

ORDINANCE FOR TWO YEARS HYBRIDIZED PROGRAM (M.P.Ed.) 2016-2017 (According to Choice Based Credit Scheme)

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. The Practical examinations of Master in Physical Education will be held after each semester.
 4. 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
 5. 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.
 6. (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/Commonwealth/SAF/International/National/Inter University/ SGFI tournaments. In case of tie, the candidate who has one position in higher tournament will be admitted.
7. A candidate who is placed under compartment in the qualifying examination shall not be allowed to join M.P.Ed. Course.
 8. 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.
 9. 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.



10. A candidate prior to declaration of the results of the examination shall be 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.
11. 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.
12. (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.
13. Every candidate shall be examined according to the scheme of examination and syllabus as approved by the Academic Council from time to time.
14. (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.



15.

Hindi/English

The medium of instruction shall be: -

i) The question papers will be set in the language of Hindi & English

ii) The candidate shall write their answers either in Hindi or in English

16. 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

17. 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 45% marks.

18. 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.

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.

20. 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:-

1st, 2nd or 3rd position at Senior/Junior World/Asian/SAF/Common Wealth/Championship.

25



1 st , 2 nd or 3 rd position at Senior/Junior National Championship/ 15/12/10	8/7/6
National Games/Inter varsity tournaments/National School Games 1 st , 2 nd or 3 rd place in National (Sr./Junior) Zonal tournaments/ SGFI zonal tournaments.	5
Played for combined universities/ combined school teams 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. 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 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.

(i) The internal assessment of 30% of the maximum marks for each of the theory papers (sessional work) shall be based as per university norms.

(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 shall be
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).
23. The ratio of internal and external evaluation of theory courses shall be 30:70 i.e. internal 30 marks and External 70 marks. The bifurcation of internal marks shall be given as under:
- (i) Attendance- 05 marks (The marks for attendance shall be given as follows: (a) Attendance 91 percent onwards- 5 marks, (b) Attendance 81 percent to 90 percent-4 marks (c) Attendance 75 percent to 80 percent-3 marks)
- (ii) Assignment (including presentation)- 05 Marks
- (iii) Mid-term examination-20 Marks/15 Marks/10 Marks as mentioned in Clause 10.
24. For mid-term examination, the examiner is required to set five questions in all. The first question will be compulsory consisting of short questions covering two units of the syllabus. In addition, four more questions will be set unit-wise comprising two questions from each of the two units. The students shall be required to attempt three questions in all selecting at least one question from each unit including the compulsory question.
25. For end term examinations the examiner is required to set nine questions in all. The first question will be compulsory consisting of five short questions (2 marks each) covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each of the four units. The students shall be required to attempt five questions in all selecting one question from each unit including the compulsory question.
26. The evaluation of the theory component towards the end of the semester, at least 50 percent of core courses offered in different programmes across the disciplines, shall be undertaken by the external examiners from outside the University, who may be appointed by the competent authority. In such course, the question papers will be set as well as evaluated by the external examiners.
27. In case of evaluation of practical component of such core courses, the team of examiners i.e. internal & external shall be constituted on 50-50 basis i.e. half of the examiners in the team shall be invited from outside the university for conducting the examination.
28. (i) The evaluation of summer training reports shall be undertaken by the internal and external examiners. The internal evaluation (50 percent) will be carried out by committee of three members constituted by the Chairperson. The external evaluation (50 percent) will be carried out by the examiner appointed by the University. The summer training equivalent to one subject shall be allotted three credits.
- (ii) The evaluation of research project shall be undertaken by the external examiner appointed by the University . The research project equivalent to one subject shall be allotted four credits.



29. The students must obtain at least 40 percent marks in external examination. However, a student will be condition of minimum pass percentage in internal examination. However, a student will be declared 'pass' only if he/she obtain at least 40 percent marks in aggregate i.e. internal plus external.

30. Absolute grading system will be followed in which the marks are converted into grades based on the pre-determined class internals as follows and a multiplication factor of 10 shall be used to convert CGPA into equivalent percentage.

Letter Grade	Description	Grade points	Marks
O	Outstanding	10	85-100
A+	Excellent	9	75-84
A	Very Good	8	65-74
B+	Good	7	55-64
B	Above average	6	50-54
C	Average	5	41-49
P	Pass	4	40
F	Fail	0	Less than 40
Ab	Absent	0	Absent

31. A student obtaining Grade F shall be considered fail and will be required to appear in the entire examination.

32. For non-credit courses 'Satisfactory' or 'Unsatisfactory' shall be indicated instead of the letter grade and this will not be counted for the computation SGPA/CGPA.

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Part A : Theoretical course						
Course code	Title of papers	Total hours	Credit	Internal marks	Theory marks	Total marks
Core course						
PE-01	Sports Training	4	4	30	70	100
PE-02	Health Education and Sports Nutrition	4	4	30	70	100
PE-03	Sports Medicine	4	4	30	70	100
Elective course (Anyone)						
PE-04	Yogic sciences or Sports Technology	4	4	30	70	100
Part-B- Practical course						
	Track and field	6	3	30	70	100
	-Running events -Relay races -Coaching and corrective techniques Five Lesson Plans					
	Teaching & Specification of Games/grounds Kabaddi, Volleyball, handball, Badminton Table tenies, tenies, wrestling (any two) Five Lesson Plans	6	3	30	70	100
	-Command March past different formations - Flag hosting -Opening and closing ceremony of Athletic Meet	6	3	30	70	100
	Class Room Teaching Of core subjects	6	3	---	25x4	100
Open Elective Course						
PE-0E	Exercise and their application	4	4	30	70	100
Total=900						

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 Mrs. A
 18 Radisson
 Hotel Amalpur

Semester -II

Part A : Theoretical course

Course code	Title of papers	Total hours	Credit	Internal marks	Theory marks	Total marks
Core course						
PE-05	Kinesiology	4	4	30	70	100
PE-06	Athletic Care and Rehabilitation	4	4	30	70	100
PE-07	Applied statistics in Physical Education & Sports	4	4	30	70	100
Elective course (Anyone)						
PE-08	Sports Engineering or Physical fitness and wellness	4	4	30	70	100
Part-B- Practical course						
	Track and field 1. Jumping events - Hurdles -Coaching and corrective techniques Five Lesson Plans	6	3	30	70	100
	Officiating and coaching of Games Kabaddi, Volleyball, handball, Badminton Table tenies, tenies, Wrestling (any two) Five Lesson Plans	6	3	30	70	100
	1.Fitness Test Borrow Motor Ability Test. 2.Krouss Webser Minimum Muscular Test 3.Aapherd Health related Test 4.Harvard Step Test 5. Nelson reaction test Five Lesson Plans	6	3	30	70	100
	Class Room Teaching - Of core subjects	6	3	---	25x4	100
Open Elective course						
PE-0E	Physiological Preparation & Their application	4	4	30	70	100
Total=900						

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 Dr. Pradip Kumar

Part A : Theoretical course

Course code	Title of papers	Total hours	Credit	Internal marks	Theory marks	Total marks
Core course						
PE-09	Research of process in physical education & sports sciences	4	4	30	70	100
PE-10	Sports Biomechanics	4	4	30	70	100
PE-11	Test, Measurement and evaluation in physical education	4	4	30	70	100
Elective course (Anyone)						
PE-12	Sports management and curriculum designs in physical education Or Education technology in Physical Education	4	4	30	70	100
Part-B- Practical course						
	Track and field-III 1. Throwing events - Coaching & corrective lesson Five Lesson Plans	6	3	30	70	100
	Teaching and specification of Games/grounds Kho Kho Basketball, Football, Hockey, Cricket, Boxing, Judo (any two) Five Lesson Plans	6	3	30	70	100
	Track Marking & Marking of different field events and their specification Five Lesson Plans	6	3	30	70	100
	Class Room Teaching - Of core subjects	6	3	---	25x4	100
Open Elective course						
PE-0E		4	4	30	70	100
Total=900						

Principles
Dr. T
Dr. Radhika

Dr. Anurag

Part A : Theoretical course

Course code	Title of papers	Total hours	Credit	Internal marks	Theory marks	Total marks
Core course						
PE-13	Information & communication Technology (ICT) in Physical education	4	4	30	70	100
PE-14	Sports physiology	4	4	30	70	100
PE-15	Physiology of Exercise	4	4	30	70	100
Elective course (Anyone)						
PE-16	Value and environmental education Or Sports Journalism and Mass Media	4	4	30	70	100
Part-B- Practical course						
	Track and field heptathlon and Decathlon event Coaching lesson Five Lesson Plans	6	3	30	70	100
	Officiating coaching of Game & lesson plans Kho Kho Basketball, Football, Hockey, Cricket, Boxing, Judo (any two) Five Lesson Plans	6	3	30	70	100
	Skill Test 1. John Basket Ball Test 2.. Russel Lange Volleyball Test 3.. Friendel field Hockey Test 4. Mcdonald Volleying Soccer Test 5. IWVA BRACE Motor Educability Test Five lesson plans	6	3	30	70	100
	Class Room Teaching – Of core subjects	6	3	---	25x4	100
Open Elective Course						
PE-0E		4	4	30	70	100
Total=900						

Approved by

 Head of Institution

Approved by

 Head of Institution

Theory Marks =70

Internal marks=30

Time: 3 Hours

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (five short questions of two marks each=10) 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. Teaching, Training and Coaching : Meaning, aims & Characteristic Principles of Training
- ii. Training Load: Meaning & characteristic of training load
- iii. Principles of Load & Adaptation, Judgement of Load
- iv. Over Load : Causes, Symptoms and tackling of over load and Altitude Training-Cross Training.
- v.

UNIT-II

- i. Strength : Meaning, Importance & types of Strength, Methods & Precautions of Strength training
- ii. Endurance : Meaning, Importance & types of Endurance Factors determining endurance, Methods of Endurance Training
- iii. Speed : Meaning, Importance & types of Speed, Factors Determining Speed, Methods of speed training
- iv. Flexibility: Meaning, Importance & types of flexibility, Factors Determining flexibility, Methods of flexibility development.
- ii. Co-ordinative Ability: Meaning, Importance & types of Co-ordinative ability, Factors determining Co-ordinative ability & Methods of development

UNIT-III

- i. Training Methods
 - (a) Weight training, Circuit training
 - (b) Continuous training, Interval training
 - (c) Farflag training
 - (d) Repetition training- Isometric, Isotonic
- ii. Technical Training & Tactical Training: Meaning, Importance of Methods of Technical training
- iii. Doping : Definition & type of doping

UNIT-IV

- i. Planning of training : Meaning of Planning, Importance, Principles of Planning of types of Training Plans, Training plan, Macro cycle, Meso cycle, Micro Cycle, short term and long term plan
- ii. Periodisation : Meaning and its types, contents for Various period of training, General Principles of training schedules. Single , Double and Multiple periodisation
- iii. Factor influencing the Performance in Sports

Principles of Training
Dr. B. S. Prasad

REFERENCES BOOKS

- i. Dick, F.W., Sports Training Principles
- ii. Hardyal-Sports Training
- iii. Bunn J.W.- Scientific Principles of coaching, Englewood cliffs prentice Hall
- iv. Brook, J.D. Whiting H.T.A.-Human Movement of field of study
- v. Shamsher Singh, An Introduction to Training and Coaching, Friends Publication, New Delhi, 2006.



Neck
Shoulders
Elbows
Ankles

M.P.Ed-Ist Semester

Paper-PE-02

HEALTH EDUCATION AND SPORTS NUTRITION

Theory Marks =70

Internal marks=30

NOTE:- (a) Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Health Education and Hygiene

Definition of Health, Health Education, Aim, objective and Principles of Health Education
Meaning of Hygiene, Type of Hygiene

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

Unit - II Health Problems in India

Meaning of infectious / communicable diseases, causes of infectious diseases. Symptoms, preventions, control and their treatments of some common infectious diseases:- (i) Air born diseases-Small pox, Measles and Influenza. (ii) Water and food born diseases:-Cholera, Typhoid and Dysentery.

Meaning of First- aids, Qualities and duties of first aider, what first aid measures and treatments will you take in case of -Wounds and Fracture.

Unit - III- Sports Nutrition and mal -nutrition

Meaning and Definition of Sports Nutrition, constituents of balance diet/nutrition, role of nutrition in sports, mal nutrition and its causes, effects of mal nutrition and remedies of mal nutrition.

Unit - IV Obesity and Weight Management

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

References:

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

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

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

Moss "Health Education" (National Education Association of U.T.A.)Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.

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Note :- The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 soft injuries, pathological changes in sprains, strain and contusion, regional injuries and their management.

Terminology and classification hard tissue injuries pathological change in fracture and their management.

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

Spine injuries: causes, presentational of spinal anomalies

Upper limb and Thorax injuries shoulder: strain, dislocation, and Strapping.

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

Rib fracture.

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

UNIT-IV- Exercise and supporting aid

Free exercises – Stretching and strengthening

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

Reference Books

- i. AAHPER : Weight training in Sports and Physical Education, 1962.
- ii. Armstrong and Tucker : Injuries in Sports, London, Staples Press, 1964.
- iii. Bolan, J.P. and Rasch, P.J.: Treatment and Prevention of Athletic Injuries, The Inter-state Printers and Publishers, 1967.
- iv. Morehouse, L.E. and Rasch, P.J.: Sports Medicine for Trainers, Philadelphia, W.B. Saunders Co., 1963.
- v. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
- vi. Pande, P.K. : Know How Sports Medicine, A.P. Publishers, Jalandhar.

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M. S. T.
D. Radhika
S. Anand
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NOTE:- (a) Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Ashtanga 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- Asanas 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 Chakars-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 Uddiyna 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.

REFERENCE

1. Introduction of Yoga (Dr. Pitamber Jha)
2. Yogasharam Pranayam (Swarni Kavalayanad)
3. Asanas and Pranayama by Swarni Kavalayanand
4. Yoga for Health, happiness and peace by Yoga Acharya Prakash Dev.
5. Yoga Method of Reintegration by Alan Danial
6. Yoga Personal Hygiene by Shri Yogendra
7. Yoga for Every Man by Demonds Dubee
8. Massage and medical Gymnastics by Mary V.Lacc.

15/11/2021
15

M.F. ED – 1st Semester
Paper – PE-04 (Option-ii)
SPORTS TECHNOLOGY (Elective)

Theory Marks =70
Internal marks=30

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Technology

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

Unit II – Science of Sports Materials

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

Unit III – Surfaces of Playfields

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

Unit IV – Modern equipment and training Gadgets

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

REFERENCE:

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials"
UK: Butterworth Heiremann.
Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group.
Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982

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M.P.Ed – 1st Semester
Paper – PE-0E (Open Elective course)
Exercise and their application

Theory Marks =70
Internal marks=30

NOTE:- (a) Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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-1

Meaning, objectives and aims of Health, Health Physical Education and Recreation.
Meaning of the Physical Culture, Physical Training, Drill, Games and Sports, Gymnastics, Athletics, Aquatics.
Introduction of Olympic games, Asian Games, SAI, IOA
Unit-II

Facilities, and measurement of gymnasias, swimming pools.
Facilities, and measurement of Track and fields
Facilities and measurement of play field: hockey, football, handball, basketball, lawn tennis.
Facilities, measurement of play field:kho-kho, kabaddi, volleyball, Badminton
Unit-III

Meaning and methods of Warming-up and cooling down
Aerobic and anaerobic training.
Different methods of Aerobic and Anaerobic training.
Facilities required for Aerobic and Anaerobic training.
Unit-IV

Introduction of Ergogenic aids.
List of Pharmacological agents
Advantage and disadvantage of narcotics and drugs.
Meaning and working of WADA and NADA powers and duties.




Note:- The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10 marks) 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, scope and importance of Kinesiology. Terminology of various types of movements around joints, body planes, body axis, range of motion, factors affecting range of motion.

Unit-II-

Structural classification of muscles on the basis of fibers attachment- Functional classification of muscles. Terminology of muscular attachment. Red and white muscles and their functions. Gradation in strength of muscular contraction. Mechanical analysis of walking and running.

Unit-III-

Muscle action:- origin insertion and action of muscles:-

Upper Extremity: pectoralis major ; deltoid, supraspinatus, levator scapulae, pectoralis minor, latissimus dorsi, trapezius, biceps, triceps (anterior and posterior)

Lower Extremity :- gluteus maximus ; gluteus medius ; gluteus minimus, gastrocnemius, quadriceps femoris group; hamstring group Sartorius

Other muscles : sternocleido mastoid ; rectus abdominis

Unit-IV-

Meaning and definition of Motion, Types of motion:- Linear motion, angular motion, circular motion, uniform motion. Principals related to the law of inertia, Law of acceleration, and law of counter force. Equilibrium and centre of gravity;; characteristics of skillful performance

Reference Books:

- i. Wells and Luttgens: Kinesiology.
- ii. Scott, M.G : Analysis of Human Motion, 2nd edition.
- iii. Ucells, K.: Eurasia Publishing House Ltd., Delhi, 1970, Kinesiology 4th edition, Philadelphia, W.B. Saunders, 1966.
- iv. Broor, Marian, M : Efficiency of Human Movements, Philadelphia W.B. Saunders, 1960.
- v. Dyson, J.: The Mechanics of Athletics, University of London Press Ltd., Warwick Square, London.

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ATHLETIC CARE AND REHABILITATION

Theory Marks =70
Internal marks=30

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 – Corrective Physical Education

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

Unit II – Posture

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

Unit III – Rehabilitation Exercises and massage

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching and principles. Points to be considered ingiving massage – Physiological and Psychological effects of massage – Indication /Contra indication of Massage – Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage – Pressure manipulation: Petrisage Kneading (Finger, Kneading, Circular)Deep massage.

Unit V – Sports Injuries Care, Treatment and Support

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

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

REFERENCES:

- Doherty. J. Meno. Weth, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
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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APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS
Theory Marks =70
Internal marks=30

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics. Meaning, uses and construction of frequency table. Meaning. Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode. Meaning of central tendency and meaning, purpose calculation and advantages of measurement of central tendency, mean medium and mode.

UNIT II – Measures of Dispersions and Scales

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

UNIT III – Probability Distributions and Graphs

Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

UNIT IV – Inferential and Comparative Statistics

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

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

REFERENCE

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications

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VI. F. DU- SEMESTER II
Paper- PE-08- Theory Courses
SPORTS ENGINEERING (Elective)

Theory Marks =70
Internal marks=30

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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. Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

Unit - II Mechanics of engineering materials

Concept of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities –Gait, Posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, 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.

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 (Routledge, 2010)

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M.P.Ed- 2nd Semester
Paper-PE-08-(Option-ii) (Elective)
PHYSICAL FITNESS AND WELLNESS

Theory Marks =70
Internal marks=30

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Physical Fitness and wellness, dimensions of wellness, Principles of physical fitness and wellness, Primary and secondary components of fitness, Assessment of wellness, meaning of Recreation, Types of recreation activities, Principles of recreation and leisure time physical activity.

Unit-II Nutrition

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

Unit III – Aerobic and Anaerobic Exercise

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

Unit IV – Flexibility Exercise

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

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Reference:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
Diffcore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998.
Warner W.K. Oeger& Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999.

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RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTSSCIENCES

Theory Marks=70

Internal marks=30

Note:

The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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, bibliographies, 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).

Principles

Principles

Research Report

Format: preliminary Section

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

Reference Books:

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.- 2nd Semester
Paper –PE-10-Sports Bio-mechanics

Theory Marks: 70
Internal Marks:30
Time: 3 Hours

Note: - The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (five short questions of two marks each=10) 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. Definition, meaning, function and importance of biomechanics in physical education and sports.
- ii. Newton laws of motion and its application in sports.
- iii. Classification of skills; open and closed skills, discrete and continuous skills.
- iv. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics,
- v. Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

Unit-II

Linear Movement

- i. Linear speed and velocity
- ii. Linear acceleration.
- iii. Acceleration due to force of gravity

Rotatory movement:

- i. Angular speed and velocity
- ii. Angular acceleration

Spin, Rebound and Swing

- i. Spin and its types.
- ii. Effects of spin on speed of the ball on the surface.
- iii. Effects of spin on speed of the ball in flight;

Unit-III

- i. Fundamental mechanical concept of: Force, Pressure, Mass, Weight, Volume and Density.
- ii. Force acting on a system; the properties of a force, reaction force, friction force, centripetal and centrifugal force, resistive and motive force

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Aerodynamic drag force.

- i. Skin friction
- ii. Profile drag
- iii. Effects of streamline on drag
- iv. Effects of body's mass on drag

Unit-IV Definition and description of lever & force

- i. Advantages of levers
- ii. Classes of levers

Balance and equilibrium

- i. Stable, unstable and neutral equilibrium
- ii. Balance in static position Factors effecting stability

Reference Books:

- i. Dyson, G. The Mechanics of Athletics, New York 1978.
- ii. Hay, J. G. Biomechanics of Sports Technique, Englewood cliffs, N.J: Prentice Hall, 1978
- iii. Ellen, Kreighbaumi, Biomechanics A qualitative approach of studying Human movement; Macmillan, New York; 1985
- iv. Luttagens, K and Wells, K.F. Kinesiology, Scientific basis of human motion; Philadelphia, 1982

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M.P.Ed – 3rd Semester
Paper-PE-11

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Theory Marks: 70
Internal Marks: 30
Time: 3 hours

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

UNIT II – Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test ^{2 years M.P.Ed Curriculum} | 20
(Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

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

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

UNIT V – Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliffe Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Ability Skill Test
Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.
Note: Practicals of indoor and out-door tests be designed and arranged internally.

REFERENCES :

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
Curtion T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Gettchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and

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Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication


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M.P.Ed- 3rd Semester
Paper-PE-12 (option-1)
SPORTS MANAGEMENT AND CURRICULUM DESIGN IN
PHYSICAL EDUCATION (Elective)

Theory Marks: 70
Internal Marks: 30
Time: 3 hours

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Management

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

UNIT II – Program Management

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

UNIT III – Equipments and Public Relation

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

UNIT IV – Curriculum and Curriculum Sources

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

Reference:

- Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
- Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
- Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
- Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.
- Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.
- Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
- Charles, A, Bucher & March, L, Krotce. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
- John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.

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McKernan, James (2007) Curriculum and imagination: PROCESS, THEORY, PRACTICE AND PEDAGOGY AND PEDAGOGICAL RESEARCH
U.K. Routledge
NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
NCERT (2005). National Curriculum Framework, New Delhi: NCERT.

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M.P.Ed-III Semester
Paper –PE-12 (option-ii) (Elective)
Education Technology in Phy. Education

Theory Marks: 70
Internal Marks: 30
Time: 3 hours

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 – Nature and Scope

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

Unit II – Systems Approach to Physical Education and Communication

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

UNIT-III – Audio Visual Media in Physical Education

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

Unit IV – New Horizons of Educational Technology

Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical fiber technology - laser disk, computer conferencing. etc. Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities. Recent experiments in the third world countries and pointers for India with reference to Physical education. Recent trends of research in educational technology and its future with reference to education.

Suggested Readings 1.

1. Knapp Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.
2. Tinunurayana, C&S Harharan: 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, Jullundur.
5. Wakharkar D.C. (1967), Manual of Physical Education, Pearl Publications, 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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**INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN
PHYSICAL EDUCATION**

Theory Marks: 70
Internal Marks: 30
Time: 3 hours

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication
Communication Barriers & Facilitators of communication
Communicative skills of English - Listening, Speaking, Reading & Writing
Concept & Importance of ICT Need of

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

Challenges in Integrating ICT in Physical Education

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types

Computer Memory: Concept & Types
Viruses & its Management

Concept, Types & Functions of Computer Networks Internet and its Applications
Web Browsers & Search Engines Legal & Ethical Issues

Unit III – MS Office Applications

MS Word: Main Features & 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, E- learning & Web Based Learning

Approaches to Integrating ICT in Teaching Learning Process
Project Based Learning (PBL)

Co-Operative Learning

Collaborative Learning

ICT and Constructivism: A Pedagogical Dimension

E-Learning

Web Based Learning

Visual Classroom

Memorandum
Date: _____
Signature: _____

REFERENCES:

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000. Fourth Edition-2001
Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
ITL Education Solution Ltd. Introduction to information Technology, Research and
Development Wing-2006

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

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

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

Ms. P. Sinha
Pradeep K. Sinha
Rebecca Bridges Altman
Sanjay Saxena

Time: 3 Hours

Note: The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (five short questions of two marks each=10 Marks) 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, Definition of sports Psychology, Concept of sports psychology and importance of psychology in the field of Physical Education and Sports.

Meaning of Emotion, Characteristic of emotion, Methods for the training of Emotions.

Unit-II

Definition of Personality, Characteristic of personality, types of Personality, various factors affecting the development of Personality. Individual differences, types of individual differences, Causes of individual differences.

Unit-III

Definition of motivation, types of motivation, methods of motivation, strategies to develop motivation among players. Motivation relating to physical education and sports activities.

Meaning of attention, its arousal, anger, fear, anxiety, stress and tension and their effects on sports performance.

Unit-IV

Meaning of Learning, Process of learning, types of learning, laws of learning, learning curves, plateau in learning and theories of learning and their implications.

- (i) Thorndike (Trial and Error) theory
- (ii) Gestalt (insight) theory
- (iii) Pavlov (conditioning) theory.

Reference Books:

1. Rouben, B. : Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co., London.
2. Lawther, John D. : Psychology of Coaching, Englewood Cliffs, Prentice Hall (Latest Edition).
3. Gratty, B.J. : Psychological and Physical Activities, Prentice Hall Inc., 1968.
4. Morgan, C.T. : Psychological Psychology, New York, McGraw Hill (Latest edition).

M. Srinivas Murthy
Dr. M. Srinivas Murthy
Dr. Srinivas Murthy
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Note:

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

UNIT IV – Metabolism and Energy Transfer

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

REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W. B. Sanders co.
Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

W Bin Varma
@Nandam
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M.P.Ed- 4th Semester
Paper-PE-16(Option-i) (Elective)

VALUE AND ENVIRONMENTAL EDUCATION

Theory Marks: 70
Internal Marks: 30
Time: 3 hours

NOTE:- (a) Note: The candidates are required to attempt five questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each=10) 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 Value Education and Value systems

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. 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 ecosystem.

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)
Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.
Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub.House), 1995.
Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Webenhanced Ed.) 1996.
Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

Ms. P. S.
Question
Answer

M.P.Ed-4th- Semester
Sports Journalism & Mass Media
Paper-PE-16- Option-(ii)-(Elective)

Time: 3 Hours

Theory Marks 70
Internal Marks=30

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. **Question no. 1** (five short questions of two marks each=10) 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
Fundaments of a sports story/ news
News- types, curtain – raiser, advance follow – up, news – analysis, box news
Design & make – ups : headings, front reading, layout & page making late stories, editorial tools, marks & skills

UNIT- II Organizational And Presentation Skills For Media

Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.
Introduction of various sports organization and agencies –Olympic Games, Asian games, commonwealth games, awards and trophies.
Write-ups : feature, follow-ups, advance story, curtain raiser, flash bank, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk-shows, and reviews in sports.
Development and maintenance of sports personal library
Statistics, records and computers in sports.

UNIT-III Extended Relevant Dimensions

Theory and principles of advertising in sports
Public relations in sports, press release, conferences
Public relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics
Sports photo feature and writing captions of photo
Introduction to photo journalism in reference to sports

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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
- 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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