Master in Physical Education M.P.Ed (two years) Program

Choice based Credit System (CBCS)

Scheme and course structure for M.P.Ed 1st semester effective from academic session 2017 (Batch 2017-18) and onwards

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Category</th>
<th>Hours per week</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PED17101CR</td>
<td>Research Methodology in Physical Education</td>
<td>Core</td>
<td>4 0 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17102CR</td>
<td>Teaching &amp; Proficiency in Games-I (Practical)</td>
<td>Core</td>
<td>0 0 8</td>
<td>4</td>
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<tr>
<td>PED17103CR</td>
<td>Teaching &amp; Proficiency in Athletics-I (Practical)</td>
<td>Core</td>
<td>0 0 8</td>
<td>4</td>
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<tr>
<td>PED17104DCE</td>
<td>Kinesiology</td>
<td>DCE</td>
<td>3 1 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17105DCE</td>
<td>Management in Physical Education &amp; Sports</td>
<td>DCE</td>
<td>3 1 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17001GOE</td>
<td>Sports Coaching</td>
<td>GOE</td>
<td>1 0 2</td>
<td>2</td>
</tr>
<tr>
<td>PED17002OE</td>
<td>Health &amp; Fitness</td>
<td>OE</td>
<td>1 0 2</td>
<td>2</td>
</tr>
</tbody>
</table>

24 credits = 40 contact Hours

Note:-

I):- \[
\frac{3 \text{ (core)}}{12 \text{ (Credits )}} + \frac{2 \text{ Discipline centric} + 2 \text{ Generic Courses}}{12 \text{ (Credits )}} = 24 \text{ Credits } = 40 \text{ contact Hours}
\]

3 (Core) + 2 Discipline centric + 2 generic papers to be opted out of 4 generic centric Papers.

Scheme of Examination:

1. For 4 credits courses:
   I. There shall be two Continuous evaluation examinations for 2 credits (one credit each) and one Term End Examination of two credits.

2. For 2 credits courses there shall be one term end examination at the end of the semester.
Course No. PED17101CR  
4 Credits

Research Methodology in Physical Education

Unit-I Introduction
1. Meaning, Definition and Characteristic of research, Need of research in Physical Education.
2. Identification of research problem and criteria for the selection of the problem.
4. Hypothesis, nature and Characteristics of Hypothesis, types of hypothesis.

Unit-II Methods in Research
1. Descriptive research & types: - Survey, Case study method
2. Historical Research- Meaning, nature and major steps in historical research.
4. Qualitative Research –Procedure in qualitative research.

Unit-III Data Collection and Sampling Technique
1. Techniques of data collection: Questionnaire, Rating scale, Interview, Observation and Check list.
2. Construction and standardization of Questionnaire as a data gathering technique.
3. Sampling, Meaning, types of sampling
4. Delphi Technique

Unit-IV Writing of Research Proposal and Report

Books recommended:


**Note for Paper Setter:**

- Examination with max. Mark= 25 (Duration=60 minutes)
- Section A: Question carrying one mark each- 08 objective questions=08 marks
- Section B: questions carrying 04 marks each –two questions=08 marks.
- Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

- Examination with Max. marks=50 (duration=120 marks)
- Section A: Question carrying one mark each- 16 objective questions=16 marks
- Section B: questions carrying 04 marks each –04questions=16 marks.
- Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

**Instructions for candidates:**

- Examination with max. Mark= 25 (Duration=60 minutes)

  The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

- Examination with Max. marks=50 (Duration=120 marks)

  The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

**Objectives:**

The objective of this course is to enable student to learn research methodology, methods & techniques in data collection, writing articles and preparing research reports in the field of Physical Education.
Teaching & Proficiency in Games-I (Practical)

Teaching: Teaching skills will be developed though conducting 8 practice lessons on any two games.

1. Football
2. Badminton
3. Table Tennis

Topics to be covered for Games

1. Historical development of the concerned game.
2. Official rules of the concerned game
3. Fundamental skills /Techniques of concern games
4. Advance Skills and Tactics of concern games
5. Specific Exercise related to Skills
6. Drills for improving the performance related to Game
7. Teaching Aids/Equipment/Slides/PPT/Chart
8. Main tournaments organized at National and International level.
9. Records/Statistics of the game at world, Olympic, Asia, National level.
10. Awardees in the game.
11. Books and magazines of the game.

Note: students will prepared a game book on any one game and will submit at the end of the semester.

Objective

The objective of the course is to impart practical/ experimental knowledge of teaching and powers of game namely Badminton, Football and Table Tennis.
Course No: PED17103CR

Teaching & Proficiency in Athletics-I (Practical)

Max Marks: 100
External: 80
Internal: 20

Teaching skill: Teaching skill will be developed through conducting 8 practice lessons on any two athletic events.

1. Discus throw
2. Long Jump
3. Hammer throw

Topics to be covered for athletics

1. Historical development of the concerned Athletics Events.
2. Official rules of the concerned athletic events
3. Fundamental skills/Techniques of Athletics Events
4. Advance Skills and Tactics of Athletics Events
5. Specific Exercise related to Skills
6. Drills for improving the performance related to Athletics Events
7. Teaching Aids/Equipment/Slides/PPT/Chart
8. Main tournaments organized at National and International level.
10. Awardees in the concerned athletics event.
11. Books and magazines of the concerned athletics event.

Note: students will prepare a game book on any one event and will submit at the end of the semester.

Objective

The objective of the course is to impart practical/experimental knowledge of teaching and powers of Athletics Events namely Discus Throw, Long Jump and Hammer Throw.
Kinesiology

Unit-I Introduction to Kinesiology
1. Meaning, importance of Kinesiology
2. Scope of Kinesiology in Physical Education.
3. Types of movements in different axis and planes
4. Introduction to Kinetics & Kinematics

Unit-II Muscles
1. Classification of muscles.
4. Reflex movement, extensor thrust reflex, flexor reflex, crossed extensor reflex, properioceptive reflex, stretch reflex.

Unit-III Joints of Upper Extremity
1. Shoulder joint - Structure and muscle reinforcement, movement.
2. Elbow joint - Structure, muscle reinforcement, movement.
3. Wrist Joint- Structure, muscle reinforcement, movement

Unit-IV Joints of Lower Extremity
3. Ankle joint- Structure, muscles reinforcement, movement

Books recommended:

Note for Paper Setter:-
Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks
Section B: questions carrying 04 marks each –two questions=08 marks.
Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50  (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50  (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectivise:-

*The objectivise of this course is to introduce concept of kinesiology, its application in enhancing sports performance, rehabilitation of muscles, physiological characteristics and development of muscles, joints, tendons and ligaments.*
Management in Physical Education & Sports

Unit-I  Introduction to Sports and Physical Education Management
1. Concept, definitions and Meaning of management in physical education and sports.
2. Importance, Objectives and functions of Management.
4. Theories of Management. (Three theories only)

Unit-II  Program Planning
1. Meaning, Steps in program planning.
2. Principles of planning a Physical Education Program.
3. Types of Physical Education Program. Program development facility management.
4. How to build a school program of Physical Education.

Unit-III  Public Relation
1. Definition and Need of public relation in physical education.
3. Techniques of media of relation with public parent – pupils and other agencies.
4. How to organize sports meet and sports days.

Unit-IV  Management Functions
1. H.R. Management & Supervision.
2. Program development and facility management.
3. Finance management, purchase, care of equipment.
4. Management of the athletic training program

Books recommended
5. Bucher C.A –“ Administration of Physical Education and Athletic progress education.

Note for Paper Setter:-
Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks
Section B: questions carrying 04 marks each –two questions=08 marks.
Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks
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Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

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Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of course is to make student competent for the conduct of tournaments/ completions at various level. Officiating, Management of sport infrastructure like sports fields, equipments etc.
Unit-I Introduction

1. Meaning and concept of teaching, coaching and sports training
2. Principles and characteristics of coaching
3. Qualities and qualification of a good coach
4. Duties of coach and officials

Unit-II coaching of games

1. Basic and advance skills of Football and volleyball
2. Official rules of Football and volleyball
3. Basic and advance skills of Cricket and hockey
4. Official rules of cricket and hockey

Books Recommended:


Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each –two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04questions=16 marks.
Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objective

This course is framed for student of other departments. The objective of this course is to learn/ improve skill in the discipline of Football, Hockey Volley Ball and Cricket.

Course No.PED17002OE 2 Credits
Health and Fitness

Unit-I Introduction

1. Concept of health and fitness
2. Modern trends in maintaining of health and fitness
3. Agencies providing health and fitness programs.
4. Posture: Types and management of correct posture.

UNIT-II Components of Fitness

1. Components of health (physical, emotional, mental and Social health)
2. Components of fitness (strength, speed, coordinative abilities, flexibility and Endurance)
3. Methods and techniques for assessing health and fitness.

Books Recommended:

2. Rebeka And Bil Tulin. “Travel Fitness weight”
3. Thomas R. Bechele and Roger W.L. “Fitness weight Training”

Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks
Section B: questions carrying 04 marks each –two questions=08 marks.
Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)
Section A: Question carrying one mark each- 16 objective questions=16 marks
Section B: questions carrying 04 marks each –04questions=16 marks.
Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks
Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)
Master in Physical Education M.P.Ed (two years) Program

Choice based Credit System (CBCS)

Scheme and course structure for
M.P.Ed 2\textsuperscript{nd} semester effective from academic session 2017 (batch 2017-18) and onwards

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<thead>
<tr>
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<th>Category</th>
<th>Hours per week</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PED17201CR</td>
<td>Measurement &amp; Evaluation in Physical Education</td>
<td>Core</td>
<td>4 L 0 T 0 P</td>
<td>4</td>
</tr>
<tr>
<td>PED17202CR</td>
<td>Teaching &amp; Proficiency in Games-II (Practical)</td>
<td>Core</td>
<td>0 L 0 T 8 P</td>
<td>4</td>
</tr>
<tr>
<td>PED17203CR</td>
<td>Teaching &amp; Proficiency in Athletics-II (Practical)</td>
<td>Core</td>
<td>0 L 0 T 8 P</td>
<td>4</td>
</tr>
<tr>
<td>PED17204DCE</td>
<td>Sports Biomechanics</td>
<td>DCE</td>
<td>3 L 1 T 0 P</td>
<td>4</td>
</tr>
<tr>
<td>PED17205DCE</td>
<td>Statistics in Physical Education</td>
<td>DCE</td>
<td>3 L 1 T 0 P</td>
<td>4</td>
</tr>
<tr>
<td>PED17003GOE</td>
<td>Introduction to Physical Education</td>
<td>GOE</td>
<td>1 L 0 T 2 P</td>
<td>2</td>
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<tr>
<td>PED17004OE</td>
<td>Leisure &amp; Recreation</td>
<td>OE</td>
<td>1 L 0 T 2 P</td>
<td>2</td>
</tr>
</tbody>
</table>

24 Credits=40 contact Hours

Note:-

I):- \[
\frac{3 \text{ (core) }}{12 \text{ Credits }} + \frac{2 \text{ Discipline centric } + 2 \text{ Generic Courses }}{12 \text{ Credits }} = 24 \text{ Credits } =40 \text{ contact Hours}
\]

3 (Core) + 2 Discipline centric + 2 generic papers to be opted out of 4 generic centric Papers.

Scheme of Examination:

3. For 4 credits courses:
   II. There shall be two Continuous evaluation examinations for 2 credits (one credit each) and one Term End Examination of two credits.

4. For 2 credits courses there shall be one term end examination at the end of the semester.
Course No. PED17201CR 4 Credits

Measurement and Evaluation in Physical Education

Unit I  Introduction
1. Meaning & Importance of Test, measurements and evaluation.
2. Relation of Test, measurement and Evaluation

Unit II  Selection and Administration of Test
1. Meaning & Factors affecting Reliability, Methods of establishing reliability
4. Test Administration: (Preplanning, Precautions during testing and post test function)

Unit III  Fitness and Motor Abilities Tests
1. General fitness Test: (AAHPERD youth fitness test, Canadian Youth fitness test & Harvard Step test)
2. Motor Performance tests: (Barrow Motor Ability Test, Metheny Johnson Test and Scott Motor Ability Test)
3. Anthropometry: (Width, Length, Circumference)
4. Body Composition Measurements: (Skin folds, Hydrostatic Weighing, Bod Pod)

Unit IV  Sports Skill Tests
1. Basketball: (Harrison Basketball Test & SAI Basketball Test)
2. Badminton: (Lockhart McPherson Badminton Test & French Short Serve Test)
3. Field Hockey: (Henri Fridal Field Hockey Test, SAI Hockey Skill Test)
4. Soccer/ Football: (SAI Football Skill Test & Warner Soccer Test)
5. Volleyball: (Hellmen Volley Ball Test, SAI Volleyball Skill Test)

Books recommended:


10. Tritschler, KA, Barrow & Mcgee's, Practical Measurement And Assessment, 2000

Note for Paper Setter:

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each –two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04 questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives of course:

The objective of this course is to enable students to understand concepts and techniques of measurements, assessment techniques and valuation physical education programmes in schools.
Teaching & Proficiency in Games-II (Practical)

Max Marks 100
External 80
Internal 20

Teaching: Teaching skills will be developed though conducting 8 practice lessons on any two games.

1. Kho-Kho
2. Handball
3. Cricket

Topics to be covered for Games

12. Historical development of the concerned game.
13. Official rules of the concerned game
14. Fundamental skills /Techniques of concern games
15. Advance Skills and Tactics of concern games
16. Specific Exercise related to Skills
17. Drills for improving the performance related to Game
18. Teaching Aids/Equipment/Slides/PPT/Chart
19. Main tournaments organized at National and International level.
20. Records/Statistics of the game at world, Olympic, Asia, National level.
21. Awardees in the game.
22. Books and magazines of the game.

Note: students will prepared a game book on any one game and will submit at the end of the semester.

Objective

The objective of the course is to impart practical/ experimental knowledge of teaching and powers of game namely kho Kho, Handball and cricket.
Course No.PED17203CR 4 Credits

Teaching & Proficiency in Athletics-II (Practical)

Max Marks 100
External 80
Internal 20

Teaching: Teaching skills will be developed though conducting 8 practice lessons on any two games.

1. Triple Jump
2. Sprints
3. Relays

Contents to be covered for athletic events

12. Historical development of the concerned Athletics Events.
13. Official rules of the concerned athletic events
14. Fundamental skills / Techniques of Athletics Events
15. Advance Skills and Tactics of Athletics Events
16. Specific Exercise related to Skills
17. Drills for improving the performance related to Athletics Events
18. Teaching Aids/Equipment/Slides/PPT/Chart
19. Main tournaments organized at National and International level.
21. Awardees in the concerned athletics event.
22. Books and magazines of the concerned athletics event.

Note: students will prepared a game book on any one event and will submit at the end of the semester.

Objective

The objective of the course is to impart practical/ experimental knowledge of teaching and powers of Athletic Events namely Triple Jump, Sprints and Relays.
Sports Biomechanics

Unit-I Introduction
1. Meaning and historical development of Biomechanics.
2. Need and importance of biomechanics in physical education.
3. Types of motion, force, inertia, Momentum, Mass and Weight.
4. Distance, Displacement, Speed, velocity and acceleration in linear and angular motion

Unit-II Kinetics
1. Newton’s laws of motion as applicable to linear and angular motion.
2. Centrifugal and centripetal forces.
4. Impact and elasticity

Unit-III Kinematics
1. Equilibrium and its type, principles of equilibrium in and its application in sports.
2. Projectiles and its type and their implication in sports.
3. Fluid mechanics, Air resistance and water resistance.
4. Spin and Magnus effect

Unit-IV Mechanical analysis
1. Biomechanics of walking and running
2. Biomechanics of high hurdle (approach run, hurdle clearance and landing)
3. Biomechanics of throws (shot put, discus throw and javelin throw)
4. Biomechanics of jumps (Broad and long jump)

Books Recommended:

Note for Paper Setter:-
Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks

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Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

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Section A: Question carrying one mark each- 16 objective questions=16 marks

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Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

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Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is to introduce students to understand the concepts of mechanics as they apply to human movement, particularly those pertaining to exercise, sport, and physical activity
Statistics in Physical Education

Unit – I  Introduction to statistics

1. Meaning, concept and Importance of Statistics in physical education.
2. Organization of ungrouped data to grouped data through frequency table
3. Graphical representation of Data (Histogram, Frequency Polygon, Frequency Curve, Ogive and Pie Diagram)

Unit – II  Descriptive Statistics

1. Measures of Central Tendency (Mean Median and Mode).
2. Measures of Variability (Range, Average deviation, Quartile Deviation, Standard deviation)
3. Skewness & Kurtosis.
4. Z score, Conversion of raw score into z score.

Unit – III  Parametric statistics

1. Assumptions of Parametric Statistics.
3. Computation of correlated & uncorrelated t test, ANOVA.

Unit – IV  Non-Parametric Statistics

1. Assumption of Non-parametric Statistics.
2. Application of Non Parametric statistic in Physical Education.
4. Computation of Non-Parametric tests (Chi square, Rank Order Correlation and Biserial Correlation)

Books recommended:


Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks
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The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)
The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives:-
The objective of this course is to introduce students the statistical knowledge and techniques used to evaluate performance, predictions and statistical analyses relating to sport
Unit – I INTRODUCTION TO PHYSICAL EDUCATION

1. Definition, meaning, and importance of Physical Education and Sports
2. Aim and objectives of Physical Education
3. Development of Physical Education with special reference to India
4. Misconception about Physical Education

Unit – II FOUNDATIONS OF PHYSICAL EDUCATION

1. Philosophical foundation of Physical Education and Sports
2. Biological foundation of Physical Education and sports
3. Psychological Foundation of Physical Education and Sports
4. Sociological Foundation of Physical Education and Sports

Reference

1. Foundations of Physical Education, Chales A. Bucher
2. Foundations of Physical Education, M.L.Kamlesh
3. History and Principles in Physical Education, Dr. Karan Singh
4. Essentials of Physical Education, Dr. Ajmer Singh
5. Foundations of Physical Education, Dr. A.K.Uppal.

Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each –two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

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Section A: Question carrying one mark each- 16 objective questions=16 marks

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Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives:-

The objective of this course is to introduce the fundamentals of physical education and movement sciences to the students from non physical education background.
Leisure & Recreation

Unit-I Introduction
1. Meaning and concept of Leisure and recreation
2. Types of recreation – Indoor, Outdoor, active, passive, commercial;
3. Qualities and qualifications of good recreation Leader.
4. Needs of recreational leaders

Unit – II Recreation activities
1. Rural recreation and social games;
2. Various agencies which provide recreation in India
3. Objectives of recreation.
4. Recreation Games (five recreation games)

References
- Fitzarlad, Gerald Leadership in Recreation Education  B.A.S. Barnet & Co.
- Dheer S and Sareen R.S. Developmental games and re creational activities, Friends Publications, Delhi, 1988
- Shivers S. Jay Administration, Friends Publication, Delhi – 1997

Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks
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The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is to equip students with essential knowledge and skills for designing, leading and managing recreational activities and exercise programmes for people in various settings. It also enables students to grasp the most updated trends in the above areas.
Master in Physical Education M.P.Ed (two years) Program

Choice based Credit System (CBCS)
Scheme and course structure for
M.P.Ed 3rd semester effective from academic session 2017 (batch 2017-18) and onwards

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Category</th>
<th>Hours per week</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PED17301CR</td>
<td>Science of Training and Coaching</td>
<td>Core</td>
<td>L 4 T 0 P 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17302CR</td>
<td>Teaching &amp; Proficiency in Games-III (Practical)</td>
<td>Core</td>
<td>L 0 T 0 P 8</td>
<td>4</td>
</tr>
<tr>
<td>PED17303CR</td>
<td>Teaching &amp; Proficiency in Athletics-III (Practical)</td>
<td>Core</td>
<td>L 0 T 0 P 8</td>
<td>4</td>
</tr>
<tr>
<td>PED17304DCE</td>
<td>Sports Psychology</td>
<td>DCE</td>
<td>L 3 T 1 P 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17305DCE</td>
<td>Exercise Physiology</td>
<td>DCE</td>
<td>L 3 T 1 P 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17005GOE</td>
<td>Exercise and Weight Management</td>
<td>GOE</td>
<td>L 1 T 0 P 2</td>
<td>2</td>
</tr>
<tr>
<td>PED17006OE</td>
<td>Personal Training</td>
<td>OE</td>
<td>L 1 T 0 P 2</td>
<td>2</td>
</tr>
</tbody>
</table>

24 Credits = 50 contact Hours

Note:-

I):- \[ \frac{3 \text{ (core)}}{12 \text{ Credits }} + \frac{2 \text{ Discipline centric} + 2 \text{ Generic Courses}}{12 \text{ Credits }} = 24 \text{ Credits } = 40 \text{ contact Hours} \]

3 (Core) + 2 Discipline centric + 2 generic papers to be opted out of 4 generic centric Papers.

Scheme of Examination:

5. For 4 credits courses:

III. There shall be two Continuous evaluation examinations for 2 credits (one credit each) and one Term End Examination of two credits.

6. For 2 credits courses there shall be one term end examination at the end of the semester.
Course No.PED17301CR 4 Credits

Science of Training and Coaching

UNIT-I Introduction to Sports Training
3. Training Load, Important features of training load: - Intensity, Density, Duration, and Frequency.
4. Principles of training Load, Over Load ( Meaning, Causes, Symptoms and Talking of over Load)

UNIT-II Training Components for Sportspersons
1. Strength: Meaning, types, factors determining strength and methods of strength improvement
2. Endurance: Meaning, types, factors determining endurance and methods of endurance improvement.
3. Speed: Meaning, factors determining speed and methods of speed improvement and reaction abilities.
4. Flexibility: Meaning, types, factors determining flexibility and guidelines for the improvement of flexibility.

UNIT-III Periodisation, Planning and Competitions
1. Periodisation-Meaning & Types of Periodisation, contents of training for different periods.
2. Planning its meaning, Importance and Principles of Planning in sports.
3. Competitions: Importance of competitions, Competition Frequency, Direct Preparation for a competition.

UNIT-IV Technique, Tactics and Strategy
1. Technique: Definition of Skill and Style, Characteristics of Technique, Factors affecting Technique.
2. Phases of skill acquisition, Methods of Technical Training.
3. Tactics and Strategy: - Definition of tactics and strategy, Basic tactical concept-offensive, Defensive and high performance.
4. Methods of tactical Training, Control of tactical Training.

Books Recommended:
Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks
Section B: questions carrying 04 marks each –two questions=08 marks.
Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks
Section B: questions carrying 04 marks each –04questions=16 marks.
Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is to impart the scientific knowledge, skills and abilities necessary to design safe and effective physical training programs. They instruct and assist people in reaching personal health and fitness goals.
Teaching & Proficiency in Games-III (Practical)

Teaching: Teaching skills will be developed though conducting 8 practice lessons on any two games.

1. Kabaddi
2. Hockey
3. Yoga

Topics to be covered for Games
23. Historical development of the concerned game.
24. Official rules of the concerned game
25. Fundamental skills /Techniques of concern games
26. Advance Skills and Tactics of concern games
27. Specific Exercise related to Skills
28. Drills for improving the performance related to Game
29. Teaching Aids/Equipment/Slides/PPT/Chart
30. Main tournaments organized at National and International level.
31. Records/Statistics of the game at world, Olympic, Asia, National level.
32. Awardees in the game.
33. Books and magazines of the game.

Note: students will prepared a game book on any one game and will submit at the end of the semester.

Objective

The objective of the course is to impart practical/ experimental knowledge of teaching and powers of game namely Football, Badminton and Table Tennis.
Course No.PED17303CR  4 Credits

Teaching & Proficiency in Athletics-III (Practical)

Max Marks 100
External 80
Internal 20

1. Javelin Throw
2. High Jump.
3. Middle distance races

Topic to be covered in the athletic events

23. Historical development of the concerned Athletics Events.
24. Official rules of the concerned athletic events
25. Fundamental skills/Techniques of Athletics Events
26. Advance Skills and Tactics of Athletics Events
27. Specific Exercise related to Skills
28. Drills for improving the performance related to Athletics Events
29. Teaching Aids/Equipment/Slides/PPT/Chart
30. Main tournaments organized at National and International level.
32. Awardees in the concerned athletics event.
33. Books and magazines of the concerned athletics event.

Note: students will prepared a game book on any one event and will submit at the end of the semester.

Objective

The objective of the course is to impart practical/experimental knowledge of teaching and powers of athletic events namely Javelin Throw, High Jump and Middle Distance Running.
Course No.PED17304DCE 4 Credits

Sports Psychology

Unit – I INTRODUCTION
5. Definition and Meaning of sports psychology, Nature and scope of sports psychology
6. History and Development of Sport and Exercise Psychology in the world and in India.
7. Relationship of sports psychology with other sports sciences
8. Importance of Sport Psychology for Physical Education Teachers, Athletes, Coaches and other related to Sport Setting

Unit – II EMOTION AND MOTIVATION
1. Meaning of Emotions, Definition, Types and Symptoms. Psychological Factor Affected to sports Achievement (Stress, Anxiety, Arousal and Aggression.)
2. Motivation – Definition, meaning of motivation, types of motivation,
3. Theories of motivation (Hierarchy of needs of Need by Maslow, Need Achievement By McClelland , Weiner Attribution Theory), Measuring motivation, Techniques for developing motivation
4. Concentration and Attention in Sports

Unit – III PERSONALITY, PSYCHOLOGIAL SKILLS
1. Definition and meaning of Personality, Personality theories (Psychoanalysis, Trait and Social Learning theories)
2. Relationship of personality to sport performance, Personality Assessment Test: Self Report, Projective and Behavioral Assessment
3. Psychological skills training in sports, relaxation strategies in sports

Unit – IV MOTOR LEARNING
1. Concept of learning, Theories of learning
2. Concept of motor learning, stages of Motor Learning
3. Factor influence motor learning, transfer of Learning
4. Motor Development, Phases of Motor Development

REFERENCE

**Note for Paper Setter:**

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each -two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each -04questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

**Instructions for candidates:**

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

**Objectives**

The objective of this course is to learn the theories, concepts, and intervention techniques of sport psychology. Topics covered will include motivation theory applied to sport, team dynamics, psychological skills training, the psychology of sport injury, and burnout in sport
Exercise Physiology

Unit-I Introduction
1. Definition, and Meaning of physiology and exercise physiology
2. Importance of exercise physiology in the field of physical education
3. Structure and Function of Skeletal Muscles
4. Female specific problem

Unit-II Physiological Basis
1. Effect of exercise to the heart and circulatory system
2. Effect of exercise on Respiratory system
3. Effect of exercise on endocrine and nervous system
4. Physiological aspects of development of various physical fitness components

UNIT -III Physiological of Exercise
1. Oxygen and performance
2. Energy transfer in body
3. Human exercise expenditure at rest and exercise
4. Effect of high altitude on physical performance and altitude acclimatization

UNIT-IV Doping
1. Meaning and effect of doping on health
2. Methods of Doping
3. Drugs used for doping: Anabolic steroids, Narcotic analgesics, Diuretics, Amines and Beta blockers
4. Role and importance of WADA, NADA

Books Recommended:
11. Mooren C. Frank and Volker Kalaus “Molecular and celluler exercise Physiology” (Human Kintics, Devidion of sports distributor Nz Ltd, 2005).
12. Tiwari Sendhya “Exercise Physiology” (Sports publication Ashok Vihar, Delhi) 1999.

Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each –two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50  (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04 questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50  (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is to impart the knowledge of underlying principles and concepts of Exercise and Sport Science, which includes Human Physiology, Anatomy, Functional Anatomy, Exercise Physiology, Motor Learning and Control, Exercise Metabolism and Nutrition
Exercise and Weight Management

Unit – I INTRODUCTION

9. Introduction to Exercise and Weight management
10. Exercise and health,
11. Problems of overweight and obesity
12. Weight assessment techniques

Unit – II Diet and Exercise

5. Eating disorders, Balance diet
6. Nutrition for healthy weight, Diet planning
7. Meaning and principles of exercise, Exercise planning
8. Aerobic exercise, Anaerobic exercise, Exercise for weight loss, Exercise for gaining weight

References


5. Rebeka And Bil Tulin. “Travel Fitness weight”
6. Thomas R. Bechele and Roger W.L. “Fitness weight Training”

Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks
Section B: questions carrying 04 marks each –two questions=08 marks.
Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50  (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50  (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is for students to develop client-centred dietary and exercise plans that consider environmental and socio-cultural influences on weight, and demonstrate their understanding of the relationship between nutrient intake, exercise, and energy output and weight management
PED17006OE  4 Credits

Personal Training

Unit – I
1. Personal training as a career and business
2. Anatomy, physiology and kinesiology
3. Basic Nutrition, nutritional supplementary
4. Posture, postural deformities, corrective exercises

Unit – II
1. Warming up, cooling down, stretching and their benefits
2. Core training, Functional training, Weight training, Cardio training
3. Periodization and scheduling
4. Component of fitness, Fitness testing

References
   Ltd. Australia. Summerfield Lianne M (2001), Nutrition Exercise and Behavior An
   integrated approach to weight management,
5. Rebeka And Bil Tulin. “Travel Fitness weight”
6. Thomas R. Bechele and Roger W.L. “Fitness weight Training”

Note for Paper Setter:-
Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks
Section B: questions carrying 04 marks each –two questions=08 marks.
Section C = Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04 questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is to impart the knowledge, skills and abilities necessary to design safe and effective physical training programs. They instruct and assist people in reaching personal health and fitness goals.
Master in Physical Education M.P.Ed (two years) Program
Choice based Credit System (CBCS)
Scheme and course structure for
M.P.Ed 4th semester effective from academic session 2017 (batch 2017-18) and onwards

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Category</th>
<th>Hours per week</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PED17401CR</td>
<td>Health Education</td>
<td>Core</td>
<td>4 0 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17402CR</td>
<td>Teaching &amp; Proficiency in Games-IV (Practical)</td>
<td>Core</td>
<td>0 0 8</td>
<td>4</td>
</tr>
<tr>
<td>PED17403CR</td>
<td>Teaching &amp; Proficiency in Athletics-IV (Practical)</td>
<td>Core</td>
<td>0 0 8</td>
<td>4</td>
</tr>
<tr>
<td>PED17404DCE</td>
<td>Sports Medicine, Athletic Care and Rehabilitation</td>
<td>DCE</td>
<td>3 1 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17405DCE</td>
<td>Sport Sociology</td>
<td>DCE</td>
<td>3 1 0</td>
<td>4</td>
</tr>
<tr>
<td>PED17406GOE</td>
<td>Dissertation</td>
<td>DCE</td>
<td>0 4 4</td>
<td>4</td>
</tr>
<tr>
<td>PED17008GOE</td>
<td>Yoga &amp; Health</td>
<td>GOE</td>
<td>1 0 2</td>
<td>2</td>
</tr>
<tr>
<td>PED17009 OE</td>
<td>Martial Arts &amp; Self Defence</td>
<td>OE</td>
<td>1 0 2</td>
<td>2</td>
</tr>
</tbody>
</table>

Note:—

I):- \[
\frac{3 \text{ (Core) \quad 2 \quad \text{Discipline centric} + 2 \quad \text{Generic Courses}}}{12 \text{ Credits } \quad 12 \text{ Credits }} = 24 \text{ Credits } = 40 \text{ contact Hours}
\]

3 (Core) + 2 Discipline centric + 2 generic papers to be opted out of 4 generic centric Papers.

Scheme of Examination:

7. For 4 credits courses:
   IV. There shall be two Continuous evaluation examinations for 2 credits (one credit each) and one Term End Examination of two credits.

8. For 2 credits courses there shall be one term end examination at the end of the semester.
Health Education

Unit I Introduction
  1. Concept of health and health education
  2. Objectives and principal of health and health education
  3. History of health in India. Health situation in India NRHM
  4. Population explosion

Unit II School Health Services & Programme
  1. Meaning and objective of school health services
  2. Meaning, objectives of school health programme and its components
  3. Meaning of school healthful environment and its management
  4. Role of physical education teacher, in school health services and school healthful environment.

Unit III Nutrition
  1. Meaning of nutrition, food and diet
  2. Brief description of different nutrition
  3. Balanced diet
  4. Nutritional diseases

Unit IV Disease and Sanitation
  1. Meaning of communicable disease.
  2. Brief description of following communicable disease and their prevention.
     Aids, Hepatitis, Rabies, Malaria, Tuberculosis, Small pox chicken pox, Measles and Mumps
  3. Meaning of Non communicable diseases.
  4. Brief description of following Non-communicable disease and their prevention
     Heart diseases, Cancer, Diabetes, Obesity

Books Recommended:

Note for Paper Setter:-

- Examination with max. Mark= 25 (Duration=60 minutes)
- Section A: Question carrying one mark each- 08 objective questions=08 marks
- Section B: questions carrying 04 marks each –two questions=08 marks.
- Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

- Examination with Max. marks=50 (duration=120 marks)
- Section A: Question carrying one mark each- 16 objective questions=16 marks
- Section B: questions carrying 04 marks each –04 questions=16 marks.
- Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

- Examination with max. Mark= 25 (Duration=60 minutes)
- The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

- Examination with Max. marks=50 (Duration=120 marks)
- The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is to gain a greater understanding of the theories, elements, practices and principles that contribute to the need for and the successful implementation of a wide range of health education activities.
Course No. PED15402CR  
4 Credit

Teaching & Proficiency in Games-IV (Practical)

Max Marks 100  
External 80  
Internal 20

**Teaching:** Teaching skills will be developed though conducting 8 practice lessons on any two games.

1. Volleyball  
2. Basketball  
3. Archery

**Topics to be covered for Games**

34. Historical development of the concerned game.  
35. Official rules of the concerned game  
36. Fundamental skills /Techniques of concern games  
37. Advance Skills and Tactics of concern games  
38. Specific Exercise related to Skills  
39. Drills for improving the performance related to Game  
40. Teaching Aids/Equipment/Slides/PPT/Chart  
41. Main tournaments organized at National and International level.  
42. Records/Statistics of the game at world, Olympic, Asia, National level.  
43. Awardees in the game.  
44. Books and magazines of the game.

**Note:** students will prepared a game book on any one game and will submit at the end of the semester.

**Objective**

*The objective of the course is to impart practical/ experimental knowledge of teaching and powers of games namely Volleyball, Basketball and Archery*
Course No.PED17403CR  4 Credits

Teaching & Proficiency in Athletics-IV (Practical)

Max Marks  100
External  80
Internal  20

Teaching: Teaching skills will be developed though conducting 8 practice lessons on any two games.

1. Shot-put
2. Hurdles
3. Long Distance Races

Topics to be covered for athletic events

34. Historical development of the concerned Athletics Events.
35. Official rules of the concerned athletic events
36. Fundamental skills /Techniques of Athletics Events
37. Advance Skills and Tactics of Athletics Events
38. Specific Exercise related to Skills
39. Drills for improving the performance related to Athletics Events
40. Teaching Aids/Equipment/Slides/PPT/Chart
41. Main tournaments organized at National and International level.
42. Records/Statistics of the concerned athletics event at world, Olympic, Asia, National.
43. Awardees in the concerned athletics event.
44. Books and magazines of the concerned athletics event.

Note: students will prepared a game book on any one event and will submit at the end of the semester.

Objective

The objective of the course is to impart practical/ experimental knowledge of teaching and powers of Athletics Events namely Shot Put, Hurdles and Long Distance Racer
Sports Medicine, Athletic Care and Rehabilitation

Unit-I Introduction
1. Meaning, Aim and objective of sports medicine
2. Brief history of sports medicine in India and Abroad.
3. Concept of sports medicine and its need
4. Role of physician, athlete trainer and coaches

Unit-II Common sports injuries: prevention and management
1. Common sports injuries and immediate treatment of sprain, strain, laceration, Haematoma, contusion, abrasion, dislocation and fracture
2. Common regional injuries and their management: head, neck, face, thorax, abdomen, pelvis, upper and lower limbs
3. Factors responsible for sports injuries
4. General guidelines for their prevention, management of acute and chronic injuries

UNIT-III Therapeutic Modalities and rehabilitation
1. Hydrotherapy:
2. Cryotherapy:
3. T.E.N.S
4. Thermotherapy:

UNIT-IV Massage
1. Introduction of massage
2. Brief history of massage and remedial exercises.
3. Effect of massage on major Body systems
4. Type of massage

Book Recommended:


Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each –two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of the course is to impart knowledge about the sports injuries, preventions and rehabilitations of the athletes.
Unit – I  INTRODUCTION
2. Sport as a social phenomenon.
3. Sociological analysis of sport and sport sociology as an academic discipline.
4. Concept of socialization, Socialization via games and sport.

Unit-II  SPORT AND MICRO SOCIAL SYSTEMS
1. Study of sport groups.
2. Group interaction, competition & cooperation.
3. Behavior, characteristics, qualities and role of sport leaders.

Unit-III  SPORT AND MACROSOCIAL SYSTEMS
1. Relationship between sport and socializing institutions (family, school and educational systems).
2. Inter-relationship between and regulating institutions (politics and economy).
3. Sport and cultural institutions (religion and art).
4. Socialization via games and sport.

Unit-IV  SOCIAL GAMES CONCERNING SPORT IN SOCIETY
1. Social stratification in sport, sport as a stratification system.
2. Discrimination and democratization in sport with Special reference to socio-economic classes and women.
3. Sport and aggression, violence in sport.
4. Problem regarding professionalization and children in sport.

REFERENCE:-
2. Ball, Donald W. and Low John W “Sport and Social order contribution to the sociology of sport” (London, Addison wesely publishing co, Inc, 1975)


**Note for Paper Setter:-**

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each –two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50  (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04 questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

**Instructions for candidates:-**

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150-200) words and only one questions from section ‘C’ answering about (300-350 words)

Examination with Max. marks=50  (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150-200) words and two one questions from section ‘C’ answering about (300-350 words)

**Objectives**

The objective of this course is to develop a sociological and historical perspective about sports and physical activity, and use of critical thinking in order to understand the sports and physical activities in the context of society, beyond performance, results, and competition
1. Dissertation can be opted by the students who have secured at least 60% marks in aggregate in 1st and 2nd semesters taken together.

2. Those students who wish to opt for dissertation in the 4th semester have to start the work in 3rd semester so it will completed by the end of 4th semester.

3. The Dissertation shall be carried out under the supervision of concern teacher of the department.

4. Approval of topic, allotment of supervisor, progress of research work and evaluation shall be monitor by Department Research committee.

5. Introduction and Review part of the thesis shall be completed in 3rd semester.

6. The dissertation shall be evaluated by presentation of work in viva-voce. 60% marks shall be allotted for dissertation report and 40% for viva-voce and presentation.

Objectives

The objective of this course is to provide opportunity for students to synthesize knowledge and skills gained during their master program by designing, conducting, and writing the dissertation under the supervision of teachers and committee.
Course No.PED17007GE  2 Credits

Yoga & Health

Unit I Introduction to Yoga

1. Meaning and Definition of Yoga, Nature & Scope of Yoga
2. Needs & Importance of Yoga
3. Effect of Yogasana on health of individual
4. Need of yoga in present day life

Unit II Aasnas & Pranayam

1. Aasnas in sitting posture, Aasnas in standing position (Five asanas each)
2. Aasnas in Prone position, Aasnas in Spine position (Five asanas each)
3. Meaning and types of Pranayam, Benefits of pranayam
4. Yogic diet.

Note for Paper Setter:-
Examination with max. Mark= 25 (Duration=60 minutes)
Section A: Question carrying one mark each- 08 objective questions=08 marks
Section B: questions carrying 04 marks each –two questions=08 marks.
Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)
Section A: Question carrying one mark each- 16 objective questions=16 marks
Section B: questions carrying 04 marks each –04questions=16 marks.
Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks

Instructions for candidates:-
Examination with max. Mark= 25 (Duration=60 minutes)
The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150-200) words and only one questions from section ‘C’ answering about (300-350 words)
Examination with Max. marks=50  (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The purpose of this course is to create awareness among everyone about this old Indian tradition that helps in transforming body and mind and promoting well being of the society.
PED17008 OE  
2 Credits  

Martial Arts & Self Defence

Unit-I  
Martial Art & Self Defence

1. History of Martial Arts, Meaning, Principles and Characteristics of Martial Arts
2. Concept of Training and Coaching in Martial Arts,
3. Qualities and responsibilities of a coach/trainer
4. Meaning and Importance of self-defense in present day life, Principles of self-defense Training

Unit-II  
Skills & Techniques

1. Basic stance and meditation, Basic Blocks, Basic Hand Techniques, basic kicking techniques, effective warm-up Stretching techniques, basic controlled sparing (optional), Basic self-defense, Learn Two Katas
2. Advance stances & Blocks, Advanced hand techniques, kicking and punching.
3. Advance self-defense, advanced throws and falls
4. Need & Importance of Women self-defense, Self-defense techniques for women

Books Recommended:
2. Essential of Martial art: frontier technology India Delhi

Note for Paper Setter:-

Examination with max. Mark= 25 (Duration=60 minutes)

Section A: Question carrying one mark each- 08 objective questions=08 marks

Section B: questions carrying 04 marks each –two questions=08 marks.

Section C= Question carrying 09 marks each. Two questions only one to be attempted=09 marks

Examination with Max. marks=50 (duration=120 marks)

Section A: Question carrying one mark each- 16 objective questions=16 marks

Section B: questions carrying 04 marks each –04questions=16 marks.

Section C= Question carrying 09 marks each. Four questions only two to be attempted=18 marks
Instructions for candidates:-

Examination with max. Mark= 25 (Duration=60 minutes)

The candidate shall have to attempt all objective questions from section ‘A’ and 2 questions from section ‘B’ answering about (150- 200) words and only one questions from section ‘C’ answering about (300- 350 words)

Examination with Max. marks=50 (Duration=120 marks)

The candidate shall have to attempt all objective questions from section ‘A’ and 04 questions from section ‘B’ answering about (150- 200) words and two one questions from section ‘C’ answering about (300- 350 words)

Objectives

The objective of this course is to impart knowledge, skills, proficiency and teaching techniques necessary for teaching of Self-Defense.