Learning Outcome Based Curriculum Framework

(LOCF)

For

M.P.Ed. (Master in Physical Education)
Post Graduate Programme

Department of Physical Education
Chaudhary Devi Lal University
Sirsa-125055
2021

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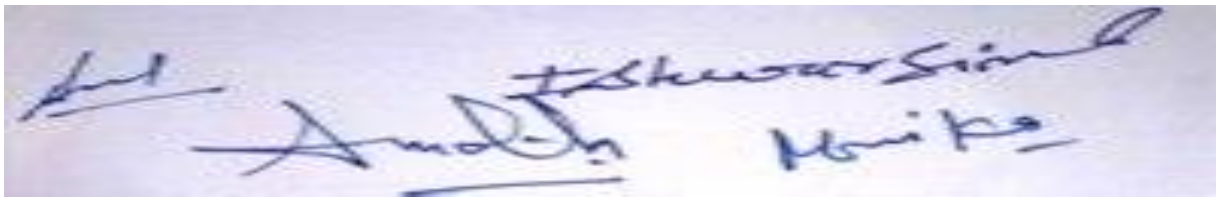


1. About the Department:

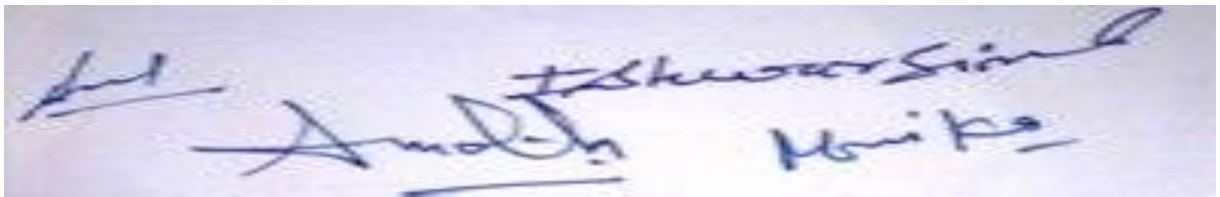
The Department of Physical Education, Chaudhary Devi Lal University, Sirsa was established in June, 2003 with major funding from the State Government of Haryana. The Department is located at the first floor of Tagore Bhawan of the University. The first batch of the students was admitted in August, 2003. So far the department has produced about 525 post graduate and 59 Ph.D. scholars, most of them have preferred to go for higher studies, some are actively engaged in jobs in various fields while some have developed their own business. Currently, department is running M.P.Ed (two year) and Ph.D. programs. The Department of Physical Education has four well aerated classrooms with defined sitting arrangement, electricity, projector and smart boards. Department has one well maintained playfield of 400 meters' athletics track, football. Handball, Basketball, Volleyball, Kabaddi, and Kho-Kho grounds. Department also have one multipurpose. The MPED programme of the department duly approved by NCTE.

2. Learning Outcome based Curriculum Framework.

The Choice Based Credit Scheme evolved into learning outcome based curriculum framework and provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill-based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Grading system provides uniformity in the evaluation and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations which enables the student to move across institutions of higher learning. The uniformity in evaluation system also enables the potential employers in assessing the performance of the candidates.

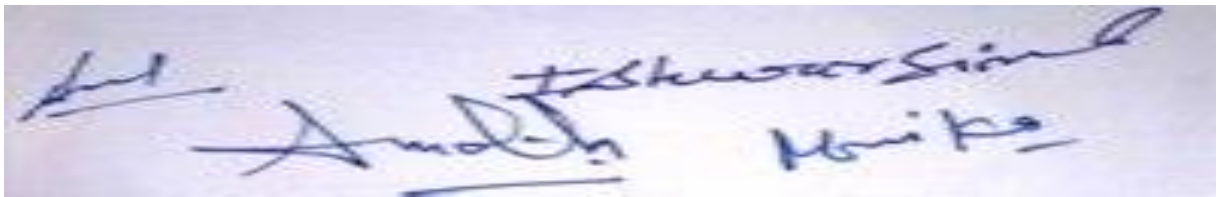
2.1 Objectives of the Programme

The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education and Sports, enhance subject knowledge, pedagogical knowledge, achieve aim of Physical Activities and Sports skills. The programme comprise of compulsory theory and practical core courses, theory and practical discipline specific elective courses, skill enhancement courses and open elective courses. After completion of this programme one able to get job in private and government sector as well as him or her able to perform their own business. The programme will make a man perfect for job as well as their own works.



2.2 Programme Outcomes (POs)

PO	Programme Outcomes (POs)
PO1	Students will be able to comprehend the acquired knowledge during the Programme of study:
PO2	Students will be able to reflect on the issues relating to the Programme.
PO3	Students will be able to show the professional skills and competencies acquired during the Programme of study.
PO4	Students will be able to show scientific and research capabilities in their academic, professional and general lifepursuits.
PO5	Students will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making and resource management according to pre-determined objectives/ outcomes.
PO6	Students will be able to work as member or leader in multi- disciplinary and diverse settings.
PO7	Students will be able to discuss and solve the problems relating to the discipline.
PO8	Students will be able to state and follow the ethical issues relating to education and society.



2.3. Programme Specific Outcomes (PSOs)

After completing the programme, the students will

PSO	Programme Specific Outcomes (PSOs)
PSO1	Understand the concept of Physical Education, Sports and Health.
PSO2	Able to write media reports and face interviews related to physical education, health, recreation and sports & games issues.
PSO3	Understand & Demonstrate movements & skills related to different indigenous activities, individual events, team events, combative sports and yoga to develop new talents during his professional life.
PSO4	Implement the different concepts of sports medicine, athlete care, rehabilitation for precaution and rehabilitation of sports related injuries.
PSO5	Using the knowledge of Biomechanics & Kinesiology for the correction of movements and promotion of sports performance.
PSO6	Test, Measure & Evaluate various aspects related to research, sports skill, human body, motor components and sports materials, surfaces of play fields, modern equipment's and training gadgets.
PSO7	Understand different psychological problems and qualities of sports Personnel and common men for better output.
PSO8	Analyze and generate new ideas in sports training and exercise physiology.
PSO9	Understand how to how to analyses the data and interpretative the results statistically.
PSO10	Understand and apply the ethical standards for values and environmental education.

3. Programme Structure

MPED Physical Education- a four-semesters postgraduate programme is 108 credits weightage consisting of Core Courses (CC) Discipline Specific Elective Courses (DSC), Skill Enhancement Courses (SEC) and Open Elective Courses (OEC).

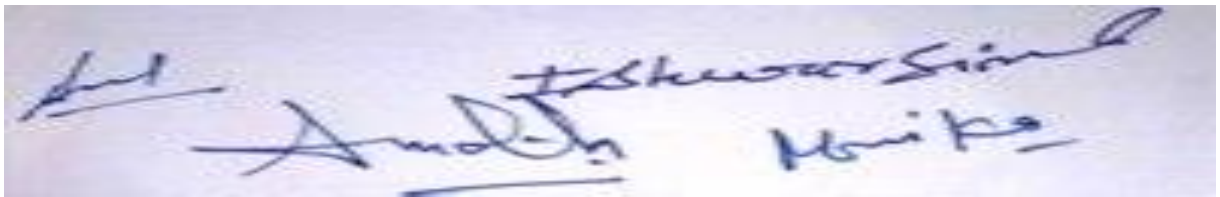


Table 1: Courses and Credit Scheme

Semester	Core Courses (CC)		Discipline Specific Elective Courses (DSC)		Skill Enhancement Courses (SEC)		Open Elective Courses (OEC)	Grand Total Credits			
	No. of Courses	Total Credits	No. of Courses	Total Credits	No. of Courses	Total Credits	A total of 12 credits are to be earned from other Departments or from Bonus *Students have to opt open elective course in consultation with chairperson and Director, University Centre for Outreach Programme and Extension*				
1	4	15	2	7	1	3		15	7	3	25
2	4	15	2	7	1	3		15	7	3	25
3	4	15	2	7	1	3		15	7	3	25
4	4	15	2	7	1	3		15	7	3	25
Total	**Core Credits**	**60**	**Discipline Specific Elective Credits**	**28**	**Skill Enhancement Credits**	**12**	**Open Elective Credits**	**8**		**100+8 =108**	
% age	**Core Credits**	**56%**	**Discipline Specific Elective Credits**	**26%**	**Skill Enhancement Credits**	**11%**	**Open Elective Credits**	**7**		**100%**	

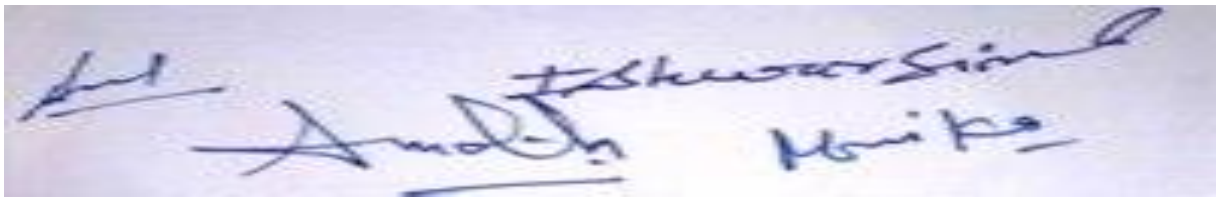


Table 2: Detailed break-up of Credit Courses

	Core Courses	Discipline Specific Elective Courses	Skill Enhancement Courses	Open Elective Courses	Total Courses
	CC	**DSC**	**SEC**	**OEC**	
Semester 1	CC1	DSC1	SEC1		7
	CC2	DSC2			
	CC3				
	CC4				
Semester 2	CC5	DSC3	SEC2	OEC1	8
	CC6	DSC4			
	CC7				
	CC8				
Semester 3	CC9	DSC5	SEC3	OEC2	8
	CC10	DSC6			
	CC11				
	CC12				
Semester 4	CC13	DSC7	SEC4		7
	CC14	DSC8			
	CC15				
	CC16				

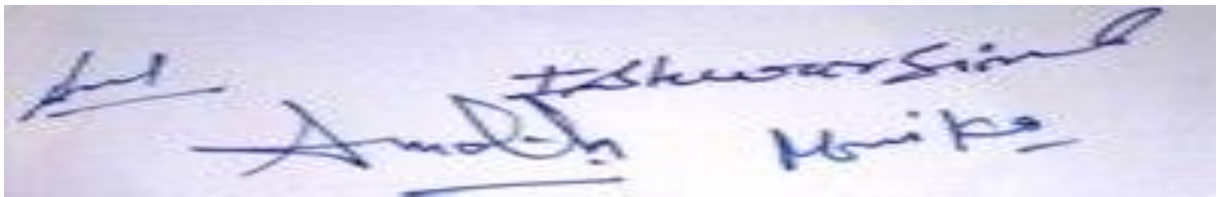
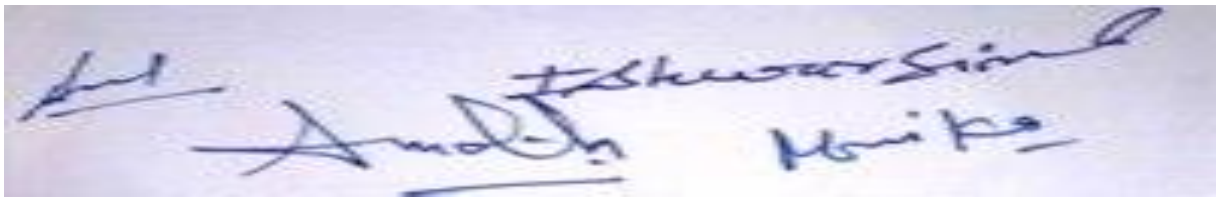


Table 3: Course code and Title along with credits detail

Course Code	Course Title	Theory	Practical	Total
Semester 1				
MPEd/GEN/1/CC1	Anatomy and Physiology	4	0	4
MPEd/GEN/1/CC2	Health Education and Sports Nutrition	4	0	4
MPEd/GEN/1/CC3	Sports Medicine	4	0	4
MPEd/GEN/1/CC4	Class Room Teaching of core subjects	0	3	3
	Students can choose anyone from the below DSC			
MPEd/GEN/1/DSC1	Information & Communication Technology (ICT) in Physical Education	4	0	4
MPEd/GEN/1/DSC2	Sports Technology			
	Students can choose anyone from the below DSC			
MPEd/GEN/1/DSC3	Game: Football	0	3	3
MPEd/GEN/1/DSC4	Game : Basketball			
MPEd/GEN/1/SEC1	Track and Field: Running Events or Gymnastics	0	3	3
	Total	**16**	**9**	**25**
Semester 2				
MPEd/ GEN /2/CC5	Sports Biomechanics and Kinesiology	4	0	4
MPEd/ GEN/2/CC6	Research process in Physical Education & Sports sciences	4	0	4
MPEd/GEN/2/CC7	Test, Measurement and Evaluation in Physical Education	4	0	4
MPEd/ GEN/2/CC8	Class Room Teaching of core subjects	0	3	3
	Students can choose anyone from the below DSC			
MPEd/ GEN/2/DSC5	Dissertation	4	0	4
MPEd/GEN/2/DSC6	Education technology in Physical Education			
	Students can choose anyone from the below DSC			
MPEd/ GEN/2/DSC7	Game :Volleyball,	0	3	3
MPEd/GEN/2/DSC8	Game : Hockey & Handball			
MPEd/ GEN/2/SEC2	Track and field	0	3	3



	Jumping events + Hurdles			
	Total	**16**	**9**	**25**
Semester 3				
MPEd/ GEN/3/CC9	Athletic Care and Rehabilitation	4	0	4
MPEd/ GEN/3/CC10	Scientific Principles of Sports Training	4	0	4
MPEd/ GEN/3/CC11	Applied statistics in Physical Education & Sports	4	0	4
MPEd/ GEN/3/CC12	Class Room Teaching of core subjects	0	3	3
	Students can choose anyone from the below DSC			
MPEd/ GEN/3/DSC9	Dissertation	4	0	4
MPEd/GEN/3/DSC10	Sports Journalism and Mass Media			
	Students can choose anyone from the below DSC			
MPEd/ GEN/3/DSC11	Game :Kho-Kho	0	3	3
MPEd/GEN/3/DSC12	Game : Kabaddi			
MPEd/ GEN/3/SEC3	Track and Field-Throwing, Heptathlon and Decathlon events.	0	3	3
	Total	**16**	**9**	**25**
Semester 4				
MPEd/ GEN/4/CC13	Yogic Sciences	4	0	4
MPEd/ GEN/4/CC14	Sports Psychology	4	0	4
MPEd/ GEN/4/CC15	Physiology of Exercise	4	0	4
MPEd/ GEN/4/CC16	Class Room Teaching of core subjects	0	3	3
	Students can choose anyone from the below DSC			
MPEd/ GEN/4/DSC13	Physical Fitness and Wellness	4	0	4
MPEd/GEN/4/DSC14	Sports Management and Curriculum designs in Physical Education			
	Students can choose anyone from the below DSC			
MPEd/ GEN/4/DSC15	Game :Wrestling	0	3	3
MPEd/GEN/4/DSC16	Game: Judo			
MPEd/ GEN/4/SEC4	Yog: Asans, Pranayama, Neti and Suryanamaskar	0	3	3
	Total	**16**	**9**	**25**

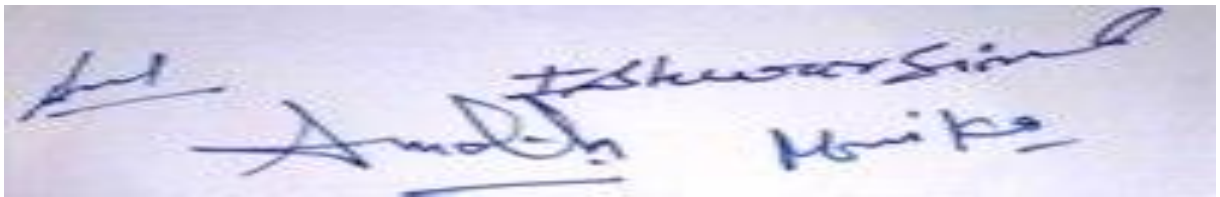


Table 4: Core Courses Offered by the Department

Course Code	Course Title	Credits
MPEd/GEN/1/CC1	Anatomy and Physiology	**4**
MPEd/GEN/1/CC2	Health Education and Sports Nutrition	**4**
MPEd/GEN/1/CC3	Sports Medicine	**4**
MPEd/GEN/1/CC4	Class Room Teaching of core subjects	**3**
MPEd/GEN/2/CC5	Sports Biomechanics and Kinesiology	**4**
MPEd/GEN /2/CC6	Research of Process in Physical Education & sports sciences	**4**
MPEd/GEN /2/CC7	Test, Measurement and Evaluation in Physical Education	**4**
MPEd/GEN/2/CC8	Class Room Teaching of core subjects	**3**
MPEd/GEN/3/CC9	Athletic Care and Rehabilitation	**4**
MPEd/GEN/3/CC10	Scientific Principles of Sports Training	**4**
MPEd/GEN/3/CC11	Applied Statistics in Physical Education & Sports	**4**
MPEd/GEN/3/CC12	Class Room Teaching of core subjects	**3**
MPEd/GEN/4/CC13	Yogic Sciences	**4**
MPEd/GEN/4/CC14	Sports Psychology	**4**
MPEd/GEN/4/CC15	Physiology of Exercise	**4**
MPEd/GEN/4/CC16	Class Room Teaching of core subjects	**3**
	Total	**60**

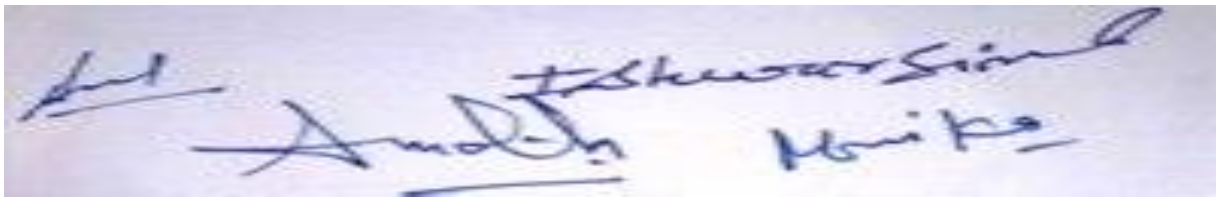


Table 5: Discipline Specific Elective Courses Offered by the Department

MPEd/GEN/1/DSC1	Information & Communication Technology (ICT) in Physical Education	**4**
MPEd/GEN/1/DSC2	Sports Technology	
MPEd/GEN/1/DSC3	Game :Football	**3**
MPEd/GEN/1/DSC4	Game :Basketball	
MPEd/GEN/1/DSC5	Dissertation	**4**
MPEd/GEN/2/DSC6	Education Technology in Physical Education	
MPEd/GEN/2/DSC7	Game :Volleyball,	**3**
MPEd/GEN/2/DSC8	Game : Hockey & Handball	
MPEd/GEN/3/DSC9	Dissertation	**4**
MPEd/GEN/3/DSC10	Sports Journalism and Mass Media	
MPEd/GEN/3/DSC11	Game :Kho-Kho	**3**
MPEd/GEN/3/DSC12	Game : Kabaddi	
MPEd/GEN/4/DSC13	Physical Fitness and Wellness	**4**
MPEd/GEN/4/DSC14	Sports Management and Curriculum designs in Physical Education	
MPEd/GEN/4/DSC15	Game :Wrestling	**3**
MPEd/GEN/4/DSC16	Game :Judo	
	Total	**28**

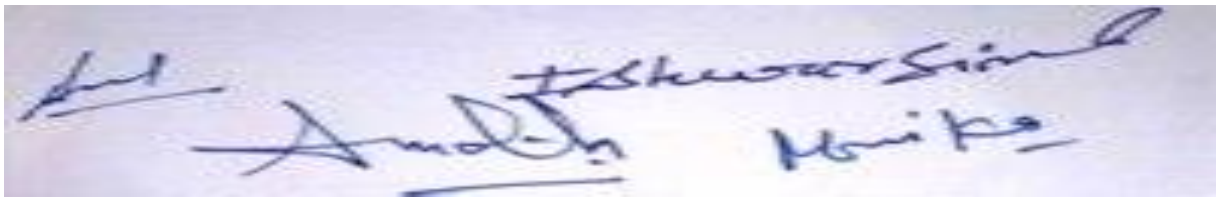
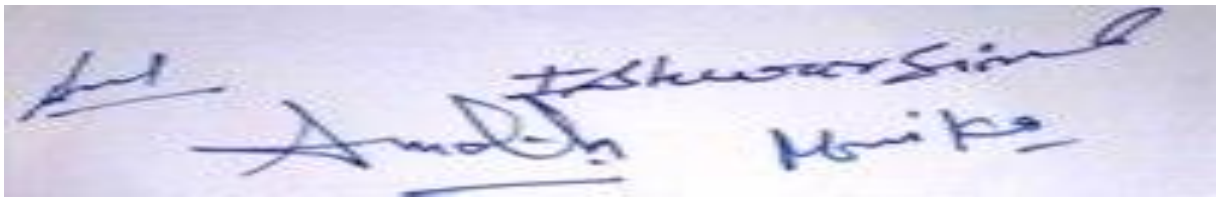


Table 6: Skill Enhancement Courses Offered by the Department

MPEd/GEN/1/SEC1	Track and Field: Running Events or Gymnastics	**3**
MPEd/GEN/2/SEC2	Track and Field Jumping events + Hurdles	**3**
MPEd/GEN/3/SEC3	Track and Field-III Throwing Events introduction of Heptathlon event and Decathlon event.	**3**
MPEd/GEN/4/SEC4	Yog: Asans, Pranayama, Neti, and Suryanamaskar	**3**
	Total	**12**

Table 7: Open Electives Courses Offered by the Department

MPEd/GEN /9/OEC1	Exercise and their application	**4**
MPEd/GEN/9/OEC2	Physiological Preparation & Their application	**4**
	Total	**8**



M.P.Ed-Semester-1

Course Code- MPED/GEN/CC1

Course Title - ANATOMY AND PHYSIOLOGY

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen./CC1- 1. understands the concept of structure and function of Human body. Knowledge of human cell, bone and Joint.

MPEd/Gen./CC1-.2 eenhance the knowledge about muscular system and exercise effects on muscular system. Knowledge about brain and how brain functions during exercises.

MPEd/Gen./CC1-.3 understands Digestive system and excretory system. Know about different digestive and excretory system and exercises benefits for digestive and excretory system.

MPEd/Gen./CC1-.4 understands Respiratory system and Circulatory system.

UNIT-I- Introduction and Skeletal System:

- Definition of Anatomy and Physiology
- The role of Anatomy and Physiology in Physical Education
- Introduction to Cell structure, Cell Division, Curb Cycle and energy Cycles
- Bone and Cartilage – Anatomy, its Kinds and Functions.
- Name and Location of the bones in human body
- Types of joints.

UNIT-II Muscular System and Nervous system:

- Structure and function of Skeletal muscles

- Mechanism of Muscular Contraction, Relaxation and Fatigue.
- Structural and Functional types of muscles.
- Nervous units and sensory impulse
- Anatomy and functions of different parts of brain
- Spinal Cord and its functions
- Effects of exercise on Muscular system and Nervous system

UNIT-III Digestive System and Excretory system.

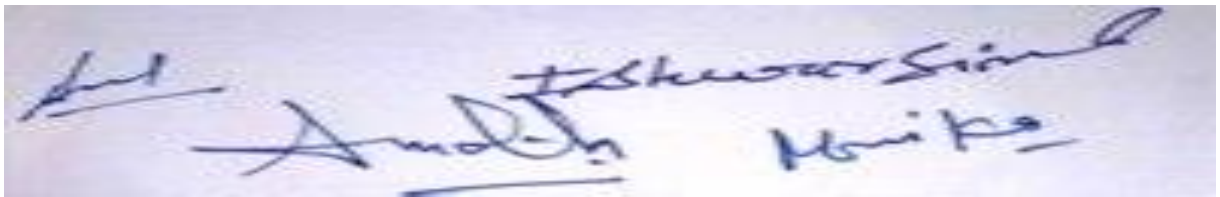
- Digestive system: Digestion, mechanism and absorption of food.
- Functions, locations of Pituitary Gland, Thyroid gland, Parathyroid glands and adrenal glands
- Functions and location of Kidney.
- Lungs and skin as an organ of excretory system.
- Effects of exercises on Digestive system.

UNIT-IV Respiratory and Circulatory System

- Respiratory System.
- Respiratory organs and mechanism of respiration.
- Circulatory System, Composition of blood and its function.
- Anatomy of the Heart.
- Mechanism of Circulation.
- Effects of exercise on Respiratory and Circulatory System.

Reference Books:

- CHAURASIA B.D. (2020) Handbook of General Anatomy 6Ed
- Leslie Kaminoff (2020), Yoga Anatomy
- MADHYASTHA S. (2020) Manipal Manual of Anatomy for Allied Health Science Courses 3Ed
- J. Gordon Betts, Tyler (2013) Anatomy and Physiology ISBN 13: 9781938168130 Publisher: Open Stax



M.P.Ed-Semester-1

Course Code- MPED/GEN./CC2

Course Title -HEALTH EDUCATION AND SPORTS NURTITION

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen./CC2-.1 Knowledge about the concept of Health Education and school health programme

MPEd/Gen./CC2-2 Understanding of communicable and non-communicable diseases and their preventions, control of infectious diseases.

Knowledge about the Hygiene, effect of drugs on health.

Highlight the aspect of First-aids.

MPEd/Gen./CC2-3 Awareness about the balance diet/ sports Nutrition and their role during exercise on body.

MPEd/Gen./CC2-4 Knowledge of the concept of about causes and preventive measures to avoid obesity

Management of weight obese people and program for sporty child by playing exercise and diet.

Unit - I Health Education:

Definition of Health, concept of health, Determinants of Health, Health Education, Aim, objective , Principles of Health Education and role of Health Education in School.

Components of school health programme: - (i) Healthful school Environment (ii) Health services and supervision (iii) Health instruction

Unit - II Health Problems in India & Hygiene:

Meaning of communicable and Non- communication diseases. Common Symptoms,

preventions, control of infectious diseases. Meaning of Hygiene, Type of Hygiene.Effect of Alcohol on Health, Effect of Tobacco on Health.Meaning of First- aids, Qualities and duties of first aider.

Unit – III- Introduction to Sports Nutrition:

Meaning and Definition of Sports Nutrition, constituents of balance diet/nutrition, role of nutrition in sports. Meaning of carbohydrates, protein and fat and role of carbohydrates, protein and fat during exercise Mal nutrition and its causes.

Unit – IV Obesity and Weight Management:

Meaning of obesity, causes of obesity, preventive measures to be taken to avoid obesity, Management of Weight in obese people, weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

References:

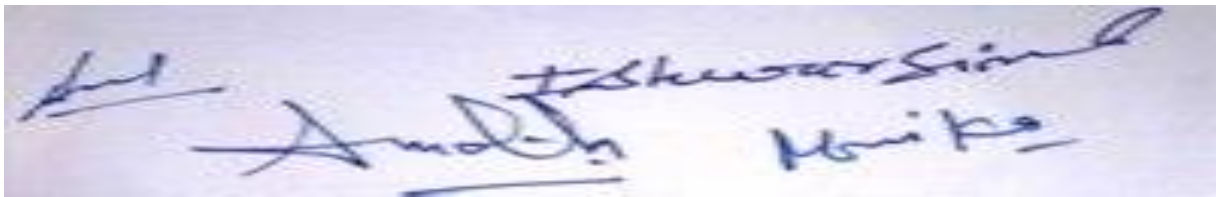
Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".

Ghosh, B.N. "Treaties of Hygiene and Public Health".

Hanlon, John J. "Principles of Public Health Administration" 2003.

Moss "Health Education" (National Education Association of U.T.A.)

Nemir A. 'The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.



M.P.Ed- Semester-1

Course Code- MPED/GEN./CC3

Course Title -SPORTS MEDICINE

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen./CC3-1 Remembering the meaning, definition, need & scope of sports medicine and principles of therapeutic exercise.

MPEd/Gen./CC3-2 Understanding the basic rehabilitation, proprioceptive neuromuscular function, reversal technique exercise and stretching's. .

MPEd/Gen./CC3-3 Understanding and demonstrating the head, neck, spine injuries, spinal range motion rehabilitation exercise, upper extremity, lower extremity injuries and exercise.

MPEd/Gen./CC3-4 Eenhance the knowledge of Exercises and supporting aids.

UNIT-I

Meaning and concept of sports medicine, scope and importance of sports medicine in physical education and sports. Role of Physical Educators and Coaches in the prevention of sports injuries. Definition and principles of therapeutic exercises. Classification to therapeutic exercise. Advantages and disadvantages of PRICE therapy and Aquatic therapy.

UNIT-II

Sports Injuries: Terminology and classification of common soft injuries, pathological changes in sprains, strain and contusion, regional injuries and their management. Terminology and classification hard tissue injuries pathological change in fracture and their management.

UNIT-III- Spine injuries, Extremity injuries, Lower Extremity injuries

Spine injuries: causes, presentational of spinal anomalies Upper limb and Thorax injuries

shoulder: strain, dislocation, and Strapping.

Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture.

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain.

UNIT-IV- Exercise and supporting aid

Free exercises – Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen .Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

Reference Books

AAHPER : Weight training in Sports and Physical Education, 1962.

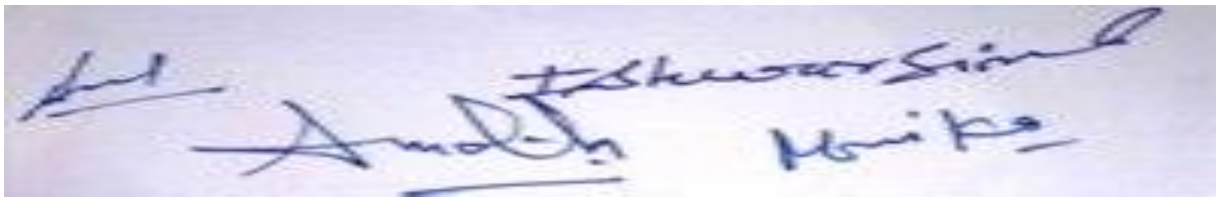
Armstrong and Tuckler : Injuries in Sports, London, Staples Press, 1964.

Bolan, J.P. and Rasch, P.J.: Treatment and Prevention of Athletic Injuries, The Inter-state Printers and Publishers, 1967.

Morehouse, L.E. and Rasch, P.J.: Sports Medicine for Trainers, Philadelphia, W.B. Saunders Co., 1963.

RyansAllan : Medical Care of the Athlete, McGraw Hill.

Pande, P.K. : Know How Sports Medicine, A.P. Publishers, Jalandhar.



M.P.Ed- Semester-1

Course code -MPED/GEN/1/DSC1

(Option-A) (Elective)

Course Title - INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/1/DSC1-**1** Understand the concept of communication along with its types and learn the effectiveness of classroom interaction.

MPEd/Gen/1/DSC1-**2** Identify and analyses computer hardware, software and network components.

MPEd/Gen/1/DSC1-**3** Solve basic information system problem by applying system development, word processing, spreadsheet and presentation software techniques to create professional and academic documents.

MPEd/Gen/1/DSC1-**4** Understand the meaning of ICT and its need/importance in the field of physical education.

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication

Communication Barriers & Facilitators of communication

Communicative skills of English - Listening, Speaking, Reading & Writing

Concept & Importance of ICT Need of ICT in Education

Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration

Challenges in Integrating ICT in Physical Education

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers Hardware of Computer: Input,

Output & Storage Devices Software of Computer: Concept & Types

Computer Memory: Concept & Types

Viruses & its Management

Concept, Types & Functions of Computer Networks Internet and its Applications

Web Browsers & Search Engines Legal & Ethical Issues

Unit III – MS Office Applications

MS Word: Main Features & it's Uses in Physical Education

MS Excel: Main Features & it's Applications in Physical Education

MS Access: Creating a Database, Creating a Table, Queries, Forms &

Reports on Tables and its Uses in Physical Education

MS Power Point: Preparation of Slides with Multimedia Effects

MS Publisher: Newsletter & Brochure

Unit IV – ICT Integration in Teaching Learning Process, E- learning & Web Based Learning

Approaches to Integrating ICT in Teaching Learning Process

Project Based Learning (PBL), Co-Operative Learning, Collaborative Learning

ICT and Constructivism: A Pedagogical Dimension, E-Learning, Web Based Learning

Visual Classroom

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B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006

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Douglas E. Comer, the Internet Book, Purdue University, West Lafayette in 2005

Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004

ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006

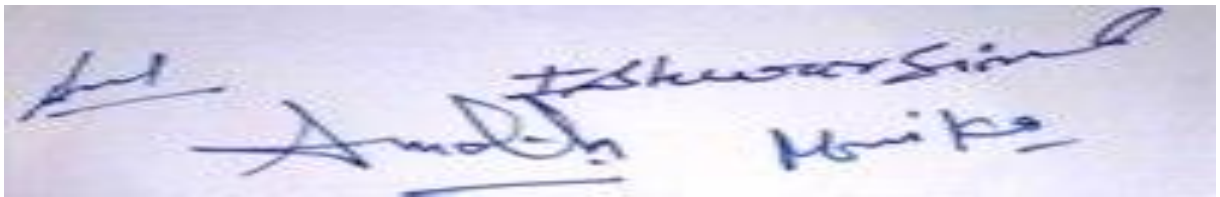
Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006.

Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

M.P.Ed – Semester-1

Course code- MPED/GEN/1/DSC2



(Option-B) (Elective)

Course Title- SPORTS TECHNOLOGY

Credits: 4 (Lectures: 60) **Marks: 100**

Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/1/DSC2-1 Remembering the concepts, principles, benefits, applications, workflow and technological impact of sports technology.

MPEd/Gen/1/DSC2-2 Understanding sports materials, surfaces of play fields, modern equipment's and training gadgets related to different games and sports.

MPEd/Gen/1/DSC2-3 Applying the knowledge of modern equipment's and training gadgets for the improvement in related performance.

Unit I – Sports Technology

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

Unit II – Science of Sports Materials

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

Unit III – Surfaces of Playfields

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

Unit IV – Modern equipment and training Gadgets

Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets, Clothing and

shoes: Types, Materials and Advantages. Measuring equipments: Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

REFERENCE:

Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.

Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.

John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group.

Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.

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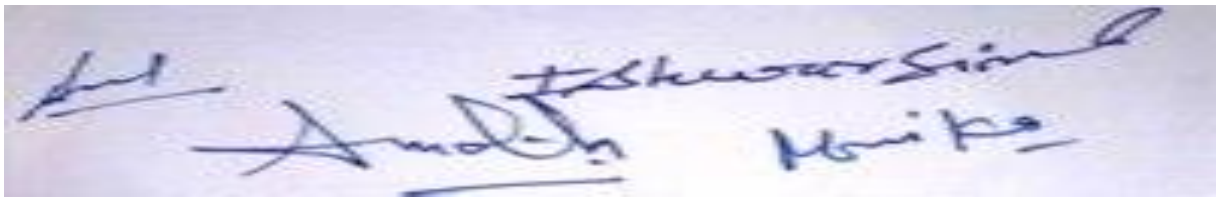


Semester 1
Game Specialization
Football
Course Code- MPED/GEN/1/DSC3

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. Defining the various skills of Football.
CO-2. Demonstrating the various skills of Football.
CO-3. Explaining the fundamental skills of Football.

Unit-1 Basic skills and their drills

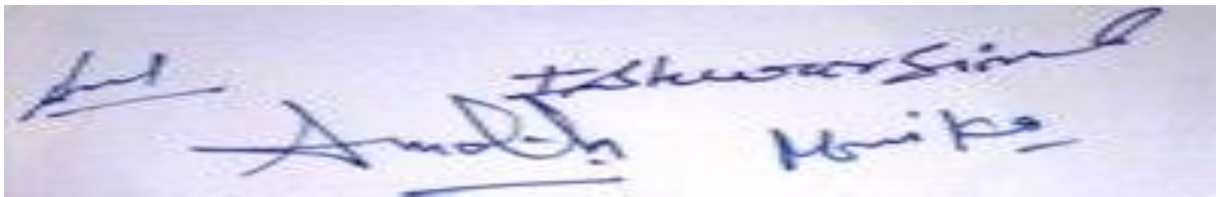
1.1 Kicking the ball- Push Kick, Low Drive, Hip Shot, Volley, front Volley, side Volley.
1.2 Trapping the ball- Under the sole of the foot, Inside of the foot, Instep of the foot, Outside of the foot with shin, with thighs, with forehead.
1.3 Heading the ball- Deflection side way, Forward, Backward.
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
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70



Semester 1
Game Specialization
Basketball
Course Code- MPED/GEN/1/DSC4

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. Defining the various skills of Basketball.
CO-2. Demonstrating the various skills of Basketball.
CO-3. Explaining the fundamental skills of Basketball.

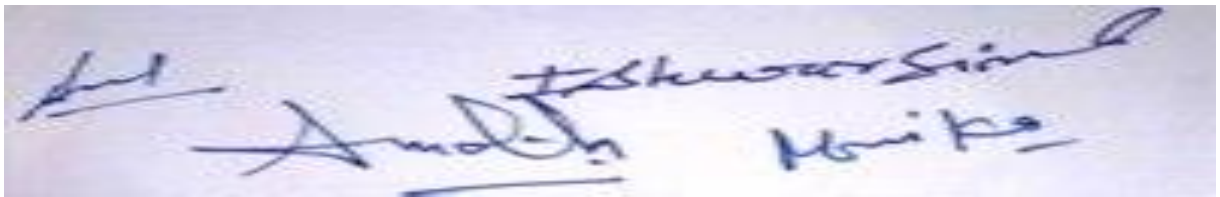
Unit -1Fundamental skills
1.1. Ball handling.
1.2. Catching the ball.
1.3. Pass and their drills
1.3.1 Chest pass
1.3.2 Side pass (variations)
1.3.3 Overhead pass (variations)
1.3.4 Bounce Pass (variations)
1.3.5 Underhand pass (variations)
1.3.6 Back pass (variations)
1.4. Passes on the move and drills.
1.5. Dribbling
1.5.1 Bouncing on the spot
1.5.2 High-Low (variations)
1.5.3 Zigzag dribbling
Unit-2 Shooting
2.1 Set shot variations
2.2 Free throw-variations
2.3 Layup shot-variations
2.4 Tip in shot

Evaluation Scheme
For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70



Semester 1
Practical Course
Athletics & Gymnastics
Course Code- MPED/GEN/1/SEC1

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 concepts and rules of track and field and Gymnastic events.
CO-2. Demonstration of techniques used.
CO-3. Planning strategies and tactics for the events.
CO-4. Preparing the track and field & its marking.
CO-5. Performing the role of official, umpire, judge/referee during practice session & competitions.

PART-A (Athletics)

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.

Unit – 2 Relays: Fundamental Skills

2.1 Various patterns of Baton Exchange
2.2 Understanding of Relay Zones

PART- B (Gymnastics)

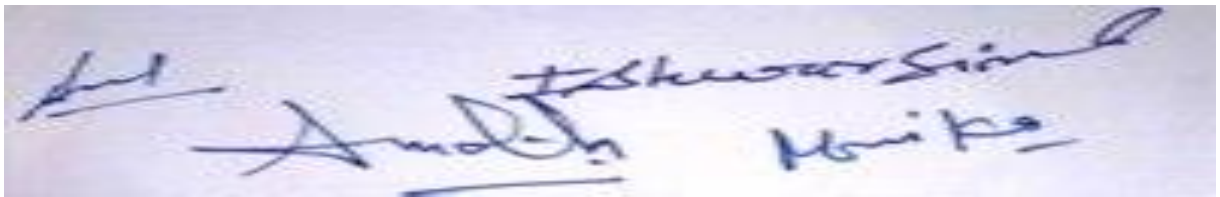
Forward roll and Backward roll, Sideward roll, Leg split and Head stand, Cart Wheel, Hand stand and forward roll, Backward roll to hand stand, Diving forward roll

Evaluation Scheme
For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70



M.P.Ed- Semester-2

Course code - MPED/GEN/2/CC5

Course Title- SPORTS BIOMECHANICS AND KINSESIOLOGY

Credits: 4 (Lectures: 60) **Marks: 100**

Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/2/CC5-1 Awareness about the concept of applied kinesiology and sports biomechanics, axis and planes

Understanding centre of gravity (C.O.G.), line of gravity plane of body and axis of motion, vectors and scalars.

MPEd/Gen/2/CC5-2 knowledge of origin, insertion and action of muscles of upper and lower limbs.

MPEd/Gen/2/CC5-3 Understanding of the concept of motion and its types.

Understanding the principles of related to law of Inertia, acceleration and law of counter fore.

Awareness about the force, its components and types

Knowledge the concept of spin and its types

MPEd/Gen/2/CC5-4 Awareness about the Projectiles, its equation and stability factors.

Knowledge about the concept of work, power, pressure and energy.

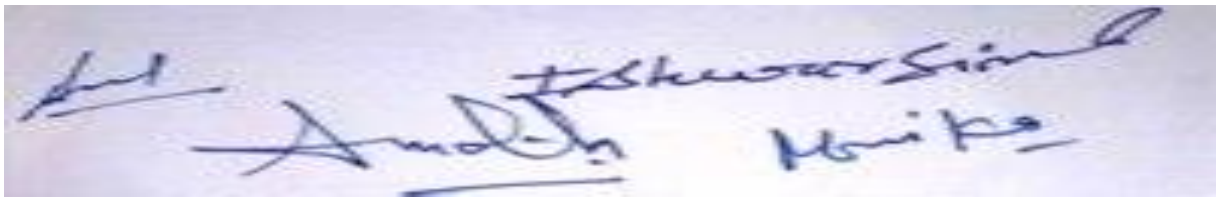
Knowledge about the leverage, its types and applications.

Awareness about the Analysis of Movement and its types.

UNIT I – Introduction

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

UNIT II – Muscle Action



Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus, femora's, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III – Motion and Force

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

UNIT IV – Projectile and Lever

Freely falling bodies -Projectiles -Equation of projectiles stability Factors, influencing equilibrium - Guiding principles for stability -static and dynamic, stability. Meaning of work, power, pressure and energy: kinetic energy and potential, energy. Leverage -classes of lever –its application in sports.Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Methods of analysis – Qualitative and Quantitative

Reference Books:

Scott, M.G : Analysis of Human Motion, 2nd edition.

Ucells, K.: Eurasia Publishing House Ltd., Delhi, 1970, Kinesiology 4th edition, Philadelphia, W.B. Saunders, 1966.

Broor, Marian, M : Efficiency of Human Movements, Philadelphia W.B. Saunders, 1960.

Dyson, J.: The Mechanics of Athletics, University of London Press Ltd., London.

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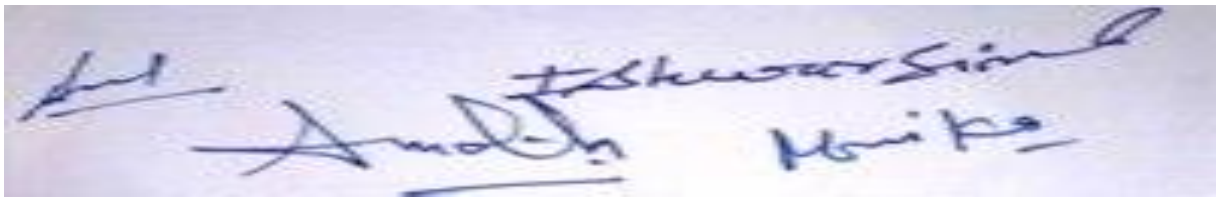


M.P.Ed- Semester-2

Course code- MPED/GEN /2/CC6

Course Title - RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Credits: 4 (Lectures: 60) **Marks: 100**

Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen /2/CC6-1 To understand the need and importance of Research in Physical Education.

MPEd/Gen /2/CC6-2 To be skilled in different data collection tools and the procedure of developing them.

MPEd/Gen /2/CC6-3 To be skilled in application of different types and methods of research.

MPEd/Gen /2/CC6-4 To be skilled in writing research proposals, thesis or dissertation.

Unit-I

Meaning and Definition of research, Need of research in Health and Physical Education, Applied, basic and action research, scope of research in Physical Education, Characteristics of good research and qualities of a good research worker.

The Problem: Definition, criteria for the selection of Problem, Sources of research problem in Health, Physical Education and Sports, Various steps in formulation of the research proposal.

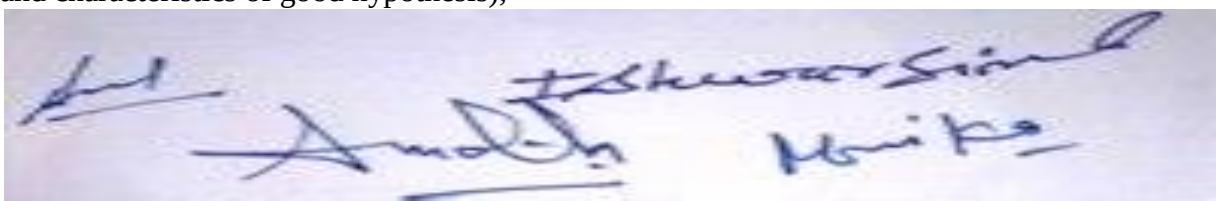
Research Literature: Location of the research material. Indexes, books, bibliographies, review and Abstracts, Critical literature and allied literature.

Unit-II

Tools of Research: Questionnaire, schedule, check list, rating scale, score card, Observation, Interviews, Physical fitness and skill tests.

Sampling: Concept of population and sample, Probability Sampling (Random, Stratified) random, cluster, Non-Probability (Judgement and quota).

Hypothesis: Meaning, importance, Sources, types (Declarative, Probable form and questions) and characteristics of good hypothesis),



Unit-III

Historical Research: Meaning, values, scope, characteristics, steps, primary and secondary sources. Internal and external criticism, pitfalls and reports.

Normative/Survey Research.Meaning, kinds, scope, steps and criteria of good survey.

Case study: Meaning, steps, precautions and recommendations.

Unit-IV

Experimental Research: Meaning, uses, characteristics, field versus laboratory, general principles, steps and experimental design (single, parallel, repeated and rotational).

Research Report: Format: preliminary Section, Main Body i.e. introduction, statement, significance, hypothesis and technical terms, review of related literature, design of the study, presentation of data. Interpretation of data, discussion, conclusion, summary, bibliography and appendices.

Reference Books:

S.P. Shukla et al. : Elements of Educational Research, Applied Publishers Pvt. Ltd., New Delhi, 1983

C.V. Good: Methods of Research, Appleton Century Crofts Inc., New York, 1954.

W.R. Mouly: Educational Research and Introduction, David Making Co., Inc., New York, 1975.

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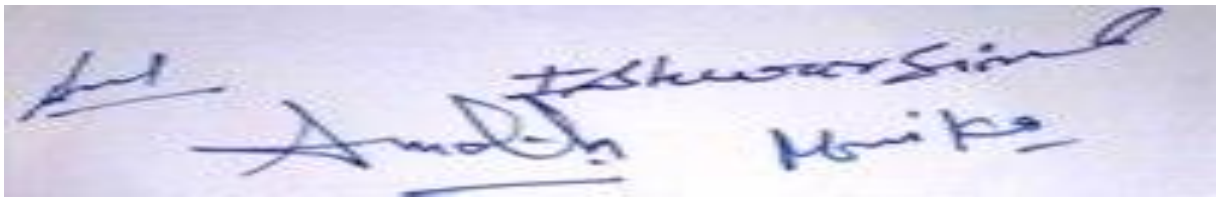

M.P.Ed – Semester-2

Course code- MPED/GEN /2/CC7

Course Title- TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Credits: 4 (Lectures: 60) **Marks: 100**

Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/2/CC7-1 Understanding the concepts & theories of testing, measurement, evaluates.

MPEd/Gen/2/CC7-2 Understanding the concept of motor fitness & different test procedures.

MPEd/Gen/2/CC7-3 Applying testing skills, fitness & anthropometry tests.

MPEd/Gen/2/CC7-4 Analyzing the data related to anthropometry, motor fitness, and of formulating new tests in professional circumstances.

UNIT -I – Introduction

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

UNIT- II – Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test, Oregon Motor Fitness Test, JCR test. Motor Ability; Barrow Motor Ability Test, Newton Motor Ability Test. Muscular Fitness; Kraus Weber Minimum Muscular Fitness Test.

UNIT -III – Physical Fitness Tests, Aerobic-Anaerobic and Anthropometric test

Physical Fitness Test: AAHPERD Health Related Fitness Battery, ACSM Health Related Physical Fitness Test, Roger's Physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run/walk test, Multi-stage fitness test (Beep test) Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test. Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of

measuring Circumference: Arm, Waist, Hip, Thigh.

Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

UNIT -IV – Skill Tests

Specific Sports Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Smithal's field Hockey test, Friendel Field Hockey Test, Harban's Hockey Test, Volleyball: Russel Lange Volleyball Test, Brady Volleyball Test. Soccer test; Johnson Soccer Test, Mc-Donald Volley. Tennis: Dyer Tennis Test.

REFERENCES :

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

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

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

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

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

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

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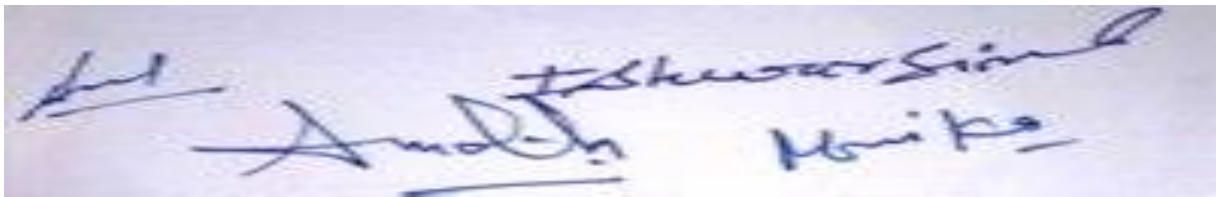
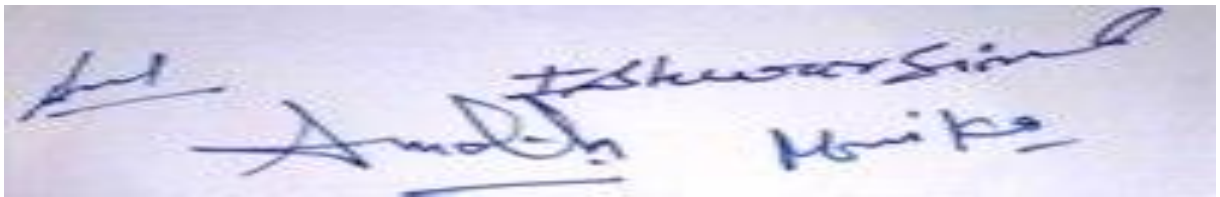


Semester 2
DISSERTATION
Course Code- MPED/GEN/2/DSC5

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 understanding the various terms that used in research.
CO-2. Preparing the blue print of research/dissertation proposal as well as able to write dissertation.
CO-3. Explaining the various terms used in main body of dissertation.

Procedure
1. A candidate shall have opt dissertation for M.P.Ed. in 2nd Semester.
2. Allotment of supervisor
3. Submission his/her Synopsis after concerned with the supervisor.
4. Presentation of synopsis in front of DRC or all faculty members.
5. Final Approval has given by DRC.



M.P.Ed-Semester-2

Course code - MPED/GEN/2/DSC6

(Option-B) (Elective)

Course Title- Education Technology in Physical Education

Credits: 4 (Lectures: 60) **Marks: 100**

Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/2/DSC6-1 Understanding the concept of education technology, Systems Approach and Reprographic Equipment's.

MPEd/Gen/2/DSC6-2 Selecting correct teaching aid according to need.

MPEd/Gen/2/DSC6-3 Remembering the Uses of Technology in sports.

Unit I – Nature and Scope

Educational technology-concept, Nature and Scope, Types of educational technology: teaching technology, instructional technology, and behaviour technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stage; media application stage and computer application stage.

Unit II – Systems Approach to Physical Education and Communication

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

UNIT-III – Audio Visual Media in Physical Education

Meaning, Importance of Audio-Visual Aids - Steps of Audio-Visual Aids, Technology Devices in Physical Education (LCD Display) Audio Conferencing and interactive radio conferencing Power Point Presentation. Lesson plan, Types of lesson plan, Pinciples of Lesson Plan-Importance of Lesson Plan in Physical Education and Sports.

Unit IV – New Horizons of Educational Technology

Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical fiber technology-laser disk, computer conferencing etc. Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities.

Recent experiments in the third world countries and pointers for, India with reference to Physical education. Recent trends of research in educational technology and its future with reference to education.

Suggested Readings

Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.

Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karalkudi India).

Kamlesh M.L. &Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur.

Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur.

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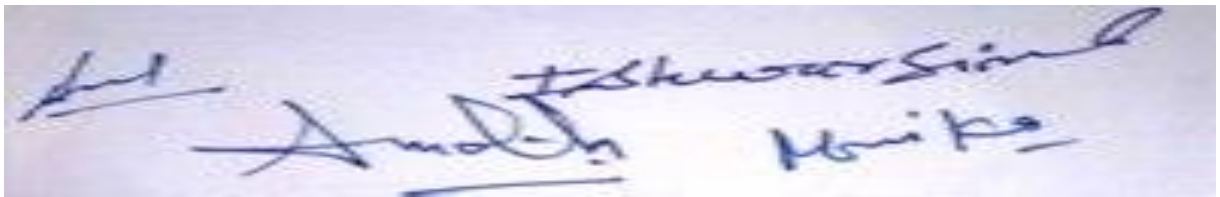


Semester 2
Game Specialization
Volleyball
Course Code- MPED/GEV/2/DSC7

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. Defining the various skills of Volleyball.
CO-2. Demonstrating the various skills of Volleyball.
CO-3. Performing as a role of official, umpire, judge/referee during competition.
CO-4. Explaining the fundamental skills 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 (Overhead pass), The Dig (Under hand pass), Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials.

Semester 2
Game Specialization
Hockey
Course Code- MPED/GEV/2/DSC8

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…….

Unit-1 Basic skills and their drills

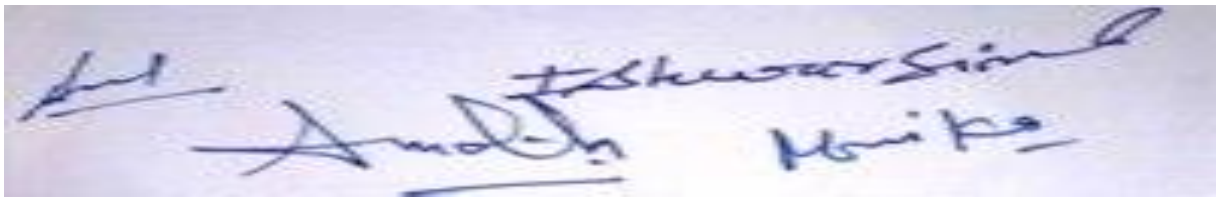
1.1 Grip of stick, Dribbling, Stopping the ball, Stroke, Hit & Variations, Push & Variations, Scoop, Reverse stroke- Flick, Jab, Tackling, Dodging right and left

Evaluation Scheme
For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70



Semester 2
Practical Course
(Athletics & Gymnastics)
Course Code- MPED/GEN/2/SEC2

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 different style of jump (long, high, triple) and phases of vaulting horse.
CO-2. Demonstration of techniques used.
CO-3. Planning strategies and tactics for the events.

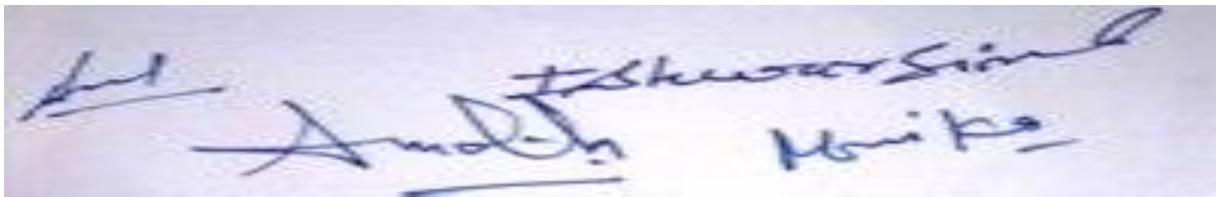
PART-A (Athletics) 25 Marks
Unit - 1 High jump: Western and Straddle roll
1.1 Approach run
1.2 Take off
1.3 Cross the bar
1.4 Clearance
1.5 Landing
Unit- 2 Long Jump and Triple Jump.
2.1 Approach run
2.2 Take off
2.3 Flight
2.4 Landing
PART- B (Gymnastics) 25 Marks
Unit-3 Vaulting Horse
3.1 Approach 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
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70



M.P.Ed.-Semester-3
Course code- MPED/GEN/3/CC9
Course Title -ATHLETIC CARE AND REHABILITATION

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/3/CC9-1 To be skilled in examination and evaluation of posture.

MPEd/Gen/3/CC9-2 To be skilled in sports injuries first aid treatment and rehabilitation program.

MPEd/Gen/3/CC9-3 To be skilled in various techniques of massage therapy and their implementation.

MPEd/Gen/3/CC9-4 To be able to demonstrate various safety related issues in Physical education and sports to prevent injury.

Unit I – Corrective Physical Education

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

Unit- II – Posture

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

Unit -III – Rehabilitation Exercises and massage

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretchingand principles. Points to be considered ingiving massage – Physiological and Psychological effects of massage – Indication /Contra indication of Massage – Classification of the manipulation used massage and

their specific uses in the human body – Stroking manipulation: Effleurage – Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) Deep massage.

Unit- IV – Sports Injuries Care, Treatment and Support

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

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

REFERENCES:

Dohenty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.

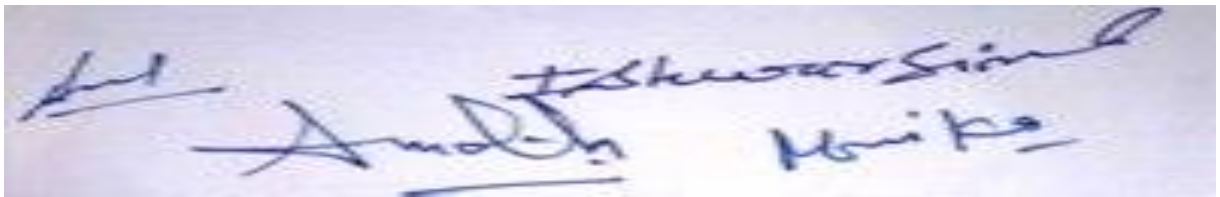
Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.

McOoyand Young (1954) Tests and Measurement, New York: Appleton Century.

Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.

Rathbome, J.l. (1965) Corrective Physical education, London: W.B. Saunders & Co.

Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.



M.P.Ed- Semester-3
Course code- MPED/GEN /3/CC10
Course Title- Scientific Principles of Sports Training

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen /3/CC10-1 Understand about the concept of sports training, load, remedial measures and high altitude training.

MPEd/Gen /3/CC10-2 Selecting/ advising appropriate method to develop specific component

MPEd/Gen /3/CC10-3 Knowledge about the methods to Improve the Flexibility and put emphasize on methods to improve Coordinative abilities.

MPEd/Gen /3/CC10-4 Planning training programme and preparing the athletes. Preparing periodization to control training process

UNIT- I – Introduction

Meaning, definition, Aim, Characteristics, Principles of Sports Training, meaning of load, Over Load, Causes of Over Load, Symptoms of Overload, Remedial Measures – Super Compensation – Altitude Training – Cross Training

UNIT -II – Components of Physical Fitness

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

UNIT- III – Flexibility and co-co-ordinative ability

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

UNIT -IV – Training Plan and Doping

Training Plan, its types: Micro, Meso and Macro Cycle.Short Term Plan and Long Term Plans - Periodisation: Meaning, its types: Single, Double and Multiple Periodisation, Training for the deferent Periodisation : Preparatory Period, Competition Period and Transition Period.

Definition of Doping – types of doping, causes of doping, Side effects of drugs – Dietary supplements – IOC list of doping, classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control

REFERENCES BOOKS

Dick, F.W., Sports Training Principles

Hardyal- Sports Training

Bunn J.W- Scientific Principles of coaching, Englewood cliffs prentice Hall

Brook, J.D. Whiting H.T.A.-Human Movement of field of study

Shamsher Singh, An Introduction to Training and Coaching, Friends Publication, New Delhi, 2006.

Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics

Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications

Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia

Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications

YograjThani (2003), Sports Training, Delhi : Sports Publications

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

Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.

Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company

Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book

David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University

M.P.Ed- Semester -3
Course code- MPED/GEN /3/CC11
Course Title- APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen /3/CC11-1 Remembering and Understanding the concepts of applied statistics. Applying the measures of central tendency.

MPEd/Gen /3/CC11-2 understand, uses applying of Dispersions & scales.

MPEd/Gen /3/CC11-3 Analyzing and evaluating the descriptive and inferential statistics.

UNIT- I – Introduction

Meaning and Definition of Statistics. Function, need and importance of Statistics.

Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data.

Variables; Discrete, Continuous. Parametric and non-parametric statistics.

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode. Meaning of central tendency and meaning, purpose calculation and advantages of measurement of central tendency, mean medium and mode.

UNIT- II – Measures of Dispersions and Scales

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

UNIT- III – Probability Distributions and Graphs

Normal Curve.Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation in Statistics;

Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

UNIT- IV – Inferential and Comparative Statistics

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

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

REFERENCE

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

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

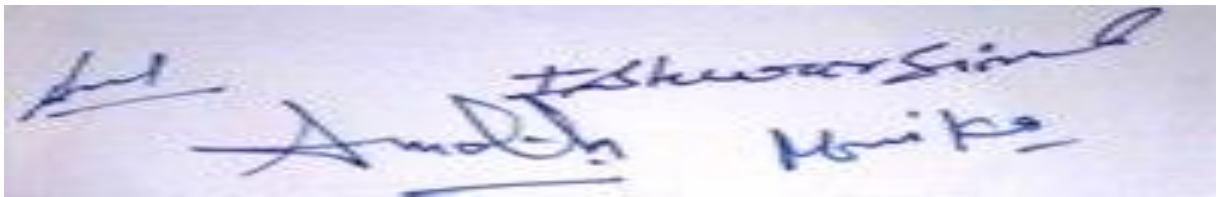
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;

Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi

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

Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication

Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications

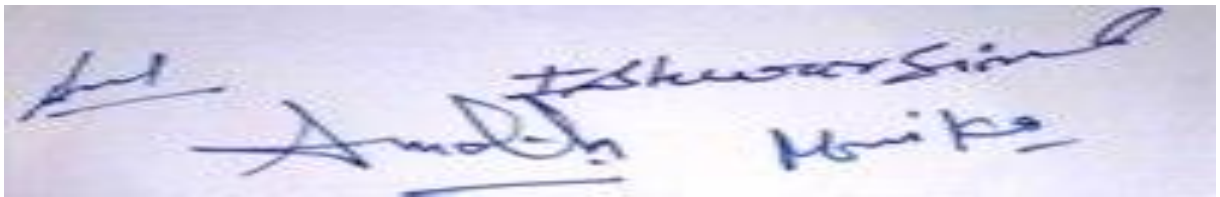


Semester 3
DISSERTATION
Course Code- MPED/GEN/2/DSC9

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 understanding the various terms that used in research.
CO-2. Preparing the blue print of research/dissertation proposal as well as able to write dissertation.
CO-3. Explaining the various terms used in main body of dissertation.

1. A candidate selecting dissertation must submit his/her dissertation last week of 3 semesters.
2. Before submission of dissertation candidate present their work in DRAC.
3. The candidate has to face the Viva-Voce.



M.P.Ed- Semester-3
Course code- MPED/GEN/3/DSC10-Option-(B)-(Elective)
Course Title- Sports Journalism & Mass Media

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/3/DSC10-1 Remembering the concept of sports journalism, sports bulletin, and mass media.

MPEd/Gen/3/DSC10-2 Understanding commentary, sports photography.

MPEd/Gen/3/DSC10-3 Writing news reports on sports and evaluating reported news.

MPEd/Gen/3/DSC10-4 Interviewing elide players and coaches.

UNIT- I - Introduction

Meaning, scope and changing trends of journalism in sports.

Role of journalism in sports promotion & vice-versa

Historical development & role of print and electronic media in sports promotion

Media, ethics and responsibilities of journalist & editor (social, legal and professional) Writing Skills For Media

Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation.

Sports terminators and its use

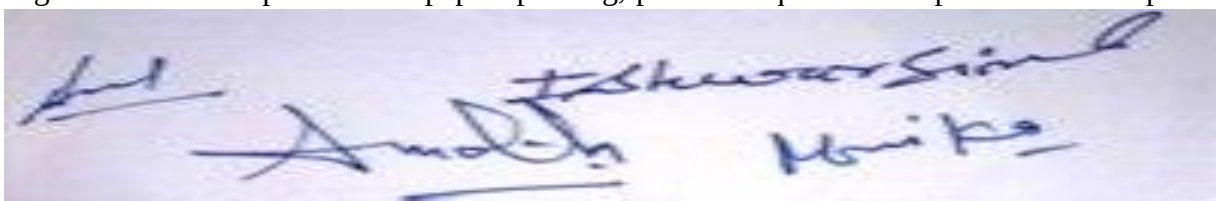
Fundaments of a sports story/ news

News- types, curtain – raiser, advance follow – up, news – analysis, box news

Design & make – ups : headings, front reading, layout & page making late stories, editorial tools, marks & skills

UNIT- II- Organizational And Presentation Skills For Media

Organizational set-up of a news paper- printing, process sequences of operations in the printing



of a news paper/journals.

Introduction of various sports organization and agencies –Olympic Games, Asian games, commonwealth games, awards and trophies.

Write-ups : feature, follow-ups, advance story, curtain raiser, flash bank, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk-shows, and reviews in sports.

Development and maintenance of sports personal library

Statistics, records and computers in sports.

UNIT-III- Extended Relevant Dimensions

Theory and principles of advertising in sports

Public relations in sports, press release, conferences

Public relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics

Sports photo feature and writing captions of photo

Introduction to photo journalism in reference to sports

UNIT-IV- Research Trends and Future Directions In Sports Journalism

Process of news paper publishing and management

Olympics and sports journalism

Research tools for developing a sports story

Introduction to various types of information technology

Satellite communication: use of satellite in radio and T.V. communication for sports information

REFERENCES

Journalism Ahuja, B.N., Theory and Practice of Journalism, Delhi :Surjeet, 1988

Aster, J.J., Art.of Modern Journalism

Bromley, M., Journalism, Hodder to ughton, 1994

Kamath, M.V., Professional Journalism, New Delhi, 1980.

Pathasarathy, Ranga Swami, Basic Journalism, Macmillan, 1984.

M.P.Ed – Semester-4
Course code- MPED/GEN/4/CC13
Course Title - Yogic science

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/4/CC13-1 Understand the concept of Astanga yoga in ancient and modern time application and importance of yoga in modern society.

MPEd/Gen/4/CC13-2 Enhance the knowledge of different Asanas and Pranayama. Knowledge and benefits of Suryanamaskar.yogic schools like Hatha Yog, Bhakti Yog, Gyan Yog and its types. Know about concept and types of Nadis and Chakras.

MPEd/Gen/4/CC13-3 Learn about Sat Kriyas and benefit of Sat Kriyas. Different techniques of Bandhas & Mudras and how its benefit for health. Basic concept of meditation.

MPEd/Gen/4/CC13-4 Enhance the knowledge about various yoga institutes functioning in India and their contribution towards professional growth of Yoga.

Unit- I- Introduction

Meaning, Definition and basic concept of Yog and Astanga Yog. Concept of yogic practices. Principles of breathing- Awareness- Relaxation Sequence- Counter pose- Time-place-clothes-Bathing- Emptying the bowels- Stomach- Diet- No straining-Age- Contra-Indication- Invited Asana-Sunbathing.

Unit-II- Asanas and Pranayam

Asanas: Types, Techniques and Benefits.

Pranayama: Meaning, Methods, Types and benefits.

Surya Namaskar: Techniques and Benefits.

Nadis: Meaning, Methods, Types and benefits.

Chakras: Meaning, Methods and benefits. Benefits of clearing and balancing chakras.

Unit-III- Kriya and Mudra:

Shat Kriyas: Meaning, Type & Techniques and Benefits.

Bandh: Meaning, Types & Techniques and Benefits.

Mudras: Meaning, Types & Techniques and Benefits.

Meditation Meaning, Techniques and Benefits of Meditation- Passive and active

Unit- IV- Yog and Sports

Yog supplemental Exercise- Yog Compensation Exercise, Yoga Regeneration Exercise, Power Yog, Role of Yoga in Psychological preparation of athlete. Mental Wellbeing Anxiety, Depression, concentration, Self Actualization. Effect of Yog on Physiological System; Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

REFERENCE

Introduction of Yog (Dr. Pitamber Jha)

Yogasharam Pranayam (Swami Kavalayanad)

Asanas and Pranayama by Swami Kuvalyanand

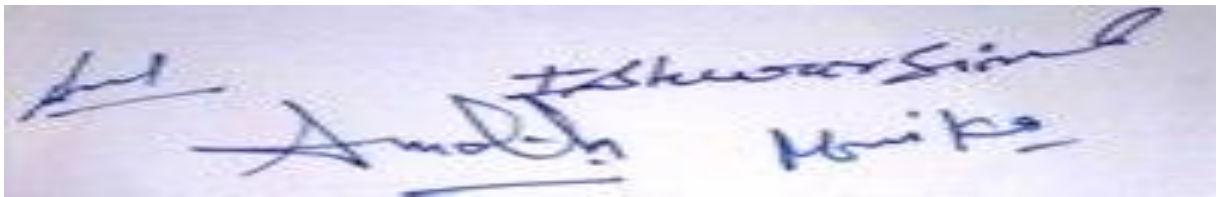
Yoga for Health, happiness and peace by Yoga Acharya Prakash Dev.

Yoga Method of Reintegration by AlamDanial

Yoga Personal Hygiene by ShriYogendra

Yoga for Every Man by DesmondsDubee

Massage and medical Gymanstics by Mary V.Lacc.



M.P.Ed Semester-4
Course code- MPED/GEN /4/CC14
Course Title- SPORTS PSYCHOLOGY

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen /4/CC14-1 Uunderstand the concept and importance of sports psychology
Knowledge about the motor learning, motor perception and factors affecting motor perception.Uunderstand about Personality, its classification and factors affecting the development of Personality.

MPEd/Gen /4/CC14-2 Awareness about the motivation, its types and explain the measuring of achievement motivation. Knowledge about the concept of Anxiety, causes and methods of measuring Anxiety. Understand in detail of the self-concept and aggression.

MPEd/Gen /4/CC14-3 Highlight the process of goal setting in Physical Education and sports.
Understand the relaxation, its types and method of psychological relaxation.
Knowledge about the concept of the Psychological test and questionnaire**.**

MPEd/Gen /4/CC14-4 Awareness about the concept of sports sociology and group cohesion.
Understand the role of Fans and Spectators advantages along with disadvantages and leadership. Knowledge about the role of women in sports and society

UNIT -I - Introduction

Meaning, Definition, Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Motor Perception. Personality: Meaning, Definition, types of Personality. Various factors of affecting the development of Personality.

UNIT- II - Motivation

Meaning, Definition of motivation, its types and strategies to develop motivation among players. Achievement Motivation: Meaning and Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Causes, Method of Measuring Anxiety. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, the factors that influence Aggression in sports. Self-Concept: Meaning and Definition, Method of Measurement self-concept.

UNIT- III – Goal Setting

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

UNIT- IV – Sports Sociology and Group Cohesion

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

Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Reference Books:

Rouben, B. Frost: Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co., London.

Lawther, John D.: Psychology of Coaching, Englewood Cliffs, Prentice Hall (Latest Edition).

Gratty, B.J.: Psychological and Physical Activities, Prentice Hall Inc., 1968.

Morgan, C.T.: Psychological Psychology, New York, McGraw Hill (Latest edition).

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Jain. (2002), Sports Sociology, Heal SahetyKendre Publishers.

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

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

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

MiroslawVauks& Bryant Cratty (1999).Psychology and the Superior Athlete. London: The Macmillan Co. Richard, J. Crisp. (2000). Essential Social Psychology.Sage Publications.

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

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

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

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

Semester 3
Game Specialization
Kho-Kho
Course Code- MPED/GEN/3/DSC11

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. Defining the various skills of Kho Kho.
CO-2. Explaining the fundamental skills of Kho Kho.
CO-3. Demonstrating the various skills of Kho Kho.
CO-4. Performing as a role of official, umpire, judge/referee during competition.

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, Judgment in giving Kho, Rectification of Foul.
1.3 Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
1.4 Ground Marking and Rules and their interpretations and duties of officials.

Semester 3
Game Specialization (Minor-I)
Kabaddi
Course Code- MPED/GEN/3/DSC12

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. Defining the various skills of Kabaddi.
CO-2. Explaining the fundamental skills of Kabaddi.
CO-3. Demonstrating the various skills of Kabaddi.
CO-4. Performing as a role of official, umpire, judge/referee during competition.

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-Various formations, Catching from particular position Different catches, Luring the raider to take particular position so as to facilitate catching.
1.3 Ground Marking, Rules and Officiating.

Evaluation Scheme

For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70

Semester 3
Practical Course
(Athletics & Gymnastics)
Course Code- MPED/GEN/3/SEC3

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 different phases of throwing events and selected skills of gymnastics.
CO-2. Understanding the concepts of various throwing events and selected skills of gymnastics.
CO-3. Demonstrating the various techniques of throwing events and selected skills of gymnastics.

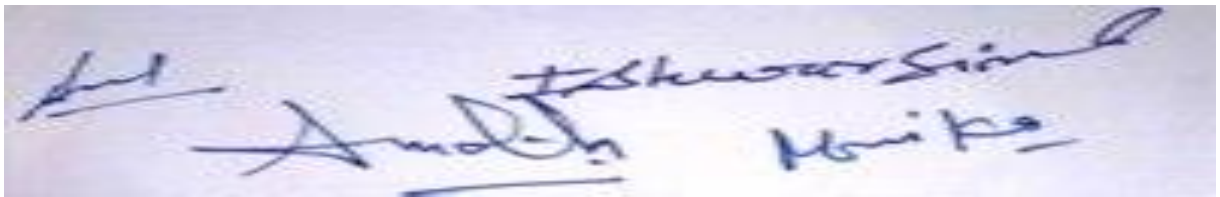
PART-A (Athletics) 25 Marks
Unit - 1 Track and field (Throwing Events)
1.1 Discus Throw, Javelin, Hemmer throw, shot-put
1.2 Grip, Stance, Release, Reserve/ (Follow through action)
PART-B Gymnastic 25 Marks
Unit- 3 Parallel Bars (Boys)
3.1 Mount from one bar.
3.2 Straddle walking on parallel bars.
3.3 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
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70



M.P.Ed- Semester-4
Course code- MPED/GEN /4/CC15
Course Title -PHYSIOLOGY OF EXERCISE

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen /4/CC15-1 To understand the physiological effects of Exercise on different system or/and on the body as a whole.

MPEd/Gen /4/CC15-2 To understand bioenergetics & role of energy systems of body in sports activities.

MPEd/Gen /4/CC15-3 To understand the role of nutrition & its relevance in energy production in sports.

MPEd/Gen /4/CC15-4 To understand the role of nutrition & its relevance in energy production in sports.

UNIT I – Skeletal Muscles and Exercise

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

UNIT II – Cardiovascular System and Exercise

Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system.

UNIT III – Respiratory System and Exercise

Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and

During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs –Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system.

UNIT IV – Metabolism and Energy Transfer

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

REFERENCES:

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

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

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

David, L Costill. (2004). Physiology of Sports and Exercise.Human Kinetics.Fox, E.L., and Mathews, D.K. (1981).The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.

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

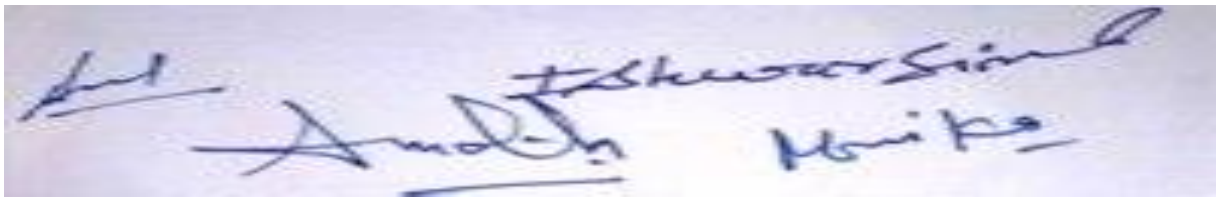
Richard, W. Bowers.(1989). Sports Physiology. WMC: Brown Publishers.

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

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

Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.

William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.



M.P.Ed- Semester-4

Course code- MPED/GEN/4/DSC13 (Option-A) (Elective)

Course Title- PHYSICAL FITNESS AND WELLNESS

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/4/DSC13-1 Remembering the meaning and definition of physical fitness and development.

MPEd/Gen/4/DSC13 -2 Understanding the components of physical fitness and wellness.

MPEd/Gen/4/DSC13-3 Managing the emotional wellness – Fears, phobias, anxiety, depression, anger, sleep, mental stress.

MPEd/Gen/4/DSC13-4 Assessing physical fitness level.

Unit I – Introduction:

Meaning and Definition of Physical Fitness and wellness, dimensions of wellness, Principles of physical fitness and wellness, Primary and secondary components of fitness, Assessment of wellness, meaning of Recreation, Types of recreation activities, Principles of recreation and leisure time physical activity.

Unit-II- Nutrition:

Nutrients; Nutrition lebelling information, Food choices, Food guide pyramid, Influences on food choices-social, economic, cultural, food sources, comparison of food values. Weight Management- Proper practices to maintain, lose and gain, Eating Disorders, Proper hydration, the effects of performance enhancement drugs.

Unit III – Aerobic and Anaerobic Exercise:

Difference between aerobic and anaerobic fitness, aerobic and anaerobic metabolic threshold , Health benefits of aerobic and anaerobic exercise, calculation to aerobic and anaerobic training zone, Monitoring of heart rates during activity. Assessment of aerobic and anaerobic fitness, aerobic and anaerobic training methods, goal setting to maintain or improve aerobic and

anaerobic fitness levels.

Unit IV – Flexibility Exercise:

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

Reference:

David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.

Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998.

Warner W.K. Oeger& Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.

Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.

Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.

Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999.

M.P.Ed- Semester-IV

Course code- MPEd/Gen/4/DSC14 (Option-B) (Elective)

SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Elective)

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen/4/DSC14-1 Remembering and Understanding the concepts of Sports, Event & Facilities Management, Equipment's, Public Relation and curriculum design.

MPEd/Gen/4/DSC14 -2 Applying the knowledge to organize event, purchasing of equipment's and developing curriculum with their sources.

MPEd/Gen/4/DSC14-3 Examine the different kinds of indoor and outdoor facilities and event as well as curriculum.

UNIT -I – Introduction to Sports Management

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

UNIT- II – Program Management

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

UNIT -III – Equipment's and Public Relation

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

Public Relation – Public Relations in School and Communities – Public Relation and the Media.

UNIT -IV – Curriculum and Curriculum Sources

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centered, Activity centered, Community centered, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.

Reference:

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

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

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

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

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

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

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

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

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

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

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

Semester 4
Game Specialization
Wrestling
Course Code- MPED/GEN/4/DSC15

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. Understand various skills, movement patterns.
CO-2. Demonstrating the various skills.
CO-3. Remembering general, specific warming-up and conditioning.

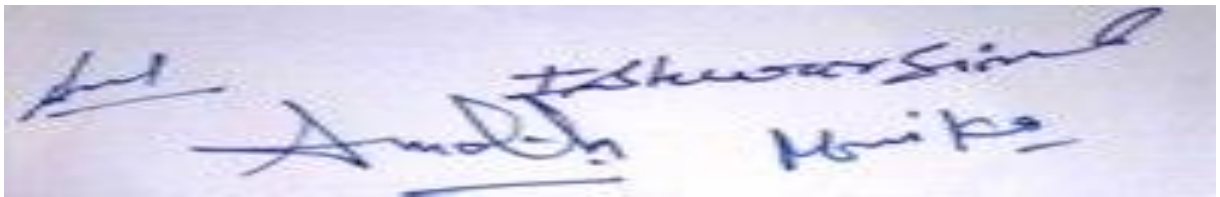
Unit-1 Fundamental Skills
1.1 Take downs: leg tackles, arm drag.
1.2 Counters for take downs: Cross face, whizzer series.
1.3 Escapes from under: Sit out-turns in tripped.
1.4 Counters for escapes from under: Basic control, back drop, counters for stand up.
1.5 Pinning combination: Nelson series, (Half 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
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70



Semester 4
Game Specialization
JUDO
Course Code- MPED/GEN/4/DSC16

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. Understand various skills, movement patterns.
CO-2. Demonstrating the various skills.
CO-3. Remembering general, specific warming-up and conditioning.

Unit-1 Fundamental Skills

1.1 Rej (salutation), Ritsurei (salutation in standing position). Zarai (salutation in the sitting, Kumi Kata (Methods of holding judo costume), Shisei (Posture in Judo), Kuzushi (Act of disturbing the opponent posture), Tsukuri and kake (Prepatory action for attack,), Ukemi (Break fall), Urhiro Ukemi-(Rear break fall) Yoko Ukemi (Side break fall), Mae Ukemi. Mae mawari Ukemi (Front rolling break fall).

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

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

- **Evaluation Scheme**
- **For internal**

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

- **For External**

Assignment/File work	Viva	Skill	Total
10	10	50	70

· Semester 4
· Yog (Practical
Course Code- MPED/GEN/4/SEC4

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. Managing Yoga competition's.
CO-2. Coaching/training to beginners, advance and high-performance players.
CO-3. Demonstrating the various skills.
CO-4. Performing officiating, judge/referee during training and competition.

Content

Unit-I (Culturative Asanas)

Vriksh Asana
Tad Asana
Trikon Asana
Vakra Asana
Supta Vajra Asana
Pad-hast Asana
Nauka Asana
Viprit Karni
Sarvang Asana
Hal Asana
Bhujang Asana
Shalbh Asana
Dhanur Asana
Paschimottan Asana
Matasyaendrasana
Ustra Asana

Relaxative Asanas

Sava Asana
Makra Asana

Meditative Asanas

Padma Asana
Swastik Asana
Vajra Asana
Sukha Asana

Unit-II PRANAYAMA

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

Unit-III KRIYA ; Neti, Dhauthi, Basti, Tratak, Nauli, Kabalbhati.

Surya Namaskar

Evaluation Scheme

For internal

Assignment	Viva	Attendance	Skill	Total
5	5	5	15	30

For External

Assignment/File work	Viva	Skill	Total
10	10	50	70

M.P.Ed – Semester-2

Course code - MPED/GEN /9/OEC1 (Open Elective course)

Course Title- Exercise and their application

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen /9/OEC1-1 To understand health importance and how physical activities and Physical education contribute to improve health and survival healthy life and at the same time, it also shows how physical activities have been as integral part from the ancient Olympics to today's (modern) Olympics.

MPEd/Gen /9/OEC1-2 This will provide the knowledge about the measurement of track and field events and helpful in marking of track and field events.

MPEd/Gen /9/OEC1-3 It enhances the knowledge of sports training and enhances sports performance by avoiding injury.

MPEd/Gen /9/OEC1-4 Increase in knowledge about the criteria of drugs and how it affects our body as well as sports performance

Unit-1

Meaning, objectives and aims of Health, Health Physical Education and Recreation.

Meaning of the Physical Culture, Physical Training, Drill, Games and Sports, Gymnastics, Athletics, Aquatics.

Introduction of Olympic games, Asian Games, SAI, IOA

Unit-II

Facilities, and measurement of gymnasia, swimming pools.

Facilities, and measurement of Track and fields

Facilities and measurement of play field: Hockey, Football, Handball, basketball, lawn tennis.

Facilities, measurement of play field: Kho-Kho, Kabaddi, Volleyball, Badminton

Unit-III

Meaning and methods of Warming-up and cooling down

Aerobic and anaerobic training.

Different methods of Aerobic and Anaerobic training.

Facilities required for Aerobic and Anaerobic training.

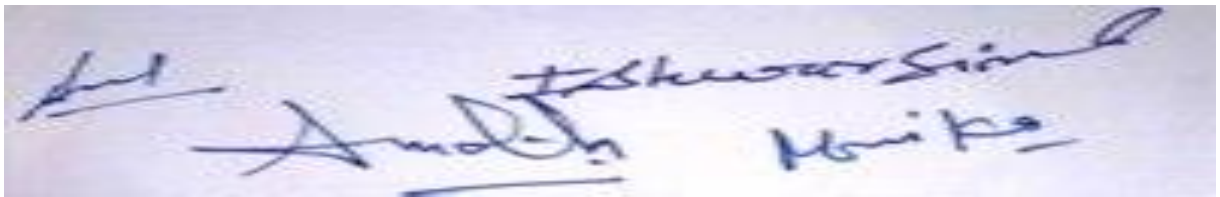
Unit-IV

Introduction of Ergogenic aids.

List of Pharmacological agents.

Advantage and disadvantage of narcotics and drugs.

Meaning and working of WADA and NADA powers and duties.



M.P.Ed – Semester-3
Course code- MPED/GEN /9/OEC2 (Open Elective course)
Course Title - Physiological Preparation and Their Applications

Credits: 4 (Lectures: 60) **Marks: 100**
Duration of exam: 3 Hrs. **Theory: 70; IA: 30**

Note for the paper setter: The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

Course Outcomes: -

After completion of the course contents of this paper, the student will be able to:

MPEd/Gen /9/OEC2-1 Understand the concept of physical fitness.

MPEd/Gen /9/OEC2-2 Enhance the knowledge of different yogic schools like Hatha Yog, Bhakti Yog, Gyan Yog and its types.

MPEd/Gen /9/OEC2-3 Learn about various famous yogis such as Maharishi Patanjali, Guru GhorakshNath, Swami Vivekanand etc. and their contribution in the development of yoga.

MPEd/Gen /9/OEC2-4 Enhance the knowledge about various yoga institutes functioning in India and their contribution towards professional growth of Yoga.

Unit- I

Definition, aim and Objectives of Physical Education

Physical Education in India

Role of Physical Education in promotion of Sports

Promotion of Sports/Games in India

Introduction to Ancient Olympic games and Modern Olympic Games, Asian Games and Commonwealth Games

Unit-II

Introduction to Human Anatomy and Physiology

Introduction to cell, tissue, organs and systems

Musculoskeletal System, Cardiovascular and Respiratory System

Digestive System and Excretory System

Nervous System and Glands

Effects of Exercise on various systems

Physiological changes in body

Unit- III

Sports Training- Definition and Meaning

Types and Methods of Sports Training

Aerobic and Anaerobic Training

Components of Physical Fitness- Speed, Strength, Endurance, Flexibility and Co-ordination abilities

Unit-IV

Yoga- meaning and origin

Aim, Objectives, Principles of Yoga

Pranayama and Asanas- meaning and methods

Benefits and precautions of Yoga and Pranayama

Yoga for Stress Management, Yoga for personality development

Yoga Therapy in treatment of various diseases