

ORDINANCE FOR TWO YEARS INTEGRATED MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) 2015-2016

Semester System

1. The duration of the course shall be two academic years, which shall be divided into four semesters, with minimum 90 teaching days in each semester excluding admission, preparation and examination days. .
2. The theory examinations of certificate course in Physical Education shall be held at the end of each semester normally in the months of December for semester I & III and in the month of May in case of semester II & IV.
3. Supplementary examinations will be held for re-appear candidates as under:-

Semester	When held
(a) First Semester	Alongwith the Third Semester
(b) Second Semester	Alongwith the Fourth Semester
(c) Third Semester	Alongwith or after the Fourth Semester
(d) Fourth Semester	Alongwith or after the Third Semester

4. The last date for the receipt of admission form and fee without late fee as fixed by the Vice-Chancellor shall be notified to the colleges concerned.
5. (a) Candidates with B.P.Ed. with atleast 50% marks are eligible for admission.
(b) Each candidate will have to pass the Physical Efficiency Test (Canadian Test) the details of which will be given in the hand book of information.
(c) There will be 25 seats. In addition to these seats, 5 seats will be reserved for outstanding sports persons
(d) 30% seats shall be reserved for female candidates in each category.

Note:- An outstanding sports person is one who has won first three positions in World Championship/Olympic/Asian/Commonwealth/SAF/International/National/Inter University/ SGFI tournaments. In case of tie, the candidate who has one position in higher tournament will be admitted.

6. A candidate who is placed under compartment in the qualifying examination shall not be allowed to join M.P.Ed. Course.
7. A candidate who has failed in one or more paper(s) or fails to appear in M.P.Ed. Examination shall be allowed two subsequent chances only to pass the M.P.Ed. Examination. This is however, subjects to the provision in clause-8 below.

- A candidate who fails to pass the M.P.Ed examination with a period of four years of his admission to the course shall be deemed to be unfit for Certificate Course in Physical Education.
9. A candidate prior to declaration of the results of the semester in question shall be provisionally eligible to be admitted in M.P.Ed. next semester. However, he will have to pass in 50% of the papers, failing which he will not become eligible to appear in the semester examination. This is however subject to clause 7 and 8 above.
10. The M.P. Ed. Examination in semester –I, II, III and IV shall be open to a student who:
- a) Has passed the requisite qualifying examination or is covered under eligibility condition and clause 9 above
 - b) Has name submitted to the Controller of Examinations by the Chairperson/Principal of the Department/College has most recently attended and produces the following certificates, signed by him:-
 - i) Of possessing good character
 - ii) Of having/remained on the rolls of Department/College during the year preceding the Examination and of having attended not less than 75% of the lectures and tutorials delivered of each paper of the course (to be counted upto the last day when the classes break up for the preparatory holidays. Viz; 7 working days before the commencement of examination)
 - iii) The Chairperson of the Department/Principal of the College, may condone shortage of lectures upto 10% in a Subject/Paper and Practical/Tutorials in each subject/Paper/practical / tutorial. These shall also include loss of attendance due to participation in Cultural and Sports assignments, health reasons (with certificates) etc. Provided that a student who wins position in the Inter-University Tournament /National Youth Festivals, shall be allowed additional condonation on this ground upto 10% in each paper on a certificate from the Secretary, Sports Council, CDLU OR the Director, Youth and Cultural Affairs Department, as the case may be.
11. (i.) In case a student is not allowed to appear in an examination in any semester of M.P.Ed. for shortages of lectures he can be allowed provisional admission in the next session to complete his shortages of Lectures subject to clause 8. Such students will however have to Deposit 50% of the fees prescribed for that year of the course.
- (ii.) A candidate who has completed the prescribed course of instruction in the Department/College for any semester examination but has not appeared in it or having appeared fails may be allowed on the recommendation of the Chairperson/Principal concerned to appear in the subsequent year in the examination paper(s) as the case may be without attending a fresh course of instruction. While re-appearing in the examinations the candidate shall be exempted from re-appearing in paper(s) and/or practical(s) in which he has obtained at least 40% marks.

12. Every candidate shall be examined according to the scheme of examination and syllabus as approved by the Academic Council from time to time.
13. (i) The amount of examination fee to be paid by a candidate for each year shall be as prescribed by the University from time to time.
(ii) A candidate who re-appears in one or more paper(s) for the purpose of passing/improvement of score of marks/result shall pay fee as for the whole examination.
14.
 - i) The medium of instruction shall be: - Hindi/English
 - ii) The question papers will be set in the language of Hindi & English
 - iii) The candidate shall write their answers either in Hindi or in English
15. The minimum number of marks required to pass the examination shall be as under:-
 - i) 40% in each theory papers
 - ii) 45% in practical; and
 - iii) 45% in aggregate
16. A candidate who has completed the prescribed course of instruction in the Department/College for any semester examination but has not appeared in it or having appeared fails may be allowed on the recommendation of the Chairperson/Principal concerned to appear in the subsequent year in the examination paper(s) as the case may be without attending a fresh course of instruction. While re-appearing in the examinations the candidate shall be exempted from re-appearing in paper(s) and/or practical(s) in which he has obtained at least 40% marks.
17. As soon as possible, after the termination of the examination the Registrar/Controller of Examinations shall publish the result of candidates and issue Detailed Marks Card.
18. The result of candidates who have passed the M.P.Ed. examination shall be classified into division as under, the division obtained by the candidate will be stated in his degree.
 - a) Those who obtain 60 per cent or more marks **First**
 - b) Those who obtain 50 per cent or more but less than 60 per cent marks **Second**
 - c) All below 50 per cent marks **Third**
19. A candidate who has passed semester I, II, III and IV of M.P.Ed. examination of this University will be allowed to appear for improvement of his result as an ex-student in one

or more theory paper(s) of the M.P.Ed. Semester I, II, III and IV examination once within a period of two years of his passing the semester I, II, III and IV Examination along with regular students.

The candidates may however, appear for improvement of semester I & II examination simultaneously with semester III & IV Examination for passing or for improvement.

The result of such a candidate shall be declared only if he improves his score of marks by taking into account the marks obtained by him in the paper(s) in which he reappeared and the marks obtained by him earlier in the remaining paper(s) etc. The fact that the candidate has improved shall be mentioned in the Detailed Marks card.

Provided further that the candidate will take the Examination according to syllabus in force for the regular students for that examination.

20. Notwithstanding the integrated nature of this course which is spread over more than one academic year, the Ordinance in force at the time a student joins the course shall hold good only for the examination held during or at the end of the academic year and nothing in this Ordinance shall be deemed to debar the University from amending the ordinance and the amended Ordinance, if any shall apply to all students, whether old or new.

21. Married girl is eligible for admission to M.P.Ed. programme. But, it is also compulsory for her to sign an undertaking that she will discontinue the programme at once for at least one academic year, if she gets pregnant during the course of study. She can join back afresh from the beginning of the semester keeping the guidelines pertaining to the maximum duration of the course in mind.

22 SPORTS WEIGHTAGES

The following sports merit score will be added to the merit score:-

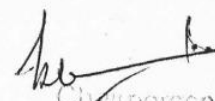
(a) 1 st , 2 nd or 3 rd position at Senior/Junior World/Asian/SAF/Common Wealth/Championship.	25
(b) Participation at Senior/Junior tournaments mentioned above at (a).	18
(c) 1 st , 2 nd or 3 rd position at Senior/Junior National Championship/ 15/12/10 National Games/Inter varsity tournaments/National School Games	
(d) 1 st , 2 nd or 3 rd place in National (Sr./Junior) Zonal tournaments/ SGFI zonal tournaments.	8/7/6
(e) Played for combined universities/ combined school teams	5
(f) Participation at Sr./Junior National tournaments/National School Games/inter university tournaments	4

Note :-1 Highest Sports Weight-age- on one count will be given.

2. International position/participation certificate must be supported by position/participation certificate at National level.

3 National position/participation certificate should be supported by State position/participation certificate.

→ 4


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4. A seat of outstanding sports person will only be given to candidate who has won position above 19 years of age.
 5. No weight-age will be given for rural festivals/open memorial tournaments/invitation meets/women festivals, inter Akhara etc.
2. The games included in the list of AIU will only be considered for weightage. The certificate will only be considered if the same bears gradation from the respective State Governments in respect of the game/sports for which the candidate claims sports weightage and eligibility. In case any state does not issue gradation certificate, the candidate shall have to produce a certificate to that effect from the Director of sports of the concerned state. The District Sports Officer/Head of the Institution shall countersign these certificates. The certificates of Ch. Devi Lal University will be verified by the Secretary, Sports Council, CDLU, Sirsa, hence they do not need gradation certificate.
- a. A Junior player who has not done graduation and who has participated or won position in tournaments given at Sr. No. a,b,c,e, must have represented state school at SGFI tournaments except in the case that he did his 10+2 as a private students.
 - b. A graduate who has participated or won positions at a,b,c,d, and e must have played for his university at inter university tournaments except in the case that he did his graduation through distance education.
- 23 (i) The internal assessment of 20% of the maximum marks for each of the theory papers (sessional work) shall be based on the performance of the students in two sessional tests. In case of odd semesters, the tests will be held in the months of September & November, whereas, in case of even semester, the tests will be held in the months of February & April.
- (ii) The Sessional tests will be organized by respective departments in a centralized manner for which the Answer Sheets will be provided by the University.
 - (iii) In case a student fails to appear in any sessional test due to any official engagement, he/she may be given one more opportunity by the respective Chairperson on his/her request duly supported by documentary evidence.
 - (iv) The passing percentage in theory papers will be minimum passing marks required by combining the marks of theory and internal assessment and it will not be mandatory to pass in the internal assessment.
 - (v) The record of internal assessment including award lists along with answer sheets will be maintained upto 3 months from the date of declaration of result by the concerned teacher(s).



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SYLLABUS FOR MASTER OF PHYSICAL EDUCATION (M.P.Ed)

This syllabus will be applicable w.e.f the session 2015-16 for M.P.Ed .

		Marks
PART -I	Theory Papers	2000
PART-II	Practical Lessons of teaching/Coaching (External practical)	1200
PART-III	Skill and Prowess (Internal practical)	300
	Total	3500

Note: - (i) Part - I shall be evaluated externally.

(ii) Part- II shall be jointly evaluated by external and internal examiners.

(iii) Part -III Skill and Prowess examination will be conducted at the end of each semester by internal examiners, appointed by chairperson out of the teacher of department.


THEORY PAPER- PART -I**SEMESTER -I**

Paper	Code	Subject title	Marks
I		Test Measurement and Evaluation in physical Education	80+20=100
II		Anatomy and Physiology	80+20=100
III		Sports management and curriculum designing	80+20=100
IV		Officiating and coaching game	80+20=100
V		Any one of the following Option -i- Sports Journalism Option -ii- Computer Application	80+20=100 80+20=100

THEORY PAPERS**SEMESTER -II**

Paper	Code	Subject title	Marks
VI		Kinesiology and Bio-mechanics	80+20=100
VII		Exercise Physiology	80+20=100
VIII		Scientific coaching of Athletics	80+20=100
IX		Sports Medicine	80+20=100
X		Any one of the following Opt-i-Sports sociology Opt-ii-Sports Engineering Opt-iii-Value and environment education & recreation	80+20=100 80+20=100 80+20=100

THEORY PAPERS


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SEMESTER -III

Paper	Code	Subject title	Marks
XI		Fundamental of Sports Training	80+20=100
XII		Research Methodology	80+20=100
XIII		Sports psychology	80+20=100
XIV		Supervision in Physical Education	80+20=100
XV		Any one of the following Opt- i- Dissertation Opt-ii- Yogic science Opt-iii- Physical fitness and wellness	80+20=100 60+20+20=100 80+20=100

Note:-

1. A candidate shall have dissertation for M.P.Ed and submit his/her. Synopsis and get it approved by the Head of Department on the recommendation of DRC (Departmental Research Committee)
2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IV semester Examination.
3. The candidate has to face the Viva-Voca conducted by DRC

THEORY PAPERS

SEMESTER -IV

Paper	Code	Subject title	Marks
XVI		Athletic care and rehabilitation	60+20+20=100
XVII		Statistics in physical Education	80+20=100
XVIII		Education Technology in Physical Education	80+20=100
XIX		Scientific principle of sports training	80+20=100
XX		Any one of the following Opt-i – Health Education and sports nutrition Opt-ii- Information communication technology Opt-iii- History of Physical Education & Sports	80+20=100 80+20=100 80+20=100

The distribution of 20 marks (internal assessment) will be as per rule 23 of ordinance

PART-II (External Practical)

1200 Marks

Note:- PART-II External practicals will be conducted at the end of each semester.

Practical's M. P.Ed –Semester –I&II

Part-II

Part-III

1) Teaching of athletics (Semester –I)	100	25
2) Coaching of athletics(Semester-II)	100	25
3) Teaching of Games (Semester-1)	100	25
4) Coaching of Games (Semester-II)	100	25

57

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 CDLU, SIRSA

Practical's M. P.Ed –Semester –I&II

Part-II Part-III

1) Teaching of athletics (Semester –I)	100	25
2) Coaching of athletics(Semester-II)	100	25
3) Teaching of Games (Semester-I)	100	25
4) Coaching of Games (Semester-II)	100	25
5) Teaching of Gymnastic Lesson (Semester-I)	100	25
6) Teaching of Gymnastic(Semester-II)	100	25
	600	150

M.P.Ed (Semester-I and II)

1. Teaching and Coaching of Athletics

- (i) 5 supervisory lessons in notebook for appearing in the examination.
- (ii) Assessment will be made on the basis of teaching and coaching of skills, demonstration, supervisory lessons, viva and track marking by the external and internal examiners

2. Teaching and Coaching of Game Lesson

- (i) 5 supervisory lessons in notebook for appearing in the examination.
- (ii) Assessment will be made on the basis of teaching and coaching of skills, demonstration, supervisory lessons, viva and track marking by the external and internal examiners

3. Teaching of Gymnastic Lesson

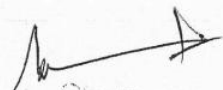
- (i) 5 supervisory lessons of gymnastics are compulsory in lesson plan notebook for appearing in the examination
- (ii) Assessment will be made on the basis of common, class control, demonstration and supervisory lesson by the external and internal examiners.

Demonstration and supervisory lesson by the external and internal examiners

Practical's M. P.Ed –Semester-III & IV

Part-II Part-III

Teaching of athletics (Semester –III)	100	25
Coaching of athletics (Semester-IV)	100	25
Teaching of Games (Semester-III)	100	25
Option		
(i) Individual		
(ii) Dual Games		
(iii) Team Games		
Coaching of Games (Semester-IV)	100	25
Option		
(i) Individual		
(ii) Dual Games		
(iii) Team games		
Class Room Theory lesson (Sem-III)	100	25
Class Room Theory-Sem-IV	100	25
	600	150
TOTAL		


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Part-III (Internal Practical)**Skill and prowess**

The candidate will be evaluated by the internal examiners in the following contents of semester I, II, III & IV

Teaching of Athletics	Marks 25
1. Demonstration	5
2. Presentation	5
3. Fault Correction	5
4. Teaching Aids	5
5. Viva	5

Fault Deduction, Removal of fault, Corrective exercise of skill, Teaching Aid for Corrective exercise

The candidate will be evaluated by the internal examiners in the following contents of semester I & II

Class Room Theory	Marks 25
1. Lesson Plan	5
2. Presentation	5
3. Correction of teaching skills	5
4. Teaching of Aid	5
5. Class control	5

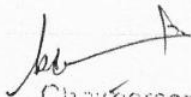
Game Teaching Lesson	Marks 25
1 Demonstration	5
2 Presentation	5
3 Fault	5
4 Correction	5
5 Teaching Aids	5

Teaching of Gymnastic	Marks 25
1. Fault Deduction	5
2 Removal of fault	5
3. Corrective exercise of skill	5
4. Teaching Aids for Corrective exercise	5
5. Viva	5

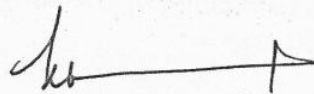
Note: I

- a) Theory paper in M.P.Ed (Semester System) shall carry marks as indicated against each paper.
- b) Each theory paper shall be of three hours duration.

-9-


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- c) Since this is a professional course aimed at improving the standard of games and sports, it is essential that special attention be given to the practical aspect covering various areas. Therefore, specified 18 hours per week must be devoted to the practical teaching/coaching out of which 6 hours will be for his/her skill practice under supervision of teacher.
- d) In each Semester all student shall be required to take 5 supervised lessons in the above mentioned areas in class itself.


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M.P.Ed-Ist Semester
Paper-I
(Test Measurement and Evaluation in Physical Education)

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:- The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks.

UNIT-I

- i. Meaning, concept and need of Test, Measurement and Evaluation in Physical Education.
- ii. Consideration for the construction of test in Physical Education.
- iii. Characteristics of a good Test.
- iv. Criteria for a Test. (Validity, Reliability, Objectivity, Norms and standards.)
- v. Standardized tests and teacher made tests.

UNIT-II

Skill tests.


- i. Construction and administration of Skill Test.
- ii. Johnson Basketball test.
- iii. Smithals Field Hockey Test.
- iv. French Stalter Badminton test.
- v. Broer-Miller Tennis Test
- vi. Russell-Lange Volleyball Test.
- vii. Athletics Test.
- viii. McDonald Soccer Skill Test.

UNIT-III **Speed, Reaction, Co-ordination, Balance, Agility test and motor educability test**

- i. Meaning Speed, Reaction, Co-ordination, Balance and Agility test.
- ii. Speed testing.
- iii. Nelson Reaction test.
- iv. Measurement of Co-ordination Testing
- v. Balance Ability Testing.
- vi. Agility testing
- vii. Iowa-Brace Motor educability test


UNIT-IV **Physical Fitness, Motor Fitness, General Motor Ability tests**

- i. Meaning and component of Physical Fitness Motor Fitness, General Motor Ability tests.
- ii. Harward Step Test.
- iii. Tuttle Pulse Ratio test.
- iv. AAPHERD Youth Fitness Test
- v. Barrow General Motor ability Test.
- vi. Oregon motor fitness Test.
- vii. Scott Motor Ability Test.
- viii. Rogers Strenght test
- ix. Kraus-Weber Muscular Test.


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Reference:

1. A Practical Approach to Measurement in Physical Education, Harold M. Barrow, P.E.D. ABD Rosemary Ms. Goc. Ph. And Febigr. Philadelphia, 1979.
2. Measurement in Physical Education, Donald K.Me.Saunders Company, Philadelphia.
3. Application of Measurement to Health and Physical Education, Harrison Clarke, Prentice Hall.
4. Test and Measurement in Physical Education and Sports, Devender K.Kansal, DVS Publication, New Delhi.


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**M.P.Ed-Ist Semester
Paper-IIInd
Anatomy and Physiology**

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

(b) For Candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I Introduction to Anatomy & Physiology & Blood

- Concept of Anatomy and Physiology
- Cell Structure (Animal)
- Properties of living Matter
- The Role of Anatomy and Physiology in Physical Education & Sports
- Blood: Composition, Functions and Types

UNIT-II Muscular System

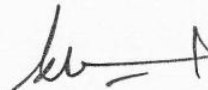
- Gross and Microscopic Structure of Skeletal Muscles.
- Mechanism of Muscular Contraction and Relaxation
- Nature of Neuromuscular Activity
- Muscle tone, Law of Reciprocal Innervations
- Muscle Work and Fatigue
- Effect of Exercise on Skelton Muscles

UNIT-III Anatomy of Heart

- Systemic and Pulmonary Circulation, Coronary Circulation
- Mechanism of circulation
- Heart Rate, Stroke Volume, Cardiac Output, Reserve Capacity.
- Cardiac Cycle
- Effect of Exercise on Circulatory System

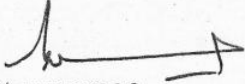
UNIT-IV Respiratory System and Blood Pressure

- Structure of Respiratory Organs
- Mechanism of Respiration
- Tissue and Pulmonary Respiration
- Respiratory Capacities
- Effect of Exercise on Respiratory System.
- Blood Pressure-Systolic and Diastolic Pressure
- Measurement of Blood Pressure
- Effect of Exercise on Blood Pressure


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Suggested Readings

1. Pearee Evelyn, C. Anatomy and Physiology for Nurses London, (1962) Faber and Falber Ltd., 2. Pavat, J. Anatomy for Students and Teachers of Physical Education, (1959) London Edward Arnold and Co.
3. Senson Wright: Applied Physiology
4. Willion J.F., Anotomy and Physiology, London W.B. Saunders
5. Best and Taylor, (1960)The living Body, New Delhi, Asian Club House
6. Smount, C.F.V and Medonald, R.J.S.(1969) Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd.,
7. Kiober Grey Anatomy and Physiology


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**M.P.Ed- Ist Semester
Paper-III
(Sports Management and Curriculum Designing)**

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit-I

- Meaning and importance of Sports Management.
- Aims and Objectives of Sports Management.
- Guiding principles of Sports Management.
- Historical prospective of Sports Management in India.
- Nature and scope of Sports Management.

Unit-II

- Planning - meaning importance of planning.
- Principles of planning.
- Steps involved in planning process.
- Jobs specifications of Manager, Physical Education professional.
- Types of records and registers.
- Scheme of organization at University level.

Unit-III

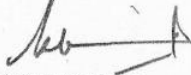
- Layout of Physical Education Facilities, common and special.
- Need and importance of facilities and equipments.
- Meaning, types and importance of tournaments.
- Merits and demerits of knock – out and league tournaments.
- Preparation of fixture on simple knock – out and league bases.

Unit-IV

- Meaning importance and factors affecting Physical Education curriculum.
- Principles of curriculum construction and criteria for curriculum contents.
- Meaning, importance and types of evaluation.
- Principles of evaluation of Physical Education programme.

REFERENCES

1. Kannp Clydo & E: Teaching Methods for Physical Education. Mc Graw Hill Book Co.Inc.
2. Tirunurayana, C. & S Hariharan; Method in Physical Education (South India Press, Karalkudi India)
3. Kamlesh M.L. & Sangra.M.S. : Methods in Physical Education Prakas Brothers, Jullundur. 1982.
4. Two experienced Professors: Organisation and Administration and Recreation in Physical Education. Prakash Brothers. Jullundur.1982.5. Wakharkar. D.C: Manual of Physical Education. Pearl Publications, Bombay.1967.
6. Chakraborty, S. Sports Management Delhi, Sports Publications, 1998.
7. Kamlesh, M.L. Management Concept in Physical Education and Sport, New Delhi Metropolitan Book Co. Pvt. Ltd.2000.


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M.P.Ed (1st Semester)
Paper- IV
(Officiating and Coaching)

Time: Three Hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT-I

Meaning, importance and principles of officiating, Measurements for improving the standard of officiating, qualifications and duties of a good official, Duties of official in different games and Athletic. Rules and interpretation of games and athletic. Pre-game, during game and post game duties of an official.

UNIT-II

Measurements of Courts (different games), track marking and preparing Score sheets of different games and track and field events.

UNIT-III

Basic coaching principles in games and sports:

Qualities of a good coach.

Warming up and its importance:

Various methods of conditioning, Interval training, repetition training and circuit training, physical fitness, psychological fitness, Dopping and its effects on sports performance.

UNIT-IV

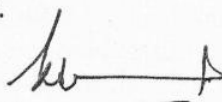
Officiating and Coaching of Activities: for men and women –

Games: Football, Basket Ball, Kabaddi, Badminton, Table Tennis, Hockey, Handball, , Kho-Kho, Wrestling.

Athletics: Relay Races, 4x100 and 4x400 meters. Short distance running or sprints. Middle distance running, Long distance running, Hurdles.

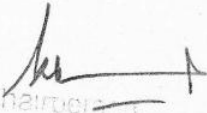
Throws: Discuss, Javelin, Hammer and Shot put .

Jumps: High Jump, Long Jump, Triple Jump and pole vault
Preparation of T.A./D.A. bills and eligibility rules.


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Reference Books:

- i. John, V. Bunn : The Art of Officiating Sports, Prentice-Hall, Inc., Englewood Cliffs, N.J.
- ii. John, W. Bunn : Scientific Principles of Coaching, Prentice Hall, Englewood Cliffs, N.J.
- iii. H.C. Buck : Rules of Games and Sports.
- iv. Be Clar : Science of Coaching, A.S. Barhas and Co., New York.


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M.P.Ed- I- Semester -1

Paper-V- Option-(i)- Sports Journalism

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

Note:- The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

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
Fundamentals 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

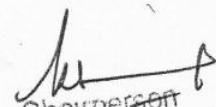
Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.
Introduction of various sports organization and agencies –Olympic Games, Asian games, commonwealth games, awards and trophies.
Write-ups : feature, follow-ups, advance story, curtain 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 Nd Future Directions In Sports Journalism

Process of news paper publishing and management
Olympics and sports journalism
Research tools for developing a sports story


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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.



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**M.P.Ed- Ist Semester
Paper-V- Opt-(ii)
Computer Application**

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Course Contents

UNIT-I Introduction of Computer

- o Computer Generations, Digital Computer and its Working, Classification of Digital Computers.
- o Input/Output Devices:- Key-board, Mouse, Joysticks, Touch Screen, Voice System, Scanners, Terminals, Printers and their Various Types, Soft-Copy Devices, Number Systems.
- o Memory and Mass Storage Devices: Characteristics of Memory Systems, Memory Hierarchy, Types of Memory, Introduction of RAM, Rom , Magnetic Disks, Optional Disks, Magnetic Tapes, Virtual Memory and Cache Memory.

UNIT-II Software and Programming Language Concepts

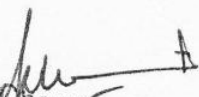
- o Types, System Software and Application Software, Vs Interpreter, Operating System (Characteristics, Functions, Classification), Graphical User Interface, Programming Language and their Classification, Overview of DOS and Windows 98/2k Operating Systems.

UNIT-III Computer Network & Internet

- o Introduction to Computer Network, its Types Communication Mediums, Networks
- o Internet: History of Internet, Its Benefits, its Hardware and Software Requirements. Application of Internet.

UNIT-IV

- o Computer Applications in Sports (Ticketing & Reservations, Score Boards, Biomechanics, Cycling, Baseball, Football etc.) Education, Design & Research Work, Desktop Publishing arts, Entertainment & Amusement, Medicine of Health Care.
- o Social concerns & Computers: Cyber Crimes and their Types, Positive and Negative Impacts of Computers, Computer Virus and their Types, Precautions (DOS and DON'TS, Anti Virus Software).


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3. Computer Fundamentals by B.Ram
4. P.C.Software (M.S. Excel, etc.) by R.K. Taxali (Tata Mcgraw Hill).
5. Any other Book/Manual covering MS word and/or other.

**M.P.Ed- IInd Semester
Paper-VI
Kinesiology and Biomechanics**

Time – 3 hours
Max. Marks =100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT I – Introduction

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

UNIT II – Muscle Action

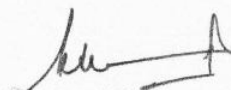
Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

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

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

REFERENCE:

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


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- 21 -

M.P.Ed- IInd Semester
Paper-VII
EXERCISE PHYSIOLOGY

Time – 3 hours
Max. Marks =100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit-I. – Skeletal Muscles and Exercise

Macro & Micro structure of the Skeletal Muscle Chemical Composition Sliding Filament theory of Muscular Contraction Types of Muscle fibre Muscle tone. Chemistry of Muscular contraction- Heat Production in the Muscle. Effect of exercises and training on the muscular system.

Unit-II- Cardiovascular system and Exercise

Heart Valves and Direction of the Blood Flow- Conduction system of the Heart- Blood supply to the Heart- Cardiac cycle – stroke volume- Cardiac output- Heart Rate- Factors affecting Heart Rate- Cardiac Hypertrophy- Effect of exercises and training on the cardio vascular system.

Unit-III- Respiratory system and Exercise

Mechanics of Breathing – Respiration Muscles. Minutes 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 Energy Transfer, climate conditions and ergogenic aids

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 easting several Minutes –Long Duration Exercises. Variation in Temperature and Humidity – Thermoregulation-Sports performance in hot climate. Cool climate high altitude influences of Amphetamine Caffeme- Ephedrine- Sympathomimetric amines stimulants and sports performance.

Note:- ~~Laboratory Practicals in Physiology be designed and arranged internally.~~

References:

Amrit Kumar R. Moses (1995) Introduction to exercise physiology, Madras Poompugar Pathipagam
Beotra Alka (2000) Drug Education Handbook on Drug Abuse in Sports Authority of India Delhi
Clarke D.H. (1975) Exercise Physiology New Jersey Prentice Hall Englewood Cliffs.


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22

**M.P.Ed- IInd Semester
Paper-VIII
Scientific Coaching of Athletics**

Time – 3 hours
Max. Marks =100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Course Contents

UNIT-I

- History of Athletics in India & Olympics
- Teaching, Training and Coaching of Athletes
- Selection of an Athlete
- Organization and Administration of Athletic Meet.

UNIT-II

- Track and Field Marking with Layout of Field Events
- Rules and Regulations of Track and Field Events
- Duties and Powers of Officials.

UNIT-III

- Concept of Warming-UP Meaning, Types, its Significance and Factors Affecting Warming Up, Cool Down & its Significance
- Definition of following Athletic Terminology
- (i) Jogging (ii) Striding (iii) Second Wind (iv) Soreness of Muscles (v) speed Play or Fartlek (vi) Stitch in the Side (vii) Sprinting
- Training Methods -Components and Significance: (i) Interval training (ii) Acceleration Sprints (iii) Continuous Running (iv) Hollow Sprints (v) Repetition Running (vi) Sprints (vii) Fartlek or Speed Play (viii) Circuit Training

UNIT-IV

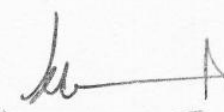
- Physical Requirements & Mechanics involved in the techniques at different stages of :
 - a) Sprinting (Crouch Start: Supporting Phase, Driving Phase, Recovery Phase, Finish)
 - b) Hurdles (Approach, Take off, Flight, Landing, Stride in between Hurdles)
 - c) High Jump (Approach Run, Take off, Bar Clearance, Landing)
 - d) Javelin Throw (Holding & Carrying, Approach Run, Transitional Steps, Throwing Stance, Release and Recovery)
 - e) Long Jumps (Approach Run, Take off, Flight, Landing)
 - f) Hammer Throw: (Handhold, Starting Position, Preliminary Swing, Turns, Release and Recovery)

PERIODIZATION

- Concept of Periodization: Meaning, Types and Objectives

30

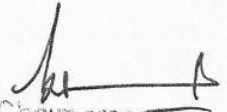
- Division of Training Aspects for Different Events for Different Periods of Training


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- Preparation of a Weekly Training Programme for
a) Track Events (b) Jumps (c) Throws

Suggested Readings

1. Vidyasagar; (1979) Training systematic in throwing NS NIS Patiala, India
2. Gerry A. Can (1995) : Fundamentals of Track and field Theodore b Rangansa, 62 A Gokhale Road Dada, Bombay, India.
3. Fox L. Edward: The Physiological Basis of Physical Education and Athletics, Web. Wme Brown Publishers Debuque Iowa 4th Edition.
4. Ketluyn Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.


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**M.P.Ed- II Semester
Paper – IX
(Sports Medicine)**

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

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 sports soft tissue injuries, Pathological changes in sprains, strain and contusion and their management.

Terminology and classification hard tissue injuries Pathological change in fracture and their management

Unit-III

Spine injuries their supporting and aiding techniques and equipment.

Supporting and aiding techniques and equipment for upper limb and thorax injuries for supporting and aiding techniques and equipment for lower limb and abdomen injuries

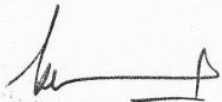
UNIT-IV

Socio-psychological factors to improve performance in sports, stress and sports competition. Socio-psychological stresses and human performance in sports. The psychology and physiology of stress. Measurements of stress – over training stress syndrome. Psycho-physiological training for stress and psychosomatic fitness.


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References:

1. Armstrong and Tuckler: Injuries in Sports, London, Staples Press, 1964
2. Bolan, J.P.: Treatment and Prevention of Athletic Injuries. The Rasch, P.J Inter-state Printers and Publishers, 1967.
3. Morehouse, L.E and: Sports Medicine for Trainers, Philadelphia, W.B. Saunder CO., 1963 Rasch, P.J.4.
4. Ryans Allan: Medical Care of the Athlete, McGraw Hill.
5. Morchouse & Miller: Physiology of Exercise
6. Falls: Exercise Physiology
7. Karpovitch: Physiology of Muscular activity
8. Pande, P.K. "Know How Sports Medicine?" AP Publications, Jalandhar


Principal
G.P.S. Jalandhar

M.P.Ed- II- Semester -2nd
Paper-X - (opt-i) Sports Sociology

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except **question no. 1** all questions carry equal marks.

Unit-I

Meaning and concept of sports sociology
Importance of its study
Sociology of sports as a separate discipline
Sports a social phenomenon
Trends in sports sociology
Theories about sports and society

Unit-II

Sports as an element of culture
Leadership of sports with other element of culture
Responsibilities of a sports leader in competition
Qualities of a sports leader

Unit-III


Place of sports and games in different societies
Relationship of sports with others social institutions, politics, religion and economy
Sports as a part of social, structural and functional system
Sports and socialization institutions -Family and kinship, school and education system.

Unit-IV

Mass-communication and its implication in sports
Socio-psychological factors in selecting teams; sports and social adjustment. Influence of social factors on sports performance.
National sports policy- challenges and constraints

Reference Books:

Lay, J.W. and Kenyan, G.S.: Sports, Culture and Society, MacMillan Co.
Edwards: Sociology of Sports, Darsey Press, Illinois.
Lay, Mepherson and Kenyon: Sports and Society System, Wesley Publishing Co.
Ball and Lay: Sports and Social Orders, Addison Wesley Publishing Co.
Crely, B.J.: Social dimension of Physical activities, Prentice Hall, Inc.
Puni, A.T.: Sports Psychology, An abridged translation by S.G. Sandhu, NIS, Patiala


Collection

M.P.Ed- II- Semester -2nd
Paper-X - (opt-ii) Sports Engineering

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit-I- Introduction to sports engineering and Technology

Meaning of Sports engineering human motion detection and recording human performance
Assessment equipment and facility designing and sports related instrumentation and measurement

Unit-II Mechanics of engineering materials

Concept of internal force axial force, shear force bending moment torsion energy method to find displacement of structure strain energy Biomechanics of daily and common activities – Gait posture body lever ergonomics Mechanical principles in movements such as lifting working running throwing jumping, pulling pushing etc.

Unit-III- Sports Dynamics

Introduction to Dynamics, Kinematics to particles – rectilinear and plane curvilinear motion coordinate system. Kinetics of particles – Newton's laws of Motion, Work, Energy, Impulse and momentum.

Unit- IV Building and Maintenance:

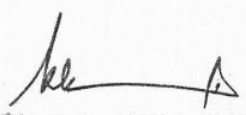
Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.

Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration.

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

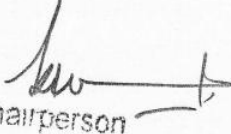
Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.

28


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Reference

- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
Colin White, Projectile Dynamics in Sport: Principles and Applications
Eric C. et al., Editor Sports Facility Operations Management (Routledg


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**M.P.Ed-IIInd Semester
Paper-X- Opt-iii**

VALUE AND ENVIRONMENTAL EDUCATION

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Course Contents

UNIT I – Introduction to Value Education.

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

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

Unit- II – Environmental Education

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

Unit - III Rural Sanitation and Urban Health

Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

Unit - IV Natural Resources and related environmental issues:

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

Reference:

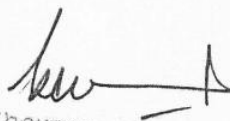
Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.

Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987.

Townsend C. and others, Essentials of Ecology (Black well Science).

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

- 30 -


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M.P.Ed- III Semester
Paper – XI
(Fundamental of Sports Training)

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT - I

SPORTS TRAINING

Meaning and importance of Training, Aim and objectives of sports Training, Characteristics of sports Training, Principles of sports Training, Functions of Science of Training, General Training means and methods.

UNIT – II

TRAINING LOAD, ADAPTATION AND RECOVERY

Meaning and factors/ parameters of Load, Judgment of Load, adaptation of Load, Relationship between load and recovery, Factors affecting pace of recovery, Means of recovery, Overload, Causes and symptoms of overload Tackling of overload.

UNIT – III

VARIOUS TRAINING METHODS

Interval Training Method, Repetition Training Method, Continuous Training Method, Circuit Training Method, Fartlek Training Method, Weight Training Method

UNIT – IV

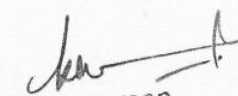
PLANNING OF SPORTS TRAINING PLANNING

Meaning and importance of Planning, Principles of Planning, Types of Plan: Training , Macro Cycle, Meso Cycle , Micro Cycle / Training session plan)

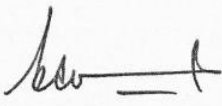
REFERENCES

1. Allan W. Jakson & James R. Morrow (1999), "Physical Activity for Health and Fitness". Human Kinetics.

- 31 -


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2. American College of Sports Medicine (1991), "Guidelines for Exercises Testing and Prescription" ed. (Philadelphia: Lea & Febiger).
3. Annette, Lang Morning Strength Workouts. Human Kinetics, Champaign, Ilc, USA, 2007.
4. B.Don, Frnak, Edward J. Howley (1995), "Fitness Leaders Handbook". (Human Kinetics)
5. Claude Bouchard, Roy J. Stephard, Thomas Stephens (1993), "Physical Activity, Fitness and Consensus Statement" (Human Kinetics Publishers).
6. Craig A. Wrisberg, Sports Skill Instruction for Coaches. Human Kinetics, Champaign, iic, USA
7. Cratty, B. Perceptual and Motor Development in Infants and Children. Pretice Hall, 1989.
8. Daniel, D. Arnheim & William E. Prentice "Principles of Sports Training" Morby - Year Book I Louis, 1993.
9. David C. Nieman (2000), "Fitness and Sports Medicine: A Health Related Approach" 3rd Ed. (M. Publicity Company).10. David N. Camaione (1993), "Fitness Management". (Wels Brown & Benlr Mark).
11. David R. Lamb (1984), "Physiology of Exercise, Responses and Adaptation" 2nd ed. (Mac Publicity Company).
12. David, Sandler, Sports Power, human Kinetics, Champaign, iic., USA, 2005.
13. Donald, Chu. Jumping into Plyo metrics. Human Kinetics, Champaign, ILL., 1998.
14. Fuoss Donald E., & Troppmann, Robert J. Effective Coaching (A psychological Approach), Mac. Publishing Company & Collier Macmillan Publishers, 1985.
15. Hardayal Singh, Science of Sports Training, ND; D.a.V. Pub., 1993.
16. Herre, D., Principals of Sports Training, London: Grafion Book, 1982.


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M.P.Ed- II- Semester -3rd
Paper – XII - Research Methodology

Time – 3 hours
Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:- The candidates are required to attempt **five** questions in all. **Nine** questions will be set.

(a) Note: **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks.

- Unit-I**
- (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.
 - (ii) 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.
 - (iii) Research Literature: Location of the research material. Indexes, books, bibliographics, review and Abstracts, Critical literature and allied literature.

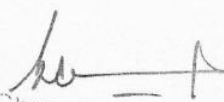
- Unit-II**
- (i) Tools of Research: Questionnaire, schedule, check list, rating scale, score card, Observation, Interviews, Physical fitness and skill tests.
 - (ii) Sampling: Concept of population and sample, Probability Sampling (Random, Stratified) random, cluster, Non-Probability (Judgement and quota).
 - (iii) Hypothesis: Meaning, importance, Sources, types (Declarative, Probable form and questions) and characteristics of good hypothesis),

- Unit-III**
- (i) Historical Research: Meaning, values, scope, characteristics, steps, primary and secondary sources. Internal and external criticism, pitfalls and reports.
 - (ii) Normative/Survey Research and case study. Meaning, kinds, scope, steps and criteria of good survey.
 - (iii) study: Meaning, steps, precautions and recommendations.

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

Research Report

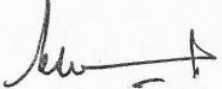
Format: preliminary Section


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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:

1. S.P. Shukla et al. : Elements of Educational Research, Applied Publishers Pvt. Ltd., New Delhi, 1983
2. : American Association of Health, Physical Education and Recreation, Research Methods – Applied to Health, Physical Education and Recreation.
3. C.V. Good : Methods of Research, Appleton Century Crofts Inc., New York, 1954.
4. W.R. Mouly : Educational Research and Introduction, David Making Co., Inc., New York, 1975.
5. J.W. Best : Research in Education, Prentice Hall, 1980.
6. D.H. Clarke : Research Processes in Physical Education, Recreation and Health, Prentice Hall, 1970.


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**M.P.Ed- III- Semester
Paper- XIII - Sports Psychology**

**Time – 3 hours
Max. Marks = 100**

**External Marks:80
Internal Marks:20**

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT-I

Definition of Psychology, importance of psychology in the field of Physical Education and Sports. Meaning of motivation, types of motivation, motivation relating to physical education and sports activities. Strategies to develop motivation among players. Methods for the training of Emotions. Attention, its arousal, fear, anxiety, stress and tension and their effects on sports performance.

UNIT-II

Meaning of heredity and environment, Laws of heredity. Importance of the study of heredity environment in physical education. Development of various age levels, their behaviour pattern, characteristics of various age levels. Spectators influences on sports performance, Affect of Crowd behaviour in sports.

UNIT-III

Learning, laws of learning, types of learning, learning curves and plateau in learning and theories of learning.

Thorndike (Trial and Error) theory
Gestalt (insight) theory
Pavlov (conditioning) theory.


UNIT-IV

Definition of Personality, types of Personality, various factors affecting the development of Personality. Individual differences, types of individual differences, Causes of individual differences. Adjustment, characteristics of a well-adjusted individual, Ways and means for better adjustment in individual through Physical Education and 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).
Ogilvie Burce Co., Thomas, A.: Tutko-Problem Athletics and How to handle them, Englewood Cliffs,

- 35 -


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M.P.Ed - IIIrd. Semester
Paper- XIV
(Supervision in Physical Education)

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit-I

- (i) Meaning of Supervision
 - (ii) Scope and Importance of Supervision in Physical Education and Sports.
 - (iii) Factors influencing the supervision
 - (iv) Guiding principles of supervision
- Planning and operating the Supervisory Programme

- (i) Need and Importance of planning and operating the Supervisory Programme in Physical Education and Sports.
- (ii) Principles of Planning and Operating

Unit-II

Supervision and Leadership

- (i) Duties pertaining to administration and supervision
- (ii) Duties pertaining to facilities, equipment, supply, special service and professional growth.
- (iii) Meaning and functions of leadership
- (iv) Guidelines for effective leadership in Physical Education and sports.

Unit-III

Method in Supervision

- (i) **Visitation** – purpose, types, planning the visitation programme, visitation procedure and follow up.
- (ii) **Conference**- Individual and group conference, situation requiring conferences, planning of Conference, Conduct of conference. Record of meetings.

Curriculum:

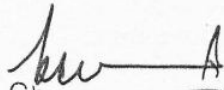
- (i) Meaning and factors influencing the Physical Education Curriculum
- (ii) Principles of curriculum development
- (iii) Supervisor's role in co-operative curriculum development and its revision

Unit-IV

- (i) **Demonstration** – Meaning and purpose of Demonstration, advantages and disadvantages. Types and preparation for demonstration. Conducting the demonstration, follow up.
- (ii) **Bulletins**- Meaning and purpose, advantages and limitations, kinds and sources of material of a bulletin, characteristics and evaluation of bulletin.

Evaluation:

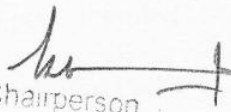
- 36 -


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- (i) Meaning and purpose of Evaluation
- (ii) Types of Evaluation & Principles of Evaluation of Physical Education Programme

REFERENCE

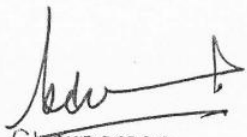
1. George, D. Butler : Introduction to community Recreation
2. J.B. Nash: Philosophy of Recreation and Leisure
3. H.Dan Corbin: Recreation Leadership
4. John, L. Hutchinson: Principles of Recreation
5. Meyer, H.D and Brightbill, C.K.: Community Recreation'
6. Carl. E. Wilgoose : The curriculum in Physical Education Boston University, Prentice Hall, Inc., Englewood Cliffs, N. Jersey.


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M.P.Ed - IIIrd. Semester
Paper- XV (opt-i)
Dissertation

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

1. A candidate shall have dissertation for M.P.Ed 3rd semester and must submit his/her synopsis and get it approved by the Head of Department on the recommendation of DRC (Departmental Research Committee)
2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the 3rd semester Examination
3. The candidate has to face the viva voce.


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M.P.Ed – IIIrd Semester
Paper - XV
(Option - (ii) – Yogic science)

Max. Marks = 100
Time – 3 hours

External Marks:60
Internal Marks:20
Practical marks:-20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit- I- Introduction

- Meaning and definition of Yoga Astanga Yoga Yama Niyama Asana Pranayama . Prathyahara, Dharana, Dhyana, Samadhi. Concept of yogic practices. Principles of breathing- Awareness- Relaxation Sequence- Counter pose- Time-place-clothes-Bathing- Emptying the bowels- Stomach- Diet- No straining-Age- Contra-Indication- Invited Asana-Sunbathing.

Unit-II- Aasanas and Pranayam

Loosening exercise Techniques and Benefits Asanas Types- Techniques and Benefits Surya Namaskar. Methods and benefits pranayama Types- Methods and benefits. Nadis meaning methods and benefits. Chakras Major Chakras-Benefits of clearing and balancing chakras.

Unit-III- Kriya and Mudra:

Shat Kriyas- Meaning Techniques and Benefits of Neti- Dharti- Kapalpathi- Trataka- Nault- Basti- Bandhas. Meaning Techniques and Benefits of Jalendra Bandha. Jihya Bandha Uddiyana Bandha Mula Bandha. Meaning Techniques and Benefits of Hasta Mudras Asmyukta hastam Sam yukta Hastam Mana Mudra Kaya Mudra Banda Mudra Adhara Murda- Meiditation Meaning Techniques and Benefits of Meditation- Passive and active Sagusma Meditation and Nirguna Meditation.

Unit- IV- Yoga and Sports

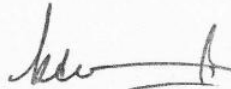
Yoga supplemental Exercise- Yoga Compensation Exercise- Yoga Regeneration Exercise- Power Yoga Role of Yoga in Psychological preparation of athlete. Mental Wellbeing Anxiety Depression concentration. Self Actualization. Effect of yoga on Physiological System circulate. Skeletal Digestive. Nervous Respiratory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

Note- Laboratory practicals be designed and arranged internally.

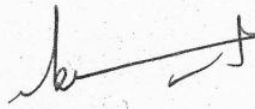
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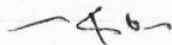
1. Introduction of Yoga (Dr. Pitamber Jha)
2. Yogasharam Pranayam (Swami Kavalayanad)
3. Asanas and Pranayama by Swami Kuvalyanand
4. Yoga for Health, happiness and peace by Yoga Acharya Prakash Dev.

39


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5. Yoga Method of Reintegration by Alam Danial
6. Yoga Personal Hygiene by Shri Yogendra
7. Yoga for Every Man by Desmonds Dubee
8. Massage and medical Gymanstics by Mary V.Lacc.


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**M.P.Ed-IIIrd Semester
Paper-XV- (Opt-iii)
PHYSICAL FITNESS AND WELLNESS**

Time – 3 hours Max. Marks = 100 External marks: 80 Internal marks: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Course Contents

Unit I – Introduction

Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement.Components of Physical Fitness.

Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit II – Aerobic Exercise

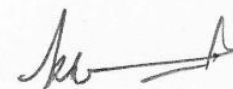
Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

Unit III – Anaerobic Exercise

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training

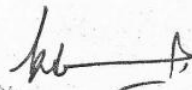
Unit IV – Flexibility Exercise

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.



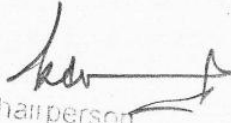
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← Rathbone, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.
Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.


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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, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999.


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M.P.Ed-Semester 4th
Paper-XVI
ATHLETIC CARE AND REHABILITATION

Max. Marks = 100
Time – 3 hours

External Marks:60
Internal Marks:20
Practical marks:-20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit-I

Rehabilitation Procedure of sports injuries, principles of rehabilitation of injuries and its barriers to successful to rehabilitation.

Rehabilitation exerciser: passive, active, assisted and resisted exercise for rehabilitation.

Unit- II

Posture: standards of standing posture value of good posture, drawbacks, causes of bad posture and its treatment.

Therapeutic modalities i.e. cry therapy, hydrotherapy electrotherapy and lesser therapy principles of apply cold and heat infrared rays.

Unit III – Massage

Concept of massage: Massage as an aid for relaxation – Points to be considered in giving massage and its benefit. Principles to the prevention of sports injuries-care and treatment of exposed and unexposed injuries.

UNIT-IV

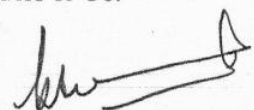
Socio-psychological factors to improve performance in sports, stress and sports competition. Socio-psychological stresses and human performance in sports. The psychology and physiology of stress. Measurements of stress – over training stress syndrome. Psycho-physiological training for stress and psychosomatic fitness.

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 externally)

References:

- Doherty. 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.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.

-44-



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M.P.Ed- IV Semester
Paper - XVII
(Statistics in Physical Education)

Time – 3 hours

Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

- UNIT-I** Diagrammatic and Graphic Presentation of data
- i. Rules for drawing diagrams and graphs.
 - ii. Meaning of the Graphical presentation and its importance.
- i. Preparation of Frequency Polygon.
- ii. Preparation of Histogram
- iii. Preparation of cumulative frequency graph/curve.
- iv. Preparation of cumulative percentage curve or ogive.
- v. Pie diagram.
- ix. Bar diagram.

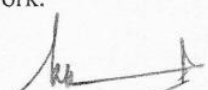
- UNIT-II** Measures of Central Tendency Value and Dispersion.
- i. Measures of Central tendency
 - ii. Meaning and calculate of Mean, Median, and Mode.
 - iii. Measures of dispersion
 - iv. Meaning and calculate of Range, QD, MD, SD.

- UNIT-III** Normal Probability Curve, Skewness, Movement and Curtosis
- i. Normal Probability Curve and its Characteristics.
 - ii. Tests and Measures Skewness
 - iii. Measures Movement
 - iv. Measures Curtosis

- UNIT-IV** Co-relation and testing of Hypothesis
- i. Meaning of co-efficient of co-relation, importance of coefficient of co-relation, calculation of coefficient of co-relation by Rank order method, Product moment methods and Scatter diagram.
 - ii. Meaning of T-test, advantages and calculation.
 - iii. Meaning of F-test, advantages and calculation.
 - iv. Meaning of Z-test, advantages and calculation.
 - v. Meaning of Chi- square test, advantages and calculation.

Reference:

- i. Fundamental Statistics in Psychology and Education, Guilford and Benjain in Fruchter, International Edition.
- ii. A Practical Approach to Measurement in Physical Education, Harold M. Barrow, P.E.D. ABD Rosemary Ms. Goc. Ph. And Febigr. Philadelphia, 1979.
- iii. Statistics in Psychology & Education, Henry E. David, Mckey Company, New York.
- iv. Statistical Methods, S.P. Gupta, Sultan Chand and Sons publishers, New Delhi.


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-45-

**M.P.Ed-IVth Semester
Paper XVIII
Education Technology in Phy. Education**

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Course Content

UNIT-I - Concept of Class Management: Meaning & Principles - Specific Principles (Strength of Class, Place and Time of Class, Uniform Class Formation, Safety Measures and Discipline - Steps of Class Management - Explanation of Different Teaching Methods for Presenting Material

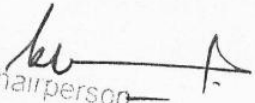
UNIT-II - Introduction, General and Specific Lesson Plan - Principles of Lesson Plan - Importance of Lesson Plan in Physical Education and Sports - Meaning, Importance of Audio-Visual Aids. - Steps of Audio-Visual Aids, Technology Devices in Physical Education (LCD Display) Power Point Presentation.

UNIT-III - Introduction, Principles for Planning Facilities - Types of Facilities - Meaning and Types of Command - Meaning, Need and Importance of Public Relation in Physical Education. - Meaning, Objectives and Types of Budget - Principles of Preparation of Budget

UNIT-IV - The Need for Office for Physical Education Teacher, its Location and Set Up. - Handling and Communication-Office Writing, Circulars, Notification and Invitation - Writing Reports and display, Monitoring - Concept, Need and Importance of Intramural and Extra Murals - Types of Tournaments

Suggested Readings 1.

1. Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.
2. Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karalkudi India).
3. Kamlesh M.L. & Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur.
4. Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur.
5. Wakharkar D.C. (1967), Manual of Physical Education, Pearl Publicatons, Bombay.
6. Dhakraborty S.Sports Management Delhi Sports Publications, 1998.
7. Kamlesh M.L. (2000) Management Concept in Physical Education and Sports, New Delhi, Metropolitan Book Co. Pvt. Ltd. 2000.


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M.P.Ed- IV Semester
Paper – XIX
(Scientific Principle of Sports Training)

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT – I

BIO-MOTOR ABILITIES AND THEIR DEVELOPMENT

1.1 Strength: Definition, Factors determining strength, Methods of strength: Training maximum strength, explosive strength and strength endurance.

1.2 Speed: Definition, Forms of speed, Factors determining speed, Load parameters to develop speed abilities, Methods to develop speed abilities

UNIT – II

ENDURANCE, FLEXIBILITY AND COORDINATIVE ABILITIES

2.1 Endurance: Definition and significance of endurance, Factors Affecting endurance, Forms of endurance, Methods of develop endurance, Load parameters in relation to endurance Training

2.2 Flexibility: Definition and importance of flexibility, Factors determining flexibility, Forms of flexibility, Methods used to develop flexibility

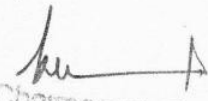
2.3 Coordinative abilities: Definition, Classification of coordinative abilities, Methods used to develop coordinative abilities

UNIT – III

TECHNICAL AND TACTICAL PREPARATION

3.1 Technique Training: Meaning of technique, skill and style, Aim of technique training in different sport, Technique Training, its characteristics and implication in various phases, Methods employed for technique training, causes of technical faults and their correction.

3.2 Tactics: Meaning of tactics, Aim of tactics in sports, Training for tactics, □ Principles of tactical preparation


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UNIT – IV

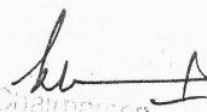
COMPETITION TRAINING AND PERIODISATION

4.1 Periodisation: Meaning of Periodisation, Top form and periodisation, Aims and contents of various periods of periodisation, Types of Periodisation

4.2 Competition: Importance and frequency of competition, Preparation for competition (general guidelines, psychological preparation and Direct preparation)

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1. Hoeger (2005), "Principles and Labs in Fitness & Wellness".
2. Jenson, C.R. Fisher, A.G. Scientific Basic of Athletic Conditioning, Lea and Febiger, Philadelphia, 1992.
3. Jones, J. Jones, Wells, L. Jannet, Peters, Rachael E., Johnson, Dewayne J., Effective Coaching (Principles & Practice). Allyn & Bacon, Massachusetts, USA, 1982.
4. Katch, F.L. & Mc. Ardle, W.O. (1989), "Nutrition, Weight Control and Exercises" 3rd ed. (Philadelphia: Lea & Febiger).
5. Lee, E. Brown & Vance A. Ferrigna (editors): Training for speed, Agility and Quickness, Human Kinetic, Champaign. Llc. USA, 2005.
6. Marney, B. Simon & Steren R. Levisohn. The Athlete within A Personal Guide To total Fitness, Little Brown Company, Boston, 1987.
7. Matveyew, L.P. Fundamentals of Sports Training (translation from Russian) Mir. Publishers, Moscow. 1991.
8. Novich, Max M. & Taylorm, Buddy Training Conditioning of Athletes, Lea & Febiger, Philadelphia, 1983.
9. Roy. J. Shephard (1994), "Aerobic Fitness and Health" (Human Kinetics Publishers).
10. Singh, H., Science of Sports Training, Delhi: D.V.S. Publishers, 1991.
11. Thani, Yograj, Sports Training, Delhi: Sports, 2003.
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13. Vivian H. Heyward (1991), "Advanced Fitness Assessment and Exercise Prescription" 2nd ed. (Human Kinetics Publishers).
14. Willmore, J.H. Athletic Training and Physical Fitness. Allyand Bacon, Inc. Sydney, 1987.
15. Scott. K. Powers, Stephen L. Dodd. (1999) Total Fitness: Exercise, Nutrition and Wellness, Allyn & Bacon, United States of America.


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

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

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**M.P.Ed-IVth Semester
Paper-XX- Opt-(i)**

HEALTH EDUCATION AND SPORTS NURTITION

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Course Contents

Unit - I Health Education and Hygiene

Concept, Dimensions, Spectrum and Determinants of Health

Definition of Health, Health Education, Health Instruction, Health Supervision, Aim, objective and Principles of Health Education

Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Stress

Unit - II Health Problems in India

Communicable and Non Communicable Diseases

Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools

Objective of school health service, Role of health education in schools

Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.


Unit – III- Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines,

Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

Unit – IV Nutrition and Weight Management

Concept of BMI (Body mass index), Obesity and its hazard, Management of Obesity, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.


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M.P.Ed-IVth Semester
Paper-XX- Opt-(ii)
Information & Communication Technology

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks.

Course Contents

Unit-I- Communication & Classroom Interaction

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

Unit-II- Fundamental 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 Application
Web Browsers & Search Engines Legal & Ethical Issues

Unit-III- MS Office Applications

MS word Main Features & its uses in Physical Education
MS Excel Main Features & its Applications in Physical Education
MS Access creating a Database Creating a Table queries Forms & Reports on Tables and its uses in Physical Education
MS Power Point preparation of slides with multimedia effects
MS publisher Newsletter & Brochure

Unit-IV- ICT- Integration in Teaching Learning Process

Approaches to Integrating ICT in Teaching Learning Process
Project Based Learning (PBL)
Co-operative Learning
Collaborative Learning
ICT and Construction A Pedagogical Dimension


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Unit-V- E- Learning & Web based Learning

E-Learning

Web based Learning

Visual Classroom

References

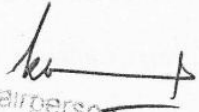
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ITL Education Solution Ltd. Introduction to information Technology Research and Development Wing-2006


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M.P.Ed-IVth Semester
Paper-XX- Opt-(iii)

HISTORY OF PHYSICAL EDUCATION & SPORTS

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each=20) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks. .

Course Contents

UNIT-I

- Concept of Physical Education: Meaning, Definition & Scope
- Aims & Objectives of Physical Education
- Relationship of Physical Education & Recreation
- Contribution of Physical Education towards General Education
- Foundation of Physical Education
- Biological Activity, its Need, Principles of Use and Disuse.

UNIT-II

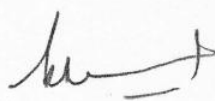
- History of Physical Education in Ancient Greek, Comparative Study of Spartan Athenian Education.
- The Origin and Development of Olympic Games.
- Development of Asian Games
- Age & Sex Difference
- Classification of Physique

UNIT-III

- Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Speiss, Machtegal, Long).
- Present status of Physical Education & Recreation in Russia and Japan.
- History of Physical Education in India (Pre- Independence & Post Independence Era).


UNIT-IV

- Critical Appreciation of following:
 - Haryana Sports Department
 - IOC Policies of Developing of Physical Education & Sports
 - Modern Olympics
 - South Asian Federation Games
 - Sports Authority of India.


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Readings

1. Charles & Bucher, Foundations of Physical Education.
2. Harold M. Barrow, Man & His Movement Principles of Physical Education.
3. J.F. Williams, Principles of Physical Education.
4. Cowel & France, Philosophy and Principles of Physical Education.
5. D.G. Wakhakar, Manual of Physical Education
6. M.L.Kamlesh & M.S.Sangral, Principles & History of Physical Education.
7. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.


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