

Study & Evaluation Scheme

of

Master of Physical Education (M.P.Ed.) [Applicable w.e.f. Academic Session 2016-17]

(Approved by VC dated 23 Aug., 2016)



TEERTHANKER MAHAVEER UNIVERSITY
Delhi Road, Moradabad, Uttar Pradesh-244001
Website: www.tmu.ac.in



Study & Evaluation Scheme

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

Semester – I

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



Semester – II

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



Semester – III

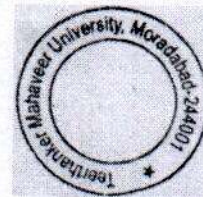
Sl. No.	Part A: Core Course							
	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks
	Core Course		L	P				
1	MPED301	Scientific Principles of Sports Training	4	-	4	40	60	100
2	MPED302	Sports Medicine	3	2	4	40	60	100
3	MPED303	Health Education and Sports Nutrition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



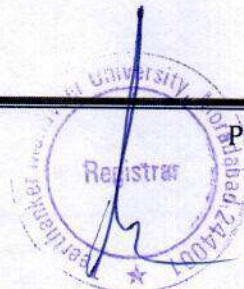
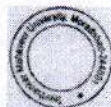
Study & Evaluation Scheme of

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

[Applicable w.e.f. Academic Session - 2019-20 till revised]
[As per NCTE guidelines]



TEERTHANKER MAHAVEER UNIVERSITY
N.H.-24, Delhi Road, Moradabad, Uttar Pradesh-
244001 Website: www.tmu.ac.in



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	3	-	-	3	40	60	100
	• MPED105	• Sports Technology							
	• MPED154	□ Sport Ceremony Management							
	• MPED155	□ Aerobics							
Total			14	-	16	22	360	440	800



 University of Jammu

 Registrar

 Jammu

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
ROJ	MPED354	Educational Tour-(Project-I)		-	-	-	2	100	-	100
DSEC	• MPED304	• Sports Engineering	(Any One)	3	-	0	3	40	60	100
	• MPED305	• Physical Fitness and Wellness								
	• MPED355	• Boxing-I	Sports Specialization (Minor-II) (Anyone)	-	-	4	2	50	50	100
	• MPED356	• Judo-I								
	• MPED357	• Wrestling-I								
• MPED358	• Karate-I									
	• MPED359	• Taekwondo-I								
Total				14	-	16	24	460	440	900

Value added Course:

VAC-I	TMUPS301	Managing self	2	1	-	-	60	40	100
-------	----------	---------------	---	---	---	---	----	----	-----

Semester – IV

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	• Kabaddi-II	Sports Specialization (Major) (Anyone)			4	2	50	50	100
	• MPED456	• Kho-Kho-II								
	• MPED457	• Badminton-II								
	• MPED458	• Table Tennis-II								
	• MPED459	• Squash-II								
	• MPED460	• Volleyball-II								
	• MPED461	• Basketball-II								
	• MPED462	• Cricket-II								
	• MPED463	• Football-II								
	• MPED464	• Hockey-II								
	• MPED465	• Boxing-II								
	• MPED466	• Judo-II								
	• MPED467	• Wrestling-II								
	• MPED468	• Karate-II								
	• MPED469	• Taekwondo-II								
	• MPED470	• Yoga-II								
Total				13	-	18/24	24	410/420	480/490	900

VAC-II	TMUPS401	Managing work and others	2	1	-	-	60	40	100
--------	----------	--------------------------	---	---	---	---	----	----	-----

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.



M.P.Ed.

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/performance 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

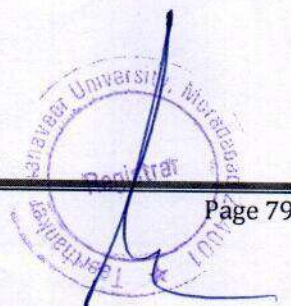
(8 hours)

2.1 Goal setting and action planning

2.2 Effective and assertive communication

2.3 Decision making

2.4 Time management



- 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

**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.



Newly added

Assignment/File work	Viva	Skill	Total
10	10	30	50

SEMESTER – IV
Course: Managing Work and Others
(Value added Course)
Course Code: TMUPS-401

Newly added

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:

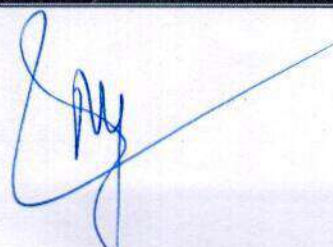
- CO-1.** Communicating effectively in a variety of public and interpersonal settings.
- CO-2.** Applying concepts of change management for growth and development by understanding inertia of change and mastering the Laws of Change.
- CO-3.** Analyzing scenarios, synthesizing alternatives and thinking 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).

References:

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

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

Carnegie, Dale, How to win friends and influence people (2004), RHUK

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

Steinburg, Scott, Nettiquette Essentials (2013), Lulu.com

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

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

