

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 2020 and onwards

Course Code	Course Title	Category	Hours per week			Credits
			L	T	P	
PED20101CR	Research Methodology in Physical Education	Core	4	0	0	4
PED20102CR	Teaching & Proficiency in Games-I (Practical)	Core	0	0	8	4
PED20103CR	Teaching & Proficiency in Athletics-I (Practical)	Core	0	0	8	4
PED20104DCE	Kinesiology	DCE	3	1	0	4
PED20105DCE	Management in Physical Education & Sports	DCE	3	1	0	4
PED20001GE	Sports Coaching	GE	1	0	2	2
PED20001OE	Health & Fitness	OE	1	0	2	2
24 credits = 40 contact Hours			12	12	20	24

Note:-

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

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.

Deputy Director
hannu
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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.
3. Review of related literature & its importance.
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.
3. Experimental Research- Principles of experimental research, experimental designs (Pre-experimental Designs, Quasi-Experimental Designs and True Experimental Designs).
4. Qualitative Research -Procedure in qualitative research.

Unit-III Data Collection and Sampling Technique

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

Unit-IV Writing of Research Proposal and Report

1. Research Proposal/Synopsis, Steps of Research Proposal.
2. Abstract, Research Article.
3. Research Report, Salient features of research report.
4. Main divisions of Research Report- Preliminary material, Main part of the thesis, Supplementary Materials.

Books recommended:

1. Best, J.W., & Kahn, J.K. (2006). *Research in Education (10th Ed.)*. Delhi: Dorling Kindersley (India) Pvt. Ltd.
2. Creswell, J.W. (2006) *Education Research: Planning Conducting & Evaluating Quantitative and Qualitative Research*. New Jersey: Pearson/Merill Prentice Hall.
3. Kamlesh, M.L.(2006). *Methodology of Research in Physical Education & Sports*. New Delhi: Metropolitan Book Co.
4. Kothari C.R. (2005). *Research Methodology*
5. Lilly, a Chadha N. (2001). *Research Methods for Sports Sciences*. New Delhi: Friends Publication.
6. Murthy, A.M. (2000). *Research Method in Physical Education, Sports and Exercise Science*. New Delhi: Friends publication.
7. Pathad, A.B., Sharma, M.P., & Davi D.N. (1999). *A handbook on Educational Research*. NCTE Publication.

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8. Sharma, Y.P. (1997). *Physical Education and Research Methodology*. New Delhi: Publishing house.
9. Thomas, J., Nelson, J. & Silvermen S. (2005). *Research Method in Physical Activity*. USA: Human Kinetic Publication.
10. Clarke, H.David., *Research Processes in Physical Education , Recreation & Health* Prentice Hall Inc.1985.

Note for Paper Setter:-

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives:-

The objective of this course is to enable the student to learn research methodology, methods & techniques in data collection, writing articles and preparing research reports in the field of Physical Education.

Course No. PED 20102CR

4 Credits

Teaching & Proficiency in Games-I (Practical)

Max Marks	100
External	80
Internal	20

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

1. Football
2. Badminton
3. Soft ball

Topics to be covered for Games

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

Note: students will prepare a game practical note 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 skills and prowess of game namely Badminton, Football and Soft ball.

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Sudhakar

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Uyazal

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Kannan

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Sudhakar

Course No PED 20103CR

4 Credits

Teaching & Proficiency in Athletics-I (Practical)

Max Marks 100

External 80

Internal 20

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

1. Sprints
2. Discus throw
3. Long Jump

Topics to be covered for athletics

1. Historical development of the concerned Athletics Events.
2. Officials & 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/Equipments/Slides/PPT/Chart
8. Main tournaments organized at National and International level.
9. Records/Statistics of the concerned athletics event at world, Olympic, Asian, National.
10. Awardees in the concerned athletics event.
11. Books and magazines of the concerned athletics event.

Note: students will prepare an athletic practical note 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 skill and prowess of Athletics Events namely Sprints, Discus Throw and long Jump.

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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.
2. Neuro- muscular basis of human movement.
3. Motor unit, Receptors, Proprioceptors.
4. Reflex movement, extensor thrust reflex, flexor reflex, crossed extensor reflex, proprioceptive 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
4. Muscles of upper extremity: Deltoid, pectoralis major and minor, biceps, triceps, rectus abdominis, External Oblique muscles.

Unit-IV Joints of Lower Extremity

1. Hip Joint - Structure, muscle reinforcement, movement.
2. Knee joint - Structure, muscle reinforcement, movement.
3. Ankle joint- Structure, muscles reinforcement, movement
4. Muscles of lower extremity: Hamstrings group, Quadriceps group, Gluteal Muscles, erector spinae & Gastrocnemius.

Books recommended:

1. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore : Williams and Wilkins.
2. Groves, R and Camaine, D. (1983) . Concepts in Kinesiology .(2nd.ed) Philadelphia: Saunders College Publishing.
3. Hay, J.& Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice - Hall

Note for Paper Setter:-

Examination with Max. Marks = 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

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attempted=09 marks

Examination with Max. Marks=50 (Duration=120 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectivise:-

The objective 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.

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Management in Physical Education & Sports

Unit-I Introduction to Sports and Physical Education Management

1. Meaning, definitions and importance of management in physical education & sports.
2. Objectives and functions of Management.
3. Basic Principles of Management in Physical Education & Sports.
4. Theories of Management (1. Classical 2. Neo-Classical 3. Modern Theory)

Unit-II Program Planning

1. Meaning & Principles of planning
2. Steps in program planning.
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.
2. Principles of public relationship 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

1. Chakraborty, S. Sports management Delhi, sports publication, 1998.
2. Kamlesh, M.L Management concept in Physical Education and sport, NEW Delhi metropolitan book co.pvt.ltd,2000.
3. Roy, s.s sports management Delhi, Friends Publication, 1995.
4. Sivia, G.S.Sports management in universities, New Delhi: A.I.U.Deen Dayal upadhyaya marg, 1991.
5. Bucher C.A –“ Administration of Physical Education and Athletic progress education.
6. Thomas J.P. “rganization of Physical Education”, Chandro days press, Madras.
7. Joseph P.M. “Organization of Physical Education old students Ab Bombay.

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Note for Paper Setter:-

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

The objective of course is to make students competent for the conduct of tournaments/ competitions at various levels and to make aware about Officiating & Management of sports infrastructure.

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Sports coaching

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:

1. Cratty, S. "Perceptual & Motor Development in infants and children" Prentice Hall 1979.
2. Dick, F.T. "Sports training Principles" Lepus, London, 1980.
3. Jenson, C.R., Fisher A.G. "Scientific basis of Athletics conditioning" Lea & Febiger, Philadelphia: 1972.
4. Matveyew, L.P. "Fundamentals of Sports Training" (Translation from Russian) Mr. Publisher, Moscow, 1981.
5. Singh, H. "Sport Training, General Theory and Methods" N.I.S. Patiala, 1984.
6. Singh Hardyal "Science of Sports Training" New Delhi: DVS Publications, 1985.
7. Willmore, U.M. "Athletic Training and Physical fitness" Allynand Bacon, Inc. . Sydney, 1977
8. Bumpa, T, (2010) "Perodization" Human Kinetics Publishers, Inc Champaign IL.

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=20 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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objective

The objective of the course is to give introduction about importance of physical activity, sports coaching & Rules and regulations of various major games to the students.

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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.
4. Health related problems.

Books Recommended:

1. Aemeli R. Roster. Catlen Hati Gur, "Fitness Fun", Human Kinetics' Publication.
2. Rebeka And Bil Tulin. "Travel Fitness weight"
3. Thomas R. Bechele and Roger W.L. "Fitness weight Training"
4. Sara Black, "The Supple Body" Dun ken Bayard Publication.1995.
5. Upple A.G. "Physical Fitness" Friends Publication . 1992.

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.

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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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objective

The objective of the course is to give introduction about importance of health and fitness in an individual's day to day life.

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

Choice based Credit System (CBCS)

Scheme and course structure for

M.P.Ed 2nd semester effective from academic session 2020 and onwards

Course Code	Course Title	Category	Hours per week			Credits
			L	T	P	
PED20201CR	Measurement & Evaluation in Physical Education	Core	4	0	0	4
PED20202CR	Teaching & Proficiency in Games-II (Practical)	Core	0	0	8	4
PED20203CR	Teaching & Proficiency in Athletics-II (Practical)	Core	0	0	8	4
PED20204CR	Sports Biomechanics	Core	3	1	0	4
PED20205DCE	Statistics in Physical Education	DCE	3	1	0	4
PED20206DCE	Foundation of Physical Education	DCE	3	1		4
PED20002GE	Introduction to Physical Education	GE	1	0	2	2
PED20002OE	Leisure & Recreation	OE	1	0	2	2
28 Credits=40 contact Hours			18	3	20	28

24 Credits =40 contact Hours

4 (Core) + 2 Discipline centric + 2 generic 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.

Parental Area

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Measurement and Evaluation in Physical Education

Unit I Introduction

1. Meaning & Importance of Test, measurements and evaluation.
2. Relation of Test, measurement and Evaluation
3. Basic principles of Evaluation & Types of Evaluation: formative & summative.
4. Modern Techniques in physical education measurements.

Unit II Selection and Administration of Test

1. Meaning & Factors affecting validity, Types of validity.
2. Meaning & Factors affecting Reliability, Methods of establishing reliability
3. Meaning & Factors affecting objectivity.
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: (, Length, Width & 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:

1. Nilgoose, Erle: "Evaluation In Health Education And Physical Education", New York, Mcgra-Eill Book Co., Inc.
2. Cureton, Thomas K. "Physical Fitness Appraisal And Guidance" St. Louis, The Mosby Company, 1947.
3. Bovard John F., Frederich W., Hagman, Parclcia E., "Test And Measurement In Physical Education ", Philadelphia, W.B.,Sounders Company, 1949.
4. Meyers, Cariton R. And Blesh, Erwin T. "Measurement In Physical Education", New York, The Fonald Press Company, 1962.
5. Campbell, W.R. And Tauker, N.M. "An Introduction To Test And Measurement In Physical Education", London, C.Bellk & Sons Ltd., 1967.

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6. Hunsicker, Paul A., And Monteyer, Hendry J. "Applied Tests And Measurements In Physical Education" New York, Prentice Hall, 1953.
7. Cohen, R.J. And M.E Swerdhik, Psychological Testing And Assessment: An Introduction To Test And Measurement, 1999.
8. Kansal, D.K. Text Book Of Test, Measurement, Evaluation And Sports Selection For All Sports And Spiritual Sciences Publication, New Delhi, 2008.
9. Lacy, A.C. And Douglas N. Hastad, Measurement & Evaluation In Physical Education And Exercise Science, 2003.
10. Tritschler, K.A, Barrow & Mcgee's, Practical Measurement And Assessment, 2000

Note for Paper Setter:-

Examination with Max. Marks = 25 (Duration=60 minutes)

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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 minutes)

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

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Instructions for candidates:-

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives of course:-

The objective of the course is to enable the students to understand concepts and techniques of measurements, assessment techniques and evaluation of physical education programmes in schools.

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Course No.PED20202CR

4 Credits

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

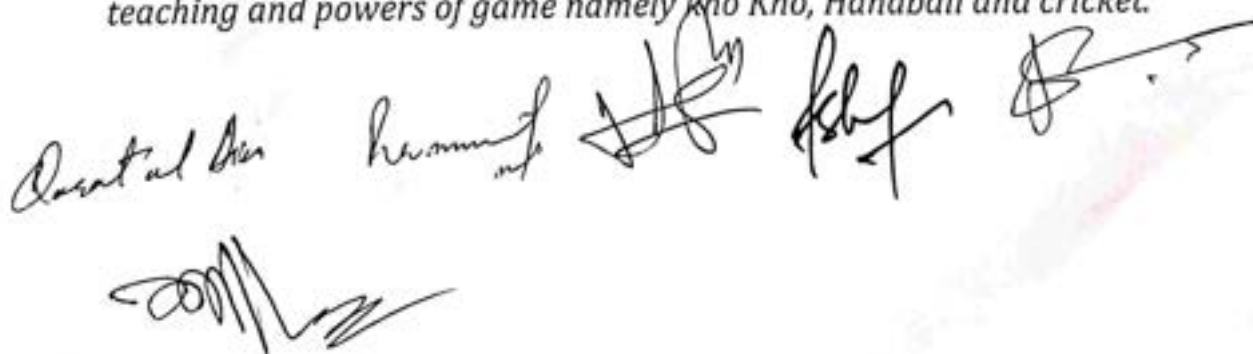
Topics to be covered for Games

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 kho Kho, Handball and cricket.



Course No. PED20203CR

4 Credits

Teaching & Proficiency in Athletics-II (Practical)

Max Marks	100
External	80
Internal	20

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

1. Triple Jump
2. Sprints
3. Relays

Contents to be covered for athletic events

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.
9. Records/Statistics of the concerned athletics event at world, Olympic, Asia, National.
10. Awardees in the concerned athletics event.
11. 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.

Practical

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Course No.PED20204CR

4 Credits

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.
3. Lever and its types and its application in sports for mechanical efficiency.
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:

1. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement. (3rd. ed.) Baltimore : Williams and Wilkins.
2. Groves, R and Camaine, D.(1983) . Concepts in Kinesiology.(2nd.ed.) Philadelphia: Saunders College Publishing.
3. Hay, J & Reid, J (1982) . The Anatomical and Mechanical Bases of Human Motion. Englewood Cliffs : Prentice – Hall
4. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology – Scientific Basis of Human Motion. 8th.Ed., Brown & Bench mark.
5. Rasch, P.(1989). Kinesiology and Applied Anatomy. Philadelphia : Lea & Febiger.
6. Thompson, C.(1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis : Times Mirror/ Mosby College Publishing

Note for Paper Setter:

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

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

Examination with Max. Marks=50 (Duration=120 minutes)

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Section C= Question carrying 09 marks each. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

The objective of the course is to enable the students to understand the concepts of mechanics as they apply to human movement, particularly those pertaining to exercise, sport, and physical activity.

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Basim, Abdul, Abdul, Qusayb, Ahmad, Nuzair, Waleed, Ali

Course No. PED20205DCE

4 Credits

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)
4. Meaning and Property of Normal Probability Curve.

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.
2. Application of Parametric Statistics in Physical Education.
3. Computation of correlated & uncorrelated t test, ANOVA.
4. Computation of Pearson's Correlation & Regression analysis.

Unit – IV Non-Parametric Statistics

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

Books recommended:

1. Clarke H.W "Application on Measurement to Health and Physical Education, Published by Prentice Hall Inc., 961.
2. Clarke Harison H. "Research Process in Physical Education, Health Education and Recreation, New jersey, Practice Hall inc. 1979.
3. Fruederick, L." The Elements of Research" New York, Prentic Hall, Californi 1950.
4. Garret E. Harry and Woodworth, N.S. Statistics in Psychology and Education Bombay Allied Publications Private Ltd 1958.
5. Joseph Weir, William J. Vincent "Statistics in Kinesiology" Human Kinetics Publishers (2012)
6. Neilson N.P. "An Elementary course in Statistics Test and Measurements in Physical Tests. Polo Alto, California 1960.
7. Shiv Ram Krishna S. "Statistics for physical Education" New Delhi, Friends Publication.

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9. Verma P J. "Statistical Methods for Sports and Physical Education, Tata McGraw Hill Education Private Limited, 2011
10. Verma Prakash J. "A Text Book on Sports Statistics" Gwalior, Venus publication, 2004.

Note for Paper Setter:-

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives:-

The objective of the course is to impart statistical knowledge and techniques used to evaluate performance, predictions and statistical analyses relating to sport.

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Course No.PED 20206DCE

4 Credits

Foundation of Physical Education

Unit I Introduction

1. Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education
2. Importance of Physical Education in present era.
3. Misconceptions about Physical Education. Relationship of Physical Education with General Education.
4. Physical Education as an Art and Science.

Unit- II Historical Development of Physical Education in India

1. Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
2. British Period (Before 1947), Physical Education in India (After 1947)
3. Y.M.C.A. and its contributions. The early history of the Olympic movement
4. The significant stages in the development of the modern Olympic movement , Educational and cultural values of Olympic movement

Unit- III Philosophy of Physical Education

1. Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism,
2. Philosophy and Culture.
3. Fitness and wellness movement in the contemporary perspectives
4. Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV Principles of Physical Education

1. Biological: Growth and development , Age and gender characteristics,
2. Body Types: Anthropometric differences
3. Psychological : Learning types, learning curve , Laws and principles of learning, Attitude, interest, cognition, emotions and sentiments
4. Sociological : Society and culture, Social acceptance and recognition, Leadership, Social integration and cohesiveness

References:

- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
 Deshpande, S.H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
 Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
 Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
 Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher.
 Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.
 William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

Objectives:-

The objective of this course is to introduce students about the basic philosophy and foundation of physical education to the students.

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives:-

The objective of this course is to introduce students about the basic philosophy and foundation of physical education.

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Introduction to Physical Education

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 Eduction, 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

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

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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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions 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.

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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

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

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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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

The objective of this course is to equip students with essential knowledge and skills of 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

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Asrat al Din

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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 2020 (batch 2020) and onwards

Course Code	Course Title	Category	Hours per week			Credits
			L	T	P	
PED20301CR	Science of Training and Coaching	Core	4	0	0	4
PED20302CR	Teaching & Proficiency in Games-III (Practical)	Core	0	0	8	4
PED20303CR	Teaching & Proficiency in Athletics-III (Practical)	Core	0	0	8	4
PED20304DCE	Sports Psychology	DCE	3	1	0	4
PED20305DCE	Exercise Physiology	DCE	3	1	0	4
PED20003GE	Exercise and Weight Management	GE	1	0	2	2
PED20003OE	Personal Training	OE	1	0	2	2
24 Credits =50 contact Hours			12	2	20	24

Note:-

Adventure Camp for the students of M.P.Ed 3rd Semester shall be compulsory to inculcate the spirit of adventure and develop leadership qualities among the students.

24 Credits =40 contact Hours

4(Core) + 2 Discipline centric + 2

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.

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1

Science of Training and Coaching**UNIT-I Introduction to Sports Training**

1. Meaning, Aims and Characteristics of Sports Training.
2. Principles of 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.
4. Sports talent identification procedure.

UNIT-IV Technique, Tactics and Strategy Canon imageCLASS MF3010 Driver has been downloaded 61,253 times so far

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:

1. Cratty, S. "Perceptual & Motor Development in infants and children" Prentice Hall 1979.
2. Dick, F.T. "Sports training Principles" Lepus, London, 1980.
3. Jenson, C.R., Fisher A.G. "Scientific basis of Athletics conditioning" Lea & Febiger, Philadelphia: 1972.
4. Matveyew, L.P. "Fundamentals of Sports Training" (Translation from Russian) Mr. Publisher, Moscow, 1981.
5. Singh, H. "Sport Training, General Theory and Methods" N.I.S. Patiala, 1984.
6. Singh Hardyal "Science of Sports Training" New Delhi: DVS Publications, 1985.
7. Willmore, U.M. "Athletic Training and Physical fitness" Allynand Bacon, Inc. Sydney, 1977



Note for Paper Setter:-

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions 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 in reaching their personal health and fitness goals.

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Shafiq *Shafiq* *Shafiq* *Shafiq* *Shafiq*

Teaching & Proficiency in Games-III (Practical)

Max Marks	100
External	80
Internal	20

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

1. Kabaddi
2. Hockey
3. Yoga

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 Football, Badminton and Table Tennis.



Course No.PED20303CR

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

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.
9. Records/Statistics of the concerned athletics event at world, Olympic, Asia, National.
10. Awardees in the concerned athletics event.
11. 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.



Sports Psychology

Unit – I INTRODUCTION

1. Definition and Meaning of sports psychology, Nature and scope of sports psychology
2. History and Development of Sport and Exercise Psychology in the world and in India.
3. Relationship of sports psychology with other sports sciences
4. 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, PSYCHOLOGICAL 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

1. Berger, B.G., Pargman, D., & Weinberg, R.S. (2002) *Foundations of Exercise Psychology*. Morgantown, WV: Fitness Information Technology.
2. Burton , Damon , Thomas D. Raedeke (2008) *Sport Psychology For Coaches* Human Kinetics Publishers, Chaampaign Illinois.
3. Cox, Richard H (2006) *Sport Psychology Concept and Application*, 3rd ed Wm.C. Brown Publishers.



5. Horn, Thelma (2008) *Advances in Sport Psychology* Human Kinetics Publishers, Inc Champaign IL.
6. Kamlesh, M.L.(2001) *Psychology in Physical Education and Sport*, 3rd ed. Metropolitan Book Co.Pvt.Ltd Delhi.
7. Singer, R.N., Hausenblas, H. A., & Janelle, C.M.(2001).*Handbook of Sport Psychology*(2nd ed).New York:Wiley.
8. Williams, Jean M.(1993) *Applied Sport Psychology, Personal Growth in Peak Performance*.WM.C.Brown Publishers.
9. Weinberg, R.S & Gould, Daniel (2007) *Foundations of Sport and Exercise Psychology* Human Kinetics Publishers, Inc Champaign IL.

10.

11. Note for Paper Setter:-

12. Examination with Max. Marks = 25 (Duration=60 minutes)
13. Section A: Question carrying one mark each- 08 objective questions=08 marks
14. Section B: Questions carrying 04 marks each -two questions=08 marks.
15. Section C= Question carrying 09 marks each. Two questions; only one to be attempted=09 marks
17. Examination with Max. Marks=50 (Duration=120 minutes)
18. Section A: Question carrying one mark each- 16 objective questions=16 marks
19. Section B: Questions carrying 04 marks each -04questions=16 marks.
20. Section C= Question carrying 09 marks each. Out of Four questions, only two to be attempted=18 marks
22. **Instructions for candidates:-**
23. Examination with Max. Mark= 25 (Duration=60 minutes)
24. The candidate shall have to attempt all objective questions from section 'A' and two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)
- 25.
26. Examination with Max. marks=50 (Duration=120 minutes)
27. The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions 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

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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 analgesic , Diuretics, Amines and Beta blockers
4. Role and importance of WADA, NADA

Books Recommended:

1. Guyton, Arthur C. "Text Book of Medical Physiology" (Philadelphia W.B. Saunder Company 1976)
2. Morehouse, LE and Miller, A.T. "Physiology of Exercise" (Saint Louis) Mousby Company 1976.
3. Karpovich, P.V. and sinning, Wayne E. "Physiology of Muscular Activity" (Philadelphia: W.B. Saunders Company, 1971) 7th Edition.
4. Bourne, Geoffery H. "The Structure and Function of Muscles" (London Academic Press) - 1973.
5. Astrand, P.O. and Rodahl; Karre. "Text Book of work Physiology" (Tokyo Mc Graw. Hill Xogakusha, Ltd. 1979)
6. Mathew. D.K. and Fox, E.L. "Physiological Basis of Physical Education and Athletics" (Philadelphia W.B. Saunder Company 1976)

8. Roberys A. Robert and Robert O. Scott. "Fundamental Principles of Exercise Physiology" (Mc. Grew Hill Companies, Inc. 2000).
9. Adams M. Gene Exercise Physiology: Laboratory Manual, (WCB Mc Grew-Hill Companies, Inc, 1988).
10. Katch L. Victor, Katch I. Frank and Mcardle D. William, "Exercise Physiology" (Williams & Wilkins, A Waverty Company, 1966).
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. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions 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

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Exercise and Weight Management

Unit – I INTRODUCTION

5. Introduction to Exercise and Weight management
6. Exercise and health,
7. Problems of overweight and obesity
8. Weight assessment techniques

Unit – II Diet and Exercise

1. Eating disorders, Balance diet
2. Nutrition for healthy weight, Diet planning
3. Meaning and principles of exercise, Exercise planning
4. Aerobic exercise, Anaerobic exercise, Exercise for weight loss, Exercise for gaining weight

References

1. Bernadot dan (1999) *Nutrition for Serious Athletes*, Human Kinetics USA.
2. Brouns Fred and Caustan – Cargill (2002) *Essentials of Sports Nutrition – 2nd edition* John Wiley and Sons, England.
3. Burke Louse and Deakin Vicky (2006) *Clinical Sports Nutrition*, McGraw – Hill Pvt. Ltd. Australia. Summerfield Lianne M (2001), *Nutrition Exercise and Behavior An integrated approach to weight management*,
4. Aemeli R. Roster. Catlen Hati Gur, "Fitness Fun", Human Kinetics' Publication.
5. Rebeka And Bil Tulin. "Travel Fitness weight"
6. Thomas R. Bechele and Roger W.L. "Fitness weight Training"
7. Sara Black, "The Supple Body" Dun ken Bayard Publication. 1995.
8. Upple A.G. "Physical Fitness" Friends Publication . 1992.

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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

The objective of the course is 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.

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Nitesh

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Nysal 11/12/14

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

1. Bernadot dan (1999) *Nutrition for Serious Athletes*, Human Kinetics USA.
2. Brouns Fred and Caustan – Cargill (2002) *Essentials of Sports Nutrition – 2nd edition* John Wiley and Sons, England.
3. Burke Louse and Deakin Vicky (2006) *Clinical Sports Nutrition*, McGraw – Hill Pvt. Ltd. Australia. Summerfield Lianne M (2001), *Nutrition Exercise and Behavior An integrated approach to weight management*,
4. Aemeli R. Roster. Catlen Hati Gur, "Fitness Fun", Human Kinetics' Publication.
5. Rebeka And Bil Tulin. "Travel Fitness weight"
6. Thomas R. Bechele and Roger W.L. "Fitness weight Training"
7. Sara Black, "The Supple Body" Dun ken Bayard Publication. 1995.
8. Upple A.G. "Physical Fitness" Friends Publication . 1992.

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.



attempted=09 marks

Examination with Max. Marks=50 (Duration=120 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

The objective of the course is to impart the knowledge, skills and abilities necessary to design safe and effective physical training programs in reaching their personal health and fitness goals.

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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 2020-21 and onwards

Course Code	Course Title	Category	Hours per week			Credits
			L	T	P	
PED20401CR	Health Education	Core	4	0	0	4
PED20402CR	Teaching & Proficiency in Games-IV (Practical)	Core	0	0	8	4
PED20403CR	Teaching & Proficiency in Athletics-IV (Practical)	Core	0	0	8	4
PED20404CR	Sports Medicine, Athletic Care and Rehabilitation	Core	3	1	0	4
PED20405DCE	Sport Sociology	DCE	3	1	0	4
PED20406DCE	Dissertation	DCE	0	4	4	4
PED20407DCE	Inclusive Physical Education	DCE	3	1		4
PED20004GE	Yoga & Health	GE	1	0	2	2
PED20004 OE	Martial Arts & Self Defence	OE	1	0	2	2
24 credits = 40 contact Hours			12	5	24	24

4 (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.

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:



Books Recommended:

1. Greene, W.H., Simon-Morton, B.G.(1984). Introduction to Health Education. NY: Macmillan Publishing Company
2. Anspaugh, D.J., Ezell, G. (1995). Teaching today's health (4th Ed). Boston: Allyn & Bacon
3. Park, K. (2007). Park's textbook of Preventive & social medicine (19th Ed). India: Banarasidas Bhanot Publishers

Note for Paper Setter:-

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

The objective of the 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

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Teaching & Proficiency in Games-IV (Practical)

Max Marks	100
External	80
Internal	20

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

1. Volleyball
2. Basketball
3. Archery

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 games namely Volleyball , Basketball and Archery



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. Hydro therapy:
2. Cryotherapy:
3. T.E.N.S
4. Thermootherapy:

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:

1. Reider Bruce, "Sport Medicine" (W.B. Saunders Company: A division of Hurcourt Brace & Company, Philadelphia 1996).
2. Million B. Morris "Office sports Medicine" (Hanley & Belfins Inc. Philadelphia, 1996).
3. Scuderi R. Giles and Mc. Cann D. Peter "Sports Medicine a comprehensive approach" (Elsevier Mosby, Burtis Center, Philadelphia, 2005).
4. Scuderi R. Giles, Mc. Cann D. Peter and Brun J. Peter "Sports Medicine: Principles of Primary Cure" (Mosby A Harcourt Health Science Company St. Louis, 1997).
5. Uprrian Werier "Physical Therapy for sports" (W.B. Saunders Company. A. Division of Harcourts Brace & Company, Curtis Centres Philadelphia, 1995



Course No. PED20403CR

4 Credits

Teaching & Proficiency in Athletics-IV (Practical)

Max Marks 100

External 80

Internal 20

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

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

Topics to be covered for athletic events

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.
9. Records/Statistics of the concerned athletics event at world, Olympic, Asia, National.
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 Shot Put , Hurdles and Long Distance Racer



Note for Paper Setter:-

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions 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.

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Sports Sociology

Unit - I INTRODUCTION

1. Nature, Scope & Methods of Sport Sociology.
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.
4. Sports and cultures.

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:-

1. Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, "Sports Culture and Society" (Philadelphia Lea & Febiger, 1981).
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)
3. Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, "Sport and Social System" (London, Addison wesely publishing company Inc, 1978)
4. Edward Larry "Sociology of Sport" (Ilihois: The Dorsey Press, 1973).
5. Carry, Brayant J. "Social Dimension of Physical Actiivity" New Jersey: Englewood Cliffs, Prentice Hall In. 1967)
6. Singh Kanwaljeet and singh Inderjit "Sports Sociology" (Friends Publications India, 2000).
7. Walkley Jay "Sports in Society" (Mc Graw Hill, Companies, Inc. 2001).

8. Bhushan Vidya, Sachdeva R.D. "An Introduction Sociology" (Kitab Mahal, Allahabad, 2005)

9. Singh Bhupinder Sports Sociology, "An Indian perspective" (friends publications, India, 2004)

10. Jain Rachna "Sports Sociology" (Khel Sahitya Kendra Ashok vihar Delhi 2004).

Note for Paper Setter:-

Examination with Max. Marks = 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 minutes)

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. Out of 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 two questions from section 'B' answering about (150- 200) words and only one question from section 'C' answering about (300- 350 words)

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions 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

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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 be completed by the end of 4th semester.
3. The Dissertation shall be carried out under the supervision of a concerned teacher of the department.
4. Approval of topic, allotment of supervisor, progress of research work and evaluation shall be monitored by the 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.



PED20407DCE: Inclusive Physical Education

Duration of Paper: 2:30 hours

Max Marks-100

External 80

Internal 20

Note for Paper Setter:-

Unit I Introduction to Inclusive Physical Education

1. Meaning, Aim & Objectives of Inclusive Physical Education
2. Need and Importance of Inclusive Physical Education
3. Role of Physical Education Teacher in Inclusive Physical Education
4. Brief historical review of inclusive Physical Education

Unit II Classification of Disability

1. Physical disability: Meaning, Characteristics, Category, functional limitation and General cause.
2. Mental retardation: Meaning, Characteristics, Category, functional limitation and General cause.
3. Hearing and Speech impairment: Meaning, Characteristics, Category, functional limitation and General cause.
4. Visual Impairment: Meaning, Characteristics, Category, functional limitation and General cause.

Unit III Inclusive Physical Education Programs

1. Guiding Principles for Inclusive Physical Education Program
2. Physical Education Program for disable of: Elementary school, middle school and high school
3. Physical Education program for Physical disability, mental retardation, hearing & speech impairment and visual impairment
4. Adapted Sports (Para-Olympic)

Unit IV Rehabilitation and Welfare Programs

1. Meaning, aim and objectives of Rehabilitation

2. Importance of Adapted Physical Education Program in Rehabilitation
3. Provision of special rights and Privilege for specially-abled children through legislation
4. Social welfare programs for disabled person

Books Recommended:

1. Anoop Jain "Adapted Physical Education" Sports Publication, Ashok Vihar, Delhi.
2. Arthur G. Miller & James, "Teaching Physical Activities to Impair Youth" John Wiley & Sons Inc. Canada.
3. Arthur S. Daniels & Euiya, "adapted Physical education" Harper & Row Publisher, New York.


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 12

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, Benifits 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 minutes)

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

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

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14

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:

1. Martial Arts: Behind the Myths by Phil Pierce, kindle edition.
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

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

The candidate shall have to attempt all objective questions from section 'A' and four questions from section 'B' answering about (150- 200) words and two questions from section 'C' out of four questions answering about (300- 350 words)

Objectives

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

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