remembering the fundamentals and rules of football.

CO-2. Understanding the various techniques of football.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in football.

CO-5. Applying and demonstrating the various goal keeping techniques.

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

Hockey-

MPED263

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals and rules of hockey.

CO-2. Understanding the various techniques of hockey.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in hockey.

CO-5. Applying and demonstrating various reverse strokes.

Unit-1 Basic skills and their drills

1.1 Grip of stick

1.2 Dribbling

Semester II
Game Specialization (Minor-I)
I

Course Code-

- 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 T P C

3 0 0 3

The Course learning outcomes (COs): On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the concept of sports training.
- CO-2.** Understanding various training components & training process.
- CO-3.** Understanding the training process.
- CO-4.** Applying the knowledge for making effective training plans.
- CO-5.** Creating the new periodization and training session.

UNIT 1- Introduction **(10 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 **(10 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 **(10 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 **(10 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. BeotraAlka,, 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 Traning, 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 2nd Edition, London: Jones and Bartlett Publications.
9. YograjThani , 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, 4th 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
C**

**L T P
3 0 0 3**

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the various concepts of sports medicine and therapeutic exercise.
- CO-2.** Understanding the prevention from sports injuries.
- CO-3.** Understanding the various spine injuries and exercises.

CO-4. Applying and understanding the various physiological effects of massage. **CO-5.** Applying and understanding the therapeutic modalities.

UNIT 1 – Introduction (10 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 (10 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 (10 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 (10 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 Injuries.

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 Injuries 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: KhelShitya 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 T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of health education and sports nutrition.

CO-2. Understanding the concept of various communicable diseases, personal hygiene and health services.

CO-3. Understanding and planning for healthful school environment.

CO-4. Applying the knowledge for preparing diet plan and managing body weight. **CO-5.** Analyzing & evaluating health records for creating health awareness.

Unit 1- Health & Hygiene

(10 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

(10 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

(10 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

(10 Hrs.)

4.1 Meaning and Definition of Nutrition.

4.2 Role of nutrition in sports.

4.3 Types of Nutrients.

4.4 Nutrient verses sports type (burnout type).

4.5 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 T P C
0 0 4 2**

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals of throwing events, parallel bars and balancing beam.

CO-2. Remembering the techniques of throwing events.

CO-3. Understanding and demonstrating of techniques used in throwing events, parallel bars. **CO-4.** Applying and demonstrating the various techniques of balancing beam.

CO-5. Applying the knowledge of parallel bars and balancing beam to improve performance.

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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following..... **CO-1.** Applying the various commands and teaching methods.

CO-2. Applying the terms used to plan and teach coaching lesson.

CO-3. Applying various skills of game and sports.

CO-4. Evaluating and demonstrating various techniques of sports skills. **CO-5.**

Creating lesson plans for skill development.

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
Grand Total (Internal)		50

***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 equipment's, 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
Total		50

Semester III

Coaching Lesson-II (Game Specialization)

Course Code- MPED353

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Applying the various commands and teaching methods.

CO-2. Applying the terms used to plan and teach coaching lesson.

CO-3. Applying various skills of game and sports.

CO-4. Evaluating and demonstrating various techniques of sports skills.

CO-5. Creating lesson plans for skill development.

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
Grand Total (Internal)		50

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

Sr. No.	Areas/Aspect Of Evaluation	Marks
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
Total		50

(B) Evaluation criteria for teaching lesson (External)

**Semester III
Educational Tour-(Project-I)**

Course Code- MPED354

**L T P C
0 0 0 2**

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of educational tour.

- CO-2.** Understanding the history and importance of educational institutions.
- CO-3.** Understanding the importance parameters/checklist of educational tour.
- CO-4.** Applying leadership quality and group-cohesion.
- CO-5.** Applying his creativity to develop/perform minor games and activities.

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

Sl. No.	Activity	Marks
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
Total		100

Semester III SPORTS ENGINEERING (Elective)

Course Code- MPED304
3 0 0 3

L T P C

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the concepts of sports engineering.
- CO-2.** Understanding the various mechanics of engineering materials.
- CO-3.** Understanding the role of sports dynamics in sports.
- CO-4.** Understanding the importance of facility life cycles costing in sports.
- CO-5.** Applying knowledge of sports infrastructure for making good infrastructure of sports.

Unit - 1 Introduction to sports engineering and Technology (10 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 (10 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

(10 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

(10 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 T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of physical fitness and wellness.

CO-2. Understanding the components of physical fitness and wellness.

CO-3. Understanding to managing the emotional wellness – Fears, phobias, anxiety, depression, anger, sleep, mental stress.

CO-4. Applying and assessing the physical fitness levels of players.

CO-5. Applying the knowledge of yoga and nutrition for development of physical fitness and wellness.

Unit 1 – Introduction of Physical Fitness

(10 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

(10 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.

(10 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.

(10 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, 8th 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, PrernaPrakashan, Delhi. **Latest editions of all the suggested books are recommended.**

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

Course Code- MPED355

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals of boxing.

CO-2. Understanding the various techniques of boxing.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in boxing.

CO-5. Applying and demonstrating the various techniques of feinting in 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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/performance the following..... **CO-1.** Remembering the fundamentals and rules of Judo.

CO-2. Understanding the various techniques of Judo.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in Judo.

CO-5. Applying the knowledge of rules and regulation 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 UrhiroUkemi-(Rear break fall).

1.8.2 Yoko Ukemi (Side break fall).

1.8.3 Mae Ukemi (Front break fall).

1.8.4 Mae mawariUkemi (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 HizaGuruma (Knee wheel).

2.5.2 SesaeTsurikomi-ashi (Drawing ankle throw).

2.5.3 De-ashihari (Advance foot sweep).

2.5.4 O Goshi (Major Loin).

2.5.5 Seoi. nage (Shoulder throw) – Ipponscionage and MoroteScionag.

2.6 Katama-waze (Grappling Techniques).

2.6.1 Kesa-gatame (Scaff hold).

2.6.2 Kata-gatma (Shoulder hold).

2.6.3 Kami-shihogatama (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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals and rules of wrestling.

CO-2. Understanding the various techniques of wrestling.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in wrestling.

CO-5. Applying the knowledge of escapes from pinning during competition.

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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals and rules of karate.

CO-2. Understanding the various techniques of karate.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in karate.

CO-5. Applying and demonstrating basic stances in 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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamentals and rules of Taekwondo.
- CO-2.** Understanding the various techniques of Taekwondo.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in Taekwondo.
- CO-5.** Applying the knowledge of rules and regulation of Taekwondo.

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 – III
Course: Managing Self
(Mandatory Value Added Course)

Course Code: TMUPS-301

L	T	P	C
2	1	0	0

Course Perspective This value-added course will be taught in odd semester of the final year. This course will focus on concepts of ‘Managing Self’ like perception, positive attitude right value and vision. Students will also learn goal setting, action planning, self-motivation and confidence building. Students will also be taught methods becoming good and assertive communicators. This will enable them to perform better during job interviews and group discussion. This course will also concentrate on techniques of facing interviews, Group Discussion and Resume building, etc

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO - 1 Utilizing effective verbal and non-verbal communication techniques in formal and informal settings

CO - 2 Understanding and analyzing self and devising a strategy for self-growth and development.

CO - 3 Adapting a positive mindset conducive for growth through optimism and constructive thinking.

CO - 4 Utilizing time in the most effective manner and avoiding procrastination.

CO - 5 Making appropriate and responsible decisions through various techniques like SWOT, Simulation and Decision Tree.

CO - 6 Formulating strategies of avoiding time wasters and preparing to-do list to manage priorities and achieve SMART goals.

Contents:

Unit – I Personal Development (10 hours)

1.1 Personal growth and improvement in personality

1.2 Perception

1.3 Positive attitude

1.4 Values and Morals

1.5 High self-motivation and confidence

1.6 Grooming

Unit – II Professional Development (8 hours)

2.1 Goal setting and action planning

2.2 Effective and assertive communication

2.3 Decision making

2.4 Time management

Semester III
Game Specialization (Minor-II)

2.5 Presentation Skills

2.6 Happiness, risk taking and facing unknown

Unit – III Career Development

(12 hours)

3.1 Resume Building

3.2 Occupational Research

3.3 Group discussion (GD) and Personal Interviews

Evaluation Scheme - Faculty led Continuous Evaluation

Evaluation of Managing Self will follow the continuous evaluation method.

Students will be evaluated on the score of 100 on the pattern prescribed the University for Conduction of Practical Courses.

Internal: 50 marks for Internal evaluation following the continuous evaluation method, which includes,

40 marks for Class Performance (Every class activity will carry 8 marks; each students can participate in maximum of 5 activities)

10 marks for Attendance and involvement in the activities

External: 50 marks for External evaluation at the time of external exams (Based on Observations, GDs and PIs).

References:

Robbins, Stephen P., Judge, Timothy A., Vohra, Neharika, Organizational Behaviour (2018), 18th ed., Pearson Education

Tracy, Brian, Time Management (2018), Manjul Publishing House

Hill, Napoleon, Think and grow rich (2014), Amazing Reads

Scott, S.J., SMART goals made simple (2014), Createspace Independent Pub

<https://www.hloom.com/resumes/creative-templates/> <https://www.mbauniverse.com/group-discussion/topic.php>

Rathgeber, Holger, Kotter, John, Our Iceberg is melting (2017), Macmillan

Burne, Eric, Games People Play (2010), Penguin UK

<https://www.indeed.com/career-advice/interviewing/job-interview-tips-how-to-make-a-greatimpression>

Semester IV

INFORMATION & COMMUNICATION TECHNOLOGY IN PHYSICAL EDUCATION

Course Code- MPED401

L T P C

3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1.Remembering the concepts of information & communication technology in physical education.

CO-2.Remembering, identifying and analyses computer hardware, software and network components.

CO-3.Understanding and solving the basic information system problem by applying system development, word processing.

CO-4. Understand the concepts of ICT and its need/importance in the field of physical education.

CO-5.Applying the knowledge to visualize the data statistics in form of graphical representation.

Unit 1 – Communication & Classroom Interaction (10 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 (10 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 (10 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 (10 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. KhelSahitya Kendra. New Delhi.

Latest editions of all the suggested books are recommended

Semester IV
SPORTS PSYCHOLOGY

Course Code- MPED402

L T P C

3 0 0 3 The Course learning outcomes

(COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of psychology and sports psychology.

CO-2. Remembering the fundamental concepts of goal setting.

CO-3. Understanding the effects of various psychological variables on sports performance.

CO-4. Understanding different methods of studying of behavior of sports person.

CO-5. Applying the various social problems and their effect on sports performance.

UNIT 1 – Introduction (10 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 (10 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 (10 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 (10 Hrs.)

4.1 Intelligence: Meaning, Definition, Nature, Principles,

4.2 Types, Uses of Intelligence in Education.

4.3 Concept of Athletic Intelligence.

UNIT 5 – Interest and Attention (15 Hrs.)

5.1 Interest: Meaning, Definition, Origin, importance, use and kinds.

5.2 Attention: Meaning, Definition, importance, use and kinds.

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 SahetyKendre Publishers.
 4. Jay Coakley. Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
 5. John D Lauther Psychology of Coaching. NerJersy: Prenticce Hall Inc. John D. Lauther Sports Psychology. Englewood, Prentice Hall Inc.
 6. MiroslawVauks& 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. KHelSahitya 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-(Project-II)

Course Code – MPED405

L T P C
0 0 0 0

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Understanding the various teaching/coaching/officiating errors.
- CO-2.** Applying the various concepts of teaching methods.
- CO-3.** Applying his experience to take lectures in class room as per the situation.
- CO-4.** Applying and demonstrating the various skills of game and sports.
- CO-5.** Creating lesson plans.

A minimum of 30 lessons out of which 10 Teaching, 10 officiating & 10 Coaching lessons in the School/ college/ 10 institution/ department itself shall be conducted.

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.

Evaluation Scheme

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipment's, teaching-aids etc.	05
3	Presentation, Demonstration & Teaching stages	07
4	Use of formation/technique of skill teaching	05
5	Command, Voice & Confidence	05

For	6	Detection & Correction of faults	05
	7	Effectiveness & Creativeness of training	05
	8	Discipline & control of class	05
	9	Dismissal	05
	For the calculation of one lesson marks the total marks of the lesson will be divided by 10.		Grand Total

internal

For External

Sr. No	Areas/Aspect Of Evaluation	Marks Allotted
1	Preparation of Lesson plan	08
2	Entrance, appearance, appropriate dress-up, Use of equipment's, 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
Grand Total		50

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

Course Code- MPED451

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of marking of running events.

CO-2. Understanding the concepts of coaching & officiating.

CO-3. Understanding the various techniques of gymnastics and athletics.

CO-4.Applying and demonstration the skills of athletics and gymnastics. **CO-5.** Analyzing and preparing the standard track.

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 T P C

0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the various commands and teaching methods.

CO-2.Remembering the terms used to plan and teach officiating lesson.

CO-3. Applying various officiating skills of track & field and gymnastics.

CO-4. Evaluating the officiating lesson of track& field and gymnastics. **CO-5.**

Creating lesson plans for development of officiating skills.

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
Grand Total (Internal)		50

***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 equipment's, 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
Total		50

Semester IV

Practicum Course Officiating Lesson-II (Game Specialization)

Course Code- MPED453

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1. Applying the various commands and officiating methods.
- CO-2. Applying the terms used to plan and teach game lessons.
- CO-3. Applying and demonstrating various officiating skills of game and sports.
- CO-4. Evaluating and demonstrating various techniques of game and sports.
- CO-5. Creating officiating lesson plans.

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
Grand Total (Internal)		50

***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
Total		50

Semester IV

DISSERTATION

Course Code- MPED454

L T P C
0 0 6 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the various concepts of dissertation.
- CO-2.** Understanding the various terms used in dissertation chapters.
- CO-3.** Understanding and able to preparing the blue print of dissertation proposal.
- CO-4.** Applying knowledge in writing dissertation report.
- CO-5.** Applying knowledge to justify dissertation conclusions.

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 T P C

3 0 0 3 The Course learning outcomes (COs):On

completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1.Remembering the concepts of value and environmental education.

CO-2.Remembering the concepts of value education, value systems, environmental education and rural sanitation.

CO-3.Understanding the celebration of various environmental days.

CO-4. Understanding the role and importance of pollution control board.

CO-5. Understanding the urban health, natural resources and related environmental issues.

UNIT 1 – Introduction to Value Education. (10 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 (10 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 (10 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 (10 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. PrernaPrakashan, 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 T P C
3 0 0 3

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of educational technology in physical education and sports.

CO-2. Understanding the various teaching techniques that used in the field of physical education and sports.

CO-3. Understanding the various teaching aids.

CO-4. Applying knowledge of teaching techniques in preparing general and specific lessons. **CO-**

5. Analyzing and evaluating various teaching aids and techniques.

Unit 1 – Introduction (10 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 Equipment's. (10 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. (10 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 (10 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. MadanLal, 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

Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

Kabaddi-II

MPED455

L T P C
0 0 4 2

On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts and rules of kabaddi.

CO-2. Understanding the fundamental techniques of kabaddi.

CO-3. Applying various techniques that used in kabaddi.

CO-4. Applying the knowledge of rules and regulation of kabaddi events during practice session & competitions.

CO-5. Creating kabaddi court& its marking.

Unit - 1 Catches

1.1 Wrist catch

1.2 Knee catch

1.3 Ankle catch

1.4 Thigh catch

Unit -2 Raiding skills

Assignment/File work	Viva	Skill	Total
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**Semester IV
Game Specialization (Major)**

Course Code-

The Course learning outcomes (COs):

10	10	30	50
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- 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

Kho-Kho-II

MPED456

L T P C

0 0 4 2

On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts and rules of Kho-kho.

CO-2. Understanding the fundamental techniques of Kho-kho.

CO-3. Applying various techniques that used in Kho-kho.

Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

CO-4. Applying the knowledge of rules and regulation of Kho-kho events during practice session & competitions.

CO-5. Creating Kho-kho court & its marking.

Unit- 1 Chasing Skills

1.1 Giving kho

1.2 Getting up

1.3 Pole dive

Assignment/File work	Viva	Skill	Total
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Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

1.4	10	10	30	50
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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

Badminton-II

MPED457

L T P C

0 0 4 2

On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the techniques of badminton.

CO-2. Understanding specific court movements.

CO-3. Applying various techniques of badminton.

CO-4. Applying the knowledge of rules and regulation of badminton. **CO-5.**

Creating badminton courts.

Unit- 1 Fundamental Skills

1.1 Service

**Semester IV
Game Specialization (Major)**

Course Code-

The Course learning outcomes (COs):

- 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

Table Tennis-II

MPED458

L T P C

0 0 4 2

On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamental techniques of table tennis.
- CO-2.** Understanding the various skills of table tennis.
- CO-3.** Understanding the various rules of table tennis.

Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

CO-4. Understanding the various duties of official in table tennis.

CO-5. Applying the knowledge of rules and regulation of table tennis.

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

Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

Assignment/File work	Viva	Skill	Total
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Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

2.1	10	10	30	50
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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

Semester IV
Game Specialization (Major)

Course Code-

MPED459

Squash-II

L T P C
0 0 4 2

The Course learning outcomes (COs) On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the rules of squash.

CO-2. Understanding the fundamental techniques of squash.

CO-3. Applying various techniques that used in squash.

CO-4. Applying the knowledge of rules and regulation while performing. **CO-5.**

Applying the knowledge of rules and regulation of squash.

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

Volleyball-II

MPED460

L T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamentals and rules of volleyball.
- CO-2.** Understanding the various techniques of volleyball.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in volleyball.
- CO-5.** Applying the knowledge of rules and regulation of volleyball.

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

Semester IV
Game Specialization (Major)

Course Code-

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

Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

Semester IV

Basketball-II

MPED461

L T P C
0 0 4 2

On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals and rules of basketball.

CO-2. Understanding the various techniques of basketball.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in basketball.

CO-5. Applying the knowledge of rules and regulation of basketball.

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

Assignment/File work	Viva	Skill	Total
10	10	30	50

Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

students will be learning and able to do/perform the following.....

- 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

Cricket-II

MPED462

L T P C
0 0 4 2

On completion of the two years M.P.Ed., program, the

- CO-1.** Remembering the fundamentals and rules of cricket.
- CO-2.** Understanding the various techniques of cricket.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in cricket.
- CO-5.** Applying the knowledge of rules and regulation of cricket.

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

Game Specialization (Major)

Course Code-

L T P C

The Course learning outcomes (COs):

students will be learning and able to do/perform the following.....

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

Football-II

MPED463

0 0 4 2

On completion of the two years M.P.Ed., program, the

CO-1. Remembering the fundamentals and rules of football.

CO-2. Understanding the various techniques of football.

CO-3. Understanding and applying various offensive and defensive techniques.

Assignment/File work	Viva	Skill	Total
10	10	30	50

Semester IV
Game Specialization (Major)

Course Code-

The Course learning outcomes (COs):

students will be learning and able to do/perform the following.....

CO-4. Applying various techniques that used in football.

CO-5. Applying the knowledge of rules and regulation of football.

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

**Semester IV
Game Specialization (Major)**

Course Code-

The Course learning outcomes (COs):

students will be learning and able to do/perform the following.....

MPED464	Hockey-II	L T P C
		0 0 4 2

On completion of the two years M.P.Ed., program, the

- CO-1.** Remembering the fundamentals and rules of hockey.
- CO-2.** Understanding the various techniques of hockey.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in hockey.
- CO-5.** Applying the knowledge of rules and regulation of hockey.

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

Assignment/File work	Viva	Skill	Total
10	10	30	50

Semester IV

Course Code-

The Course learning outcomes (COs):

4.2 Construction and maintenance of playing area

Evaluation Scheme

For internal

Assignment	Viva	Attendance	Skill	Total
10	10	10	20	50

For External

Boxing-II

MPED465

0 0 4 2

On completion of the two years M.P.Ed., program, the

CO-1. Remembering the fundamentals and rules of boxing.

CO-2. Understanding the various techniques of boxing.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in boxing.

CO-5. Applying the knowledge of rules and regulation of boxing.

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

**Semester IV
Game Specialization (Major)**

Course Code-

L T P C

The Course learning outcomes (COs):

students will be learning and able to do/perform the following.....

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

Game Specialization (Major-II)

Judo-II

MPED466

L T P C

0 0 4 2

On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the fundamentals and rules of Judo.

CO-2. Understanding the various techniques of Judo.

CO-3. Understanding and applying various offensive and defensive techniques.

CO-4. Applying various techniques that used in Judo.

CO-5. Applying the knowledge of rules and regulation of Judo.

Unit- 1 Skills

1.1 How to grip

1.2 Nage-Waza: Throwing techniques

Assignment/File work	Viva	Skill	Total
10	10	30	50

Semester IV

Course Code-

The Course learning outcomes (COs):

- 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)**

Course Code-

L T P C

Wrestling-II

MPED467

0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamentals and rules of wrestling.
- CO-2.** Understanding the various techniques of wrestling.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in wrestling.
- CO-5.** Applying the knowledge of rules and regulation of wrestling.

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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamentals and rules of karate.
- CO-2.** Understanding the various techniques of karate.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in karate.
- CO-5.** Applying the knowledge of rules and regulation of karate.

Unit- 1 Skills

- 1.1 Basic posture
 - 1.1.1 Alternative basic posture
- 1.2 Basic Karate stance
 - 1.2.1 KibaDachi
 - 1.2.2 KokutsuDachi
 - 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 T P C
0 0 4 2

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1.** Remembering the fundamentals and rules of Taekwondo.
- CO-2.** Understanding the various techniques of Taekwondo.
- CO-3.** Understanding and applying various offensive and defensive techniques.
- CO-4.** Applying various techniques that used in Taekwondo.
- CO-5.** Applying the knowledge of rules and regulation of Taekwondo.

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 Kibonjoonbisogi
 - 1.6.2 JuchumseoMomtongJireugi
 - 1.6.3 AraeMakki
 - 1.6.4 MomtongBandaeJireugi
 - 1.6.5 ApChagi
 - 1.6.6 SannalBakkatChigi
 - 1.6.7 DenugjumeokChigi

1.6.8 MomtongMakki

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 T P C
0 0 4 2**

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the various concepts of yoga.

CO-2. Remembering the various Meditation.

CO-3. Understanding the various postures in yoga asanas and process of performing kriyas and pranayams.

CO-4. Understanding the various culturative asanas, relaxative asanas, and meditative asanas.

CO-5. Applying and demonstrating of various yoga asanas.

Content

Unit-I (CulturativeAsanas)

RelaxativeAsanas

Meditative Asanas

Vriksh Asana
Tad Asana
Trikon Asana
Vakra Asana
SuptaVajra Asana
Pad-hast Asana
Nauka Asana
VipritKarni
Sarvang Asana
Hal Asana
Bhujang Asana
Shalbh Asana
Dhanur Asana
Paschimottan Asana
Matasyaendrasana
Ustra Asana
PawanMukt Asana
Shirsh Asana
Chakra Asana
Vaka Asana
Mayur Asana

Sava Asana
Makra Asana

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

<input type="checkbox"/> Neti <input type="checkbox"/> Nauli	<input type="checkbox"/> Dhauthi <input type="checkbox"/> Kapalbhathi	<input type="checkbox"/> Basti	<input type="checkbox"/> Tratak
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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
Course: Managing Work and Others
(Value added Course)
Course Code: TMUPS-401

L T P C
2 1 0 0

The Course learning outcomes (COs): On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following.....

Course Perspective This value-added course will be taught in even semester of final year. In this course, students will be taught to develop and become team player for creativity and innovation in organization they work. Students will be taught methods to develop cordial relation using “Johari Window”, which will help them in managing change in their organizations. Since they would be entering in the world of work, Special emphasis is also given to manners, etiquettes, negotiation, stress and conflict management. Finally, students will be rigorously prepared facing various selection tools like – GD, PI and resume preparation.

Course Outcomes (COs) On completion of the course, the student will be:

- CO-1.** Communicating effectively in a variety of public and interpersonal settings.
- CO-2.** Applying concepts of change management for growth and development by understanding inertia of change and mastering the Laws of Change.
- CO-3.** Analyzing scenarios, synthesizing alternatives and thinking critically to negotiate, resolve conflicts and develop cordial interpersonal relationships.
- CO-4.** Functioning in a team and enabling other people to act while encouraging growth and creating mutual respect and trust.
- CO-5.** Handling difficult situations with grace, style, and professionalism.

Contents

Unit – 1 Intrapersonal Skills

(8 hours)

- 1.1 Creativity and Innovation
- 1.2 Understanding self and others (Johari window)
- 1.3 Stress Management
- 1.4 Managing Change for competitive success
- 1.5 Handling feedback and criticism

Unit – 2 Interpersonal Skills**(12 hours)**

- 2.1 Conflict management
- 2.2 Development of cordial interpersonal relations at all levels
- 2.3 Negotiation
- 2.4 Importance of working in teams in modern organisations
- 2.5 Manners, etiquette and net etiquette

Unit – 3 Interview Techniques**(10 hours)**

- 3.1 Job Seeking
- 3.2 Group discussion (GD)
- 3.3 Personal Interview

Evaluation Scheme - Faculty led Continuous Evaluation

Evaluation of Managing Self will follow the continuous evaluation method.

Students will be evaluated on the score of 100 on the pattern prescribed the University for Conduction of Practical Courses.

Internal: 50 marks for Internal evaluation following the continuous evaluation method, which includes,

40 marks for Class Performance (Every class activity will carry 8 marks; each students can participate in maximum of 5 activities)

10 marks for Attendance and involvement in the activities

External: 50 marks for External evaluation at the time of external exams (Based on Observations, GDs and PIs).

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