

**GURUKULA KANGRI
VISHWAVIDYALAYA, HARIDWAR
(UTTARAKHAND)**

ORDINANCE



**Master of Physical Education
TWO YEARS PROGRAMME (FOUR SEMESTERS)
(M.P.Ed.)**

CHOICE BASED CREDIT SYSTEM(CBCS)

**DEPARTMENT OF PHYSICAL EDUCATION& SPORTS
FACULTY OF MEDICAL SCIENCE AND HEALTH
CURRICULUM FRAMEWORK**

Semester-I

Part- A Theoretical Course						
Course Code	Title of the papers	Total Hours	Credit	Internal Marks	External marks	Total
Core Course						
MPD-C101	Research Process in Physical Education-I	4	4	30	70	100
MPD-C102	Physiology of Exercise	4	4	30	70	100
MPD-C103	Evaluation in Physical Education	4	4	30	70	100
Elective course(Anyone)						
MPD-E101	Yogic Science	4	4	30	70	100
MPD-E102	Sports Technology					
Part – B Practical Course						
MPD-C151	Track and Field 1. Running Events *2. Gymnastics (*Any one)	6	4	30	70	100
MPD-C153	Yoga/ Aerobics (Any One)	6	4	30	70	100
MPD-C154	Games and sports I– Game proficiency	6	4	30	70	100
MPD-T151	ICT Classroom Teaching on PPT(Theory Paper based on same semester)	6	4	30	70	100
Total		40	32	240	560	800

Semester-II

Part- A Theoretical Course						
Course Code	Title of the papers	Total Hours	Credit	Internal Marks	External marks	Total
Core Course						
MPD-C201	Applied Statistics in Physical Education	4	4	30	70	100
MPD-C202	Sports Biomechanics and Kinesiology	4	4	30	70	100
MPD-C203	Athletic care and Rehabilitation	4	4	30	70	100
Elective course (Anyone)						
MPD-E201	Sports Journalism and Mass Media	4	4	30	70	100
MPD-E202	Sports Engineering					
Part – B Practical Course						
MPD-C251	Track and Field II: Jumping events + Hurdles *Gym training/(*any one)	6	4	30	70	100
MPD-C252	Games and sports II– Game proficiency	6	4	30	70	100
MPD-C253	Combative Sports (Any One)	6	4	30	70	100
Part – C Teaching Practices (Teaching Lesson)						
MPD-T251	Class room Teaching (Lessons on Theory of Sports and Game)	6	4	30	70	100
Total		40	32	240	560	800

Semester-III

Part- A Theoretical Course						
Course Code	Title of the papers	Total Hours	Credit	Internal Marks	External marks	Total
Core Course						
MPD-C304	Research Process in Physical Education-II	4	4	30	70	100
MPD-C302	Sports Medicine	4	4	30	70	100
MPD-C303	Health Education and Sports Nutrition	4	4	30	70	100
Elective Course (Anyone)						
MPD-E301	Value and Environment Education	4	4	30	70	100
MPD-E302	Physical Fitness and Wellness					
Part – B Practical Course						
MPD-C351	Track and Field III: *Throwing Events. *Aerobics/(<i>*Any One</i>)	6	4	30	70	100
MPD-C352	Games and sports III– Game proficiency	6	4	30	70	100
MPD-C353	Lab Practical (Sports Psychology, Biomechanics & Kinesiology, Test and Measurement	6	4	30	70	100
Part – C Teaching Practices						
MPD-T351	Coaching Lesson of Game Specialization	6	4	30	70	100
Total		40	32	240	560	800

Semester-IV

Part- A Theoretical Course						
Course Code	Title of the papers	Total Hours	Credit	Internal Marks	External marks	Total
Core Course						
MPD-C401	Information and communication technology in physical education	4	4	30	70	100
MPD-C402	Sports psychology	4	4	30	70	100
MPD-C404	Scientific Principles of Sports Training	4	4	30	70	100
Elective Course (Anyone)						
MPD-E461	Dissertation	4	4	30	70	100
MPD-E402	Sports Management and Curriculum design in Physical education					
Part – B Practical Course						
MPD-C453	Track and Field Marking	6	4	30	70	100
MPD-C452	Game Specialization–IV- Game proficiency	6	4	30	70	100
Part – C Teaching Practices (Coaching Lesson)						
MPD-T453	Paper presentation through PPT	6	4	30	70	100
MPD-T452	Officiating lesson of Game Specialization	6	4	30	70	100
Total		40	32	240	560	800
Grand Total		160	128	960	2240	3200

Semester-I

**Note:- Games and sports I will be given in following Games and sports:
(Badminton/ Table Tennis/ Volleyball/ Kabaddi/ Hockey)**

1. Student will select one Game for I semester.
2. The Games and sports discipline will run by the department only if at least 5 students opt for a particular games and sports and availability of teacher of Games specialization.

Semester-II

Note:- Games and sports II will be given in following Games and sports: (Kho-Kho/ Basketball/ Tennis/ Softball/Cricket)

Combative Sports will be given in following Combative Sports: (Boxing/ Judo/ Karate/Taekwondo/Wrestling/ Wushu)

1. Student will select one Game for II semester.
2. The Games and sports discipline will run by the department only if at least 5 students opt for a particular games and sports and availability of teacher of Games specialization.
3. The Combative Sports in a sports discipline will run by the department only if at least 5 students opt for a particular sports and availability of teacher.

Semester-III

Note:- Games and sports III will be given in following Games and sports: (Squash/Football/ Handball/ Weightlifting)

1. Student will select one Game for III semester.
The Games and sports discipline will run by the department only if at least 5 students opt for a particular games and sports and availability of teacher of Games specialization.

Semester-IV

Note:- Games specialization IV will be given in any game of your choice as given in Games and sports I, II and III.

1. Student will select one Game specialization for IV semester.
2. The Games specialization in a particular games and sports discipline will run by the department only if at least 5 students opt for a particular games and sports and availability of teacher of Games specialization.

THEORY COURSES

MPD-C101 RESEARCH PROCESS IN PHYSICAL EDUCATION- I

UNIT I – Introduction

Meaning and Definition of Research –
 Need, Nature and Scope of research in Physical Education
 Classification of Research
 Characteristics of a good Research.
 Qualities of a good researcher

UNIT II – Selection and definition of a Problem

Location of Research Problem
 Criteria for selection of a problem
 Sources of Research problem.
 Importance of library in Research

UNIT III

Review of Related literature.
 Location and Summarising previous research related to a research problem
 Quantitative Research- Meaning, Method and Importance
 Qualitative Research- Meaning, Method and Importance

UNIT IV – Methods of Research I

Applied and Action research- Meaning, Method and Importance
 Fundamental research- Meaning, Method and Importance
 Types of research according to the nature of the study
 Types of research according to the purpose of the study
 Types of research according to research design

Reference:

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
 Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
 Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
 Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports
 Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
 Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication

MPD-C102 PHYSIOLOGY OF EXERCISE

UNIT I – Skeletal Muscles and Exercise

Structure of the Skeletal Muscle Chemical Composition.
Sliding Filament theory of Muscular Contraction.
Types of Muscle fibre.
Muscle Tone
Effect of exercises and training on the muscular system.

UNIT II – Cardiovascular System and Exercise

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

UNIT III – Respiratory System and Exercise

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

UNIT IV – Metabolism, Energy Transfer and Climatic conditions and sports performance

Metabolism – ATP – PC or Phosphogen System
Anaerobic Metabolism –
Aerobic Metabolism –
Aerobic and Anaerobic Systems during Rest and Exercise.
Variation in Temperature and Humidity, Thermoregulation
Sports performance in hot climate, Cool Climate, high altitude.

Reference:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
BeotraAlka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
Fox, E.L., and Mathews, D.K. (1981).The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.

MPD-C103 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.

Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

UNIT II – Motor Fitness Tests

Meaning and Definition of Motor Fitness.

Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test

(Separately for boys and girls) - JCR test. Motor Ability. Canadian fitness test and Indiana motor fitness

UNIT III – Physical Fitness Tests

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

Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test

UNIT IV – Anthropometric and Skill Tests

Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height.

Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds:

Triceps, Sub scapular, Suprailiac. Width, Girth and Height measurements

Specific Spots Skill Test:

Badminton: Miller Wall Volley Test.

Basketball: Johnson Basketball Test, Harrison Basketball Ability Test.

Hockey: Friendel Field Hockey Test, Harban's Hockey Test,

Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test.

Football: Johnson Soccer Test, Mc-Donald Volley Soccer Test.

Tennis: Dyer Tennis Test.

References:

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

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

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

Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

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

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

MPD-E101 Yogic Sciences

Unit I – Introduction

Meaning and Definition of Yoga.

Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi
 Concept of Yogic Practices; Principles of Breathing– Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Straining – Age – Contra- Indication – Inverted asana – Sunbathing.

Unit II – Aasanas and Pranayama

Loosening exercise: Techniques and benefits.

Aasanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits.

Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits

Chakras: Major Chakras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti, Dhوتي, Kapalabhati, Trataka, Nauli, Basti

Bandhas: Meaning, Types, Techniques and Benefits of Bandha

Unit IV – Mudras, Yoga and Sports

Meaning, Techniques and Benefits of Mudras (Hasta Mudras, Asamyuktahastam, Samyuktahastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra).

Meditation: Meaning, Techniques and Benefits of Meditation.

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise-Power Yoga.

Role of Yoga in Psychological Preparation of athletes: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization.

Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory Systems.

Reference:

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

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

Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

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

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

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

MPD-E102 SPORTS TECHNOLOGY

Unit I – Sports Technology

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

Unit II – Science of Sports Materials

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

Unit III – Surfaces of Playfields

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

Unit IV – Modern equipment and Training Gadgets

Playing Equipment's: Balls Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages.
 Clothing and shoes: Types, Materials and Advantages.
 Measuring equipment's: Throwing and Jumping Events. Protective equipment's: Types, Materials and Advantages.
 Sports equipment with Nano technology, Advantages.
 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.

References:

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

SEMESTER II

MPD-C201 APPLIED STATISTICS IN PHYSICAL EDUCATION

UNIT I – Introduction

Meaning and Definition of Statistics.

Need and importance of Statistics.

Types of Statistics.

Meaning of the terms, Population, Sample, Data, types of data. Group and non-grouped, Variables.

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

Meaning, uses and construction of frequency table.

Calculation and advantages of Measures of central tendency – Mean, median and mode.

Calculation and advantages of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose

Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

UNIT III – Probability Distributions and Graphs

Normal Curve.

Meaning of probability- Principles of normal curve– Properties of normal curve.

Divergence from normality – Skewness and Kurtosis.

Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

UNIT IV – Inferential and Comparative Statistics

Tests of significance; “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.

References:

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

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

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

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

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

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

MPD-C202 SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I – Introduction

Meaning, nature, role and scope of applied kinesiology and Sports Biomechanics.

Meaning of Axis and Planes, Kinematics, Kinetics.

Centre of gravity -Line of gravity plane of the body and axis of motion.

Vectors and Scalars quantity.

UNIT II – Muscle Action

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

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion.

Principals related to the law of Inertia, Law of acceleration, and law of counter force.

Meaning and definition of force. Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV – Projectile, Lever and Movement Analysis

Freely falling bodies - Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability.

Meaning of work, power, energy, kinetic energy and potential energy.

Leverage -classes of lever - practical application.

Water resistance - Air resistance -Aerodynamics.

Biomechanical Analysis of Movements (Running, Walking, Throwing and Jumping).

References:

Deshpande S.H. (2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.

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

Thomas. (2001). Manual of structural Kinesiology, New York: McGraw Hill.

Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.

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

MPD-C203 ATHLETIC CARE AND REHABILITATION

Unit I – Corrective methods

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.

Unit II – Postural Deformities

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

Unit III –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 IV –Sports Injuries Care, Treatment and Support

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

References:

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

MPD-E201 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 and Journalism

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

Reference:

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi :Surjeet Publications
 Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
 Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
 Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
 MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.

MPD-E202 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 and Facility life cycle costing

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. Basics of theoretical analysis of cost

Total life cost concepts, maintenance costs, energy cost, capital cost and taxation

Reference:

Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013).

Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)

Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)

Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)

Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)

Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)

SEMESTER III

MPD-C304 RESEARCH PROCESS IN PHYSICAL EDUCATION- II

UNIT I - Methods of Research II

Philosophical research; Method, Steps, Precautions and suggestive areas.
 Survey Research- Meaning, Method and Importance
 Experimental Research – Meaning, Nature and Importance

UNIT II – Group Design & Variables

Group Design- meaning, types and Methods
 Experimental Design - Single Group Design, Revised Group Design, Repeated Measure Design,
 Rotational Group Comparison Design etc.
 Historical Method; Sources, Historical Criticism and Historical report writing
 Meaning of Variable, Types of Variables.

UNIT III –Sampling, collection of data and

Sample, Population and Size of the sample,
 Types of Sampling; Random, Stratified Random, Multi Stage, Purposive Sampling.
 Tools and Techniques.

UNIT IV - Research Proposal and Research Report.

Research Proposal- Meaning, Steps and Format of research proposal
 Research Report- Meaning, Steps and General format of a Research Report
 Writing a research proposal and research report
 Pilot project- Introduction and procedure
 Bibliography- Meaning and Importance
 Appendix - Meaning and Importance

Reference:

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
 Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New
 Jersey; Prentice Hall Inc.
 Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human
 Kinetics;
 Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports
 Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs:
 Prentice Hall, Inc
 Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health,
 Physical Education and Sports, New Delhi; Friends Publication

MPD-C302 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 – 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 III –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 IV–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.

References:

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

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

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

Pande.(1998). Sports Medicine. New Delhi: KhelShitya Kendra

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

MPD-C303 HEALTH EDUCATION 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, 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 and Nutrition and Weight Management

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.
 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:

Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
 Ghosh, B.N. "Treaties of Hygiene and Public Health".
 Hanlon, John J. "Principles of Public Health Administration" 2003.
 Moss "Health Education" (National Education Association of U.T.A.)Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.

MPD-E301 VALUE AND ENVIRONMENTAL EDUCATION

UNIT I – Introduction to Value Education.

Values: Meaning, Definition, Concepts of Values.

Value Education: Need, Importance and Objectives.

Moral Values: Need and Theories of Values.

Classification of Values: Basic Values of Religion, Classification of Values.

UNIT II – Value Systems

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

Unit- III – Environmental Education

Definition, Scope, Need and Importance of environmental studies.

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

Unit - IV Rural Sanitation, Urban Health and Natural Resources and related environmental issues:

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.

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

Reference:

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

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

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

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

MPD-E302 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 labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values.

Weight Management-proper practices to maintain, lose and gain.

Eating Disorders, Proper hydration, the effects of performance enhancement drugs

Unit III – Aerobic Exercise

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels.

Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

Unit IV – Anaerobic Exercise and Flexibility 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 Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static),

Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

Reference:

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

SEMESTER IV

MPD-C401 INFORMATION AND COMMUNICATION TECHNOLOGY IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of communication

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 2007 Applications

MS Word: Main Features & its Uses in Physical Education

MS Excel: Main Features & its Applications in Physical Education

MS Power Point: Preparation of Slides with Multimedia Effects

Approaches to Integrating ICT in Teaching Learning Process

Project Based Learning (PBL)

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.

References:

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

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

Pradeep K. Sinha&Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999.

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

MPD-C402 SPORTS PSYCHOLOGY

UNIT I - Introduction

Meaning, Definition, Need and Importance of Psychology
 Meaning, Definition, Need and Importance of Sports Psychology.
 Present Status of Sports Psychology in India.
 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.
 Meaning and Definition, types and methods of psychological relaxation.
 Psychological Tests: Types of Psychological Test: Instrument based tests: Reaction timer – Finger dexterity board – Depth perception box. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT IV – Sports Sociology & Group Cohesion

Meaning and Definition of Sports Sociology.
 National Integration through Sports.
 Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance.
 Leadership: Meaning, Definition, types. Leadership and Sports Performance.
 Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics.
 Current Problems in Sports and Future Directions – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

References:

Jain. (2002), Sports Sociology, Kheal Sahety Kendre Publishers.
 Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Edn.
 John D Lauther (2000) Psychology of Coaching. NewJersy: Prenticce Hall Inc.
 John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
 Miroslaw Vauks& Bryant Cratty (1999).Psychology and the Superior Athlete. London: The Macmillan Co.
 Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

MPD-C404 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

Sports training: Definition – Aim, Characteristics

Principles of Sports Training

Over Load: Definition, Causes of Over Load, Symptoms of Overload

Remedial Measures – Super Compensation.

UNIT II – Components of Physical Fitness

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training

Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints

Endurance: Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

UNIT III – Flexibility and Coordinative abilities

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training.

Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan and Doping

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans

Periodization: Meaning, Single, Double and Multiple Periodization, Preparatory Period, Competition Period and Transition Period.

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

Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Caffeine, Ephedrine. Stimulants and sports performance.

References:

Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company

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

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

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

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

MPD-E461 DISSERTATION

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his 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 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.
4. Only Ten meritorious (based on previous results) students can opt dissertation.

MPD-E402 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 – Equipment's and Public Relation

Purchase and Care of Supplies of Equipment

Guidelines for selection of Equipment's and Supplies, Purchase of equipment's and supplies, Equipment Room, Equipment and supply Manager.

Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment's.

Public Relations in Sports: Planning the Public Relation Program – Principles of Public Relation – Public Relations in School and Communities – Public Relation and the Media.

UNIT IV – Curriculum and Curriculum Sources

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality.

Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework. Factors that affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopaedias, Magazines, Internet.

Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.

Reference:

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

Carl, E, Willgoose. (1982). Curriculum in Physical Education, London: Prentice Hall. Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.

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

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

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

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

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

SEMESTER I PRACTICUM COURSE

MPD-C151 Track and Field (Running events)/ Gymnastics (any one)

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

Relay Races- Exchange zone, Acceleration zone, Baton Exchange- Visual & Non visual

Gymnastics: Fundamental skills and uses of various apparatus.

MPD-C153 YOGA/ AEROBICS (Any one)

YOGA

Yoga, Asanas prescribed by Maharshi 'Patanjali', Shudhi Kriyas, jalneti, sutraneti, Dugdhaneti, kunjai, Nauli, Bhastrika, Shatkriya, Pranayams, Anulom-vilom, Kapalbhati.

AEROBICS

Rhythmic Aerobics – dance. Low impact aerobics, High impact aerobics, Aerobics kick boxing, Moves.

March single, basics, side to side alternate, turn s/a, double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, kick side. Warm up and cool down. Being successful in exercise and adaptation to aerobic workout.

MPD-C154 GAMES AND SPORTS I

The Candidate has choice to select any one of the following games (performance of various skills (any five), a scrape file & viva-voce in any of the following games)

(Badminton/ Table Tennis/ Volleyball/ Kabaddi/ Hockey)

MPD-T151-ICT Classroom Teaching on PPT (Based on same semester theory paper)

The students will prepare a PPT in advance, for the classroom teaching. The topic should be related to the M.P.Ed. Ist semester theory papers only.

PRACTICUM COURSE

SEMESTER II

MPD-C251 TRACK AND FIELD II: JUMPING EVENTS AND HURDLES / GYM TRAINING (any one) (Demonstration of exercises related to different-different muscles and extremities of human body)

MPD-C252 GAMES AND SPORTS-II

The Candidate has choice to select any one of the following games (performance of various skills (any five), a scrape file & viva-voce in any of the following games)

(Kho-Kho/ Basketball/ Tennis/ Softball/Cricket)

MPD-C253 COMBATIVE SPORTS-

The Candidate has choice to select any one of the following Combative Sports (performance of various skills (any five), a scrape file & viva-voce in any of the following games) Boxing/ Judo/ Karate/Taekwondo/Wrestling/ Wushu (Any One)

MPD-T251 CLASS ROOM TEACHING**(LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES)**

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. The class room teaching or Lesson plan should be based on the theory of Games and Sports. 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.

PRACTICUM COURSE**SEMESTER III****MPD-C351 TRACK AND FIELD III: THROWING EVENTS/ AEROBICS (Any one)****MPD-C352 GAMES AND SPORTS-III- GAME PROFICIENCE
IN SQUASH/ FOOTBALL/ HANDBALL/ WEIGHTLIFTING.**

The Candidate has choice to select any one of the following games (performance of various skills (any five), a scrape file & viva-voce in any of the following games) (Squash/Football/ Handball/ Weightlifting)

**MPD-C353 LAB PRACTICAL (SPORTS PSYCHOLOGY, BIOMECHANICS &
KINESIOLOGY, TEST AND MEASUREMENT)**

The students of M.P.Ed – III Semester need to be develop proficiency in Testing Psychological instruments, Biomechanical instruments, Kinesiological instruments and should know various types of testing (Physical; Fitness, Cardiovascular, Games and Sports skill) based on course structure given in the syllabus of Test, Measurement and Evaluation.

MPD-T351 COACHING LESSONS OF GAME SPECIALIZATIONS

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.

PRACTICUM COURSE

SEMESTER IV

MPD-C453 TRACK AND FIELD MARKING

MPD-C452 GAMES SPECIALIZATION IV- GAME PROFICIENCE

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

MPD-T453 Paper Presentation through PPT

MPD-T452 OFFICIATING LESSONS OF GAME SPECIALIZATIONS

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.