VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY
JNANASAGARA CAMPUS, BALLARI-583105

Department of Physical Education and Sports Sciences

SYLLABUS

Master of Physical Education (M.P.Ed.)

With effect from
2021-22

Department of Physical Education and Sports SciencesSemester-II

VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY

Jnana Sagara, Ballari - 583105

Department of Studies in Physical Education

Distribution of Courses/Papers in Postgraduate Programme I to IV Semester as per Choice Based Credit System (CBCS) Proposed for PG Programs

Semester No.	Category	Subject code	Title of the Paper	Marks			Teaching hours/week			Credit	Duration of exams (Hrs)
				IA	Sem. Exam	Total	L	T	P		
SECOND	DSC5	21PES2C5L	Sports Bio-Mechanics and Kinesiology	30	70	100	4	-	-	4	3
	DSC6	21PES2C6L	Test, Measurement and Evaluation in Physical Education	30	70	100	4	-	-	4	3
	DSC7	21PES2C7L	Applied Statistics in Physical Education and Sports	30	70	100	4	-	-	4	3
	DSC8	21PES2C8L	Sports Management and Curriculum design in Physical Education	30	70	100	4	-	-	4	3
	SEC2	21PES2S2L/P	Adventures sports & Recreational Games	20	30	50	1	-	2	2	1
	DSC5P4	21PES2C4P	**Practical Lab:** Biomechanics & Kinesiology.	20	30	50	-	-	4	2	2
	DSC6P5	21PES2C5P	**Field Activity Practical:** 1. Athletics-Throwing's & Jumping Events 2. Kho-Kho 3. Handball 4. Football (Any two)	20	30	50	-	-	4	2	2
	DSC7P6	21PES2C6P	**Field Activity Practical**: Coaching lesson of Games and Sports.	20	30	50	-	-	4	2	2
Total Marks for II Semester						**600**				**24**	

DSC5: Sports Bio-Mechanics and Kinesiology

Course Title: Sports Bio-Mechanics and Kinesiology	Course code: 21PES2C5L
Total Contact Hours: 4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

1. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
2. Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise
3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance

DSC5: Sports Bio-Mechanics and Kinesiology

Unit	Description	Hours
1	**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.	11
2	**Muscle Action:** Origin, Insertion and action of muscles: Pactoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serrates, Sartorius, Rectus femoris, Abdominals, Quadriceps, Hamstring, Gastronomies.	11
3	**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.	11
4	**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.	11
5	**Movement Analysis:** Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive. **Note:** Laboratory practical should be designed and arranged for students internally.	11

Reference:

1. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
2. Thomas. (2001). manual of structural Kinesiology, New York: Me Graw Hill.
3. Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)
4. Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends Publications.
5. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Date Course Coordinator Subject Committee Chairperson

Department of Physical Education and Sports SciencesSemester-II

DSC6: Test, Measurement and Evaluation in Physical Education

Course Title: Test, Measurement and Evaluation in Physical Education	Course code: 21PES2C6L
Total Contact Hours: 4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

1. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games
3. Evaluate the battery test and others tests prescribed by the government efficiently

DSC6: Test, Measurement and Evaluation in Physical Education

Unit	Description	Hours
1	**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.	11
2	**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.	11
3	**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)	11
4	**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.	11
5	**Skill Tests:** Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friedel 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.	11

REFERENCES:

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

Date Course Coordinator Subject Committee Chairperson

DSC7: Applied Statistics in Physical Education and Sports

Course Title: Applied Statistics in Physical Education and Sports	Course code: 21PES2C7L
Total Contact Hours: 4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

1. Understand and apply the statistics in research.
2. Organize the samples and sampling techniques which is relevant to the study.
3. Apply the statistics in research thesis for evaluation

DSC7: Applied Statistics in Physical Education and Sports

Unit	Description	Hours
1	**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.	11
2	**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.	11
3	**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	11
4	**Probability Distributions and Graphs:** Normal Curve. Meaning of probability-Principles of normal curve – Properties of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, bar diagram, Histogram, Frequency Polygon, Ogive Curve.	11
5	**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.	11

Reference

1. Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
2. Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
3. Sivarama krishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
4. Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthil kumar.

Date Course Coordinator Subject Committee Chairperson

DSC8: Sports Management and Curriculum Design in Physical Education

Course Title: Sports Management and Curriculum Design in Physical Education	Course code: 21PES2C8L
Total Contact Hours: 4 Hours/week	Course Credits: 04
Formative Assessment Marks: 30	Duration of ESA/Exam: 3 Hours
Summative Assessment Marks: 70	

Course Outcomes (CO's):

At the end of the course, students will be able to:

1. Assess marketing needs and formulate short term and long-term solutions.
2. Introduce the teaching and curriculum objectives and course module design
3. Evaluating learning intentions and the process that is guided through explicit and manageable criteria

DSC8: Sports Management and Curriculum Design in Physical Education

Unit	Description	Hours
1	**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.	11
2	**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.	11
3	**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.	11
4	**Curriculum:** Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centered, Activity centered, Community centered, Forward-looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.	11
5	**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.	11

Reference

1. Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
2. Sivarama krishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
3. Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthil kumar.

Date Course Coordinator Subject Committee Chairperson

SEC 2: Adventures sports & Recreational

Course Title: Adventures sports & Recreational Games	Course code: 21PES2S2L/P
Total Contact Hours: 4 Hours of Practical	Course Credits: 02
Formative Assessment Marks: 20	Duration of ESA/Exam: 02
Summative Assessment Marks: 30	

Course Outcomes (COs):

At the end of the course, students will be able to:

1. Get introduced to various types of adventure sports & undergo some types of Adventure Sports
2. Know more about the fitness, fitness factors and training essential for adventure expert.
3. Know the Tips for better organization and planning of an Adventure activity.
4. Undertake course of instruction in outdoor first-aid, risk management, mountain weather, etc.

SEC 2: Adventures sports & Recreational Games

Unit	Description	Hours
1	**Adventures sports:** Definition of Adventures sports, History and Development of Adventures sports, Classification of Adventures sports, Scope and Importance of Adventures sports, Objectives and Types of Mountaineering-water sports, aero sports.	10
2	Various types of competitions and organization: planning, mountaning, trekking, rock climbing, hiking, river crossing, river rafting, kayaking, canoeing, single rope climbing, tyre bound, jumaring, para sailing, obstacles. Job opportunities-Training institution, infrastructure, equipment's, maintenance and benefits.	10
3	**Practical Recreational Games**: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. Participates regularly in physical activity. Achieves and maintains a health-enhancing level of physical fitness. Exhibits responsible personal and social behavior that respects self and others in physical activity settings. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. **Note: The Student should visit to Adventure activity place for the practical experience.**	12
References (indicative) 1. Kilpatrick "All for Adventure Irene/Hall, Susan (ILT) 2. Kalpana Swaminathan "Adventure Sports".		

DSCL: Practical

Course Title: Practical Lab: Bio mechanics & Kinesiology	Course code: 21PES2C4P
Total Contact Hours: 4 Hours of Practical	Course Credits: 02
Formative Assessment Marks: 20	Duration of ESA/Exam: 02
Summative Assessment Marks: 30	

Course Outcomes (COs):

At the end of the course, students will be able to:

1. Analysis the fundamental movements at various joint human movement using Mechanical principles
2. Understand mechanical principles and analysis the human movement to assess and Improve performance and reduce risk of injury.

DSCL: 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.

DSCL: Field Activity

Course Title: Field Activities Practical's 1. Athletics, 2. Kho-Kho, 3. Handball, 4. Football (Any two)	Course code: 21PES2C5P
Total Contact Hours: 4 Hours of Practical	Course Credits: 02
Formative Assessment Marks: 20	Duration of ESA/Exam: 02
Summative Assessment Marks: 30	

Course Outcomes (COs):

At the end of the course, students will be able to:

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

Field Activities Practical's:

I: Athletics: Throwing and Jumping Events:
Specialization Record

Unit 1: History and development of the throwing events and combined events.Unit 2: Skills and Techniques
Unit 3: Fitness training for each of the skillsUnit 4: Rules and Regulations
Unit 5: Layout and construction and maintenance of throwing arena.
Unit 6: Organization, Administration and managerial set up for conducting throwing events andcombined events.
Unit 7: Biomechanical principles of the throwing events and combined events.Unit 8: Injuries and Nutrition

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

II: Kho-Kho,
III: Handball &
IV: Football

Specialization Record

Unit 1 : History and development of the Game/Sport
Unit 2: Skills and Techniques
Unit 3: Strategies and Tactics
Unit 4: 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
Unit 8: Injuries and Nutrition

Note:* 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.

*****

DSCL/T: Field Activity

Course Title: Coaching Lesson of Sports and Games	Course code: 21PES2C6P
Total Contact Hours: 4 Hours of Practica	Course Credits: 02
Formative Assessment Marks: 20	Duration of ESA/Exam: 02
Summative Assessment Marks: 30	

Course Outcomes (COs):

At the end of the course, students will be able to:

1. Gain knowledge of the coaching
2. Enhance the coaching competency to the students
3. Student will able to coach for respective game

DSCL/T: Coaching Lessons of Game Specialization

The students of M.P.Ed. – II Semester need to be developed 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.

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.

CBCS Question Paper Pattern for PG Semester End Examination with Effect from the AY 2021-22

Disciplines Specific Core (DSC) and Discipline Specific Elective (DSE)

Paper Code: **Paper Title:**

Time: 3 Hours **Max.**

Marks: 70

Note: Answer any FIVE of the following questions with Question No. 1 (Q1) Compulsory, each question carries equal marks.

Q1. **14 Marks**

Q2. **14 Marks**

Q3. **14 Marks**

Q4. **14 Marks**

Q5. **14 Marks**

Note: Question No.1 to 5, one question from each unit i.e. (Unit I, Unit II, ….). The Questions may be a whole or it may consists of sub questions such as a,b, c etc…

Q6. **14 Marks**
Note :Question No.6, shall be from Unit II and III, the Question may be a whole or it may consists of sub questions such as a,b, c etc…

Q7. **14 Marks**
Note: Question No.7, shall be from Unit IV and V,the Question may be a whole or it may consists of sub questions such as a,b, c etc…

Q8. **14 Marks**
Note: Question No-8 shall be from Unit II, Unit III , Unit IV and Unit V. The question shall have the following sub questions and weightage. i.e a – 05 marks, b – 05 marks, c – 04 marks.

****

Skill Enhancement Courses
(SECs)

Paper Code: **Paper Title:**

Time: 1 Hours **Max.**

Marks: 30

There shall be Theory examinations of Multiple Choice Based Questions [MCQs] with Question Paper set of A, B, C and D Series at the end of each semester for SECs for the duration of One hour (First Fifteen Minutes for the Preparation of OMR and remaining Forty-Five Minutes for Answering thirty Questions). The Answer Paper is of OMR (Optical Mark Reader) Sheet.

****
****