

**VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY**

**TWO YEAR M.P.Ed. (CBCS) SYLLABUS**

**Master of Physical Education Degree Programme – 2019-20**

<b>I SEMESTER</b>							
<b>Theory 400</b>							
<b>Paper Code</b>	<b>Papers</b>	<b>Instruction hrs/week</b>	<b>Duration of Exam (Hrs)</b>	<b>IA</b>	<b>Theory/ Practical</b>	<b>Total Marks</b>	<b>Credits</b>
MPECC 101	Research Process in Physical Education & Sports Sciences	3 hrs	3 hrs	30	70	100	4
MPECC 102	Exercise Physiology	3 hrs	3 hrs	30	70	100	4
MPECC 103	Foundation of Physical Education	3 hrs	3 hrs	30	70	100	4
MPEEC 101	Scientific Principles of Sports Training	3 hrs	3 hrs	30	70	100	4
MPEEC102	Sports Technology						
<b>Practicum 400</b>							
MPEPC 101	<b>Track and Field:</b> Sprint, Middle, Long distance Running, Relay and Track Marking/Swimming / Gymnastics (any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 102	<b>Laboratory Practical:</b> Exercise Physiology	6 hrs	3 hrs	30	70	100	4
MPEPC 103	Yoga Performance in Asanas and Pranayama and Aerobics, adventure activities (any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 104	<b>Game Specialization:</b> Kabaddi, Handball and Wrestling (any one)	6 hrs	3 hrs	30	70	100	4
<b>Grand Total</b>		<b>36 hrs</b>	<b>24 hrs</b>	<b>240</b>	<b>560</b>	<b>800</b>	<b>32</b>

II SEMESTER							
Theory 400							
Paper Code	Papers	Instruction hrs/week	Duration of Exam (Hrs)	IA	Theory/ Practical	Total Marks	Credits
MPECC 201	Sports psychology and sociology	3 hrs	3 hrs	30	70	100	4
MPECC 202	Sports Management and Curriculum design in Physical Education	3 hrs	3 hrs	30	70	100	4
MPECC 203	Applied Statistics in Physical Education and Sports	3 hrs	3 hrs	30	70	100	4
MPEOEC 201	Yoga Education (Open Elective)	3 hrs	3 hrs	30	70	100	4
Practicum 400							
MPEPC 201	<b>Track and Field:</b> Jumping Events and Hurdles /Swimming/Gymnastics (any one).	6 hrs	3 hrs	30	70	100	4
MPEPC 202	<b>Laboratory:</b> sports psychology	6 hrs	3 hrs	30	70	100	4
MPEPC203	<b>Game Specialization:</b> Kho-Kho, Table Tennis and Football (any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 204	A. Teaching Lessons of Sports and Games B. Classroom Teaching on Theories of Different Sports and Games	6 hrs	3 hrs	30	70	100	4
<b>Grand Total</b>		<b>36 hrs</b>	<b>24 hrs</b>	<b>240</b>	<b>560</b>	<b>800</b>	<b>32</b>

PL= Particular Outdoor Lessons and CL= Class Room Teaching

III SEMESTER							
Theory 400							
Paper Code	Papers	Instruction hrs/week	Duration of Exam (Hrs)	IA	Theory/ Practical	Total Marks	Credits
MPECC301	Health education and sports nutrition	3 hrs	3 hrs	30	70	100	4
MPECC 302	Sports Bio- Mechanics and Kinesiology	3 hrs	3 hrs	30	70	100	4
MPECC 303	Educational Technology in Physical Education	3 hrs	3 hrs	30	70	100	4
MPEOEC301	Physical Fitness and Wellness (Open Elective)	3 hrs	3 hrs	30	70	100	4
Practicum 400							
MPEPC 301	<b>Track and Field:</b> Throwing Events and Combined Events: (Heptathlon Event and Decathlon Event)	6 hrs	3 hrs	30	70	100	4
MPEPC 302	<b>Laboratory Practical:</b> Biomechanics and kinesiology	6 hrs	3 hrs	30	70	100	4
MPEPC 303	<b>Game Specialization:</b> Volleyball, Hockey and Cricket (any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 304	<b>Intern ship:</b> <u>Pedagogy (CL)</u> A. Coaching Lessons of Track and Field Events	6 hrs	3 hrs	30	70	100	4
	B. Coaching Lessons of Game Specialization						
<b>Grand Total</b>		<b>36 hrs</b>	<b>24 hrs</b>	<b>240</b>	<b>560</b>	<b>800</b>	<b>32</b>

PL= Particular Outdoor Lessons and CL= Class Room Teaching

**IV SEMESTER**

<b>Theory 400</b>							
<b>Paper Code</b>	<b>Papers</b>	<b>Instruction hrs/week</b>	<b>Duration of Exam (Hrs)</b>	<b>IA</b>	<b>Theory/ Practical</b>	<b>Total Marks</b>	<b>Credits</b>
MPECC401	Test, Measurement and Evaluation in Physical Education	3 hrs	3 hrs	30	70	100	4
MPECC 402	Athletic care and rehabilitation	3 hrs	3 hrs	30	70	100	4
MPECC 403	Dissertation	3 hrs	3 hrs	30	70	100	4
MPEEC 401	Value and environmental Education	3 hrs	3 hrs	30	70	100	4
MPEEC402	Sports Journalism and Mass media						
<b>Practicum 400</b>							
MPEPC 401	<b>Track and Field:</b> Walk Race, Cross Country Race, Half Marathon, Field Marking and Officiating	6 hrs	3 hrs	30	70	100	4
MPEPC 402	<b>Laboratory:</b> Test, Measurement and Evaluation	6 hrs	3 hrs	30	70	100	4
MPEPC403	<b>Game Specialization</b> :Basketball, Badminton and Softball ( any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 404	Coaching lessons of Track and Field Games Specialization (PL)	6 hrs	3 hrs	30	70	100	4
<b>Grand Total</b>		<b>36 hrs</b>	<b>24 hrs</b>	<b>240</b>	<b>560</b>	<b>800</b>	<b>32</b>

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**SEMESTER I**  
**THEORY COURSES**  
**MPECC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND**  
**SPORTSSCIENCES**

**UNIT I – Introduction**

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

**UNIT II – Methods of Research**

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

**UNIT III – Experimental Research**

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

**UNIT IV – Sampling**

Meaning and Definition of Sample and Population.Types of Sampling; Probability Methods;Systematic Sampling, Cluster sampling, Stratified Sampling.Area Sampling – MultistageSampling.Non- Probability Methods; Convenience Sample, Judgment Sampling, QuotaSampling.

**UNIT V – Research Proposal and Report**

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

**REFERENCE:**

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education,New Jersey; Prentice Hall Inc.
- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and ExerciseScience, London Routledge Press
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis;
- Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
- Moses, A. K. (1995) Thesis Writing Format, Chennai; PoompugarPathippagam

**SEMESTER I**

**Theory Courses**  
**MPECC-102 EXERCISE PHYSIOLOGY**

**UNIT I – Skeletal Muscles and Exercise**

Macro & Micro Structure of the Skeletal Muscle Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system.

**UNIT II – Cardiovascular System and Exercise**

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

**UNIT III – Respiratory System and Exercise**

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

**UNIT IV – Metabolism and Energy Transfer**

Metabolism – ATP – PC or Phosphate System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

**UNIT V – Climatic conditions and sports performance and cryogenic aids**

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

*Note:* Laboratory Practical in Physiology be designed and arranged internally.

**REFERENCES:**

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human

**Semester I**

**Theory Courses**  
**MPECC-103 FOUNDATION OF PHYSICAL EDUCATION**

**Unit – I: Introduction**

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

**Unit-II Philosophical and Sociological foundation of Physical Education**

- Philosophical foundation, Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian, Philosophy and Culture.
- Society and culture, Social acceptance and recognition, Socialization, Stratification and Sociometric, Leadership, Social integration and cohesiveness

**Unit –III Biological Foundation of Physical Education**

- Biological- heredity and Environment
- Growth and development
- Age and gender characteristics
- Body Types
- Anthropometric differences

**Unit-IV Psychological Foundation of Physical Education**

- Psychological Foundation of Physical Education
- Meanings and Methods of Psychology.
- Personality, determining factors of Personality.
- Learning types, learning curve, Laws and principles of learning
- Attitude, interest, cognition, emotions, sentiments, Anxiety, Arousal, Attention, Perception and Self-esteem.

**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.

**Theory Courses**  
**MPEEC-101 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING (Elective)**

**UNIT I – Introduction**

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

**UNIT II – Components of Physical Fitness**

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

**UNIT III – Flexibility**

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

**UNIT IV – Training Plan**

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

**UNIT V – Doping**

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

**REFERENCES:**

- BeotraAlka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice
- Cart, E. Klafs & Daniel, D. Arnhem (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company
- Daniel, D. Arnhem (1991) Principles of Athletic Training, St. Luis, Mosby Year Book

**Theory Courses**  
**MPEEC-102 SPORTS TECHNOLOGY (Elective)**

**Unit I – Sports Technology**

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

**Unit II – Science of Sports Materials**

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

**Unit III – Construction of Playfields- surfaces**

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

**Unit IV – Modern Equipment**

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

**Unit V – Training Gadgets**

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism And Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

**REFERENCE:**

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials"
- Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico
- John Mongilo, (2001), "Nano Technology 101" New York: Green wood publishing group.
- Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
- Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling
- Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company).

**Semester I**

## **Practicum Course**

### **MPEPC- 101 TRACK AND FIELD I: SPRINT, MIDDLE AND LONG DISTANCE RUNNING, RELAY AND TRACK MARKING / GYMNASTICS/SWIMMING.**

#### **Sprints**

- Start, Acceleration, Finish, Running styles in sprint,
- Related drills.
- Strategies and Tactics.

#### **Middle Distance and Long Distance Race:**

- Start, Acceleration, Finish, Running styles in Middle Distance and Long Distance Race,
- Related drills
- Strategies and Tactics.

#### **Relays**

- Baton exchange for different relays.
- Related drills.
- Strategies and Tactics.
- 

#### **Rules, Regulations, Officiating and Marking for above Track Events.**

### **SPECIALISATION RECORD**

#### **UNIT 1: History and development of the Sprints, Hurdles and Relays.**

- Origin of the event
- Growth and development of the event

#### **UNIT 2: Skills and Techniques**

- Block start, Sprint technique
- Baton exchange techniques
- Training drills and progression of teaching skills

#### **UNIT 3: Fitness training**

- Energy system involved in the event
- Training to develop the fitness parameters involved in the event
- Training plan of six weeks for sprints, hurdles and relays

#### **UNIT 4: Rules and Regulations**

- Officials required for the track events
- Rules pertaining to sprints, and relays.

**UNIT 5: Layout ,construction and maintenance of track.**

- Marking track events.

**UNIT 6: Organization, Administration and managerial set up for conducting track events.**

**UNIT 7: Biomechanical principles of track events**

- Block start
- Sprint

**UNIT 8: Injuries and Nutrition**

- Event related injuries, prevention, treatment and rehabilitation.
- Nutrition specific to the event

\*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded shall be decided in the departmental council meeting.

**Gymnastics: Floor Exercise**

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.
- Vaulting Horse
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

**Swimming: Fundamental Skills**

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
  
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam**

**MPEPC- 102 LABORATORY PRACTICAL: PHYSIOLOGY OF EXERCISE**

### **I. Assessment of Blood Pressure**

- Systolic and diastolic blood pressure.
- Hypertension and hypotension.

#### **Assessment of Heart Rate**

- Resting Heart Rate, Maximum Heart Rate, Target Heart Rate, Heart Rate Monitoring during the activity
- Manual method of Heart Rate measurement.
- Assessment of Heart Rate through Heart Rate monitor.

### **II. Assessment of Lung Volumes and Capacities, Spirometer tests.**

- Vital capacity (VC)
- Total lung capacity. (TLC)
- Inspiratory capacity (IC)
- Functional residual capacity (FRC)
- Tidal volume (TV)
- Inspiratory reserve volume (IRV)
- Expiratory reserve volume (ERV)
- Residual volume (RV)

### **III. Metabolic Rate Measurements and Maximum Oxygen Consumption Tests**

- Total energy expenditure
- Basal metabolic rate
- Treadmill VO<sub>2</sub> Max. test
- Cyclic Ergometer VO<sub>2</sub> Max. test.
- Lactate threshold assessment

### **IV. Aerobic Field Tests.**

- Beep test
- Cooper's minutes run and walk test
- Harvard step test.
- 1 mile Rockport Fitness Walking Test

### **V. Anaerobic Field Tests**

- Margarita-Kalaman stair climbing test
- Vertical Jump test for vertical power
- Standing broad jump for horizontal power

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**MPEPC- 103 YOGA PERFORMANCE IN ASANAS AND PRANAYAMA/ AEROBICS/  
ADVENTURE SPORTS**

## YOGA

- A. Standing asana:
  - a. Tadasana
  - b. Vrksasana
  - c. Utthitatrikonasana
  - d. Parivrttatrikonasana
  - e. Utthitaparsvakonasana
  - f. Veerabhadhrasana/ Different postures
  - g. Garudasan
- B. Sooryanamaskara: 10 counts, 12 counts, 16 counts.
- C. Sitting postures: padmasana, vajrasana, sukasana, sidhasana,
- D. Long sitting postures:
  - a. Dandasana
  - b. Ardhanavasana
  - c. Gomukkasana
  - d. Veerasana
  - e. SupthaVajrasana
  - f. Vakrasana
  - g. Ardhamathyasana
  - h. Marichyasana
  - i. Utaushtrasana
  - j. Paschimottanasana
- E. Proline position:
  - a. Shalabasana/ different forms
  - b. Bujangasana
  - c. Dhanurasana
  - d. Swanasana/ urdhvamukha, adhomukha
- F. Supine lane postures:
  - a. Alasana
  - b. Sarvangasana
  - c. Supthakonasana
  - d. Chakrasana
- G. Balancing postures:
  - a. Kukuttasana
  - b. Lolasana
  - c. Bakasana
  - d. Mayurasana
  - e. Sirasasana
- H. Pranayama:
  - a. Abdominal breathing

- b. Nadishodhana pranayama (alternative nostril breathing)
- c. Sheetal pranayama (cooling breath)
- d. Sheethkari pranayama (hissing breathe)
- e. Bhramari pranayama (humming bee breathe)
- f. Basthika pranayama (bellows breathe)
- g. Twisting and breathing

- I. Relaxation postures:
  - a. Shavasana
  - b. Makarasana

- J. Introduction to Bhandas, Mudras, Charkara and Kriyas

**NOTE:** Candidates shall select 2 Asanas from Standing, Sitting, prone and Supine postures for the Practicum Examination: for evaluation purpose the skill Perfection, demonstration, teaching and training ability, will be considered.

### **AEROBICS**

- Rhythmic Aerobics - dance
- Low impact aerobics
- High impact aerobics
- Aerobics kick boxing
- Moves

March single, basics, side to side alternate, turn s/a ,double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11. Kick side, corner, heel to left, shape, 'e' shape, shapew, shape, repeater left mode Warm up and cool down. Being successful in exercise and adaptation to aerobic workout.

### **ADVENTURE ACTIVITIES:**

- Trekking, Wall climbing, River crossing, Mountaineering, etc

### **MPEPC-104 GAMES SPECIALIZATION- KABADDI, HANDBALL AND WRESTLING**

- **Basic skills**
- **Advanced skills**
- **Teaching progression of different skills**
- **Drills for each of the skills**
- **Biomechanical analysis of the skills**
- **Specific fitness drills**

## **SPECIALISATION RECORD**

### **UNIT 1 : History and development of the Game/Sport**

- Origin of the Game
- Growth and development of the Game in India.
- Tournaments and awards

### **UNIT 2: Skills and Techniques**

- Fundamental Skills
- Advanced skills
- Training drills

### **UNIT 3: Strategies and Tactics**

- Training for tactics
- Training plan for a period of six weeks and twelve weeks at different levels (High school, college and university)

### **UNIT 4: Officiating**

- Rules and Regulations
- System of officiating

### **UNIT 5: Layout and construction and maintenance of playfield/courts**

### **UNIT 6: Organization, Administration and managerial set up for conducting tournament competition**

### **UNIT 7: Biomechanics and Energy systems**

- Biomechanical principles of the game/sport
- Energy systems involved in the games and fitness programme specific to the game

### **UNIT 8: Injuries and Nutrition**

- Game/Sport related injuries – Prevention, treatment and rehabilitation.
- Nutrition related to the game – Off season, and pre, during and post competition

\*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded shall be decided in the departmental council meeting.

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.**

## **MPEPC-104 GAMES SPECIALIZATION- KABADDI, HANDBALL AND WRESTLING**

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<b>Theory 400</b>							
<b>Paper Code</b>	<b>Papers</b>	<b>Instruction hrs/week</b>	<b>Duration of Exam (Hrs)</b>	<b>IA</b>	<b>Theory/ Practical</b>	<b>Total Marks</b>	<b>Credits</b>
MPECC 201	Sports psychology and sociology	3 hrs	3 hrs	30	70	100	4
MPECC 202	Sports Management and Curriculum design in Physical Education	3 hrs	3 hrs	30	70	100	4
MPECC 203	Applied Statistics in Physical Education and Sports	3 hrs	3 hrs	30	70	100	4
MPEOEC 201	Yoga Education <b>(Open Elective)</b>	3 hrs	3 hrs	30	70	100	4
<b>Practicum 400</b>							
MPEPC 201	<b>Track and Field:</b> Jumping Events and Hurdles /Swimming/Gymnastics (any one).	6 hrs	3 hrs	30	70	100	4
MPEPC 202	<b>Laboratory:</b> sports psychology	6 hrs	3 hrs	30	70	100	4
MPEPC203	<b>Game Specialization:</b> Kho-Kho, Table Tennis and Football (any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 204	C. Teaching Lessons of Sports and Games D. Classroom Teaching on Theories of Different Sports and Games	6 hrs	3 hrs	30	70	100	4
<b>Grand Total</b>		<b>36 hrs</b>	<b>24 hrs</b>	<b>240</b>	<b>560</b>	<b>800</b>	<b>32</b>

**Semester II**  
**Theory Courses**  
**MPECC-201 SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY**

**UNIT I - Introduction**

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

**UNIT II - Motivation**

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

**UNIT III – Goal Setting**

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

**UNIT IV – Sports Sociology**

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

**UNIT V – Group Cohesion**

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

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

**REFERENCES:**

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

## Semester II

### Theory Courses

#### **MPECC-202 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION**

##### **UNIT I – Introduction to Sports Management**

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personnel Management: Objectives of Personnel Management, Personnel Policies, Role of Personnel Manager in an organization, Personnel Recruitment and selection.

##### **UNIT II – Program Management**

Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Competitive Sports Programs, Benefits, Management Guidelines for School, Colleges Sports Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program.

##### **UNIT III – Equipment's and Public Relation**

Purchase and Care of Supplies of Equipment, Guidelines for selection of Equipment's and Supplies, Purchase of equipment's and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment's. Public Relations in Sports: Planning the Public Relation Program – Principles of Public Relation – Public Relations in School and Communities – Public Relation and the Media.

##### **UNIT IV – Curriculum**

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

##### **UNIT V – Curriculum Sources**

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

##### **Reference:**

- Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
- Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
- Bonnie L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.

## **SEMESTER II**

### **Theory Courses**

#### **MPECC-203 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS**

##### **UNIT I – Introduction**

Meaning and Definition of Statistics. Function, need and Importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics.

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

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

##### **UNIT III – Measures of Dispersions and Scales**

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

##### **UNIT IV – Probability Distributions and Graphs**

Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, bar diagram, Histogram, Frequency Polygon, Ogive Curve.

##### **UNIT V – Inferential and Comparative Statistics**

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

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

##### **REFERENCE**

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

**Semester – II  
Theory Courses**

**MPEOEC-201 YOGA EDUCATION (Open Elective)**

**Unit – I Introduction**

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

**Unit - II Foundation of Yoga**

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyan and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga
- Chakras system

**Unit - III Asanas**

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influences of relative, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

**Unit – IV Yoga Education**

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

**References:**

- Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydhmoe.
- Rajjan, S. M. (1985). *Yoga strengthening of relaxation for sports man*. New Delhi: Allied Publishers.
- Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
- Shekar, K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

**Semester II  
Practicum Course**

**MPEPC- 201 TRACK AND FIELD: JUMPING EVENTS AND HURDLES / SWIMMING  
/  
GYMNASTICS**

**Long Jump, Triple Jump, High Jump, Pole Vault and Hurdles**

- Run up, Take off, Technique in the air, Landing of long jump, high jump and pole vault.
- Different techniques of Long Jump, High Jump
- Different techniques of Hurdles.
- Teaching stages and specific drills.

**SPECIALISATION RECORD**

**UNIT 1 : History and development of the jumping events and hurdles**

- Origin of the event
- Growth and development of the event

**UNIT 2: Skills and Techniques**

- Skills and techniques of Long jump
- Skills and techniques of High jump
- Skills and techniques of Triple jump
- Skills and techniques of Pole Vault
- Skills and techniques of Hurdles.
- Training drills and progression of teaching skills

**UNIT 3: Fitness training**

- Energy system involved in the event
- Training to develop the fitness parameters involved in the event
- Training plan of six weeks for jumps

**UNIT 4: Rules and Regulations**

- Officials required for the jumping events
- Rules pertaining to jumping events.
- Rules pertaining to hurdling events.

**UNIT 5: Layout and construction and maintenance of jumping events' arena.**

- Method of Marking

**UNIT 6: Organization, Administration and managerial set up for conducting jumping events.**

**UNIT 7: Biomechanical principles of jumping events**

- Long jump – Hang style and hitch kick style
- High jump – Straddle style and Fosbury flop style
- Triple jump
- Pole vault
- Hurdling

**UNIT 8: Injuries and Nutrition**

- Event related injuries, prevention, treatment and rehabilitation.
- Nutrition specific to the event

\*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded shall be decided in the departmental council meeting

**HURDLES**

- Fundamental skills in Hurdles Events.
- Related Drills.
- Strategies and Tactics.
- Body position at the start- starting technique, change in body position during Hurdles.
- Movements of the arms, stride length and frequency, position of torso while Hurdles and at finish.
- Advanced Skills various techniques of Hurdles Events.

**Swimming:**

**Introduction of water polo game**

- Fundamental skills
- Swimming with the ball
- Passing
- Catching
- Shooting
- Goal keeping
- Rules of the games and responsibility of officials

**Gymnastics:**

- Parallel Bar:
- Mount from one bar
- Straddle walking on parallel bars.
- Single and double step walk

- Perfect swing
- Shoulder stand on one bar and roll forward.
- Roll side
- Shoulder stand
- Front on back vault to the side(dismount)
- Horizontal /Single Bar:
  - Grip
  - Swings
  - Fundamental Elements
  - Dismount
- Uneven Parallal Bar:
  - Grip
  - Swings
  - Fundamental Elements
  - Dismount

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

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.**

## **MPEPC- 202: LABORATORY: SPORTS PSYCHOLOGY**

### **A. SPORTS PSYCHOLOGY:**

#### **I**

1. Aptitude tests
2. Interest inventories/schedules
3. Bell Adjustment inventory
4. Achievement motivation Tests
5. Personality Tests – self esteem, self confidence, self concept, self and ideal discrepancy.

#### **II**

1. Stressful life –events scale
2. Anxiety
3. Self-esteem
4. Extraversion and neuroticism personality assessment.
5. Well-being Questionnaire.

#### **III**

1. Sociometry
2. Measuring styles of leadership behaviour

3. Attitude measurement
4. Level of aspiration
5. Emotional Intelligence

#### **IV**

1. Muller Lyer Illusion
2. Maze Learning
3. Self confidence test
4. Imagery test
5. Self talk

#### **V**

1. Psychological reactions to sports injuries
2. Reaction ability tests
3. Anxiety tests
4. Depth perception test
5. Cognitive ability test

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.**

### **MPEPC-203 GAMES SPECIALIZATION- KHO-KHO, TABLE TENNIS AND FOOTBALL**

#### **Basic skills**

- **Advanced skills**
- **Teaching progression of different skills**
- **Drills for each of the skills**
- **Biomechanical analysis of the skills**
- **Specific fitness drills**

#### **SPECIALISATION RECORD**

##### **UNIT 1 : History and development of the Game/Sport**

- Origin of the Game
- Growth and development of the Game in India.
- Tournaments and awards

##### **UNIT 2: Skills and Techniques**

- Fundamental Skills
- Advanced skills
- Training drills

### **UNIT 3: Strategies and Tactics**

- Training for tactics
- Training plan for a period of six weeks and twelve weeks at different levels (High school, college and university)

### **UNIT 4: Officiating**

- Rules and Regulations
- System of officiating

### **UNIT 5: Layout and construction and maintenance of playfield/courts**

### **UNIT 6: Organization, Administration and managerial set up for conducting tournament /competition**

### **UNIT 7: Biomechanics and Energy systems**

- Biomechanical principles of the game/sport
- Energy systems involved in the games and fitness programme specific to the game

### **UNIT 8: Injuries and Nutrition**

- Game/Sport related injuries – Prevention, treatment and rehabilitation.
- Nutrition related to the game – Off season, and pre, during and post competition

## **MPEPC – 204 TEACHING LESSONS OF SPORTS AND GAMES/ CLASSROOM THEORIES OF DIFFERENT SPORTS GAMES**

### **(A) TEACHING LESSONS OF DIFFERENT SPORTS AND GAMES**

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least ten lessons in PU/Degree/Professional college during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, all the parts of the lesson covered progressively.

### **General out-line of the contents of practical teaching of Games and Sports.**

- General and specific warming up required for the game/sport.
- Basic skills of the game/sport.
- Advanced skills of the game/sport.

## **(B) CLASS ROOM TEACHING ON THEORIES OF SPORTS AND GAMES (LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES).**

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

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

### **General out-line of the contents of class room teaching of theory of Games and Sports**

- Introduction of the game/sport and historical development with special reference to India.
- Orientation of the students to the play area and equipment used in the game/sport.
- Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the game/sport.
- Theoretical basis of general and specific warming up, importance, uses and applications of various skills (both fundamental and advanced), and lead up activities for those skills.
- Equipment of the game/sport, infrastructure and facilities required for the game etc.
- General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

**At the end of the practical/class room teaching classes the semester exams in this activity will be held with two examiners of which at least one shall be an external examiner.**

III SEMESTER							
Theory 400							
Paper Code	Papers	Instruction hrs/week	Duration of Exam (Hrs)	IA	Theory/ Practical	Total Marks	Credits
MPECC301	Health education and sports nutrition	3 hrs	3 hrs	30	70	100	4
MPECC 302	Sports Bio- Mechanics and Kinesiology	3 hrs	3 hrs	30	70	100	4
MPECC 303	Educational Technology in Physical Education	3 hrs	3 hrs	30	70	100	4
MPEOEC301	Health Fitness and Wellness (Open Elective)	3 hrs	3 hrs	30	70	100	4
Practicum 400							
MPEPC 301	<b>Track and Field:</b> Throwing Events and Combined Events: (Heptathlon Event and Decathlon Event)	6 hrs	3 hrs	30	70	100	4
MPEPC 302	<b>Laboratory Practical:</b> Biomechanics and kinesiology	6 hrs	3 hrs	30	70	100	4
MPEPC 303	<b>Game Specialization:</b> Volleyball, Hockey and Cricket (any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 304	<b>Intern ship:</b> <u>Pedagogy (CL)</u> C. Coaching Lessons of Track and Field Events	6 hrs	3 hrs	30	70	100	4
	D. Coaching Lessons of Game Specialization						
<b>Grand Total</b>		<b>36 hrs</b>	<b>24 hrs</b>	<b>240</b>	<b>560</b>	<b>800</b>	<b>32</b>

**SEMESTER III**  
**Theory Courses**  
**MPECC-301 HEALTH EDUCATION AND SPORTS NUTRITION**

**Unit - I Health Education**

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

**Unit - II Health Problems in India**

Communicable and Non Communicable Diseases, Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools, Objective of school health service, Role of health education in schools, Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

**Unit- III – Hygiene and Health**

Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

**Unit – IV- Introduction to Sports Nutrition**

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

**Unit – V Nutrition and Weight Management**

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

**References:**

- Bucher, Charles A. "Administration of Health and Physical Education Programme".
- Delbert, Oberteuffer, ET. Al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Turner, C.E. "The School Health and Health Education".
- Moss and et.al. "Health Education" (National Education Association of U.T.A.)
- Nemir A. "The School Health Education" (Harber and Brothers, New York).
- Nutrition Encyclopedia, edited by Delores C.S. James, the Gale Group, Inc.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorns.

**Semester III**  
**Theory Courses**  
**MPECC-302 SPORTS BIOMECHANICS AND KINESIOLOGY**

**UNIT I – Introduction**

Meaning, nature, role and scope of applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity –Line of gravity plane of the body and axis of motion, Vectors and Scalars.

**UNIT II – Muscle Action**

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

**UNIT III – Motion and Force**

Meaning and definition of Motion. Types of Motion: Linear motion, angular Motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components. Force applied at an angle -Pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

**UNIT IV – Projectile and Lever**

Freely falling bodies -Projectiles -Equation of projectiles stability Factors Influencing equilibrium - Guiding principles for stability -static and dynamic Stability. Meaning of work, power, energy, kinetic energy and potential Energy. Leverage -classes of lever - practical application. Water resistance -Air resistance -Aerodynamics.

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

**UNIT V – Movement Analysis**

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

**REFERENCE:**

- Deshpande S.H. (2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
- Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
- Thomas. (2001). manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)
- Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends Publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

**Semester III**  
**Theory Courses**  
**MPEEC-303 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION**  
**ANDSPORTS**

**Unit I – Nature and Scope:** Educational technology-concept, Nature and Scope. Forms of educational technology: Teaching technology, instructional technology and behaviour technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stage; media application stage and computer application stage.

**Unit II – Systems Approach to Physical Education and Communication:** Systems Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies; Instructional Strategies and Media for Instruction. Effectiveness of Communication in instructional system; Communication -Modes, Barriers and Process of Communication.

**Unit III- Instructional Design:** Instructional Design: Concept, Views. Process and stages of Development of Instructional Design. Overview of Models of Instructional Design; Instructional Design for Competency Based Teaching: Models for Development of Self Learning Material.

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

**Unit V – New Horizons of Educational Technology:** Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical fibre technology - laser disk, computer conferencing. Etc. Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities. Recent experiments in the third world countries and pointers for, India with reference to Physical education. Recent trends of Research in Educational Technology and its future with reference to education.

**REFERENCE:**

- Amita Bhardwaj, New Media of Educational Planning”. Sarup of Sons, New Delhi-2003
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi: Doaba House), 1959.
- Communication and Education, D. N. Dasgupta, Pointer Publishers
- Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi  
Essentials of Educational Technology, Madan Lal, Anmol Publications

**Semester III**  
**Theory Courses**  
**MPEOEC-301 PHYSICAL FITNESS AND WELLNESS**

**Unit I – Introduction**

Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

**Unit II – Nutrition**

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs

**Unit III – Aerobic Exercise**

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

**Unit IV – Anaerobic Exercise**

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training

**Unit V – Flexibility Exercise**

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

**Reference:**

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd.
- Bedford row, London 1998.

**Semester III**  
**Practicum Course**  
**MPEPC- 301 TRACK AND FIELD: THROWING EVENTS AND COMBINED EVENTS**  
**HEPTATHLON EVENT AND DECATHLON EVENT**

**THROWING EVENTS:**

**Styles and Techniques of**

- **Shot Put**
- **Discus Throw**
- **Javelin Throw**
- **Hammer Throw**
- **Heptathlon and Decathlon**

**SPECIALISATION RECORD**

**UNIT 1: History and development of the throwing events and combined events.**

- Origin of the event
- Growth and development of the event

**UNIT 2: Skills and Techniques**

- Shot Put styles and techniques
- Discus throw styles and techniques
- Javelin throw styles and techniques
- Hammer throw techniques
- Heptathlon and Decathlon techniques
- Teaching progressions of each event and training drills

**UNIT 3: Fitness training for each of the skills**

- Energy system involved in the skill
- Training to develop the fitness parameters involved in the skill
- Training plan of six weeks for throws
  - Training for tactics

**UNIT 4: Rules and Regulations**

- Officials required for the throwing events and combined events.
- Rules pertaining to throwing events and each of the throws and combined events.

**UNIT 5: Layout and construction and maintenance of throwing arena.**

**UNIT 6: Organization, Administration and managerial set up for conducting throwing events and combined events.**

**UNIT 7: Biomechanical principles of the throwing events and combined events.**

**UNIT 8: Injuries and Nutrition**

- Event related injuries, prevention, treatment and rehabilitation.
- Nutrition specific to the event

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.**

### **MPEPC – 302 LABORATORY PRACTICAL: SPORTS BIO-MECHANICS AND KINESIOLOGY**

#### **Kinesiology**

1. Basic Anatomical Position
2. Planes and Axes
3. Fundamental movements at various joints – Neck, Shoulder, Elbow, Wrist, Trunk, Hip, Knee and Ankle.
4. Identification and palpation of muscles – Biceps Brachii, Triceps Brachii, Deltoids, Pectoralis Major, Rectus Abdominus, Latissimus Dorsi, Trapezius, Teres Major, Rotator cuff muscles, Ilio Psoas muscle, Gluteus group, Quadriceps group, Hamstring group, Soleus, Gastrocnemius.
5. Joint movement analysis
6. Muscular analysis of movement

#### **Biomechanics**

1. Center of Gravity
2. Goniometer testing – flexibility and ROM.
2. Analysis of Standing, Sitting, walking, running.
3. Analysis of skills of various games.
4. Analysis of Long Jump, High Jump, Sprinting, Race walking, Shot Put, Discus Throw etc.
5. Video analysis of various skills as mentioned above.

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.**

## **MPEPC-303 GAMES SPECIALIZATION- VOLLEYBALL, HOCKEY AND CRICKET**

- **Basic skills**
- **Advanced skills**
- **Teaching progression of different skills**
- **Drills for each of the skills**
- **Biomechanical analysis of the skills**
- **Specific fitness drills**

### **SPECIALISATION RECORD**

#### **UNIT 1 : History and development of the Game/Sport**

- Origin of the Game
- Growth and development of the Game in India.
- Tournaments and awards

#### **UNIT 2: Skills and Techniques**

- Fundamental Skills
- Advanced skills
- Training drills

#### **UNIT 3: Strategies and Tactics**

- Training for tactics
- Training plan for a period of six weeks and twelve weeks at different levels (High school, college and university)

#### **UNIT 4: Officiating**

- Rules and Regulations
- System of officiating

#### **UNIT 5: Layout and construction and maintenance of playfield/courts**

#### **UNIT 6: Organization, Administration and managerial set up for conducting tournament /competition**

#### **UNIT 7: Biomechanics and Energy systems**

- Biomechanical principles of the game/sport
- Energy systems involved in the games and fitness programme specific to the game

#### **UNIT 8: Injuries and Nutrition**

- Game/Sport related injuries – Prevention, treatment and rehabilitation.
- Nutrition related to the game – Off season, and pre, during and post competition

\*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded shall be decided in the departmental council meeting.

**Semester III  
Practicum Course**

**MPEPC-304 INTRENSHIP- PEDAGOGY (CL)**

**(A) COACHING LESSONS OF TRACK AND FIELD**

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class, they are going to handle at school and college level.

Each student teacher is expected to take at least fifteen lessons in track and field for the BPEd students or high school students as decided by the departmental council at the end of which a competition will be conducted among the trainees of the MPEd teachers. For this purpose a group of three MPEd students in each coaching team may be made to coach track, jumps and throws. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**(B) COACHING LESSONS OF GAME SPECIALISATION**

The students of M.P.Ed – III Semester need to be develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to visit the schools and take coaching lessons on games allotted to them for 15 days at the end of which there will be a competition among the participating schools in the respective games. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**IV SEMESTER**

<b>Theory 400</b>							
<b>Paper Code</b>	<b>Papers</b>	<b>Instruction hrs/week</b>	<b>Duration of Exam (Hrs)</b>	<b>IA</b>	<b>Theory/ Practical</b>	<b>Total Marks</b>	<b>Credits</b>
MPECC401	Test, Measurement and Evaluation in Physical Education	3 hrs	3 hrs	30	70	100	4
MPECC 402	Athletic care and rehabilitation	3 hrs	3 hrs	30	70	100	4
MPECC 403	Dissertation	3 hrs	3 hrs	30	70	100	4
MPEEC 401	Value and environmental Education	3 hrs	3 hrs	30	70	100	4
MPEEC402	Sports Journalism and Mass media						
<b>Practicum 400</b>							
MPEPC 401	<b>Track and Field:</b> Walk Race, Cross Country Race, Half Marathon, Field Marking and Officiating	6 hrs	3 hrs	30	70	100	4
MPEPC 402	<b>Laboratory:</b> Test, Measurement and Evaluation	6 hrs	3 hrs	30	70	100	4
MPEPC403	<b>Game Specialization</b> :Basketball, Badminton and Softball ( any one)	6 hrs	3 hrs	30	70	100	4
MPEPC 404	Coaching lessons of Track and Field Games Specialization (PL)	6 hrs	3 hrs	30	70	100	4
<b>Grand Total</b>		<b>36 hrs</b>	<b>24 hrs</b>	<b>240</b>	<b>560</b>	<b>800</b>	<b>32</b>

**Semester IV**  
**Theory Courses**  
**MPEEC-401 TEST, MEASUREMENT AND EVALUATION IN**  
**PHYSICAL EDUCATION**

**UNIT I – Introduction**

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

**UNIT II – Motor Fitness Tests**

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

**UNIT III – Physical Fitness Tests**

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

**UNIT IV – Anthropometric and Aerobic-Anaerobic Tests**

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Meaning and Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

**UNIT V – Skill Tests**

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

**REFERENCES:**

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
- Cureton T.K. (1947) Physical Fitness Appraisal & Guidance, St. Louis: The C. Mosby Company
- Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc

**Semester IV  
Theory Courses**

**MPECC-402 ATHLETIC CARE AND REHABILITATION**

**Unit I – Corrective Physical Education**

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture. Posture test – Examination of the spine.

**Unit II – Posture**

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

**Unit III – Rehabilitation Exercises**

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

**Unit IV – Massage**

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

**Unit V – Sports Injuries Care, Treatment and Support**

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

**Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.(To be assessed internally)**

**REFERENCES:**

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

## **Semester IV**

### **Theory Courses**

#### **MPCC-403 DISSERTATION**

1. A candidate shall optdissertation, as compulsory for. – IV Semester and must submit His/her Synopsis and get it approved by the Head of Department on the Recommendation of D.R.C. (Departmental Research Committee).
2. A candidate selecting dissertation must submit his/her dissertation not less than one Week before the beginning of the IV, Semester Examination.
3. The candidate shall attend the Viva-Voce conducted by DRC.

**Semester IV  
Theory Courses**

**MPEEC-401 VALUE AND ENVIRONMENTAL EDUCATION (Elective)**

**UNIT I – Introduction to Value Education.**

Values: Meaning, Definition, Concepts of Values. Value Education: Need, Importance and Objectives. Moral Values: Need and Theories of Values. Classification of Values.

**UNIT II – Value Systems**

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

**Unit- III – Environmental Education**

Definition, Scope, Need and Importance of environmental studies., Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag / cover, Role of school in environmental conservation and sustainable development, Pollution free ecosystem.

**Unit - IV Rural Sanitation and Urban Health**

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

**Unit - V Natural Resources and related environmental issues:**

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

**REFERENCE:**

- Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)
- Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.
- Rao M.N.&Datta, A.K. Waste Water Treatment (Oxford& IBH Publication Co. Pvt. Ltd

**Semester IV**  
**Theory Courses**  
**MPEEC-402 SPORTS JOURNALISM AND MASS MEDIA (Elective)**

**UNIT I Introduction**

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

**UNIT II Sports Bulletin**

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

**UNIT III Mass Media**

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

**UNIT IV Report Writing on Sports**

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

**UNIT –V Journalism**

Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach. Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.

**REFERENCE:**

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
- Padmanabhan A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

**Semester IV  
Practicum Course**

**MPEPC- 401 TRACK AND FIELD: RACE WALKING, CROSS COUNTRY RACE, HALF MARATHON, FIELD MARKING AND TRACK AND FIELD OFFICIATING**

- Race Walking
- Cross Country
- Half Marathon
- Field Marking and Track and Field Officiating

**SPECIALISATION RECORD**

- **UNIT 1: History and development of Race Walking, Cross Country, Half Marathon.**
  - Origin of the event
  - Growth and development of the event

**UNIT 2: Skills and Techniques**

- Skills and techniques of Race walking
- Strategies in Cross Country and Half Marathon

**UNIT 3: Fitness training**

- Energy system involved in the race walking and cross country
- Training to develop the fitness parameters involved in the events
- Training plan of six weeks for race walking, combined events and cross country

**UNIT 4: Rules and Regulations**

- Officials required for combined events, cross country and race walking
- Rules pertaining race walking, cross country and Half Marathon

**UNIT 5: Layout and construction and maintenance of track and field arena**

**UNIT 6: Organization, Administration and managerial set up for conducting an Athletic Meet**

**UNIT 7: Biomechanical principles**

- Race walking

## **UNIT 8: Injuries and Nutrition**

- Event related injuries, prevention, treatment and rehabilitation.
- Nutrition specific to the events

\*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded in consultation with the guide

## **MPEPC – 402 LABORATORIES - TEST, MEASUREMENT AND EVALUATION**

### **I. Physical Fitness Tests:**

- AAHPERD Youth Fitness Test, Roger's Physical Fitness Test
- **Motor Fitness Tests:** JCR Test, INDIANA Motor Fitness Test
- **Motor Ability Tests:** Barrow motor ability Test, Newton Motor Ability Test
- **Motor Educability Tests:** Johnson Motor Educability Test

### **II. Muscular Strength Tests:**

- Kraus Weber's Minimum muscular Fitness Test, Hand grip Strength Test, Leg and Back Dynamometer Test.
- **Speed:** 30 meter fly, 50 meters dash
- **Cardio Respiratory Fitness Tests:** Harvard Step Test, Cooper's 12 Minutes Run and Walk Test, Multi-Stage Fitness Test (Beep Test)
- **Agility:** 'T' Test, Illinois test, Burpee test.
- **Flexibility Tests:** Sit and Reach Test, Bridge Up Flexibility Test.

### **III. Skill Tests :**

- **Badminton:** Miller Wall Volley Test
- **Basketball:** Johnson Basketball Test
- **Football:** Johnson Soccer test, McDonald Soccer Test
- **Handball:** Carnish Handball Test
- **Hockey:** Freidel Field Hockey Test
- **Tennis:** Dyer Tennis Test
- **Volleyball:** Russel Lange Volleyball Test

### **IV. Anthropometric Measurements**

- Method of Measuring Height: Standing Height, Sitting Height
- Method of Measuring Circumference (Girth): Arm, Chest, Waist, Hip, Thigh, Calf
- Method of Measuring Skin folds: Biceps, Triceps, Chest, Sub scapular, Midaxillary, Suprailliac, Abdominal, Thigh, Calf.

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.**

### **MPEPC-403 GAMES SPECIALIZATION CRICKET, BASKETBALL, BADMINTON AND TABLE TENNIS**

- **Basic skills**
- **Advanced skills**
- **Teaching progression of different skills**
- **Drills for each of the skills**
- **Biomechanical analysis of the skills**
- **Specific fitness drills**

### **SPECIALISATION RECORD**

#### **UNIT 1: History and development of the Game/Sport**

- Origin of the Game
- Growth and development of the Game in India.
- Tournaments and awards

#### **UNIT 2: Skills and Techniques**

- Fundamental Skills
- Advanced skills
- Training drills

#### **UNIT 3: Strategies and Tactics**

- Training for tactics
- Training plan for a period of six weeks and twelve weeks at different levels (High school, college and university)

**UNIT 4: Officiating**

- Rules and Regulations
- System of officiating

**UNIT 5: Layout and construction and maintenance of playfield/courts****UNIT 6: Organization, Administration and managerial set up for conducting Tournament / competition****UNIT 7: Biomechanics and Energy systems**

- Biomechanical principles of the game/sport
- Energy systems involved in the games and fitness programme specific to the game

**UNIT 8: Injuries and Nutrition**

- Game/Sport related injuries – Prevention, treatment and rehabilitation.
- Nutrition related to the game – Off season, and pre, during and post competition

**The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.**

**MPEPC 404 COACHING LESSONS OF TRACK AND FIELD/GAMES  
SPECIALIZATION (PL)**

**(Kabaddi/Kho-  
Kho/Handball/Volleyball/Basketball/Football/Hockey/Cricket/Badminton/Table Tennis)**

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected above discipline. In view of this, the students shall be provided with advance mechanism of officiating in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

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

**Table – 1: Semester wise distribution of hours per week**

<b>Semester</b>	<b>Theory</b>	<b>Practicum</b>	<b>Teaching practice</b>	<b>Total</b>
I	12	18	06	36
II	12	12	12	36
III	12	12	12	36
IV	12	12	12	36
<b>Total</b>	<b>48</b>	<b>54</b>	<b>42</b>	<b>144</b>

Minimum of 36 teaching hours per week is required in five or six days in a week

**Table – 2: Number of credits per semester**

<b>Semester</b>	<b>Theory</b>	<b>Practicum</b>	<b>Teaching practice</b>	<b>Total</b>
I	12	09	03	24
II	12	06	06	24
III	12	06	06	24
IV	12	06	06	24
<b>Total</b>	<b>48</b>	<b>27</b>	<b>21</b>	<b>96</b>

Minimum of 36 teaching hours per week is required in five or six days in week

**DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES**  
**M.P.Ed. SEMESTERS MODEL QUESTION PAPER PATTERN**

Time: - 3 hours

Maximum Marks: 70

**Instructions:**

1. Answer any four questions out of six main questions.
2. Questions serial numbers 01 to 06 carry 15 marks ( a and b both questions)
3. Question number 07 is compulsory its carry 10 marks.

1. a. 8+7 = 15

b.

2. a. 8+7 = 15

b.

3. a. 8+7 = 15

b.

4. a. 8+7 =15

b.

5. a. 8+7 = 15

b.

6. a. 8+7 =15

b.

7. Write shorts on any two of the following. 5X02 = 10

a.

b.

c.