

KAKATIYA UNIVERSITY

WARANGAL (T.S) – 506009



MASTER OF PHYSICAL EDUCATION
(M.P.Ed - Regular)
(Choice Based Credit System)

Syllabus, Rules & Regulations, Scheme of Examinations for
M.P.Ed. (Regular) Two year Programme – Semester System
(w.e.f 2015-2016 onwards)

FACULTY OF EDUCATION
KAKATIYA UNIVERSITY
WARANGAL (T.S) – 506009
[www. kakatiya.ac.in.](http://www.kakatiya.ac.in)

**REGULATIONS, SCHEME AND SYLLABUS
FOR MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
TWO YEAR PROGRAMME (FOUR SEMESTERS)
(Choice Based Credit System)**

Important Note:

- a. *If the University or affiliating body is following Choice Based Credit System, (CBCS) as approved and circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/ activity / course.*

- b. *If the University or affiliating bodies have yet to adopt CBCS, only the hours of teaching mentioned for each paper/ activity / course will be considered, the credit in teaching hours may be ignored.*

Preamble:

The Master of Physical Education (M.P.Ed.) two year (Four Semesters- Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and Teacher Educators in College of Physical Education.

The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club.

1. Intake, Eligibility and Admission Procedure:

The Intake, Eligibility and Admission Procedure as per the NCTE norms and standards / University common admission procedure given below.

SELECTION PROCEDURE

1. Admission shall be made into M.P.Ed course on the basis of marks obtained in the entrance examination (Theory) conducted by the University and the achievement in sports during their study at Degree (Graduation) / Post Graduation / B.P.Ed. level.
2. The entrance examination (Theory) will be conducted by the University for 100 Marks and weightage of marks for sports achievement will be for 100 marks.
3. The Entrance examination will be conducted on the syllabus of B.P.Ed. course. The question paper shall be set with 100 questions, either multiple choice questions, match the following, fill up the blanks and one word answers. Each question carries one mark.
4. The criteria for awarding marks for sports achievement is furnished below.
5. The sports and games achievement certificates (original) will be verified and the marks will be awarded accordingly. Hence, the candidates should bring their original sports and games achievement certificates along with evidence documents like Form I for Internationals, Form II for Nationals and Form III for Inter-university participants etc., on the day of entrance examination.
6. The merit list will be prepared basing on the aggregate of 200 marks.
7. If there is a tie, the tie will be resolved by giving weightage to the percentage of marks secured in B.P.Ed. Course. If tie persists, persons securing highest marks in the sports achievements is preferred. If the tie still persists, age will be considered for the merit and the elder person will be awarded better rank.
8. There shall be reservation of seats for SC/ST/BC, CAP, NCC, Women, etc. as per the rules of the University/State Government.
9. As the course demands vigorous physical activity, pregnant women candidates are not eligible for admission. The pregnant women candidates are not eligible to continue the course.
10. In-service candidates shall produce Relieving Certificate from the concerned Head of Institution along with the Permission Certificate from the concerned Authorities.
11. Student should produce Physical Fitness Certificate from Civil Surgeon or Assistant Surgeon (Govt. Doctor) to get eligibility for admission and to pursue the study.

The Pattern of M.P.Ed. Entrance Test Examination from the year 2015-2016.

The M.P.Ed. Entrance Test for 75 Marks for Written and 25 Marks for awarding the marks of the Sports Achievements for Admission into M.P.Ed. Course. The Result of M.P.Ed. Entrance Test will be declared after adding the Sports Achievement Incentive Marks.

The following are the Sports Achievements Incentive Marks.

S. No	Sports Distinction/Participation	Certificate Issuing Authority	Incentive Marks
1.	Gold Medal in Olympics, World, Asian and Other International Tournaments (Not in Invitation and Open Tournaments)	International Sports Federation/National Sports Federation	25
2.	Silver Medal in Olympics, World, Asian and Other International Tournaments (Not in Invitation and Open Tournaments)	International Sports Federation/National Sports Federation	24
3.	Bronze Medal in Olympics, World, Asian and Other International Tournaments (Not in Invitation and Open Tournaments)	International Sports Federation/National Sports Federation	23
4.	Participation in Olympics, World, Asian and Other International Tournaments (Not in Invitation and Open Tournaments)	International Sports Federation/National Sports Federation	22
5.	Gold Medal in the Senior National Championships/National Games	National Sports Federation	21
6.	Silver Medal in the Senior National Championships/National Games	National Sports Federation	20
7.	Bronze Medal in the Senior National Championships/National Games	National Sports Federation	19
8.	Participation in the Senior National Championships/National Games	National Sports Federation	18
9.	Gold Medal in the All India Inter University sports and Games.	University Sports Board	17
10.	Silver Medal in the All India Inter University sports and Games.	University Sports Board	16
11.	Bronze Medal in the All India Inter University sports and Games.	University Sports Board	15
12.	Participation in the All India Inter University Sports and Games.	University Sports Board	14
13.	Gold Medal in the South Zone/Central Inter University sports and Games and South Zone National Events in Mens Section	University Sports Board National Sports Federation/State Sports Federation	13
14.	Silver Medal in the South Zone/Central Inter University sports and Games and South Zone National Events in Mens Section	University Sports Board National Sports Federation/State Sports Federation	12
15.	Bronze Medal in the South Zone/Central Inter University sports and Games and South Zone National Events in Mens Section	University Sports Board National Sports Federation/State Sports Federation	11
16.	Participation in the South Zone/Central Inter University sports and Games and South Zone National Events in Mens Section	University Sports Board National Sports Federation/State Sports Federation	10
17.	Gold Medal in the Junior Nationals and South Zone National Events in Junior Sections	National Sports Federation/State Sports Federation	09
18.	Silver Medal in the Junior Nationals and South Zone National Events in Junior Sections	National Sports Federation/State Sports Federation	08
19.	Bronze Medal in the Junior Nationals and South Zone National Events in Junior Sections	National Sports Federation/State Sports Federation	07
20.	Participation in the Junior Nationals and South Zone National Events in Junior Sections	National Sports Federation/State Sports Federation	05

NOTE:

1. Only the games and sports events, which are included in the latest Sports calendar of Association of Indian Universities, will be considered for awarding incentive marks.
2. Candidate's merit certificates of highest level of participation / achievement will be considered to place them in any of the above categories. Candidate will not be considered for more than one category for award of incentive marks.
3. Candidate's merit certificate of highest level of participation / achievement in sports and games only preceding three academic year performance will be considered.
4. National level meets include National games, Senior Nationals, Junior Nationals.

2. Duration

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

3. Medium of Instruction

The medium of instruction is English and the student has to write the examination only in English.

4. 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.

5. 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.

6. Courses of Programme

The M.P.Ed programme consists 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	
	<ul style="list-style-type: none">• Core Course
	<ul style="list-style-type: none">• Elective Course• Choice Based Course from Outside the Department (Open Elective / Non Core).
• Practicum	
	<ul style="list-style-type: none">• Compulsory Course (Track and Field)
	<ul style="list-style-type: none">• Elective Course
	<ul style="list-style-type: none">• Teaching/Coaching Practices
	<ul style="list-style-type: none">• Internship

7. Semesters

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. 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 36 working hours in a week (five or six days a week).

8. Working days

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

9. 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 one and half / 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

Sl. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	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
7	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.

10. Examinations

- i. There shall be examinations at the end of each semester, for first semester in the month of November / December: for second semester in the month of May / June. 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 to be held in November /December or May / June.

- ii. A candidate should get enrolled /registered for the first semester examination. 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.

11. Rules of Attendance & Re-admission:

A. Attendance:

1. The degree of Master of Physical Education shall be conferred on a candidate who, after getting admission into the M.P.Ed. course as specified above, has pursued a “Regular Course of Study” as herein prescribed and fulfilled the conditions laid-down for the attendance of students and passed the prescribed teaching examination both in theory and practical.

2. A regular course of study in Kakatiya University means attendance not less than 80% in teaching / instructional period and 90% of attendance during the period of practical / internship of the M.P.Ed. programme. In special cases, the Vice-Chancellor may condone deficiency of attendance not exceeding 10% on the recommendation of the Principal, College of Physical Education based on medical certificate by an authorized Medical Officer under Government service not below the rank of a Physician.

3. Bio-metric attendance for teachers and students is compulsory from the academic year 2015-16 for the colleges of Physical Education under Kakatiya University jurisdictional Area. Attendance of students should be maintained subject-wise with

running numbers i.e. 1,2,3,4,...for all working days. The submission of Hard & Soft copies of the teachers and students attendance should be done on or before 5th of every month to the Chairperson, BOS in Physical Education, and Dean, Faculty of Education, KU.

4. For the students who are continuously absent for ten days or more, three notices will be served stating that he/she has to forfeit his/her seat, if he/she fails to report to the college immediately.
5. The students who do not have adequate attendance i.e., 80% in each paper of instruction and 90% of attendance during the period of practical / internship are not eligible for university examination or for the award of any scholarship or any kind of financial aid by the colleges or any other government or quasi-government agency.
6. The students who fail to maintain 40% to 70% of attendance are not eligible for seeking readmission as per KU rules in vogue.
7. Attendance shall be reckoned from the date of admission to the course in Kakatiya University.

B. Casual Admissions:

1. Candidates whose attendance is less than 70% but above 40% in M.P.Ed. programme are eligible for seeking admission as a casual candidate. Such readmission will be made by the Registrar on the recommendations of the Head / Principal of the College where the candidate has studied previously as a regular student.
2. Readmission will be given only once and that to in the consecutive year of the regular admission of the candidate.
3. Casual candidates should attend the classes regularly after admission. They should put in attendance of not less than 80% and 90% in theory and Practicum respectively.
4. The casual candidates are not eligible for any condonation of attendance on medical grounds.
5. Names of the casual candidates will be struck off from the rolls without any notice, if they are continuously absent for more than 10 days without any valid reason. Such candidates will forgo the right of their admission and they will not be readmitted.
6. Casual candidates are not eligible for any awards in examinations (Eg. Gold Medals) or any other scholarships.

12. Pattern of Question paper: Question papers shall have five questions corresponding to five units of each theory paper.

M.P.Ed. format of Question Paper for 5 Units. Each question paper shall have six questions.

The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 1)	10
2	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 2)	10
3	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 3)	10
4	Write short notes: any two out of four (From Unit 4)	10
5	Write short notes: any two out of four (From Unit 5)	10
6	Write short notes: Any four out of six questions. Five questions from five units and Extra one question from any unit	20
Total		70

13. Evaluation

i. Theory: Internal assessment:

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	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 80% 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.

Evaluation of theory paper for 70 Marks: All university examination theory papers shall be evaluated by two evaluators (internal and external) appointed by the university from the panel of examiners as proposed by the BOS in Physical Education.

- ii. **Practicum Internal evaluation:** The internal assessment shall be done for 30 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 30 marks by the concerned teacher(s) dealt with the event/ game. The average of the awarded marks of all the teachers shall be taken.
- iii. **Practicum External evaluation:** The External assessment shall be done for 70 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 70 marks by the external examiner nominated by the university. The average of the awarded marks of all the events/games of that practicum shall be for 70 marks.

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 80% 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.

14. Minimum Passing Standards

A. Theory: The minimum passing standard for both CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e., 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses.

B. Practicals: The minimum passing standard for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 marks and 35 marks out of 70 marks for the practical courses.

15. 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:

$$1111 = \frac{\sum_{111} 111}{\sum_{111} 11}$$

$$1111 = \frac{\sum_{111} 1111}{1}$$

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; 1111_1 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.

16. Classification of Final Results

For the purpose of declaring a candidate to have qualified for the Degree of Master 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.

17. Award of the M.P.Ed. Degree

A candidate shall be eligible for the award of the degree of the M.P.Ed. Only if he/she has earned the minimum required credits including Bonus Credits of the programme prescribed above.

18. Revaluation, Improvement, Appearance and Reappearance

A. **Revaluation** is permissible as per the rules of KU.

B. Improvement of Division / Grade

1. When a candidate has passed in one or more papers/subjects in the first attempt in the regular examinations(s) conducted by the University for his/her batch, paper-wise improvement is permissible only in those papers.
2. A candidate is permitted to appear for paper-wise improvement only once in the immediately following examination.
3. A candidate who wishes to improve his/her overall performance may be permitted to do so if he/she appears in the immediate next regular examination conducted by the University.
4. Regular examination means an examination conducted at the end of the academic year for which the candidates were admitted and had undergone instruction.
5. A candidate appearing for paper-wise improvement is permitted to have the better of the two awards for the purpose of award of class/division.

C. Appearance and Reappearance for the Examination

1. Candidates who have completed practical work and submitted records specified in the curriculum alone are eligible to appear for theory and practical examination of M.P.Ed. course.
2. A candidate who fails in the theory part of the examination may be allowed to reappear either in the concerned theory paper(s) in which he/she failed or in all the theory papers, at any subsequent examination without putting in further attendance, provided he/she does not change the subjects originally offered by him/her.
4. In case workshops, Internship, practicum & record work are not completed, the candidates will not be permitted to appear for the semester-end examination / final practical examination only after completing such practical work after seeking admission (re-admission) to M.P.Ed. as a casual student and producing thereafter, certificates of completion in the required areas.

5. Attendance at N.C.C. / N.S.S. Camps or Inter-Collegiate or Inter-University or Inter-State or National or International matches or Debates, Youth Festivals or Educational Excursions if they form the part of the curriculum, or attendance at such other inter-university, inter-college activities, as approved by the university, will not be counted as absence. However, the aggregate of such absence should not exceed two weeks in the entire course period.

19. 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	Out standing	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	5.0-5.99	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	

20. 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:

Example – I

Marks obtained by Student in course MPCC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

$$\text{Grade Point} = 6.0 + 5 (0.99/9.99)$$

$$= 6.0 + 5 \times 0.1$$

$$= 6.0 + 0.5$$

$$= 6.5$$

The Course Credits = 03

$$\text{Credits Grade Point (CGP)} = 6.5 \times 03 = 19.5$$

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 - I

Course 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-111 MPEC-112	3	57	B+	5.7	17.1
MPPC-121	3	55	B+	5.5	16.5
MPPC-122	3	72	A+	7.2	21.6
MPPC-123	3	66	A	6.6	19.8
MPPC-124	3	72	A+	7.2	21.6
	24				152.7

Examples: Conversion of marks into grade points

$$\text{MPCC-101 } 65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$\text{MPCC-102 } 60 = 6.0$$

$$\text{MPCC-103 } 62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$$

$$\text{MPEC-111/MPEC-112 } 57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$\text{MPPC-121 } 55 = 5.5$$

$$\text{MPPC-122 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

$$\text{MPPC-123 } 66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$$

$$\text{MPPC-124 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

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- II

Course Code	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-211 MPEC-212	3	80	A+	8	24
MPPC-221	3	49	C	4.9	14.7
MPPC-222	3	64	A	6.4	19.2
MPPC-223	3	55	B+	5.5	16.5
MPPC-224	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- III

Course Code	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-311 MPEC-312	3	81	A+	8.1	24.3
MPPC-321	3	49	C	4.9	14.7

MPPC-322	3	64	A	6.4	19.2
MPPC-323	3	68	A	6.8	20.4
MPPC-324	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- IV

Course Code	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-411/ MPEC-412	3	81	A+	8.1	24.3
MPPC-421	3	49	C	4.9	14.7
MPPC-422	3	78	A+	7.8	23.4
MPPC-423	3	81	A+	8.1	24.3
MPPC-424	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.

19. 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.

20. Moderation Board

The Moderation board is required to maintain standards and uniformity in evaluation of internal assessment among the M.P.Ed. Colleges at the end of each semester. The Chairperson, Board of Studies (BOS) in Physical Education will constitute the moderation board.

21. Website of the Colleges.

Every College has to maintain their own College website along with the details of faculty with photos and the fee details for students as per the NCTE Guidelines.

22. Course of the Study- Semester-wise.

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-111	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
MPEC-112	Sports Technology					

Part- B Practical Course						
MPPC-121	Track and Field Running Events Gymnastics	6	3	30	70	100
MPPC-122	Games Specialization – Kabaddi /Kho-kho Table Tennis Badminton /Baseball/ Volleyball Basket Ball Cricket/ Football/Handball /Hockey/ (<i>Any two games these</i>)	6	3	30	70	100
MPPC-123	Yoga, Archery	6	3	30	70	100
MPPC-124	Adventure Activities /Mass demonstration Activities	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 -II

Part A :Theoretical Course						
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 and Kinesiology	3	3	30	70	100
MPCC-203	Sports Psychology	3	3	30	70	100
Elective Course (Any one)						
MPEC-211	Sports Journalism and Mass Media	3	3	30	70	100
MPEC - 212	Sports Management and Curriculum Designs in Physical Education					
Part- B Practical Course						
MPPC-221	Track and Field II Jumping events + Hurdles Gymnastics	6	3	30	70	100
MPPC-222	Games Specialization - II Boxing, Judo	6	3	30	70	100
MPPC-223	Teaching Lessons of Indigenous Activities and Spots -5 Lessons (4 Internal & 1 External)	6	3	30	70	100
MPPC-224	Classroom Teaching Lessons on theory of different Sports & Games-5 Lessons (4 Internal & 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

Part A :Theoretical Course						
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 (Any One)						
MPEC-311	Sports Engineering					
MPEC-312	Physical Fitness and Wellness	3	3	30	70	100
Part- B Practical Course						
MPPC-321	Track and Field: III Throwing Events.+ Introduction of Heptathlon event, Gymnastics.	6	3	30	70	100
MPPC-322	Games Specialisation Practical Skills Badminton / / Basketball/ / Football Handball and Hockey <i>(Any two of these)</i>	6	3	30	70	100
MPPC-323	Coaching Lessons of Track and Field / Gymnastics, - lessons Internal (4& 1 External)	6	3	30	70	100
MPPC-324	Coaching lessons of Game Specialisation - 5 lessons in(4& 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 - IV

Part A :Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
MPCC-401	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
MPCC-402	Athletic care and rehabilitation	3	3	30	70	100
MPCC-403	Dissertation	3	3	30	70	100
Elective Course						
MPEC-411	Value and Environmental Education	3	3	30	70	100
MPEC 412	Education Technology in Physical Education & Sports					
Part- B Practical Course						
MPPC-421	Track and Field Introduction of Decathlon event. Gymnastics	6	3	30	70	100
MPPC-422	Laboratory practical Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (Two Practical's each subject)	6	3	30	70	100
MPPC-423	Officiating lessons of track and field / Gymnastics,S-5 lessons (4 Internal & 1 External)	6	3	30	70	100
MPPC-424	Officiating lessons of Game Specialization- 5 lessons (4 Internal & 1 External)	6	3	30	70	100
Total		36	24	240	560	800
Grand Total for Four Semesters		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
THEORY (300)				
MPCC-101	Research Process in Physical Education & Sports Sciences	30	70	100
MPCC-102	Physiology of Exercise	30	70	100
MPCC-103	Yoga Sciences	30	70	100
ELECTIVE (100)				
MPEC-111	Tests, Measurement and Evaluation in Physical Education	30	70	100
MPEC-112	Sports Technology			
PRACTICAL (400)				
MPPC-121	Track and Field Running Events Gymnastics	30	70	100
MPPC-122	Games Specialization – Kabaddi /Kho-kho Table Tennis Badminton /Baseball/ Volleyball Basket Ball Cricket/ Football/Handball /Hockey/ (<i>Any two games these</i>)	30	70	100
MPPC-123	Yoga, Archery	30	70	100
MPPC-124	Adventure Activities /Mass demonstration Activities	30	70	100
Total		240	560	800

SEMESTER – II

Paper	Subject	Internal	External	Total
THEORY (300)				
MPCC-201	Applied Statistics in Physical Education & Sports	30	70	100
MPCC-202	Sports Biomechanics and Kinesiology	30	70	100
MPCC-203	Sports Technology	30	70	100
ELECTIVE (100)				
MPEC-211	Sports Journalism and Mass Media	30	70	100
MPEC-212	Sports Management and Curriculum Designs in Physical Education			
MPEC - 212				
MPPC-221	Track and Field II Jumping events + Hurdles Gymnastics	30	70	100
MPPC-222	Games Specialization - II Boxing, Judo	30	70	100
MPPC-223	Teaching Lessons of Indigenous Activities and Spots - 5 Lessons (4 Internal & 1 External)	30	70	100
MPPC-224	Classroom Teaching Lessons on theory of different Sports & Games-5 Lessons (4 Internal & 1 External)	30	70	100
Total		240	560	800

SEMESTER – III

Paper	Subject	Internal	External	Total
THEORY (300)				
MPCC-301	Scientific Principles of Sports Training	30	70	100
MPCC-302	Sports Medicine, Athletic Care and Rehabilitation	30	70	100
MPCC-303	Health Education and Sports Nutrition	30	70	100
OPEN ELECTIVE (100)				
MPEC-311/ MPEC 312	Sports Engineering Physical Fitness and Wellness	30	70	100
PRACTICAL (400)				
MPPC-321	Track and Field: III Throwing Events. + Introduction of Heptathlon event, Gymnastics.	30	70	100
MPPC-322	Games Specialization Practical Skills Badminton // Basketball // Football Handball and Hockey (Any two of these)	30	70	100
MPPC-323	Coaching Lessons of Track and Field / Gymnastics, - lessons Internal (4& 1 External)	30	70	100
MPPC-324	Coaching lessons of Game Specialization - 5 lessons in(4& 1 External)	30	70	100
Total		240	560	800

SEMESTER – IV

Paper	Subject	Internal	External	Total
THEORY (300)				
MPCC-401	Information & Communication Technology (ICT) in Physical Education	30	70	100
MPCC-402	Athletic Care and Rehabilitation	30	70	100
MPCC-403	Dissertation	30	70	100
ELECTIVE (100)				
MPEC-411 MPEC-412	Value and Environmental Education Education Technology in Physical Education	30	70	100
PRACTICAL (400)				
MPPC-421	Track and Field Introduction of Decathlon event. Gymnastics	30	70	100
MPPC-422	Laboratory practical Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (Two Practical's each subject)	30	70	100
MPPC-423	Officiating Lessons of Track and Field / Gymnastics,S-5 lessons (4 Internal & 1 External)	30	70	100
MPPC-424	Officiating lessons of Game Specialization- 5 lessons (4 Internal & 1 External)	30	70	100
Total		240	560	800

THEORY SYLLABUS (COMPULSORY)

SEMESTER – I

MPCC-101: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Unit-1 Introduction

Meaning, Definition, Nature, Scope and importance of research in Physical Education. Classification of Research: Basic, Applied and Action Research, Location of Research Problem, Criteria for selection of a Research problem and Qualities of a good researcher.

Unit-2 Methods of Research

Descriptive Methods of Research: Survey, Case study. Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

Unit-3 Experimental Research

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

Unit-4 Sampling

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

Unit-5 Research Proposal and Report

Characterization of Thesis / Dissertation: Front Materials, Body of Thesis, Back materials, Method of Writing Research proposal, Thesis / Dissertation: Method of writing abstract, full paper for presenting in a conference, publishing in journals, Mechanics of writing Research Report, Footnote and Bibliography.

References:

- 1) Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- 2) Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
- 3) Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
- 4) Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
- 5) Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- 6) Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
- 7) Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
- 7) Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
- 8) Moorthy A. M. Research Processes in Physical Education (2010); Friend Publications
- 9) Satyanarayana Vaddepalli, Research Methodology in Physical Education (2015) Sports Publication, New Delhi

SEMESTER – I

MPCC-102: PHYSIOLOGY OF EXERCISE

Unit-1 Introduction, Skeletal Muscles and Exercise

Definition of Physiology, Exercise Physiology and importance of Exercise Physiology in sports. Macro & Micro Structure of the Skeletal Muscle, Types of Muscle fibers and their characteristics, Chemical Composition, Chemistry of Muscular Contraction, Sliding Filament theory of Muscular Contraction. Muscle Tone, Heat Production in the Muscle and Effects of exercise and training on the muscular system.

Unit-2 Cardiovascular System and Exercise

Structure of the Heart , Heart Valves and Direction of the Blood Flow, Conduction System of the Heart, cardiac Circulation, Cardiac Cycle, Heart Rate ,Stroke Volume, Cardiac Output and Heart Rate and stroke Volume interactions. Effects of exercise and training on Cardio vascular system.

Unit-3 Respiratory System and Exercise

External and Internal Respiration, Mechanism of Respiration, Respiratory Muscles, Minute Ventilation, Ventilation at Rest and During Exercise. Exchange of Gases in Lungs and Tissues, Control of Ventilation, Ventilation and Anaerobic Threshold, Oxygen recovery, Lung Volumes and Capacities ,Anatomical Dead Space. Effects of exercise and training on respiratory system.

Unit-4 Metabolism and Energy Transfer

Metabolism: Definition and types- Anabolism and Ketabolism, Anaerobic Metabolism: ATP,PC or Phosphagen System, Anaerobic Glycolysis, Aerobic Metabolism: Aerobic Glycolysis, Fat Metabolism. Metabolism during Rest and Exercise (.High Intensity ,and Long Duration Exercises),

Unit-5 Climatic conditions and Ergogenic aids

Variations in Temperature and Humidity,– Thermoregulation, –Sports performance in hot Cool and humid Climate, high altitude, acclimatization and circadian rhythm. Ergogenic Aids: Pharmacological, Hormonal, Physiological aspects and their effects on sports performance. Doping and WADA.

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

References:

- 1) Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: PoompugarPathipagam.
- 2) BeotraAlka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- 3) Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- 4) David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- 5) Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- 6) Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- 7) Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- 7) SandhyaTiwaji. (1999). Exercise Physiology. Sports Publishers.
- 8) Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- 9) Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- 10) William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
- 10) John Bullock. et.al., Physiology, 4th Ed. Newyork

SEMESTER – I

MPCC-103: YOGIC SCIENCES

Unit I – Introduction

Meaning, Definition, Scope and importance of Yoga, Essentials For Yoga Practices; Age, Diet, Stomach Emptying bowels, bathing, Clothes, Sun Bathing, No Straining, Place, Time, Awareness, Sequence. Contra indication, Counter Pose, Breathing, and Relaxation. Basic Systems of Yoga with importance - Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi. Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga.

Unit II – Asanas ,Kriyas, Bandhas and Mudras:

Asana: Definition, Classification, Sitting, Standing, Lying, & Inverted Asanas. Benefits of Asanas, Asanas and Loosening Exercises, Surya Namaskara- Description and Benefits. Kriyas :Meaning, Neti, Nauli, Dhauti, Kapalabhati, Trataka, Bhastrika, Benefits. Bandhas:Jalandhara, Udyana, Mula and MahaBandha,their Importance. Mudras: meaning, Definition, Purpose, types of Mudras.

Unit III – Pranayama: Meaning, Definition, Tradition, Types , Importance & Impact of Pranayama on naadis. Chakras: Meaning, Definition and types, Effects of Pranayama on major chakras.

Unit IV – Meditation: Meaning, Definition and Benefits. Types of Meditation,Passive, active, Saguna and Nirguna Meditation. Meditation and Health, Meditation and stress Management.Concentration: Meaning, Definition and Benefits.

Unit V – Yoga and Sports

Effects of Yoga on Physiological Systems: Respiratory, Circulatory, Digestive, Nervous and Excretory Systems. Place of Yoga as Supplementary, Compensatory, Regenerative and Yogic Power. Role of Yoga in Sports: Promotion of Mental Wellbeing, Role of Yoga in Making out a Sports Person.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

1. George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.
2. Gore, (1990), Anatomy and Physiology of Yogac Practices.Lonavata: KanchanPrkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
3. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
4. Karbelkar N.V.(1993) PatanjalyogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarak Mandal
5. Kenghe.C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.
6. Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
7. Moorthy A.M. &Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
8. Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
9. Swami SatyananadaSarasvati. (1989), Asana Pranayama Mudra Bandha.Munger: Bihar School of Yoga.
10. Swami SatyanandaSaraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
11. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
12. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.
13. Tiwari O.P. (1998), Asanas-Why and How.Lonavala: Kaivalyadham.
14. *SatyaMurty.K, Elements of Yoga,Vedadri Brahma Gnana Kendra, Pedakakani, Guntur, India,(2015)*

SEMESTER – I (ELECTIVES)

MPEC-111: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT I – Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection: Scientific Authenticity, Administrative Considerations and Educational Applications. Scientific Authenticity: Validity, Reliability, Objectivity, Norms, Duplicate Forms and Standard Directions.

UNIT II – Physical Fitness Tests

Physical Fitness: Meaning and Definition, Physical Fitness Tests: AAHPER, JCR Tests. Roger's physical fitness Index. Cardio vascular test: Harvard step test, Cooper's 12 minutes run / walk test.

UNIT III – Motor Fitness Tests

Meaning and Definition of Motor Fitness, Motor Fitness Tests; Indian Motor Fitness Test, Oregon Motor Fitness Test. Motor Ability: Meaning, Definition. Motor Ability Test: Barrow Motor Ability Test, Newton Motor Ability Test. Muscular Fitness: Kraus Weber Minimum Muscular Fitness Test.

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Test-Aerobic Capacity: Bruce Treadmill Test Protocol, Beep test. Anaerobic Capacity: Margaria-Kalamen test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Girth: Arm, Waist, Hip, Thigh. Skin Folds: Chest, Abdomen, Midthigh, Triceps, Iliac Crest.

UNIT V – Skill Tests

Specific Sports Skill Test: Badminton: French Stalter Short Service Test, Miller Wall Volley Test. Basketball: Knox, Johnson Basketball Test. Hockey: Henry Friedel Field Hockey Test, Schmithal's Field Hockey Test, Volleyball: Russel Lange Volleyball Test, Brady Volleyball Test. Football: Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test, Broer Miller Test.

Note: Practicals of indoor and out-door tests be designed and arranged internally.

REFERENCES :

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
3. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
4. Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons,
5. Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
6. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
7. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
8. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
9. Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
10. Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

SEMESTER – I(ELECTIVES)

MPEC-112: SPORTS TECHNOLOGY

Unit I – Sports Technology

Meaning, definition, Importance of technology in Sports, General Principles and purpose of instrumentation in sports, Technological impacts on sports.

Unit II – Science of Sports Materials

Adhesives- Nano glue, nano moulding technology, Nano turf. Foot wear production, Factors and applications 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 modeling 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. 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: Running, 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. Use of computer and software in mater analysis and coaching.

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:

1. Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) “Selection of Engineering Materials” UK: Butterworth Heiremann.
2. Finn, R.A. and Trojan P.K. (1999) “Engineering Materials and their Applications” UK: Jaico Publisher.
3. John Mongilo, (2001), “Nano Technology 101 “New York: Green wood publishing group. Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
4. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
5. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

SEMESTER – I (COMPULSORY)

MPPC- 121: Track and Field - Running Events

Gymnastics

Floor Exercise, Pyramids, Parallel bars and Balancing beam

Running

Fundamental techniques–Short and Middle distance.

Use of Starting blocks- stance on the blocks.

Running ABC, 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. Drills.

Advanced techniques Various techniques of sprint start: Bullet, Medium and Elongated

Laying out of Standard Track with staggers

MPPC- 122 :Game of Specialization – Kabaddi / Kho-kho Tennis Badminton / Baseball / Volleyball. Basket ball Cricket/ Football/ Handball /Hockey.

MPPC- 123 Yoga,

Yoga, Asanas prescribed by Maharshi ‘Patanjali’, Shudhi Kriyas, jalneti, sutraneti, dugdhaneti, kunjaj, Nauli, Bhastika, shatkriya, Pranayams, Anulom-vilom, Kapalbhathi,

Archery

MPPC- 124 Adventure Activates/ Mass demonstration Activates

ADVENTURE ACTIVITIES: Trekking, Wall climbing, River crossing, Mountaineering, etc

MASS DEMONSTRATION ACTIVITIES- lezim, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc.*(Students are expected to learn and organize mass drill in school situation)* Apparatus/ Light apparatus Grip o Attention with apparatus/ Light apparatus o Stand – at – ease with apparatus/ light apparatus Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.

Standing Exercise

Jumping Exercise

Moving Exercise

Combination of above all

MALKHAMB: Table of Exercises on Malkhamb should be prepared internally for teaching.

General out-line of the contents of teaching of theory of Games and Sports

Introduction of the game/sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport. Warming-up- General free hand exercises, specific work out using equipment. 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 (COMPULSORY)

MPCC-201 APPLIED STATISTICS IN PHYSICAL EDUCATION & 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 from 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

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

SEMESTER-II

MPCC-202: SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I – Introduction

Meaning, nature, importance and scope of applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Statics, Kinematics, Kinetics, gravity, Center of Gravity, Line of gravity and base of the body. Vectors and Scalars.

UNIT II – Muscle Action

Origin, Insertion and action of Muscles around shoulder, Elbow, Hip, Knee and muscles of Abdomen & Trunk.

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion and General motion, uniform & Non Uniform motion. Laws of Motion: law of Inertia, Law of acceleration and law of reaction. Force: Definition and types of force: Centripetal Force, Centrifugal Force, Sources of force, components of Force, Factors of Force. Pressure, friction, Buoyancy and Spin.

UNIT IV – Projectiles and Levers

Freely falling bodies, Projectiles: Principles of Projectiles: Stability, equilibrium and its Types. Factors Effecting on Equilibrium. Definition of Work, Power and Energy. Mechanical Energy: kinetic energy, potential energy and strain energy. Levers: Definition and Types of Levers and their practical application. Mechanical Advantage. Fluid Resistance, Aerodynamics.

UNIT V – Movement Analysis

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

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

REFERENCE:

1. Deshpande S.H.(2002). ManavKriyaVigyan – Kinesiology (Hindi Edition) Amravati :HanumanVyayamPrasarak Mandal.
2. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005. Steven Roy,& Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall. Thomas. (2001).
3. Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
4. Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
5. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
6. Peter.M.Mc.Ginnis, Biomechanics of Sport and Exercise, Human Kinetics, U.S.A, 1999

SEMESTER-II
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. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT IV – Sports Sociology

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:

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

2. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
3. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
4. Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
5. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
6. John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
7. Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
8. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
9. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
10. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
11. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
12. Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

SEMESTER-II (ELECTIVES)

MPEC – 211 SPORTS JOURNALISM AND MASS MEDIA

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-II: Sports 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. Method so 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 news paper cuttings of sports news.

REFERENCE:

1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications
2. Ahiya B.N. Chobra S. S. A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010)
4. Value Education in Global Perspective. New Delhi: Lotus Press.
5. KannanK (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
6. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
7. Padmanabhan, A & Perumal, A (2009). Science and Art of Living, Madurai: Pakavathi Publication
8. Shiv Khera (2002), You Can Win, New Delhi: Macmill an India Limited.
9. Varma, A.K.(1993). Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
10. Venkataiah, N. (2009). Value Education, NewDelhi: APH Publishing Corporation.

SEMESTER-II (ELECTIVES)

MPEC-212: SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

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 centered, Activity centered, Community centered, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Subject centered, Learner centered and Community centered, Curriculum Framework.

UNIT V – Curriculum Sources

Factors that affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.

Reference:

1. Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
2. Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
3. Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
4. Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.
5. Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.
6. Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
7. Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.

8. Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
9. John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
10. McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge
11. NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
12. NCERT (2005). National Curriculum Framework, New Delhi: NCERT.
13. NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.
14. Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House. Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

SEMESTER –II (COMPULSORY) Practicum Course

MPPC- 221: TRACK AND FIELD - JUMPING EVENTS + HURDLES, GYMNASTICS

JUMPING

Fundamental techniques –Broad jump, High Jump, Triple jump and Pole vault

Advanced techniques in jumps and Drills.

Laying out of Jumping Sectors

Gymnastics

Horizontal bar, Roman rings, Gymnastics positions, Rhythmic Gymnastics and Vaulting horse.

MPPC-222 Game Specialization-II

Boxing, Judo

MPPC-223 TEACHING LESSONS OF INDIGENOUS ACTIVITIES AND SPOTS – 5 LESSONS (4 INTERNAL & 1 EXTERNAL)

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport 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.

MPPC-224- CLASSROOM TEACHING LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES-5 LESSONS (4 INTERNAL & 1 EXTERNAL)

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching lessons as per selected 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 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 teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

SEMESTER III (COMPULSORY)

MPCC-301: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

Sports training: Definition – Aims, Characteristics, Principles of Sports Training. Load: Definition, Components of load. Over Load: Definition Causes of Over Load, Symptoms of Overload, Remedial Measures for over load – Super Compensation .Recovery. Detraining and Retraining.

UNIT II – Components of Physical Fitness

Strength: Meaning, types - Isometric, Isotonic and Iso kinetic exercises – Factors determining strength – Methods to improve strength. Speed: Meaning – types - Factors determining speed – Methods to improve speed. Endurance: Meaning – types - Factors determining endurance – Methods to improve Endurance.

UNIT III – Flexibility and Coordination

Flexibility: Meaning – types - Factors determining flexibility – Methods to improve flexibility- Coordination : Meaning, types - Factors determining coordination – Methods to improve coordination.

UNIT IV – Methods of Sports Training

Aerobic training, Anaerobic training, Weight training, Fartlek Training, Interval training, Plyometric training, Resistance training, Pressure training, High Altitude training, Functional training, Repetition method of training, and Transfer of training effects.

UNIT V – Periodization

Training Plan: Micro, Meso and Macro Cycles. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Phases of Periodisation, Preparatory Period, Competition Period and Transition Period. Top form, Tapering performance. Training schedules.

REFERENCES :

1. BeotraAlka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
2. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
3. Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
4. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
5. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore Univ.
6. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
7. 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
8. Bartlett Publications
9. YograjThani (2003), Sports Training, Delhi : Sports Publications
10. Michael; J.Alter : Sciences of stretching (1988) Human Kinetics.
11. The Physiology basis of Physical Education and Athletics, 4th Edition, Fox, Bruisesr and Foss.
12. Larry G. Shaver : Essentials of Exercise Physiology.
13. Stwven J. Flack &Willam J. Kraemer : Designing resistance training programme (1997) Human Kinetics

SEMESTER III

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. Practical 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:

1. Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra
5. The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.
6. Practical: Anthropometric Measurements,

SEMESTER III

MPCC- 303 HEALTH EDUCATIONS AND SPORTS NUTRITION.

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 – V Nutrition and Weight Management

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

References:

1. Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
2. Ghosh, B.N. "Treaties of Hygiene and Public Health".
3. Hanlon, John J. "Principles of Public Health Administration" 2003.
4. Turner, C.E. "The School Health and Health Education".
5. Moss and et. At. "Health Education" (National Education Association of U.T.A.)
6. Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
7. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
8. 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 (ELECTIVES)

MPEC- 311 SPORTS ENGINEERING

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 as lifting, walking, running, throwing, jumping, pulling, pushing etc.

Unit- III Sports Dynamics

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

Unit- IV Building and Maintenance:

Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration.

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

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

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

1. Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
2. Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
3. Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
4. Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
5. Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
6. Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
7. Colin White, Projectile Dynamics in Sport: Principles and Applications
8. Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)

SEMESTER III (ELECTIVES)
MPEC-312 PHYSICAL FITNESS AND WELLNESS

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 labeling 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:

1. David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
2. Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
3. Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
4. Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986. Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
5. Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
6. Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

**SEMESTER III (COMPULSORY)
Practicum Course**

MPPC- 321 TRACK AND FIELD III: THROWING EVENTS + INTRODUCTION OF HEPTATHLON EVENT, GYMNASTICS.

(Course contents in Gymnastics should be chalked out internally considering Advance level of students and suitable to their age and gender).

**SEMESTER III
Practicum Course**

MPPC-322 GAMES SPECIALIZATION- PRACTICAL SKILLS BADMINTON /BASKET BALL/ FOOTBALL / HAND BALL AND HOCKEY. (ANY TWO OF THESE)

(Course contents in the game of specialization should be chalked out internally considering advance level of students and suitable to their age and gender).

**SEMESTER III
Practicum Course**

MPPC-323 COACHING LESSONS OF TRACK AND FIELD/ GYMNASTICS.5 LESSONS (INTERNAL 4&1 EXTERNAL)

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**SEMESTER III
Practicum Course**

MPPC-324 COACHING LESSONS OF GAME SPECIALIZATIONS 5 LESSONS (4 INTERNAL & 1 EXTERNAL)

The students of M.P.Ed. – III Semester need to be develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

SEMESTER IV (COMPULSORY)

Theory Courses

MPCC-401 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 & it's Uses in Physical Education
MS Excel: Main Features & it's Applications in Physical Education
MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education
MS Power Point: Preparation of Slides with Multimedia Effects
MS Publisher: Newsletter & Brochure

Unit IV – ICT Integration in Teaching Learning Process

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:

1. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
2. Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
3. Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
4. Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
5. ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
6. Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006.
7. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
8. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

SEMESTER IV

MPCC-402 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 bad 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:

1. Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
2. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
3. Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
4. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
5. Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

SEMESTER IV
MPCC-403 DISSERTATION

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

SEMESTER IV (ELECTIVES)
MPEC-411 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 ecosystem.

Unit - IV Rural Sanitation and Urban Health

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

Unit - 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:

1. Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.
2. Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987
3. Townsend C. and others, Essentials of Ecology (Black well Science)
4. Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.
5. Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.
6. Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Webenhanced Ed.) 1996.
7. Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

SEMESTER IV (ELECTIVES)

MPEC-412 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.

REFERENCE:

1. Amita Bhardwaj, "New Media of Educational Planning". Sarup of Sons, New Delhi-2003 Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959.
2. Communication and Education, D. N. Dasgupta, Pointer Publishers
3. Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi
4. Essentials of Educational Technology, Madan Lal, Anmol Publications
5. K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.): 1981.
6. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
7. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

SEMESTER IV (COMPULSORY)

Practicum Course

MPPC- 421 TRACK AND FIELD INTRODUCTION DECATHLON EVENT GYMNASTICS

(Course contents in Gymnastics should be chalked out internally considering advance level of students and suitable to their age and gender. Practical Skill Test any one out of these after completion of syllabus)

SEMESTER IV

Practicum Course

MPPC-422 LABORATORY PRACTICAL SPORTS PSYCHOLOGY, PHYSIOLOGY OF EXERCISE, SPORTS BIOMECHANICS AND KINESIOLOGY (Two Practical's Each Subject)

(Course contents in game or sport of specialization should be chalked out internally considering advance level of students and suitable to their age and gender .Practical skill test-any two)

SEMESTER IV

Practicum Course

MPPC-423 OFFICIATING LESSONS OF TRACK AND FIELD/ GYMNASTICS/ , 5 LESSONS (4 INTERNAL & 1 EXTERNAL)

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected above discipline. In view of this, the students shall be provided with advance mechanism of officiating in selected discipline. 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 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 officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

SEMESTER IV

Practicum Course

MPPC-424 OFFICIATING LESSONS OF GAME SPECIALIZATIONS 5 LESSONS (4 INTERNAL & 1 EXTERNAL)

The students of M.P.Ed – IV Semester need to be develop proficiency in taking officiating lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of officiating in selected game specialization. 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 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 officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

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