



**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  
2022-23**



# VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY

## Department of Physical Education and Sports Sciences

Jnana Sagara, Ballari - 583105



### Distribution of Courses/Papers in Postgraduate Programme 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		
FOURTH	DSC11	21PES4C11L	Sports Medicine,	30	70	100	4	-	-	4	3
	DSC12	21PES4C12L	Health Education and Sports Nutrition	30	70	100	4	-	-	4	3
	DSE3	21PES4E3L	A. Sports Journalism and Mass media B. Theories of Games and Sports C. Sports Injuries, First Aid and Cure.	30	70	100	4	-	-	4	3
	DSE4	21PES4E4L/P	A. Sports Technology B. Physiotherapy and Therapeutic Exercise C. Adapted Physical Education	30	70	100	3	-	2	4	3
	GEC2	21PES4G2L	A. Health Education, B. Yoga for daily life. C. Indigenous and Folk games	20	30	50	2	-	-	2	2
	DSCP	21PES4C9P	<b>Field Activities Practical:</b> 1. Badminton 2. Table Tennis 3. Netball & 4. Cricket (any two)	20	30	50	-	-	4	2	2
	Project	21PES4C1R	Research Project		40+60	100	-	-	8	4	3
<b>Total Marks for IV Semester</b>						<b>600</b>				<b>24</b>	

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSC11: Sports Medicine**

Course Title: Sports Medicine	Course code: 21PES4C11L
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. To understand the Importance of sports medicine and Scope of sports medicine
2. Understand the Role of sports medicine expert in enhancing sports performance
3. Understand the Sports injuries, their prevention, management and rehabilitation

**DSC11: Sports Medicine**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	<b>Introduction to Sports Medicine:</b> Meaning, concept and scope of Sports Medicine, Historical back ground of Sports Medicine, Need and importance of Sports Medicine, Hygiene and Athlete: Sports hygiene: Meaning, concept and scope, Personal hygiene; Bodily cleanliness, personal belongings, Hygiene in camps and competitions	11
2	<b>Health Hazards in sports:</b> Dope: History, definition, classification and their adverse effects on Health and Sports performance, Role of Managers and Coaches in controlling the dope problems, Malnutrition among athletes and its correction, Environmental Stress Safety in sports, Gymnasium, playground and swimming pool safety, Safety appliances in different sports and their uses, Provisions of safety rules in competitive sports and principles of safety	11
3	<b>Sports Injuries:</b> Classification of injuries in sports, Causes of injuries in sports iii. Role of rules and regulations in prevention of injuries, General preventive measures to minimize sports injuries, Specific preventive measures to minimize sports injuries	11
4	<b>Management of Sports Injuries Soft tissue injuries:</b> Signs, Symptoms and Management of - Abrasions, Blisters, Lacerations, Puncture wounds, Corn, Contusions, Muscle strains, Tendon injuries, Bursitis & Sprains, Dislocations: Causes, Signs, Symptoms and Management, Fractures: Types, Causes, Signs, Symptom and Management, Head Injuries	11
5	<b>Physiotherapy and its use in the treatment</b> and rehabilitation in sports injuries. Exercise therapy: Types and Principles, Massage Therapy: Types, Techniques, Indication and Contra indications. Therapeutic Modalities, Different forms of Hydrotherapy and thermotherapy, Hot and Cold Packs, Whirlpool, Contrast bath, Parafin bath, Infrared, Ultra-violet, Ultra Sonic, Short wave diathermy, Electric Muscle Stimulation, Indications and Contra-indications of each therapy	11

**Reference:**

1. Marua K. Anderson, Malissa marlin : "Quick References Guide for sports injury Management"
2. Dr. P.K. Pande Sports Medicine
3. Griffith H. Winter : " Complete guide to sports, injuries.
4. Borozne, Joseph and bechar stanley, safely in team sports.
5. Clarke Kenneth S: Drugs and the coach
6. Borozne, Joseph and Pechar stanly: Administration and Supervision for Safety in Sports.
7. Ryan A.J. and Fred L. Athman : " Sports Medicine"
8. Johnson W.R. : Science and Medicine of exercise and sports.
9. Govindarajulu N. Sports Medicine, Friends Publications, New Delhi, India

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSC12: Health Education and Sports Nutrition**

Course Title: Health Education and Sports Nutrition	Course code: 21PES4C12L
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 concept of holistic health through fitness and wellness
2. Explain the concept of physical fitness , health related and nutrition and weight management
3. Evaluate primary health status and Prepare fitness schedules& evaluate fitness

**DSC12: Health Education and Sports Nutrition**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	<b>Health Education:</b> 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	10
2	<b>Health Problems in India:</b> Communicable and Non-Communicable Diseases Obesity, Diabetes, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene in 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.	10
3	<b>Hygiene and Health:</b> 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 and diabetes	10
4	<b>Introduction to Sports Nutrition</b> 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.	13
5	<b>Nutrition and Weight Management</b> 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	12

**REFERENCES:**

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

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSE3: A. Sports Journalism and Mass media**

Course Title: A. Sports Journalism and Mass media	Course code: 21PES4E3L
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. To understand and apply the concept of writing, reporting and editing.
2. Illustrate and apply the advertising concepts.
3. Interpret the concept of journalism and mass media

**DSE3: A. Sports Journalism and Mass media**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	<b>Introduction</b> Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism- Sports Ethics and Sportsmanship – Reporting Sports Events. National and International Sports News Agencies.	11
2	<b>Sports Bulletin</b> 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.	11
3	<b>Mass Media</b> 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.	11
4	<b>Report Writing</b> 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.	11
5	<b>Journalism</b> 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.	11

**Reference**

1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
2. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
5. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.
6. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
7. Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
8. Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
9. Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

Date

Course Coordinator

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**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSE3: B. Theories of Games and Sports**

Course Title: B. Theories of Games and Sports	Course code: 21PES4E3L
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 concept of holistic health through games and sports.
2. Explain the concept of various sports and games and the culture and nature of sports and games.
3. Prepare fitness schedules & evaluate fitness

**DSE3: B. Theories of Games and Sports**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	<b>Introduction:</b> Define sports and games, History and development of Games and sports are found in early human history, Types of games and sports: Individual and Group, Games and sports as human culture. Need and Importance of games and sports for personnel and social development.	12
2	<b>Fundamental theories</b> and Recreational games, Values of sports and games, Deference between sports and games, attitude towards sports and games, basic characteristics of games and sports.	12
3	<b>Play theories:</b> classical and contemporary/current: surplus energy, relaxation, recapitulation, anticipation, cathartic, recreation and pre-exercise.: psychoanalytic, arousal modulation, meta communicative, and cognitive theories, Play and overall Development of the Children.	10
4	<b>Essentials game theory</b> , physical education and sports, physical education improve capacity for game theory, Gender differences in games and sports,	08
5	<b>Sport's governing bodies:</b> IOC, IOA, AAFI, International sports competitions, Play, Sports, Games, Spectators, organization, management.	08

**Reference**

1. Aumann, R. J. ([1987] 2008). "Game theory," Introduction, The New Palgrave Dictionary of Economics, 2nd Edition.
2. Halpern, Joseph Y. (2008). "Computer science and game theory," The New Palgrave Dictionary of Economics, 2<sup>nd</sup> Edition.
3. Myerson, Roger B. (1991). Game Theory: Analysis of Conflict, Harvard University Press, p. 1. Chapter-preview links, pp. vii–xi.
4. Camerer, Colin F. (2003). Behavioral Game Theory: Experiments in Strategic Interaction, pp. 5–7.
5. World Sports Encyclopedia (2003). Sport Discipline and Sporting Games.

Date

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**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSE3: C. Sports Injuries, First Aid and Cure.**

Course Title: C. Sports Injuries, First Aid and Cure.	Course code: 21PES4E3L
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. Illustrate and apply the concepts of sports injuries and rehabilitation.
2. Interpret the concept of therapeutic aspects of exercise.
3. Demonstrate and take care of the preventive and curative aspect of sports injuries.
4. Understand the scope of First Aid and role of First Aid and Comprehend the ways to manage and incident.

**DSE3: C. Sports Injuries, First Aid and Cure.**

Unit	Description	Hours
1	<b>Sports injuries:</b> Types of Injuries, Definition, Causes, Clinical Features, Management and Prevention of Soft Tissue Injuries: Skin Injuries, strain, Sprain, contusion, cramp, Tendon injuries, Bursitis. Bone injuries: Fracture – Subluxation, Dislocation. Importance of assessment & evaluation - Methods of evaluation, documentation, Clinical Examination, Reliability & Validity of the tests, Investigative Procedures, Causes & Mechanism of Sports Injuries, Principle of management of sports injuries.	12
2	<b>Sports Specific Injuries:</b> Sports specific injuries, with special emphasis on the specific risk factor, nature of Sports, kind of medical intervention anticipated and prevention with respect to various sporting events, Individual events: Field & Track, Team events: Hockey, Cricket, and Football, Contact and Non-contact sports, Water sports	10
3	<b>Health Issues in Sports</b> Health issues in climatic conditions: Heat related injuries – Heat stroke – Heat exhaustion – Heat Cramp – Heat Stress – Cold related injuries – Frostbite – Hypothermia – Altitude Sickness.	08
4	<b>Principles of Injury prevention:</b> Warm up – Cool down – Stretching – Types of stretching – Principles of stretching. PRICE technique – Immobilization and Early mobilization – Splinting – Handling & Transfer - Cryotherapy: Methods of application (Ice packs, Ice towel, Ice Immersion, Ice cube massage, Excitatory cold, Vapocoolant spray, cryokinetics & Cold whirlpool) - Taping and Bracing - Soft tissue Massage – Trigger point release – Muscle energy techniques – Manual therapy.	12
5	<b>First Aid and Cure:</b> Definition of first aid, Aim, Need and Importance of first aid, General principles of first aid, ABCDE method, First aid services, First Aid kits.	08

**Reference**

1. Brukner and Karim Khan: Clinical Sports Medicine, McGraw Hill.
2. McKeag, Douglas B. Moeller, James L: ACSM's Primary Care Sports Medicine, 2nd Edition, Lippincott Williams & Wilkins.
3. Darren Johnson and Scott Mair: Clinical Sports Medicine, 1st ed, Mosby
4. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
5. WHO. Psychological First Aid Guide for Field Workers. 2011

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSE4: A. Sports Technology**

Course Title: A. Sports Technology	Course code: 21PES4E4L/P
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. Design, properties and testing of sports equipment
2. Explain the concepts of designing sports shoes, sports surfaces, bats and clubs
3. Explain the principles of equipment performance and matching
4. Design sports equipment based on the rules of governing sporting bodies
5. Demonstrate the capability of designing protective equipment and Calculate mechanical properties of equipment
6. Design customized sports equipment for elite athletes and Test sports equipment.

**DSE4: A. Sports Technology**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	Introduction to sports Technology: Meaning and definition of sports technology, Need and Importance of technology in sports, barriers technology in sports, sport specific computer software, technology and the Olympic games and other international sports events, performance assessment by using the technology, equipment and facility designing and sports related instrumentation and measurement. Technological impacts on sports.	12
2	Adhesives- Nano glue, nanomoulding technology, Nano turf, Sports technology awards, Fitness and Fitness Assessment Apps, Mechanics of technology materials, manufacture and testing the equipment's, clothing and footwear, Biomechanics of daily and common activities, Gait, Posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.	12
3	Modern surfaces for playfields, construction and installation of sports surfaces, Types of materials, Sports Industry, develop new sports good and products, principles of product design, technology influence how athletes train and compete, Fan engagement technology, impact of technology on sports, Media and content-related platforms; measurement platforms for data, analytics and biometrics; and esports,	08
4	Innovation Sports Tech Trends & Promising Startups: Performance Analytics, Fan Engagement, Smart Stadium, eSports, Immersive Training, Cybersecurity, Advanced Streaming, Sustainability. Building and Maintenance Sports Infrastructure by using the technology, Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.	10
5	Playing Equipments: Balls: Types, Materials and Advantages, Facility life cycle costing Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation, Training Gadgets: Mechanism and Advantages. <b>Note:</b> Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/high tech infrastructure places/ sports goods manufacturers.	08

**Reference**

1. Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
2. Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
3. Franz K. F. et. al., Editor the Impact of Technology on Sports II (CRC Press, 2007)
4. Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
5. Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)

Date

Course Coordinator

Subject Committee Chairperson



**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSE4: B. Physiotherapy and Therapeutic Exercise**

Course Title: B. Physiotherapy and Therapeutic Exercise	Course code: 21PES4E4L/P
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. Describe the Biophysical properties of connective tissue, effect of mechanical loading, factors influencing the Muscle strength, mobility of articular & peri-articular soft tissues.
2. Describe the physiological & Therapeutic uses, merits /demerits of various exercise modes.
3. Demonstrate various therapeutic exercises on self & acquire the application skill on models.
4. Acquire the skill of assessment of isolated & group muscle strength, & Range of motion of the joints subjectively & objectively.
5. Describe the pattern of normal and abnormal movements of various joints and activities

**DSE4: B. Physiotherapy and Therapeutic Exercise**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	Introduction: meaning and definition of physiotherapy and therapeutic exercise, need and importance, Principle, classification, techniques of physiological & therapeutic effects, indications & contraindications of therapeutic exercises.	10
2	Progressive resisted exercises, applied biomechanics, Starting Position and derived position, Relaxation, Posture, Gait and human Locomotion, Active & Passive Movements,	08
3	Group Exercise, Mat activities & Functional re-education, P.N.F, Traction, Manipulation, Hydrotherapy, History of massage, Classification of massage, Physiological Effects of massage on various body systems, Massage techniques, Effects & Uses.	10
4	Relaxed passive Movements, Stretching, Muscle Grading/Manual Muscle testing, Muscle strengthening/Re-education of Muscle, Resisted Exercise, Goniometry, Methods of Joint Mobilization, Suspension therapy, Balance & co-ordination exercise, Chest Physiotherapy, Breathing exercise, Therapeutic Application of Massage, Techniques used for Various parts of body Massage, Sports massage, Walking aids/Crutch walking, Describe the complications to patients due to prolonged bed rest/Demonstrate maintenance exercise for patients on prolonged bed rest	12
5	Relaxed passive Movements, Stretching- soft tissues, Manual muscle Testing, Methods of Joint mobilization and Goniometry (Suspension Therapy), Balance and Co-ordination exercise, Chest Physiotherapy, Massage-Upper limb, lower Limb, back, Neck, Face, Crutch Walking, Prolonged bed rest Complication & Maintenance Exercise program, Sports massage.	10
<b>Reference</b>		

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSE4: C. Adapted Physical Education**

Course Title: C. Adapted Physical Education	Course code: 21PES4E4L/P
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. Demonstrate the ability to screen and assess physical education skills of individuals exhibiting various disability conditions.
2. Demonstrate the ability to write in behavioral terms and assess instructional objectives for adapted physical education
3. Demonstrate the ability to reassess and revise the student's program as necessary.
4. Demonstrate the ability analyze, adapt, and implement physical education curriculum in providing programs for a variety of disability conditions.
5. Demonstrate the ability to use community and staff resources within the special education environment.

**DSE4: C. Adopted Physical Education**

Unit	Description	Hours
1	An Introduction to Adapted Physical Education and Sport, Instructional Strategies for Adapted Physical Education, Intellectual Disabilities Autism Spectrum Disorders Spinal Cord Disabilities Visual Disabilities & Hearing Impairments Adopted Physical Education Definition, objectives and Scope of corrective physical Education. Body Types. Rehabilitation Principles and program, Rehabilitation of athletic injuries: Passive, Active, Assisted, resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.	12
2	Posture Meaning, Definition of posture and postural education. Dynamic and static postures, common postural deformities: Kyphosis, lordosis, Scoliosis, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including corrective exercises. Posture test – Examination of the spine, Kyphosis, Lordosis, Scoliosis, Knock Knee, Bow leg, Flat foot. Drawbacks and causes of bad posture	12
3	Preventive Measures of Sports Injuries Protective Sports Equipment's, Training and conditioning techniques, Nutritional considerations, Environmental considerations, Mechanism and characteristic of sports trauma, Bandaging and Tapping, Tissue response to injury, psychological intervention for sports injuries, Warm up and Cool down.	10
4	Massage Manipulation 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, Pressure, Percussion, Shacking	10
5	Therapeutic Modalities Care and treatment of exposed and unexposed injuries in sports – Cryotherapy, Hydrotherapy, Whirlpool, contrast bath, infrared rays , Ultraviolet Ray, Ultrasound, , Short wave diathermy therapy, IFT, Wax, traction.	08

**Reference**

1. Dohenty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
2. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
3. Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
4. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
5. Rathbome, J.I. (1965) Corrective Physical education, London:

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**GEC2: A. Health Education**

Course Title: A. Health Education	Course code: 21PES4G2L
Total Contact Hours: 2 Hours/week	Course Credits: 02
Formative Assessment Marks: 20	Duration of ESA/Exam: 2 Hours
Summative Assessment Marks: 30	

**Course Outcomes (CO's):**

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

1. Understand the basics concepts of health education.
2. To examine the life style choices and how they impact to overall health issues
3. To enable the students to understand the various communicable diseases.
4. Understand the basics concepts of safety education.
5. To develop the skills and techniques for first aid.

**GEC2: A. Health Education**

Unit	Description	Hours
1	Introduction to Health Education: Meaning and definition of Health Education Aim, Need Importance and Scope of Health Education - role of International Organizations (WHO, UNICEF), National, State Level Health Organizations. Mental Health: Meaning of mental health - factors of mental health - mental health problem of college student - principles of mental health - characteristics of a health personality.	12
2	Communicable Diseases: Communicable Diseases - Causes, modes of spread - Prevention of Tuberculosis, Malaria, Small box, Chicken box and AIDS. Health Issues in India and modern diseases. Safety Education: Definition of Safety Education- factors affecting Safety Education - Need and Importance of Safety Education - Safety in Play fields, Swimming pool, Gymnasium.	10
3	First Aid: Definition – Need and Importance of First Aid, Principles of First Aid, - Athletic injuries: Sprain, Strain, Contusion, Fracture, Dislocation, Muscle Cramp, Abrasion and Puncture.	08

**Reference**

1. Wellgoose. (1977). Health Teaching in secondary Carl. E. Schools: W.B. Saunders.
2. Wilson, Kathleen J. W. (1987). Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh.
3. Anderson.T. Mc. Clerg, (1961). Human Kinetics and Analyzing Body Movements, London: William Heinman Medical Books Ltd.
4. Frank, H. &Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
5. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.
6. Prarce, J.W. (1984). Anatomy for students and Teachers of Physical Education, Edward Arnold & Co

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**  
**Semester-IV**

**GEC2: B. Yoga Education**

Course Title: B. Yoga for daily life.	Course code: 21PES4G2L
Total Contact Hours: 2 Hours/week	Course Credits: 02
Formative Assessment Marks: 20	Duration of ESA/Exam: 2 Hours
Summative Assessment Marks: 30	

**Course Outcomes (CO's):**

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

1. To appraise an understanding of the principles of yogic practices
2. To Acquaintance with various types of asanas, pranayam, kriyas
3. To integrate sports with yoga for performance enhancement
4. After completing this course, the students will be able to
5. Differentiate between various paths of yoga

**GEC2: B. Yoga Education**

Unit	Description	Hours
1	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, Principles of yogic practitioners, The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi	12
2	Effect of Asanas and Pranayama on various system of the body, Classification of asanas with special reference to physical education and sports, Types of Kriyas, Bandas, Chakras and mudras.	10
3	Basic, applied and action research in Yoga, Difference between yogic practices and physical exercises, Yoga education centers in India and abroad, Competitions in Yogasanas.	08
<b>Note: Students should gain the practical knowledge.</b>		

**Reference**

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

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**GEC2: C. Indigenous and Folk games**

Course Title: C. Indigenous and Folk games	Course code: 21PES4G2L
Total Contact Hours: 2 Hours/week	Course Credits: 02
Formative Assessment Marks: 20	Duration of ESA/Exam: 2 Hours
Summative Assessment Marks: 30	

**Course Outcomes (CO's):**

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

1. Demonstrate proficiency in physically executing the specific technique and body landing positions that minimize the potential for injury when falling or being thrown to a matted surface by a training partner.
2. Interpret their coursework training experience to help evaluate the potential benefits of including martial arts training as one of their life-long personal health and wellness pursuits.
3. Employ knowledge relating to worldwide martial arts styles to appraise and choose the best fit for their future martial arts training efforts.

**GEC2: C. Indigenous and Folk games**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	<b>Introduction:</b> Meaning definitions of Indigenous and Folk games, Need and importance of Indigenous and Folk games, Nature of Indigenous and Folk games. Indigenous and Folk games in India. Features of Traditional Games.	12
2	Types of Indigenous and Folk games, Rules and Regulations of Indigenous and Folk games, Federations/Associations of Indigenous and Folk games. Value of Indigenous and Folk games.	10
3	List of games in region wise Indigenous and Folk games, Program Planning Resources for Indigenous Traditional Games, Learning Experiences/Activities.	08

**Reference**

1. Kamlesh ML, Sangral MS. Principles and history of Physical Education Ludhiana: Prakash Brothers, 1994, 133-134.
2. Murry H. A History of Chess. Skyhorse Publishing. (1987). In S.A.I, Indigenous Games and Martial Arts of India New Delhi: Sports Authority of India, 2015, 91-94.
3. Sarwan S, Kissa Kabaddi da. Sangam Publications (ISBN 93-83654-65-1.)
4. Jadhav SL. A Study of Role of Yoga in Kabaddi Sport in India. World Research Journal of Physical Education and Sport Science. 2012; 1(1):04-06.
5. Tiwari SR. History of Physical Education. APH Publishing, 2006, 209-219.

Date

Course Coordinator

Subject Committee Chairperson

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**DSCP: Field Activity Practical**

Course Title: 1. Badminton, 2. Table Tennis, 3. Netball & 4. Cricket (any two)	Course code: 21PES4C9P
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:**

- 1. BADMINTON**
- 2. TABLE TENNIS**
- 3. NETBALL &**
- 4. CRICKET (ANY TWO)**

**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.

**Department of Physical Education and Sports Sciences**

**Semester-IV**

**Project: Research Project**

Course Title: Research Project	Course code: 21PES4C1R
Total Contact Hours: 4 Hours/Week	Course Credits: 04
Formative Assessment Marks: 40	Duration of ESA/Exam: 1
Summative Assessment Marks: 60	

**Course Outcomes (COs):**

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

1. Identifying and selecting the problem. Defining the problem of Dissertation.
2. Making Specific and related Literature survey. ( Collection of 20-30 abstracts in the area related to the study/problem)
3. Defining the procedure and developing a methodology of/ for the study on hand.
4. Designing the study and preparation of a proposal to be justified in the colloquium.
5. Formulation of Hypothesis, Collection of Data, Analysis of data, Analysis of results, Discussion of results, Interpretation of results, Drawing conclusion and making recommendations.
6. Writing of abstract and Understanding the Format of writing dissertation.
7. Proposing a model of Research problem for further Researchers.

**Research Project:**

1. A candidate shall have dissertation for M.P.Ed. – 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 has to face the Viva-Voce conducted by DRC.

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## CBCS 5

### 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 consist 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 consist 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 consist 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.**

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