M.P.Ed. Prospectus No.20151617

(Two Years Course

संत गाडगे बाबा अमरावती विद्यापीठ

SANT GADGE BABA AMRAVATI UNIVERSITY

शिक्षण विद्याशाखा

(Faculty of Education)

अभ्यासक्रमिका

शारिरीक शिक्षण पारंगत परीक्षा, २०१५-१७

PROSPECTUS

of

The Examination for the Degree of

Master of Physical Education

Semester-I Winter-2015, Semester-II Summer-2016

Semester-III Winter-2016, Semester-IV Summer-2017

2015

(visit us at www.sgbau.ac.in)

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DIRECTION

No. 08 /2016 Date :-28/1/2016.

Subject :-Examinations Leading to the Degree of शारिरीकशिक्षण पारंगत (Master of Physical Education) (M.P.Ed.) (Semester Pattern) (Two Years Course), Direction 2016.

Whereas, Regional Director, National Council for Teacher Educaion, Bhopal, vide its letter No.WRC/NCTE/Regulation 2014 (MH)/2014-124682, dated 16.12.2014 has forwarded copy of NCTE (Recognition Norms and Procedure)/ Regulation, 2014 and its implementation for perusal and further necessary action,

AND

Whereas the University Grants Commission, New Delhi, vide its D.O.No.F.-1-1/2014 (Teacher Education) dated 2nd January, 2015 has requested to take all necessary steps to implement all the provision of NCTE Regulation 2014 with effect from the academic session 2015-2016 in the larger interest of the teacher education programmes in the Country,

AND

Whereas, Academic Council in its meeting held on 2/5/2015 vide Item No.34 has noted the NCTE Regulation, 2014 (Recognition Norms & Procedure alongwith its related Appendices. issued by National Council for Teacher Education vide Notification dated 28th November, 2014 & published on Internet by the National Council for Teacher Education, New Delhi,

AND

Whereas, the Board of Studies in Physical Education &Recreation in its meeting held on dated, 5.11.2015 has considered the above NCTE Regulation and resolved to implement the same and revise the syllabus of M.P.Ed. course accordingly from the session 2015-2016, and prepared the draft syllabus scheme of Examinations, and provisions to be incorporated in the draft Ordinance for M.P.Ed. (Two years) course and recommended to the Faculty of Education.

AND

Whereas, the Faculty of Education in its meeting held on 7.11.2015 vide Item No.36 has resolved to accept and recommend to Academic Council, the syllabus, scheme of examinations and provisions to be incorporated in the draft Ordinance for M.P.Ed. (Two years) course.

AND

Whereas, the Hon'ble Vice-Chancellor has accepted the aforesaid recommendations of faculty of education under section 14(7) of the Maharashtra Universities Act, 1994, on behalf of the Academic Council on dated 21.01.2016.

AND

Whereas, the scheme of teaching & examinations and other provisions for M.P.Ed. (Two years) course is required to be regulated by an Ordinance, and preparing the Ordinance for the said course is time consuming process,

AND

Whereas, the academic session 2015-2016 is already started and scheme of examination along with other details are yet to be provided.

Now, therefore, I, Dr.M.K.Khedkar, the Hon'ble Vice-Chancellor of SantGadge Baba Amravati University Amravati in exercise of powers conferred upon me under sub-section 8 of section 14 of the Maharashtra Universities Act, 1994, do hereby directs as under :-

1) This Direction may be called, "Examinations leading to the Degree of शारिरीकशिक्षण पारंगत (Master of Physical Education) (Semester Pattern) (Two Years Course), Direction 2016".

2) This Direction shall come into force with effect from the sessions as under-
i)Academic Session 2015-2016 for M.P.Ed. Semester I & II
ii)Academic Session 2016-2017 for M.P.Ed. Semester III & IV

TWO YEARSM.P.Ed. PROGRAMME (FOUR SEMESTER)

R.M.P.Ed.1. Eligibility and Admission Procedure:

A candidate for the admission of programme at Master of Physical Education (M. P. Ed.) must fulfill the eligibility criteria (norms & standards) directed by the NCTE, University and the directives of the Government of Maharashtra which may changes from time to time. However, a candidate passing Under Graduate Degree (i.e. B.P.E. 3yrs) and who was admitted in the course prior to this Regulation 2014 is also eligible for admission of M. P. Ed. degree course programe.

R. M.P.Ed. 2. Duration:

The M.P.Ed programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

R. M.P.Ed. 3. The CBCS System:

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

R. M.P.Ed. 4. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

R. M.P.Ed.5. Courses of Programme:

The M.P.Ed. programmeconsists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

- **Theory**
- **Core Course**
- **Elective Course**
- **Practicum**
- **Compulsory Course (Track and Field)**
- **Elective Course**
- **Teaching/Coaching Practices**
- **Internship**

R. M.P.Ed.6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work. The odd semester may be scheduled from May/June to November/December and even semester from November/December to May/June. The institution shall work for a minimum of 40 working hours in a week (five or six days a week).

R. M.P.Ed.7. Working days:

There shall be working days as per university rule and regulation.

R. M.P.Ed. 8. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.P.Ed. programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement atStatelevel Competition (Medal Winner) Sports Achievement National level Competition (Medal Winner) Sports participation International level Competition	1 2 4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
8	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

R. M.P.Ed. 9. Scheme of Examinations (Duration of Semester & Term-End-Exam., ATKT, Marks Carry forward, Reappearances):

A) Duration of the Semester and the Term End Examination

Table No. 2

SEMESTER	DURATION	TERM-END-EXAM
I & III	2nd Week of June to 2nd Week of December	1st & 2nd Week of December
II & IV	4th Week of December to 4th Week of May	3rd &4th Week of May

i. The Examinations shall hold at the end of each semester i.e. for Odd semester it shall hold in the month of December (First and Second week), whereas for Even semester it shall hold in the month of May (Third & Fourth week).

ii. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations which may schedule in December or May.

iii. A candidate shall enroll/register for the first semester examination.

iv. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit/rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student. However, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

v. The applicant shall be admitted to next semester as per the following eligibility table.

Eligibility Table

Sr.No.	Name of Examination	The students should completed the term satisfactorily.	The students should have passed in all the subjects of the examination of
	M.P.Ed. Semester-I	M.P.Ed. Semester-I	
	M.P.Ed. Semester-II	M.P.Ed. Semester-II	1/3rd of Theory Papers in Semester-I
	M.P.Ed. Semester-III	M.P.Ed. Semester-III	2/3rd of Theory Papers (including Semester-I and Semester-II) (Fraction shall be round up to next higher figure) + Practical Examination of semester-1
	M.P.Ed. Semester-IV	M.P.Ed. Semester-IV	M.P.Ed. Semester-I and Semester-II + 1/3rd Theory Papers of Semester-III.

B) Allowed To Keep Terms(ATKT)**:**

A Student shall be allowed to keep term for Semester II &III irrespective of number of heads of failure in previous Semester/s**.**

C) Method to carry forward the marks**:**

1. A student who passes in the Internal-Assessment but fails in the Semester-End-Examination of the course shall reappear for the Semester-End-Examination of that course. However his/her marks of the Internal-Assessment shall be carried over and he/she shall be entitled for grade obtained by him/ her on passing.
2. A student who fails in the Internal-Assessment but passes in the Semester-End-Examination of the course shall reappear and resubmit for the Internal-Assessment. However his/her marks of the Semester-End-Examination shall be carried over and he/she shall be entitled for grade obtained by him/ her on passing.

D) Additional Examination (Reappearance)**:**

i. The student who failed in the Semester-End-Examination (external) in Semester-I shall reappear along with Semester-End-Examination (External) of Semester-II.

Similarly, the student who failed in the Semester-End-Examination in Semester-II shall reappear along with Semester-End-Examination (External) of Semester-III,

Whereas, the student, failed in the Semester-End-Examination in Semester-III shall reappear along with Semester-End-Examination (External) of Semester-IV.

ii. The student who failed in Internal-Assessment shall reappear for additional examination conducted by the college as per convenience within 30 to 45 days from the date of declaration of result and marks of the same shall have to send to the university

R- M.P.Ed. 10 Condonation:

Student must have 75% of attendance in each course for appearing the examination.

Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee.

Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate.

Students who have below 50% of attendance are not eligible to appear for the examination.

The student must apply to Head of the Institution giving the reason(s) for absence within 8 days of the conduct of the examination along with the necessary documents and testimonials.

R- M.P.Ed. 11 Pattern of Question Papers and its Nature:

A) Format of Question Paper for 5 Units **-**

Each Course Papers shall have five compulsory questions (with internal choice for each question) corresponding to five units of each theory course.

B)Nature of Semester End Examination -

- For each Course - 70 Marks
- Duration – 3.00 Hours
- Syllabus is framed into 5 units for each theory course.
- On each unit there shall be a question either long or short or Write notes type answer.
- Number of Questions to be set in each paper shall be in accordance with above information.
- Each theory paper shall have five compulsory questions with its internal choice.
- All the five questions shall have an alternative choice from the same unit in terms of Long or Short or Write notes type answer. However, there is no choice in a separated question.
- Division of marks between long and short answer type question shall be in ratio of 70:30.
- In case of write notes type question, division of marks may distribute equally.

R. M.P.Ed. 12. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	**10 Marks**
Seminar	**5 Marks**
Assignments	**5 Marks**
Attendance	**10 Marks**
Total	**30 Marks**

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R- M.P.Ed. 13 Minimum Standard of Passing Examinations:

The minimum passing standard for the CIA (Continuous-Internal-Assessment) & External examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 respectively for the theory courses. The minimum passing for both CIA and External examinations shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

R. B.P.Ed 14. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. M.P.Ed. 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^{n} C_i G_i}{\sum_{i=1}^{n} C_i}$$

$$CGPA = \frac{\sum_{j=1}^{N} SGPA_j}{N}$$

Where C*i* is the Credit earned for the course is in any semester; G*i*is the Grade point obtained by the student for the course and *n* number of courses obtained in that semester; $SGPA_j$ is SGPA of semester *j* and *N* number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

R. M.P.Ed. 15. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

R. M.P.Ed.16. Letter Grades and Grade Points:

i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A^+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

R. M.P.Ed.17. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for M. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{1=1}^{n} C_i G_i}{\sum_{i=1}^{n} C_i}$$

Example – I

Marks obtained by Student in course MPCC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 03

Credits Grade Point (CGP) = 6.5 × 03 = 19.5

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses Code.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-101	3	65	A	6.5	19.5
MPCC-102	3	60	A	6	18
MPCC-103	3	62	A	6.2	18.6
MPEC-101/MPEC-102	3	57	B+	5.7	17.1
MPPC-101	3	55	B+	5.5	16.5
MPPC-102	3	72	A+	7.2	21.6
MPPC-103	3	66	A	6.6	19.8
MPPC – 104	3	72	A+	7.2	21.6
	24				152.7

Examples: Conversion of marks into grade points

MPCC-101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5

MPCC-102 60 = 6.0

MPCC-103 62 = 60 + 2 =6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2

MPEC-101/MPEC-102 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7

MPPC-101 55 = 5.5

MPPC-102 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2

MPPC-103 66 = 60 + 6 = 6.0 + 6 x (0.99 / 9.99) = 6.0 + 6 x 0.1 = 6.0 + 0.6 = 6.6

MPPC – 104 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points
= 152.7/24 = 6.3625
SGPA Sem. I = 6.3625
At the end of Semester-1
Total SGPA = 6.3625
Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.3625
CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-2

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-201	3	76	A+	7.6	22.8
MPCC-202	3	64	A	6.4	19.2
MPCC-203	3	59	B+	5.9	17.7
MPEC-201/MPEC-202	3	80	A+	8	24
MPPC-201	3	49	C	4.9	14.7
MPPC-202	3	64	A	6.4	19.2
MPPC-203	3	55	B+	5.5	16.5
MPPC – 204	3	72	A+	7.2	21.6
	24				155.7

SGPA Sem. II = 6.4875
At the end of Semester-2
Total SGPA for two Semesters = 12.85
Cumulative Grade Point Average (CGPA) = 12.85/2 = 6.425
CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-3

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-301	3	64	A	6.4	19.2
MPCC-302	3	64	A	6.4	19.2
MPCC-303	3	59	B+	5.9	17.7
MPEC-301/MPEC-302	3	81	A+	8.1	24.3
MPPC-301	3	49	C	4.9	14.7
MPPC-302	3	64	A	6.4	19.2
MPPC-303	3	68	A	6.8	20.4
MPPC – 304	3	75	A+	7.5	22.5
	24				157.2

SGPA Sem. III = 6.55
At the end of Semester-3
Total SGPA for three Semesters = 19.4
Cumulative Grade Point Average (CGPA) = 19.4/3 = 6.466667
CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-4

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-401	3	83	A+	8.3	24.9
MPCC-402	3	76	A+	7.6	22.8
MPCC-403	3	59	B+	5.9	17.7
MPEC-401/MPEC-402	3	81	A+	8.1	24.3
MPPC-401	3	49	C	4.9	14.7
MPPC-402	3	78	A+	7.8	23.4
MPPC-403	3	81	A+	8.1	24.3
MPPC-404	3	75	A+	7.5	22.5
	24				174.6

SGPA Sem. IV = 7.275
At the end of Semester-4

Total SGPA for all the four semesters = 26.675

Cumulative Grade Point Average (CGPA) = 26.675 /4 = 6.66875

CGPA = 6.66875, Grade = A, Class = First Class

Note:

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3)The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4)For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment And

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for M.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

R. M.P.Ed.18. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

OBJECTIVES OF THE M. P. Ed. PROGRAMME

1. To enable the Pupil-Teachers to understand the nature, purpose and philosophy of education and physical education at the higher secondary stage.
2. To prepare teachers of Physical Education with higher educational perspective.
3. To develop personnel, Professionals and Social competencies required in teaching profession of physical education at matured aged/gender.
4. To develop potential for planning and organizing Physical Education programmes and other play-activities for higher level students.
5. To empower Pupil-Teachers to inspire their students to actively participate in Physical and Yogic Exercises, Games and Sports with advance thoughts.
6. To enable teachers to develop personality, character, will power, and positives attitude towards life among their students through Physical Education and Sports sciences.
7. To make teachers capable of imparting basic knowledge about Health, Hygiene, Nutrition and Physical Fitness.
8. To develop skills and competencies to organize school and community games and sports.
9. To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
10. To promote appreciation and interest for indigenous games, sports and yogic practices among Pupil-Teacher.

Ist SEMESTER

M. P. Ed. PART-I Examination

THEORY

Sr. No	Subject	External Marks	Internal Assessment	Total	Minimum Passing Marks
1.	Research Process in Physical Education & Sports	**70**	**30**	**100**	**40**
2.	Physiology of Exercise	**70**	**30**	**100**	**40**
3.	Yogic Science	**70**	**30**	**100**	**40**
Elective Subject					
4.	Tests, Measurement & Evaluation in Physical Education	**70**	**30**	**100**	**40**
5.	Sports Technology	**70**	**30**	**100**	**40**

Ist Semester
M. P. Ed. PART-I Examination
Practical Work

Course Code	Title of the Paper	Total Hours	Credit	Internal Marks	External Marks	Total Marks
MPPC-101	**Track & Field (Track event Performance)** **1.** Running Events – **2.** 100 Mts./200 Mts./400 Mts./800 Mts. Run **3.** Hurdles/ Relay race **4.** Long Distance Running **5.** Walking events **(Any Two)**	3	3	30	70	100
MPPC-102	**Specialization in Indigenous Games:** **1.** Kabaddi **2.** Kho-kho **3.** Malkhamb**(Any One)**	3	3	30	70	100
MPPC-103	**Yoga** **1.** Asana **2.** Suryanamaskar **3.** Kriya*/Pranayama*/Aerobics*/ Mudra*/Bandha* **(*Any One)**	3	3	30	70	100
MPPC-104	**Teaching/Coaching Lesson Athletics (Track Event)** 5 Lessons (4 Internal and 1 External)	3	3	30	70	100

IInd SEMESTER
M. P. Ed. PART-I Examination
THEORY

Sr. No	Subject	External Marks	Internal Assessment	Total	Minimum Passing Marks
1.	Applied Statistics in Physical Education	**70**	**30**	**100**	**40**
2.	Sports Biomechanical & Kinesiology	**70**	**30**	**100**	**40**
3.	Information and communication technology (ICT) in physical education	**70**	**30**	**100**	**40**
Elective Subject					
4.	Sports Journalism and Mass Media	**70**	**30**	**100**	**40**
5.	Sports Management and Curriculum Design in Physical Education	**70**	**30**	**100**	**40**

IInd Semester
M. P. Ed. PART-I Examination
Practical Work

Course Code	Title of the Paper	Total Hours	Credit	Internal Marks	External Marks	Total Marks
MPPC-201	**Track & Field (Field Event Performance)** **1.** Jumping Events (High Jump/Long Jump/Triple Jump) **2.** Throwing Events (Shot-put/Discuss/ Javelin/Hammer Throw)s **(Any One from Each Group)**	3	3	30	70	100
MPPC-202	**Team Games Specialization (Any One Game)** **Foreign Games**: Volleyball, Base Ball, Basketball, Football, Handball, Hockey, Cricket, Soft Ball.	3	3	30	70	100
MPPC-203	Practical (ICT)	3	3	30	70	100
MPPC-204	**Teaching/Coaching Lesson Athletics(Field Event)** 5 Lessons(4 Internal and 1 External)	3	3	30	70	100

IIIrd SEMESTER
M. P. Ed. PART-II Examination
THEORY

Sr. No	Subject	External Marks	Internal Assessment	Total	Minimum Passing Marks
1.	Scientific Principles of Sports Training	**70**	**30**	**100**	**40**
2.	Sports Medicine	**70**	**30**	**100**	**40**
3.	Health Education and Sports Nutrition	**70**	**30**	**100**	**40**
Elective Subject					
4.	Sports Engineering	**70**	**30**	**100**	**40**
5.	Physical Fitness and Wellness	**70**	**30**	**100**	**40**

IIIrd Semester
M. P. Ed. PART-II Examination
Practical Work

Course Code	Title of the Paper	Total Hours	Credit	Internal Marks	External Marks	Total Marks
MPPC-301	**Individual Game Specialization** Badminton, Archery, Table Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming.	3	3	30	70	100
MPPC-302	**Coaching Lesson** Indigenous Activity and Yoga. 5 Lessons (4 Internal, 1 Externa)	3	3	30	70	100
MPPC-303	**Classroom Teaching Lesson** Lesson on theory of different Indigenous Activity and Yoga. 5 Lessons **(4 Internal and 1 External)**	3	3	30	70	100
MPPC-304	**Internship**	3	3	30	70	100

IVth SEMESTER
M. P. Ed. PART-II Examination
THEORY

Sr. No	Subject	External Marks	Internal Assessment	Total	Minimum Passing Marks
1.	Athletic Care and Rehabilitation	**70**	**30**	**100**	**40**
2.	Sports Psychology	**70**	**30**	**100**	**40**
3.	Dissertation	**70**	**30**	**100**	**40**
Elective Subject					
4.	Value of Environmental education	**70**	**30**	**100**	**40**
5.	Education technology in physical education	**70**	**30**	**100**	**40**

IVth Semester
M. P. Ed. PART-II Examination
Practical Work

Course Code	Title of the Paper	Total Hours	Credit	Internal Marks	External Marks	Total Marks
MPPC-401	**Laboratory Practical** 1. Sports Psychology 2. Physiology of Exercise 3. Sports Biomechanics and Kinesiology **(Two Practical for each subjects)**	3	3	30	70	100
MPPC-402	**Project Practical (Management and Organization)** Seminar, Conference, Debate, Class Formation, Flag hosting, Tournament, Play day, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour. **(Note Book of Any Five and Conduct any one for Examination)**	3	3	30	70	100
MPPC-403	**Coaching Lesson** Foreign Game. 5 Lessons **(4 Internal and 1 External)**	3	3	30	70	100
MPPC-404	**Class Room Teaching Lesson** Lesson on theory of different Foreign games and sports.5 Lessons (4 Internal and 1 External)	3	3	30	70	100

Semester – I

Part A: Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-101	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
MPCC-102	Physiology of Exercise.	3	3	30	70	100
MPCC-103	Yogic Sciences	3	3	30	70	100
Elective Course (Anyone)						
MPEC-101	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
MPEC-102	Sports Technology					
Part–B Practical Course						
MPPC-101	**Track and Field** **1.** Running Events – **2.** 100 Mts./200 Mts./400 Mts./800 Mts. Ru **3.** Hurdles/ Relay race **4.** Long Distance Running **5.** Walking events **(Any Two)**	**6**	**3**	30	70	100
MPPC-102	**Specialization in Indian Games:** 1. Kabaddi 2. Kho-kho 3. Malkhamb **(Any One)**	**6**	**3**	30	70	100
MPPC-103	**Yoga** 1. Asana 2. Suryanamaskar 3.Kriya*/Pranayama*/Aerobics*/Mudra*/Bandha* **(*Any One)**	**6**	**3**	30	70	100
MPPC-104	**Teaching/Coaching Lesson Athletics (Track Event)** 5 Lessons (4 Internal and 1 External)	**6**	**3**	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for eachtheory course are 51-60 hours per semester whereas 102-120 hours for eachpracticum course.

Semester – II

PartA:TheoreticalCourse						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-201	Applied Statistics in Physical Education & Sports	3	3	30	70	100
MPCC-202	Sports Biomechanics & Kinesiology	3	3	30	70	100
MPCC-203	Information& Communication Technology (ICT) in Physical Education	3	3	30	70	100
Elective Course (Anyone)						
MPEC-201	Sports Journalism and Mass Media	3	3	30	70	100

MPEC-202	Sports Management and Curriculum Designs in Physical Education					
Part-B Practical Course **Part–B Practical Course**						
MPPC-201	**Track and Field** **1**. Jumping Events (High Jump/Long Jump/Triple Jump) **2**. Throwing Events (Shot-put/Discuss/ Javelin/Hammer Throw) **(Any One from Each Group)**	**6**	**3**	30	70	100
MPPC-202	**Games Specialization** **Foreign Games:** Volleyball, Base Ball, Basketball, Football, Handball, Hockey, Cricket, Soft Ball **(Any One Game)**	**6**	**3**	30	70	100
MPPC-203	**Practical ICT**	**6**	**3**	30	70	100
MPPC-204	**Teaching/Coaching Lesson Athletics(Field Event)** 5 Lessons(4 Internal and 1 External)	**6**	**3**	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course

Semester – III

PartA:TheoreticalCourse						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-301	Scientific Principles of Sports Training	3	3	30	70	100
MPCC-302	Sports Medicine	3	3	30	70	100
MPCC-303	Health Education and Sports Nutrition	3	3	30	70	100
Elective Course (Anyone)						
MPEC-301	Sports Engineering	3	3	30	70	100
MPEC-302	Physical Fitness and Wellness					
Part-B Practical Cours **Part–B PracticalCourse** **Part-B Practical** **Course**						
MPPC-301	**Individual Game Specialization** Badminton, Archery, Table Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming.	6	**3**	30	70	100
MPPC-302	**Coaching Lesson** Indigenous Activity and Yoga. 5 Lessons (4 Internal, 1 External)	6	**3**	30	70	100

MPPC-303	**Classroom Teaching Lesson** Lesson on theory of different Indigenous Activity and Yoga. 5 Lessons **(4 Internal and 1 External)**	6	**3**	30	70	100
MPPC-304	**Internship**	6	**3**	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester - IV

PartA:TheoreticalCourse						
Course Code	**TitleofthePapers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-	Athletic Care and	3	3	30	70	100
MPCC-	Sports Psychology	3	3	30	70	100
MPCC-	Dissertation	3	3	30	70	100
Elective Course (Anyone)						
MPEC-401	Value and Environmental Education	3	3	30	70	100
MPEC-402	Education Technology in Physical Education					
Part–B PracticalCourse						
MPPC-401	**Laboratory Practical** 1. Sports Psychology 2. Physiology of Exercise 3.Sports Biomechanics and Kinesiology **(Two Practical for each subjects)**	**6**	**3**	30	70	100
MPPC-402	**Project Practical (Management and Organization)** Seminar, Conference, Debate, Class Formation, Flag hosting, Tournament, Play day, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour. **(Note Book of Any Five and Conduct any one for Examination)**	**6**	**3**	30	70	100
MPPC-403	**Coaching Lesson** Foreign Game. 5 Lessons **(4 Internal and 1 External)**	**6**	3	30	70	100
MPPC-404	**Class Room Teaching Lesson** Lesson on theory of different Foreign games and sports.5 Lessons (4 Internal and 1 External)	6	**3**	30	70	100
Total		36	24	240	560	800
		144	96	960	2240	3200

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.SCHEME OF EXAMINATION

(SEMESTER – I)

Paper	Subject	Internal	External	Total Marks
	THEORY (400)			
MPCC-101	Research Process in Physical Education & Sports Sciences	30	70	100
MPCC-102	Physiology of Exercises	30	70	100
MPCC-103	Yogic Sciences	30	70	100
MPEC-101/102	Tests, Measurement and Evaluation in Physical Education *OR*Sports Technology (Elective)	30	70	100
	PRACTICAL (400)			
MPPC-101	**Track and Field** 1. Running Events – 2. 100 Mts./200 Mts./400 Mts./800 Mts. Run 3. Hurdles/ Relay race 4. Long Distance Running 5. Walking events **(Any Two)**	30	70	100
MPPC-102	**Specialization in Indian Games:** 1. Kabaddi 2. Kho-kho **(Any One)**	30	70	100
MPPC-103	**Yoga** 1. Asana 2. Suryanamaskar 3.Kriya*/Pranayama*/Aerobics*/Mudra* **(*Any One)**	30	70	100
MPPC-104	**Teaching/Coaching Lesson Athletics (Track Event)** 5 Lessons (4 Internal and 1 External)	30	70	100
	Total	240	560	**800**

SEMESTER -II

Paper	Subject	Internal	External	Total Marks
	THEORY (400)			
MPCC-201	Applied Statistics in Physical Education & Sports	30	70	100
MPCC-202	Sports Biomechanics & Kinesiology	30	70	100
MPCC-203	Information& Communication Technology (ICT) in Physical Education	30	70	100
MPEC-201/202	1. Sports Journalism and Mass Media.*OR* 2. Sports Management and Curriculum Designs in Physical Education (Elective)- Any one.	30	70	100
	PRACTICAL (400)			
MPPC-201	**Track and Field** **1**. Jumping Events (High Jump/Long Jump/Triple Jump) **2**. Throwing Events (Shot-put/Discuss/ Javelin/Hammer Throw) **(Any One from Each Group)**	30	70	100
MPPC-202	**Games Specialization (First Best)** Foreign Games: Volleyball, Base Ball, Basketball, Football, Handball, Hockey, Cricket, Soft Ball **(Any One Game)**	30	70	100
MPPC-203	**Practical ICT**	30	70	100
MPPC-204	**Teaching/Coaching Lesson Athletics(Field Event)** 5 Lessons(4 Internal and 1 External)	30	70	100
	Total	240	560	**800**

SEMESTER –III

Paper	Subject	Internal	External	Total Marks
	THEORY (400)			
MPCC-301	Scientific Principles of Sports Training (Lab. Practicals – Tread mill, Bicycle ergometer, strength, endurance & fitness testing.)- Internal.	30	70	100
MPCC-302	Sports Medicine (Lab Practicals)-Internal	30	70	100
MPCC-303	Health Education and Sports Nutrition	30	70	100
MPEC-301/302	Sports EngineeringOR Physical Fitness and Wellness (Elective)	30	70	100
	PRACTICAL (400)			
MPPC-301	**Individual Game Specialization** Badminton, Archery, Table Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming.	30	70	100
MPPC-302	**Coaching Lesson** Indigenous Activity and Yoga. 5 Lessons (4 Internal, 1 External)	30	70	100
MPPC-303	**Classroom Teaching Lesson** Lesson on theory of different Indigenous Activity and Yoga. 5 Lessons **(4 Internal and 1 External)**	30	70	100
MPPC-304	**Internship**	30	70	100
	Total	240	560	**800**

SEMESTER –IV

Paper	Subject	Internal	External	Total Marks
	THEORY (400)			
MPCC-401	Athletic Care and Rehabilitation	30	70	100
MPCC-402	Sports Psychology	30	70	100
MPCC-403	Dissertation	30	70	100
MPEC-401/402	1.Value and Environmental Education.OR 2.Education Technology In Physical Education (Elective)	30	70	100
	PRACTICAL (400)			
MPPC-401	**Laboratory Practical** 1. Sports Psychology 2. Physiology of Exercise 3. Sports Biomechanics and Kinesiology **(Two Practical for each subjects)**	30	70	100
MPPC-402	**Project Practical (Management and Organization)** Seminar, Conference, Debate, Class Formation, Flag hosting, Tournament, Play day, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour. **(Note Book of Any Five and Conduct any one for Examination)**	30	70	100
MPPC-403	**Coaching Lesson** Foreign Game. 5 Lessons **(4 Internal and 1 External)**	30	70	100
MPPC-404	**Class Room Teaching Lesson** Lesson on theory of different Foreign games and sports.5 Lessons (4 Internal and 1 External)	30	70	100
	Total	240	560	**800**

Sd/-
(Dr. Mohan K. Khedkar)
Vice-Chancellor

Amravati
Date : 27 /1/2016

Syllabus prescribed for M.P.Ed. Semester-I to IV

Semester I

Theory Courses

MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – Introduction

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research Descriptive Methods of Research; Survey Study, Meaning of Survey, Tools of Survey Research,Questionnaire, Construction of Questionnaire, Interview, Procedure of conducting interview, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV – Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals ,Mechanics of writing Research Report, Footnote and Bibliography writing.

REFERENCE :

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

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press

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

Moses, A. K. (1995) Thesis Writing Format, Chennai; PoompugarPathippagam

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

Subramanian, R, Thirumalai Kumar S &Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication

Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

Semester I

Theory Courses

MPCC-102PHYSIOLOGY OF EXERCISE

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 muscularsystem.

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 HeartRate – 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 AnaerobicThreshold. 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.

UNIT V – Climatic conditions and sports performance and ergogenic aids

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic 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: PoompugarPathipagam.

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

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

David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.

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

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

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

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

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

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

Semester I

Theory Courses

MPCC-103 Yogic Sciences

Unit I – Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, 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 – Inverted 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 Chakaras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dhati – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam , Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techiques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

Unit V – Yoga and Sports

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise-Power Yoga. Role of Yoga in Psychological Preparation of athelete: Mental Welbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory Syste.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.

Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan.

Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) PatanjalYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. &Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.

Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Swami SatyanandaSaraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.

Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.

Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.

Semester I

Theory Courses

MPEC-101

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

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 (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

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)

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

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. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer 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

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

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

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

Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research

Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaigm IL: Human Kinetics

Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Semester I

Theory Courses

MPEC-102 SPORTS TECHNOLOGY (Elective)

Unit I – Sports Technology

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

Unit II – Science of Sports Materials

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

Unit III – Surfaces of Playfields

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

Unit IV – Modern equipment

Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipments: Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

Unit V – Training Gadgets

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving 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.

Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.

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

Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

Semester II

Theory Courses

MPCC-201 APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS

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.

UNIT II – Data Classification, Tabulation and Measures of Central Tendency

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

UNIT III – 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 IV – 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 V – Inferential and Comparative Statistics

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

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

REFERENCE

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

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

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

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

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

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

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

Semester II
Theory Courses

MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY

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. Guiding principles of 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 -friction, 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.

Note: Laboratory practical should be designed and arranged for students internally.

UNIT V – Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive

Mechanical analysis of track and field events.

REFERENCE:

Deshpande S.H.(2002). ManavKriyaVigyan – Kinesiology (Hindi Edition)Amravati :HanumanVyayamPrasarak Mandal.

Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.

Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersery: 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.

Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Semester II
Theory Courses

MPCC-203 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication

Communication Barriers & Facilitators of communication

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

Concept & Importance of ICT Need of ICT in Education

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

Challenges in Integrating ICT in Physical Education

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types
Computer Memory: Concept & Types
Viruses & its Management
Concept, Types & Functions of Computer Networks Internet and its Applications
Web Browsers & Search Engines Legal & Ethical Issues

Unit III – MS Office Applications

MS Word: Main Features &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 Constructivism: A Pedagogical Dimension

Unit V – E-Learning & Web Based Learning

E-Learning
Web Based Learning
Visual Classroom

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

Semester II

Theory Courses

MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I Introduction

Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism- Sports Ethics and Sportsmanship – Reporting Sports Events. National and International Sports News Agencies.

UNIT IISports Bulletin

Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin – Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.

UNIT III Mass Media

Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio – Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing – Publishing.

UNIT IV Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT –V Journalism

Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach.

Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.

REFERENCE:

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi :Surjeet Publications

Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication

Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication

Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.

Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication

MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.

Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication

Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.

Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

Semester II

Theory Courses

MPEC-202 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION(Elective)

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

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. Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.

UNIT V – Curriculum Sources

Factors that affecting curriculum: 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.

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

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

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

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

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

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

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

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

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

Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.

Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

Semester III

Theory Courses

MPCC-301SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

Sports training: Definition – Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures – Super Compensation – Altitude Training – Cross Training

UNIT II – Components of Physical Fitness

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

UNIT III – Flexibility

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

UNIT IV – Training Plan

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.

UNIT V – Doping

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations : over-the- counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

REFERENCES :

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

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

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

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

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

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

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

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

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

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

Semester III

Theory Courses

MPCC-302 SPORTS MEDICINE

UNIT I – Introduction

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II – Basic Rehabilitation

Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

UNIT III – Spine Injuries and Exercise

Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, 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.

UNIT IV – Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

UNIT V – Lower Extremity Injuries and Exercise

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. Free exercises – Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

Practicals: Lab. Practicals and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, Visit to TV Centre etc. should be planned internally.,

REFERENCES:

Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.

Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

Practical: Anthropometric Measurements,

Semester III
Theory Courses

MPCC-303 HEALTH EDUCATION AND SPORTS NURTITION

Unit - I Health Education

Concept, Dimensions, Spectrum and Determinants of Health
Definition of Health, Health Education, Health Instruction, Health Supervision
Aim, objective and Principles of Health Education
Health Service and guidance instruction in personal hygiene

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 – Hygiene and Health

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 Obesity, Management of Stress

Unit – IV- 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 – VNutrition and Weight Management

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight controlMaintaining 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.

References:

Bucher, Charles A. "Administration of Health and Physical Education Programme".
Delbert, Oberteuffer, et. al." The School Health Education".
Ghosh, B.N. "Treaties of Hygiene and Public Health".
Hanlon, John J. "Principles of Public Health Administration" 2003.
Turner, C.E. "The School Health and Health Education".
Moss and et. At. "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.
Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise asNature Intended. Angus and Robertson.
Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

Semester III
Theory Courses

MPEC-301SPORTS ENGINEERING (Elective)

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 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 aslifting, walking, running, throwing, jumping,pulling, pushingetc.

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 outersurrounding. Maintenance staff, financial consideration.

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

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

Unit – V Facility life cycle costing

Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

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)

Semester III

Theory Courses

MPEC-302 PHYSICAL FITNESS AND WELLNESS (Elective)

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 – 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 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 IV – 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 V – Flexibility Exercise

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

Reference:

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

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

Dr. A.K. Uppal, Physical Fitness, Friends Publications(India), 1992. 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

Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

Semester IV

Theory Courses

MPCC-401 ATHLETIC CARE AND REHABILITATION

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

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

Unit IV – Massage

Brief history of massage – Massage as an aid for relaxation – Points to be considered in giving massage – Physiological , Chemical, Psychological effects of massage – Indication / Contra indication of Massage – Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage – Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, 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:

Dohenty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
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.
Rathbome, J.l. (1965) Corrective Physical education, London: W.B. Saunders & Co.
Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

Semester IV

Theory Courses

MPCC-402 SPORTS PSYCHOLOGY

UNIT I - Introduction
Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation
Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

UNIT III – Goal Setting
Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Concept and causes of aggression in sports, Role of aggression in sports performance, Methods of controlling aggression.

UNIT IV – Sports Sociology
Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution. National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Leadership: Meaning, Definition, types. Leadership and Sports Performance.

UNIT V – Group Cohesion
Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. Current Problems in Sports and Future Directions – Sports Social Crisis Management – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Practicals: *Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)*

REFERENCES:

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jain. (2002), Sports Sociology, Heal SahetyKendre Publishers.
Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc.
John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
MiroslawVauks& Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
Whiting, K, Karman.,. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

Semester IV
Theory Courses
MPCC-403 DISSERTATION

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis (on or before 10th October) and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate must submit his/her dissertation on orbefore 15th April, the beginning of the IVth Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC**.**

Semester IV
Theory Courses
MPEC-401 VALUE AND ENVIRONMENTAL EDUCATION

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.

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

Unit- III – 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 – IVRural 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 - V 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 (Web enhanced Ed.) 1996.
Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

Semester IV

Theory Courses

MPEC-402 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS

Unit I – Nature and Scope
Educational technology-concept, Nature and Scope. Forms 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- Instructional Design
Instructional Design: Concept, Views. Process and stages of Development of Instructional Design. Overview of Models of Instructional Design; Instructional Design for Competency Based Teaching: Models for Development of Self Learning Material.

Unit IV – Audio Visual Media in Physical Education
Audio-visual media - meaning, importance and various forms Audio/Radio: Broadcast and audio recordings - strengths and Limitations, criteria for selection of instructional units, script writing, pre-production, post-production process and practices, Audio Conferencing and Interactive Radio Conference. Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CCTV in instruction and Training, Video Conferencing, SITE experiment, countrywide classroom project and Satellite based instructions. Use of animation films for the development of children's imagination.

Unit V – 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.

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K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
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Semester I
Practicum Course

MPPC- 101 TRACK AND FIELD (TRACK EVENTS PERFORMANCE)

1. Running Events – 100 Mts./200 Mts./400 Mts./800 Mts. Run
2. Hurdles/ Relay race
3. Long Distance Running
4. Walking events

(Any Two)

- Fundamental skills–Short and Middle distance.
  - Use of Starting blocks- stance on the blocks.
  - Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.
- Advanced Skills Various techniques of sprint start: Bullet start, standing start ,
- Active game practice
- **Distribution of marks for game Examination is given below:**

Performance of any two track events

Sl. No.	Roll No.	Event 1		Event 2		Project Report	Viva Voce	Total
		Performance	Style/ Technique	Performance	Style/ Technique			
		10	10	10	10	20	10	70

(The performance table is given in appendix.)

Athletic Project report on **Track Events** Must be written by own handwriting (Details regarding all track events, various styles and techniques of each event.)
Tournaments held at National and International levels, Distinguished sports awards and personalities related to the events. Warming-up- General free hand exercises, specific work out, Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals,Marking of the play area.

Semester I
Practicum Course

MPPC- 102 SPECIALIZATIONS IN INDIGENOUS GAME (INDIAN GAME)

The Candidate has choice to select any one of the following games as the Indian Game Specialization in 1st Semester.

(Kabaddi, Kho-Kho, Malkhamb)

Distribution of marks for game Examination is given below:

Sl. No.	Knowledge of fundamental skills	Playing efficiency	Officiating of the game	Project Report	Viva voce	Total
	20	20	10	10	10	70

History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.
The student will submit the project report in own handwriting at the time of exam.

Semester I
Practicum Course

MPPC-103 YOGA

Yoga Asanas(Sitting, Standing and Laying Asanas)
Suryanamaskar (12 count)
Kriyas (ShudhiKriyas,Shatkriya,Jalneti, Sutraneti, Dugdhaneti, Kunjal, Nauli)
Pranayam (Bhastika, Pranayams, Anulom-vilom, Kapalbhati)
Aerobics (Rhythmic Aerobics – dance, Low impact aerobics, High impact aerobics, being successful in exercise and adaptation to aerobic workout.)
Mudras (Eight types of Mudra)
Bandha

Distribution of marks for Examination is given below:

Sl. No.	Yoga-asana (Two student choice & two examiner choice)	Suryanamaskar	Kriya* /Pranayama* /Aerobics*/Mudras*/Bandha* (Any One)	Project Report	Total
	40	10	10	10	70

Semester I
PracticumCourse

MPPC-104 TEACHING/COACHING LESSON ATHLETICS (TRACK EVENTS)

The students need to develop proficiency in takingteaching classes inTrack events under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the first semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Semester II
Practicum Course

MPPC- 201 TRACK AND FIELD (FIELD EVENTS PERFORMANCE)

1. Jumping Events(High Jump/Long Jump/Triple Jump)
2. Throwing Events(Shot-put/Discuss/ Javelin/Hammer Throw)

(Any One from Each Group)

Sl. No.	Roll No.	Event 1(Jumping)		Event 2(Throwing)		Project Report	Viva Voce	Total
		Performance	Style/ Technique	Performance	Style/ Technique			
		10	10	10	10	20	10	70

(The performance table is given in appendix.)

Athletic Project report on **Field Events** Must be written by own handwriting (Details regarding all Field events, various styles and techniques of each event.)
Tournaments held at National and International levels, Distinguished sports awards and personalities related to the events. Warming-up- General free hand exercises, specific work out, Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals,Marking of the play area.

Semester II
Practicum Course

MPPC-202 TEAM GAMES SPECIALIZATION

The Candidate has choice to select any one of the following games as the Specialization in 2nd Semester.

(Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ Softball)

Distribution of marks for game Examination is given below:

Sl. No.	Knowledge of fundamental skills	Playing efficiency	Officiating of the game	Project Report	Viva voce	Total
	20	20	10	10	10	70

History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report in own handwriting at the time of exam.

Semester II
Practicum Course

MPPC-203 Practical (ICT)

Practical Examination(Computer)

The Examination will be conducted in any two items selected by examiner and any two choice items of the examinee from the following contents.

The contents of the computer practical as follows:

M.S. Word: Copy file & paste, Create file, Create folder. File open, Front size & styles create table.

M.S. Excel : Create table, insert border. Ascending and descending number. Sum, average & percentage.

M.S. PowerPoint: Create slides, background colour, slide effects, hide slide. Presentation

E-mail: Create E-mail address, send E-mail, receive E-mail ID

Internet: Searching Web, side, download

Distribution of Marks:

Sl. No.	Examiner Choice (2 Items)	Candidates Choice (2 Items)	Total
	40	30	70

MPPC- 204 TEACHING/COACHING LESSON ATHLETICS (FIELD EVENTS)

The students need to develop proficiency in takingteaching classes infield events under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Semester III
Practicum Course

MPPC- 301 INDIVIDUAL GAME SPECIALIZATION

The Candidate has choice to select any one of the following games as the Specialization in 3rdSemester(Badminton, Archery, Table Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming.)

Distribution of marks for game Examination is given below:

Sl. No.	Knowledge of fundamental skills	Playing efficiency	Officiating of the game	Project Report	Viva voce	Total
	20	20	10	10	10	70

Semester III
Practicum Course

MPPC-302COACHING LESSON (INDIGENOUS GAME)

The students need to develop proficiency in takingcoaching classes inIndigenous games under school situation. In view of this, the students shall be provided with coaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Semester III
Practicum Course

MPPC-303 CLASS ROOM TEACHING LESSON (LESSONS ON THEORY OF DIFFERENT INDIGENOUS SPORTS & GAMES)

The students need to develop proficiency in taking teaching lessons as per selected Indigenous games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons (Four internal and one external) during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for Lesson Examination is given below:

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Semester III
Practicum Course

MPPC-304 INTERNSHIP

The students need to be develop proficiency in taking coaching/teaching/officiating lessonsat school/college/club/organization level. He/She must able to organize/conduct/manage/administrate sports tournaments and various sports activities at different level.

Semester IV
Practicum Course

MPPC- 401 Laboratory Practical

Sports Psychology

Psychological Tests: Types of Psychological Test: Instrument based tests: Reaction timer, Finger dexterity board, Depth perception box. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety, Personality Profile test, I.Q.test, Attitude test, Reaction time, hand eye coordination test.

Physiology of Exercise

Pulse rate, Heart rate, Blood pressure, Haemoglobin, Vital Capacity.

Sports Biomechanics and Kinesiology

Anthropometry measurements, Mechanical analysis, Study of two injury cases.

Distribution of marks for Practical Examination is given below:

Sl. No.	Sports Psychology	Physiology of Exercise	Sports Biomechanics and Kinesiology	Project Report	Viva-voce	Total
	20	20	10	10	10	70

Semester IV
Practicum Course

MPPC-402 PROJECT PRACTICAL(Management and Organization)

Seminar, Conference, Debate, Class Formation, Flag hosting, Tournament, Play day, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour. (Note Book of Any Five and Conduct any one for Examination)

National Flag: Meaning, concept and significance of National Flag, Symbolism of Tri-colour and Wheel. Code of hoisting or lowering of Flag, Dimensions of the Flag & tri-colour proportions. Honour of the Flag and its use. Penalty of misusing or dishonouring the Flag..

Opening and Closing Ceremonies: Schedule and formality of Opening Ceremony- Unfurling of Flag, Flame igniting, Oath, March-Past of players/teams, Salutation, Declaration of Opening of the Meet.brief address by the guests, announcement of beginning of competition Victory & Prize distribution Ceremony- Planning of schedule for victory ceremony.

Closing Ceremony: Assembly of sports-persons, March-Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of Prizes/ Certificates, Vote of thanks, Ceremonial Flag-lowering, Flame extinguishing, Declaration of Closing of the Meet.

Practical of the organization of Sports / Athletic Meet, Seminar, Conference, Debate, Class Formation, Tournament, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour, Organization of Sports Festival, Play Day, Social Party games, etc. should be organized.

Distribution of marks for game Examination is given below:

Sl. No.	Practical Note Book	Actual Organization of Event	Event Conducting Ability	Viva-Voce	Total
	20	20	20	10	70

Semester IV
Practicum Course

MPPC-403 COACHING LESSON (FOREIGN GAME)

The students need to develop proficiency in taking coaching classes in foreign games under school situation. In view of this, the students shall be provided with coaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Semester IV
Practicum Course

MPPC-404 CLASS ROOM TEACHING LESSON (LESSONS ON THEORY OF DIFFERENT FOREIGN SPORTS & GAMES)

The students need to develop proficiency in taking teaching lessons as per selected foreigngames and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons (Four internal and one external) during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for Lesson Examination is given below:

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Note:

i. ***Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities/ Autonomous Colleges.***

ii. ***Practical Examination shall be conducted by internal and external examiners.***

APPENDIX–I

Athletic Performance Conversion Scoring Table (Men) Running Events

Marks	100 Mtrs. InSeconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	1500 Mtrs. in Minutes & Seconds	110 Mtrs. & Hurdle in Seconds
10	12.5	26.5	2.40	4.50	17.5
9.5	12.7	26.7	2.42	4.53	17.6
9	12.9	26.9	2.44	4.56	17.7
8.5	13.1	27.1	2.46	4.59	17.8
8	13.3	27.3	2.48	5.02	17:9
7.5	13.5	27.5	2.50	5.03	18.0
7	13.7	27.7	2.52	5.08	18.2
6.5	13.9	27.9	2.54	5.11	18.4
6	14.1	28.1	2.56	5.14	18.6
5.5	14.3	28.3	2.58	5.17	18.8
5	14.5	28.5	3.00	5.20	19.0
4.5	14.6	28.7	3.02	5.23	19.1
4	14.7	28.9	3.04	5.26	19.2
3.5	14.8	29.1	3.06	5.29	19.3
3	14.9	29.3	3.08	5.32	19.4
2.5	15.0	29.5	3.10	5.35	19.5
2	15.1	29.7	3.12	5.38	19.6
1.5	15.2	29.8	3.14	5.41	19.7
1	15.3	29.9	3.16	5.42	19.8
0.5	15.4	30.0	3.18	5.47	19.9
0	15.5	30.1	3:20	5:50	20.0

APPENDIX -II

Athletic Performance Conversion Scoring Table (Women) Running Events

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs.in Min.& seconds	100 Mtrs. Hurdle in Seconds
10	15.0	31.5	3.00	19.5
9.5	15.2	31.7	3.03	19.6
9	15.4	31.9	3.06	19.7
8.5	15.6	32.1	3.09	19.8
8	15.8	32.3	3.12	20.0
7.5	16.0	32.5	3.15	20.2
7	16.2	32.7	3.18	20.4
6.5	16.4	32.9	3.21	20.7
6	16.6	33.0	3.24	21.0
5.5	16.8	33.5	3.37	21.5
5	17.0	33.8	3.30	22.0
4.5	17.2	34.0	3.33	22.2
4	17.4	34.2	3.36	22.4
3.5	17.6	34.4	3.34	22.6
3	17.8	34.6	3.42	22.8
2.5	18.0	34.8	3.45	23.0
2	18.2	34.0	3.48	23.2
1.5	18.3	34.2	3.52	23.4
1	18.4	34.4	3.55	23.6
0.5	18.5	34.6	3.58	23.8
0	18.6	34.7	4:00	24.5

APPENDIX -III

Athletic Performance Conversion Scoring Table (Men) Throwing Events

Marks	Shot Put (7Kg. 260 Gram)	HammerThrow in M.	Discus Throw in Meters	JavelinThrow in Meters
10	8.60	35.00	33.00	55.00
9.5	8.40	34.00	32.00	48.00
9	8.10	33.00	31.00	46.00
8.5	7.90	32.00	30.00	44.00
8	7.50	31.00	29.00	42.00
7.5	7.20	30.00	27.50	40.00
7	6.80	29.00	26.00	37.00
6.5	6.40	28.00	24.50	34.00
6	6.00	26.50	23.00	31.00
5.5	5.90	25.00	21.50	28.00
5	5.80	23.50	20.00	25.00
4.5	5.70	22.00	19.00	24.50
4	5.60	21.00	18.00	24.00
3.5	5.50	20.00	17.00	23.50
3	5.40	19.00	16.00	23.50
2.5	5.35	18.00	14.00	22.50
2	5.30	17.00	13.00	22.06
1.5	5.25	16.00	12.50	21.50
1	5.20	15.00	12.00	21.00
0.5	5.15	14.50	11.50	20.50
0	5.10	14.00	11.00	20.00

APPENDIX–IV

Athletic Performance Conversion Scoring Table (Women)
Throwing and Jumping Events

Marks	Shot put (4Kg) in Meters	Discus in Meters	Javelin in Mtrs.	Long Jump in meters	High jump in Meters
10	8.50	30.00	35.00	4.00	1.30
9.5	8.30	29.00	33.50	3.90	1.28
9	8.10	28.00	32.00	3.80	1.26
8.5	7.80	26.50	30.50	3.70	1.24
8	7.50	25.00	29.00	3.60	1.22
7.5	7.20	23.50	27.50	3.50	1.20
7	6.80	22.00	26.00	3.40	1.18
6.5	6.40	20.50	24.50	3.30	1.15
6	6.00	19.00	23.00	3.20	1.10
5.5	5.60	17.50.	21.50	3.10	1.05
5	5.20	16.00	20.00	3.00	1.00
4.5	5.05	15.00	19.00	2.95	0.95
4	4.90	14.50	18.00	2.90	0.90
3.5	4.75	14.00	17.00	2.85	0.85
3	4.60	13.50	16.00	2.80	0.80
2.5	4.45	13.00	15.50	2.75	18.5
2	4.30	12.50	15.00	2.70	0.76
1.5	4.20	12.00	14.50	2.65	0.74
1	4.10	11.50	14.00	2.60	0.72
0.5	4.00	11.00	13.50	2.55	0.70
0	3.90	10.90	13.00	2.50	0.68

APPENDIX –V

Athletic Performance Conversion Scoring Table (Men) Jumping Events

Marks	Long Jump in Meters	Hop Step Jump in Meters	High Jump in Meters	Pole Vault in Meters
10	6.00	13.60	1.50	3.40
9.5	5.90	13.40	1.48	3.37
9	5.80	13.20	1.46	3.34
8.5	5.70	13.00	1.44	3.30
8	5.60	12.80	1.42	3.25
7.5	5.50	12.60	1.40	3.20
7	5.40	12.40	1.38	3.15
6.5	5.30	12.20	1.36	3.10
6	5.20	12.00	1.34	3.05
5.5	5.10	11.80	1.32	3.00
5	5.00	11.60	1.30	2.90
4.5	4.95	11.50	1.28	2.85
4	4.90	11.40	1.26	2.80
3.5	4.85	11.30	1.24	2.75
3	4.80	11.20	1.22	2.70
2.5	4.75	11.10	1.20	2.65
2	4.70	11.00	1.18	2.60
1.5	4.65	10.90	1.16	2.55
1	4.60	10.80	1.15	2.50
0.5	4.55	10.70	1.14	2.45
0	4.50	10.60	1.13	2.40

Table – 1: Semester wise distribution of hours per week

Semester	***Theory***	***Practicum***	***Teaching practice***	***Total***
I	*12*	*18*	*6*	*36*
II	*12*	*12*	*12*	*36*
III	*12*	*12*	*12*	*36*
IV	*12*	*12*	*12*	*36*
Total	*48*	*54*	*42*	*144*
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table – 2: Number of credits per semester

Semester	***Theory***	***Practicum***	***Teaching practice***	***Total***
I	*12*	*09*	*03*	*24*
II	*12*	*06*	*06*	*24*
III	*12*	*06*	*06*	*24*
IV	*12*	*06*	*06*	*24*
Total	*48*	*27*	*21*	*96*
Minimum of 36 teaching hours per week is required in five or six days in a week				