ANDHRA KESARI UNIVERSITY

CURRICULUM FRAMEWORK

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
TWO YEAR PROGRAMME

Syllabus

Approved by

Board of Studies in Physical Education & Sports Sciences
ANDHRA KESARI UNIVERSITY on 07.08.2023

As per the guidelines of the

NATIONAL COUNCIL FOR TEACHER EDUCATION
And
Common core syllabus approved by
Andhra Pradesh State Council of Higher Education

REGULATIONS, SCHEME AND SYLLABUS FOR MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

Two Year Programme (four semesters)
(Choice Based Credit System)

Important Note:

a. *If the University or affiliating body is following Choice Based Credit System, (CBCS) as approved and circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/ activity / course.*
b. *If the University or affiliating bodies have yet to adopt CBCS, only the hours of teaching mentioned for each paper/ activity / course will be considered, the credit in teaching hours may be ignored.*

Preamble:

The Master of Physical Education (M.P.Ed.) two years (Four Semesters- Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and Teacher Educators in College of Physical Education.

The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club.

1. Intake, Eligibility and Admission Procedure:

The Intake, Eligibility and Admission Procedure as per the NCTE norms and standards / University common admission procedure given below.

SELECTION PROCEDURE

- Admission shall be made into M.P.Ed course on the basis of marks obtained in the entrance examination (Theory) conducted by the University and the achievement in sports during their study at Degree (Graduation) / Post Graduation / BPEd level.
- The entrance examination (Theory) will be conducted by the University for 100 marks and weightage of marks for sports achievement will be for 100 marks.
- The Entrance examination will be conducted on the syllabus of B.P.Ed. course. The question paper shall be set with 100 questions, either multiple choice questions, match the following, fill up the blanks and one word answers. Each question carries one mark.
- The criteria for awarding marks for sports achievement is furnished below.
- The sports and games achievement certificates (original) will be verified and the marks will be awarded accordingly. Hence, the candidates should bring their original sports and games achievement certificates along with evidence documents like Form I for Internationals, Form II for Nationals and Form III for Inter-university participants etc., on the day of entrance examination.

- ❖ The merit list will be prepared basing on the aggregate of 200 marks.
- ❖ If there is a tie, the tie will be resolved by giving weightage to the percentage of marks secured in B.P.Ed. Course. If tie persists, persons securing highest marks in the sports achievements is preferred. If the tie still persists, age will be considered for the merit and the elder person will be awarded better rank.
- ❖ There shall be reservation of seats for SC/ST/BC, CAP, NCC, Women, etc. as per the rules of the University/State Government.
- ❖ As the course demands vigorous physical activity, pregnant women candidates are not eligible for admission. The pregnant women candidates are not eligible to continue the course.
- ❖ In-service candidates shall produce Relieving Certificate from the concerned Head of Institution along with the Permission Certificate from the concerned Authorities.
- ❖ Student should produce Physical Fitness Certificate from Civil Surgeon or Assistant Surgeon (Govt. Doctor) to get eligibility for admission and to pursue the study.

Award of Marks for the Sports Achievements for the Admission into M.P.Ed. Course

(Maximum 100 Marks Only)

1	2	3	4
Category	**Sports Distinction / Participation**	**Certificate issuing Authority**	**Incentive Marks for the following events and games** **For all the games and events for which Association of Indian University conducts Inter University Tournaments**
1	Representing the Country in International Meets Approved by the Respective International Sports Federations / Sports Associations / Sports Authorities/FISU	International Sports Association/Federation **Or** Federation affiliated to Indian Olympic Association	100 Marks
2	Medal / Place/ at Senior Nationals, National Games **(OR)** All India Inter-University Meets	All India Sports Federation / All India Sports Association affiliated to Indian Olympic Association **(OR)** Association of Indian Universities	Gold : 80 Marks Silver: 70 Marks Bronze: 60 Marks
3	Medal / Place/ at Junior National **(OR)** South Zone Inter-University Meets **(OR)** South Zone Nationals	National Federations **(OR)** Association of Indian Universities	Gold : 55 Marks Silver: 45 Marks Bronze: 35 Marks
4	Participation at Senior Nationals, National Games **(OR)** Inter-University Meets **(OR)** South Zone Nationals	All India Sports Federation / All India Sports Associations affiliated to Indian Olympic Association **(OR)** State Association **(OR)** Universities	30 marks

5	Junior National Participation	All India Sports Federation / All India Sports Association affiliated to Indian Olympic Association	20 Marks
6	Inter District Tournaments	State Association	Gold:15 Silver:10 Bronze:5
7	Inter-collegiate tournaments	University	Gold:10 Silver:7 Bronze:5

NOTE:

1. Only the games and sports events, which are included in the latest Sports calendar of Association of Indian Universities, will be considered for awarding incentive marks.
2. Candidate's merit certificates of highest level of participation / achievement will be considered to place them in any one of the above five categories. Candidate will not be considered for more than one category for award of incentive marks.
3. Candidate's merit certificate of highest level of participation / achievement in sports and games will be considered only during their study at Degree (Graduation) / Post Graduation / BPEd Course.
4. National level meets include National games, Senior Nationals, Junior Nationals.

2. Duration

The M.P.Ed programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the program requirements within a maximum of three years from the date of admission to the program.

3.Medium of Instruction

The medium of instruction is English and the student has to write the examination only in English.

4. The CBCS System

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

5. Course

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

6. Courses of Programme

The M.P.Ed. programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

• **Theory**	
	• Core Course
	• Elective Course • Choice Based Course from Outside the Department (Open Elective / Non Core).
• **Practicum**	
	• Compulsory Course (Track and Field)
	• Elective Course
	• Teaching / Coaching Practices
	• Internship

7. Semesters

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November/ December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

8. Working days

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

9. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.P.Ed. programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sl. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2

6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

10. Examinations

i. There shall be examinations at the end of each semester, for first semester in the month of November / December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.

ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

11. Condonation

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 60% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the examination.

12. Pattern of Question paper:

Question Paper shall have two parts.

Part - A.	Four Short Questions out of six questions (To set a minimum one question from each unit)	5 marks X4 questions = 20
Part - B.	Long Questions (Five) One question from each unit. In each unit the questions will be in either or form.	10 marks X 5 questions =50
	Total	**70 Marks**

Part A

Answer any four of the following six questions
Each question carries five marks
(5 marks X 4 questions = 20 Marks)

Question No.	Description	Marks
1 to 6	Short Answer Questions. (Minimum one question from each unit)	5 Marks X 4 Questions = 20

Part B

Answer all Questions (Four questions)
Each Question carries 10 Marks
(10 marks X 5 questions = 50 Marks)

Question No.	Description	Marks
7	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit-1)	10
8	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit- 2)	10
9	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit-3)	10
10	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit- 4)	10
11	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit- 5)	10

13. Evaluation

i. **Theory:** Internal assessment:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	**30 Marks**

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

ii. **Evaluation of theory paper for 70 Marks :** All university examination theory papers shall be evaluated by two evaluators (internal and external) appointed by the university from the panel of external examiners.

iii. **Practicum Internal evaluation:** The internal assessment shall be done for 30 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 30 marks by the concerned teacher dealt the event/ game. The average of the awarded marks of all the teachers shall be taken.

iv. **Practicum External evaluation:** The External assessment shall be done for 70 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 70 marks by the external examiner nominated by the university. The average of the awarded marks of all the events/games of that practicum shallbe for 70 marks.

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

14. Minimum Passing Standards

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e., 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 out of 30 marks and 35 out of 70 marks for the practical courses.

15. Grading

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in the example under the heading letter grades and grade points(19). From the first semester onwards, the average performance within any semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point. Average (CGPA).

Grading is calculated by adopting the following formula:

$$(\quad) = \frac{\Sigma}{\Sigma}$$

$$(\quad) = \frac{\Sigma\,\Sigma}{\Sigma\,\Sigma}$$

Where ***Ci*** is the Credits earned for each individual course (either theory paper or practicum) in any semester; **G*i*** is the Grade point obtained by the student for each individual course (either theory paper or practicum). Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester. At the end of each semester, the CGPA can be computed.

16. Classification of Final Results

For the purpose of declaring a candidate to have qualified for the Degree of Master of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

17. Award of the M.P.Ed. Degree

A candidate shall be eligible for the award of the degree of the M.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

18. Revaluation, Betterment and Reappearance

With in three years from the commencement of course

19. Letter Grades and Grade Points

i. Absolute grading system is adopted for awarding grades in a course. The marks are converted to grades based on pre-detained class intervals.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	0	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail / Dropped	Dropped
	0	**AB**	Absent	

Grading is calculated by adopting the following formula:

$$(\quad) = \frac{\Sigma}{\Sigma}$$

$$(\quad) = \frac{\Sigma\,\Sigma}{\Sigma\,\Sigma}$$

Where ***Ci*** is the Credits earned for each individual course (either theory paper or practicum) in any semester; **G*i*** is the Grade point obtained by the student for each individual course (either theory paper or practicum). Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester. At the end of each semester, the CGPA can be computed.

20. Grade Point Calculation (Example) :
Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for M. P. Ed., Programme.

The credit grade points are to be calculated on the following basis:

Calculation of credit grade point of each course (Example: Theory paper R(22) MP-101)
Marks obtained by Student in R(22) MP- 101 =
65/100Percentage of marks = 65%
Grade from the conversion table is = A
Grade Point = 6.5
The Course Credits = 04
Credits Grade Point of theory paper R(22) MP-101(CGP) = 6.5 x 04 = 26

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses.

$$(\text{SGPA}) = \frac{\text{Sum of grade points of all eight courses of the semester}}{\text{Total credit of the semester}}$$

SEMESTER - I

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MP-101	4	65	A	6.5	26.0
MP-102	4	6o	A	6	24.0
MP-103	4	62	A	6.2	24.8
MP-104 / MP-105	4	57	B+	5.7	22.8
MP-106	4	55	B+	5.5	22.0
MP-107	4	72	A+	7.2	28.8
MP-108	4	66	A	6.6	26.4
MP-109	4	72	A+	7.2	28.8
	32				203.6

$$(\quad) = \frac{203.6}{32} = 6.3625$$

SEMESTER GRADE POINT AVERAGE (SGPA) = = 203.6/32 = 6.3625
SGPA Sem. 1 = 6.3625
At the end of Semester-l
Total SGPA = 6.3625
Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.3625

CGPA = 6.3625, Grade = A, Class = First Class

SEMESTER-II

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MP-201	4	76	A+	7.6	30.4
MP-202	4	64	A	6.4	25.6
MP-203	4	59	B+	5.9	23.6
MP-204	4	80	A+	8	32.0
MP-205	4	49	C	4.9	19.6
MP-206	4	64	A	6.4	25.6
MP-207	4	55	B+	5.5	22.0
MP-208	4	72	A+	7.2	28.8
	32				207.6

$$\text{SGPA Sem II} = \frac{207.6}{32} = 6.4875$$

At the end of Semester-2
Total SGPA for two Semesters = 12.85
Cumulative Grade Point Average (CGPA) = 12.85/2 = 6.425
CGPA = 6.425, Grade = A, Class = First Class

SEMESTER-III

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MP-301	4	64	A	6.4	25.6
MP-302	4	64	A	6.4	25.6
MP-303	4	59	B+	5.9	23.6
MP-304	4	81	A+	8.1	32.4
MP-305	4	49	C	4.9	19.6
MP-306	4	64	A	6.4	25.6
MP-307	4	68	A	6.8	27.2
MP-308	4	75	A+	7.5	30.0
	32				209.6

$$\text{SGPA Sem III} = \frac{209.6}{32} = 6.55$$

At the end of Semester-3
Total SGPA for three Semesters = 19.4
Cumulative Grade Point Average (CGPA) = 19.4/3 = 6.466667
CGPA = 6.466667, Grade = A, Class = First Class

SEMESTER-IV

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MP-401	4	83	A+	8.3	33.2
MP-402	4	76	A+	7.6	30.4
MP-403	4	59	B+	5.9	23.6
MP-404 / MP-405	4	81	A+	8.1	32.4
MP-406	4	49	C	4.9	19.6
MP-407	4	78	A+	7.8	31.2
MP-408	4	81	A+	8.1	32.4
MP-409	4	75	A+	7.5	30.0
	32				232.8

$$\text{SGPA Sem IV} = \frac{232.8}{32} = 7.275$$

At the end of Semester-4

Total SGPA for all the four semesters = 26.675
Cumulative Grade Point Average (CGPA) = 26.675 /4 = 6.66875
CGPA = 6.66875, Grade = A, Class = First Class

Note:

1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

4) For the award of the class, CGPA shall be calculated on the basis of (a) Marks of each Semester End Assessment And (b) Marks of each Semester Continuous Internal Assessment for each course. The final class for M.P.Ed. degree shall be awarded on the basis of last CGPA (grade) considering all the four semester examinations.

21. Grievance Redressel Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

Semester – I

Part A : Theoretical Course						
CourseCode	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MP-101	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
MP-102	Physiology of Exercise	3	3	30	70	100
MP-103	Applied Statistics in Physical Education & Sports	3	3	30	70	100
Core Elective Course (Anyone)						
MP-104	Fitness and Life Style Management	3	3	30	70	100
MP-105	Education Technology in Physical Education					
Part- B Practical Course						
MP-106	**Project Work**:Track and Field Running Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	6	3	30	70	100
MP-107	Games Specialisation – Badminton / Baseball / Basketball/ Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis / Volleyball/ (*Any two games – One Indigenous & one ball game*)	6	3	30	70	100
MP-108	Teaching Lessons: Coaching lessons in the events of MP- 106 and MP-107.	6	3	30	70	100
MP-109	Class room Teaching Lessons on theory of different Sports & Games	6	3	30	70	100
Total		**36**	**24**	**240**	**560**	**800**

<u>Note:</u> Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester – II

Part A : Theoretical Course						
CourseCode	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MP-201	Yogic Sciences	3	3	30	70	100
R(22) MP-202	Sports Biomechanics and Kinesiology	3	3	30	70	100
MP-203	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
Open Elective Course						
MP-204	MOOCS 1. Multi Disciplinary Course 2. Audit Course (Any One of the Above course)	3	3	30	70	100
Part- B Practical Course						
MP-205	Track and Field Jumping and hurdle Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	6	3	30	70	100
MP-206	Laboratory Practical in Physiology of Exercise and Bio Mechanics & Kinesiology (Two practical in each subject)	6	3	30	70	100
MP-207	Any two of the following activities: Aerobics / Self Defensive Techniques – Taekwondo / Shooting / Archery.	6	3	30	70	100
MP-208	**Project Work :**Adventure Activities / Mass demonstration Activities	6	3	30	70	100
Total		**36**	**24**	**240**	**560**	**800**

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester - III

Part A : Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MP-301	Scientific Principles of Sports Training	3	3	30	70	100
MP-302	Sports Medicine, Athletic Care and Rehabilitation	3	3	30	70	100
MP-303	Sports Psychology and Sports Sociology	3	3	30	70	100
Open Elective Course						
MP-304	MOOCS 1. Multi Disciplinary Course 2. Audit Course (Any One of the Above course)	3	3	30	70	100
Part- B Practical Course						
MP-305	Track and Field: Throwing Events. Field test for Fitness & Skills	6	3	30	70	100
MP-306	Laboratory : Sports Psychology and Physiotherapy lab *(Any two practical in each subject)*	6	3	30	70	100
MP-307	Games Specialisation – **Any two games other than two games opted from first semester** Badminton / Baseball / Basketball/ Cricket/ Football/ Handball /Hockey/Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis/ Volleyball	6	3	30	70	100
MP-308	**Project Work :**Teaching Lessons: Coaching lessons in the events of MP- 305 and MP-307.	6	3	30	70	100
Total		**36**	**24**	**240**	**560**	**800**

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester - IV

Part A :Theoretical Course						
CourseCode	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MP-401	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
MP-402	Health Education and Sports Nutrition	3	3	30	70	100
MP-403	Sports Technology	3	3	30	70	100
Elective Course (Anyone)						
MP-404	Dissertation / Event Management	3	3	30	70	100
MP-405	Sports Management and Curriculum Designs in Physical Education					
Part- B Practical Course						
MP-406	Track and Field – Combined events Training methods: Circuit, Interval, Fartlek, Plyometric & Resistance Trainings	6	3	30	70	100
MP-407	**Project Work :**Game of Specialisation – Practical Skills - any one optedfrom four games in previous semesters - Record & Viva-voce.	6	3	30	70	100
MP-408	Officiating in Track and Field / Gymnastics / Swimming/Yoga	6	3	30	70	100
MP-409	Coaching lessons in Game of Specialization - Internship	6	3	30	70	100
Total		**36**	**24**	**240**	**560**	**800**
Grand Total for Four Semesters		**144**	**96**	**960**	**2240**	**3200**

<u>Note:</u> Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

SCHEME OF EXAMINATION

SEMESTER-I

Paper Code	Internal	External	Total Marks
MP-101	30	70	100
MP-102	30	70	100
MP-103	30	70	100
MP-104 / MP-105	30	70	100
MP-106	30	70	100
MP-107	30	70	100
MP-108	30	70	100
MP-109	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-II

Paper Code	Internal	External	Total Marks
MP-201	30	70	100
MP-202	30	70	100
MP-203	30	70	100
MP-204	30	70	100
MP-205	30	70	100
MP-206	30	70	100
MP-207	30	70	100
MP-208	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-III

Paper Code	Internal	External	Total Marks
MP-301	30	70	100
MP-302	30	70	100
MP-303	30	70	100
MP-304	30	70	100
MP-305	30	70	100
MP-306	30	70	100
MP-307	30	70	100
MP-308	30	70	100
TOTAL	**240**	**560**	**800**

SEMESTER-IV

Paper Code	Internal	External	Total Marks
MP-401	30	70	100
MP-402	30	70	100
MP-403	30	70	100
MP-404/ MP-405	30	70	100
MP-406	30	70	100
MP-407	30	70	100
MP-408	30	70	100
MP-409	30	70	100
TOTAL	**240**	**560**	**800**

Theory Syllabus

Semester – I

MP-101: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Unit-1 Introduction

Meaning, Definition, Nature, Scope and importance of research in Physical Education. Classification of Research: Basic, Applied and Action Research, Location of Research Problem, Criteria for selection of a Research problem and Qualities of a good researcher.

Unit-2 Methods of Research

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

Unit-3 Experimental Research

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

Unit-4 Sampling

Meaning and Definition of Sample and Population. Types of Sampling: Probability Methods: Systematic Sampling, Cluster sampling, Stratified Sampling, Area Sampling and Multistage Sampling. Non- Probability Methods: Convenience Sampling, Judgment Sampling and Quota Sampling.

Unit-5 Research Proposal and Report

Chapterization of Thesis / Dissertation: Front Materials, Body of Thesis, Backmaterials, Method of Writing Research proposal, Thesis / Dissertation: Method of writing abstract, full paper for presenting in a conference, publishing in journals, Mechanics of writing Research Report, Footnote and Bibliography.

References:

1) Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
2) Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
3) Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press
4) Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
5) Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
6) Rothstain, A (1985) Research Design and Statistics for Physical Education,Englewood Cliffs: Prentice Hall, Inc
7) Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
8) Moorthy A. M. Research Processes in Physical Education (2010); Friend Publications

MP-102 : PHYSIOLOGY OF EXERCISE

Unit-1 Introduction, Skeletal Muscles and Exercise

Definition of Physiology, Exercise Physiology and importance of Exercise Physiology in sports. Macro & Micro Structure of the Skeletal Muscle, Types of Muscle fibers and their characteristics, Chemical Composition, Chemistry of Muscular Contraction, Sliding Filament theory of Muscular Contraction. Muscle Tone, Heat Production in the Muscle and Effects of exercise and training on the muscular system.

Unit-2 Cardiovascular System and Exercise

Structure of the Heart , Heart Valves and Direction of the Blood Flow, Conduction System of the Heart, cardiac Circulation, Cardiac Cycle, Heart Rate ,Stroke Volume, Cardiac Output and Heart Rate and stroke Volume interactions. Effects of exercise and training on Cardio vascular system.

Unit-3 Respiratory System and Exercise

External and Internal Respiration, Mechanism of Respiration, Respiratory Muscles, Minute Ventilation , Ventilation at Rest and During Exercise. Exchange of Gases in Lungs and Tissues, Control of Ventilation, Ventilation and Anaerobic Threshold, Oxygen recovery, Lung Volumes and Capacities, Anatomical Dead Space. Effects of exercise and training on respiratory system.

Unit-4 Metabolism and Energy Transfer

Metabolism : Definition and types- Anabolism and Ketabolism, Anaerobic Metabolism: ATP,PC or Phosphagen System, Anaerobic Glycolysis, Aerobic Metabolism: Aerobic Glycolysis, Fat Metabolism. Metabolism during Rest and Exercise (.High Intensity ,and Long Duration Exercises),

Unit-5 Climatic conditions and Ergogenic aids

Variations in Temperature and Humidity,– Thermoregulation, –Sports performancein hot Cool and humid Climate, high altitude, acclamiatization and circadian rhythm. Ergogenic Aids: Pharmacological, Hormonal, Physiological aspects and their effects on sports performance. Doping and WADA.

Note: Laboratory Practicals in Physiology be designed and arranged internally.

References:

1) Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras:Poompugar Pathipagam.
2) Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: SportsAuthority of India Delhi.
3) Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc.,Englewood Cliffs.
4) David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
5) Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of PhysicalEducation and Athletics. Philadelphia: Sanders College Publishing.
6) Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sandersco. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
7) Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
8) Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human
9) Performance. Philadelphia: Lippincott Williams and Wilkins Company.John Bullock. et.al., Physiology, 4th Ed.Newyork

MP-103: APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT I – Introduction
Meaning, Definition, types, Functions, need and importance of Statistics. Meaning of the terms, Population, Sample, Data and types of data. Variable: Definition and types of Variables, Discrete and Continuous. Parametric and non-parametric statistics.

UNIT II –Measures of Central Tendency
Construction of frequency table. Meaning, Definition , Importance, Computation, Advantages and Disadvantages of Measures of central tendency. – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales
Meaning, Purpose, Calculation and a Advantages of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Scales : Meaning, Purpose, Computation and advantages of T scale;6 Sigma scale, Z Scale and Hull scale.

UNIT IV – Probability Distributions and Graphs
Normal Curve. Principles of normal curve, Properties of normal curve. Meaning of probability,-–. Divergence from normality. Skewness and Kurtosis. Graphical Representations in Statistics: Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve and Pie Diagram.

UNIT V – Inferential and Comparative Statistics
Tests of significance, "T" test, "F" ratio, 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; Illonosis; Human Kinetics;
Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs:
Prentice Hall, Inc
Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar
Publications.

MP-104 : FITNESS AND LIFE STYLE MANAGEMENT (ELECTIVE)

Unit-1

Concept of Fitness Definition and meaning of Fitness, Different Kinds of Fatnesses, Physical Fitness, Skill Related and Health Related Physical Fitness. Relationship of fitness and health fitness to develop health of an individual, Wellness revolution: Life style and Health fitness relationship, Meaning of active life style, Physical Inactivity and associated health risks Diabetes, Hypertension, Atherosclerosis, Arthritis

Unit - 2

Meaning of Health, Health related fitness components: Body Compositions, Cordio Vasular Fitness, Muscular Endurance, strength, flexibility, benefits of health related fitness. Benefits of Health fitness Components: Meaning of health related and Physical fitness components Exercise protocols for the health fitness components, Body Composition, concepts of body weight and components of body weight, Assessment of body composition, Obesity, Meaning of Obesity and risk factors, of Obesity and over fatness- Muscular and joint flexibility-risk factors Associated with poor muscular and Joint flexibility. .

Unit-3

Nutrition: base for human performance-Carbohydrates, Fats and Proteins. Recommended intake forNormal persons and exercising individuals. Vitamins, Minerals and Water. Osteoporosis and Calcium, Minerals and performance. Optimal nutrition for exercise, Energy value of different important foods, Food Pyramid, fluid replacement before, during and after exercise for temperature regulation and injury prevention, carbohydrates and electrolytes during exercise.

Unit-4

Stress-meaning and types of stress, Physical and mental stress-Harmful effects of overtraining and excessive exercise on health, -mental stress and painful effects of mental stress on health. Anxiety, Depression, insomnia, Compulsive obsessive behaviors, Stress relief through exercise and stress management protocols.

Unit-5

Health behavior, Self efficacy and health behavior, Behavioral modification for wellness, Social support and health of an individual, Life style and other related aspects of activity during childhood . Facts on childhood obesity and activity.

References:

1. Lifestyle management in Health and Social care, Merinda Thew and Jim McKenna, Blackwell Publishing. United Kingdom.
2. Predicting Health behavior, Mark Connor and Paul Norman, Open University Press, Buckingham, UK.
3. Health Behavior and health education: Theory, research and Practice, Karen Glanz, Barbara Rimer, Viswanath, John wiley and sons, USA. (Free pdf book)
4. Human Body Composition, Steven B Heymstead, Timothy Lohan, Zimian Wang, Scott B Going, Human Kinetics, USA.
5. Science of Flexibility, Michael J Alter, Human Kinetics, USA.
6. Applied Body Composition Assessment, Vivian H Heyward, Dale R Wagner, Human Kinetics, USA.
7. Coping with life stress-the Indian experience, Meena Hariharan, Amazon Books.
8. Stress Management- a Wellness approach, Nanette E Tummers, Human Kinetics, USA.
9. Wellness Workbook: How to achieve enduring health and vitality, John W Travis and Regina S Ryan, Crown publishing, New York.
10. The Soul of Wellness: 12 holistic principles for achieving a healthy body, mind, heart and spirit, Rajiv Parti, Select book incorporation, New York.
11. Wellness coaching for lasting Lifestyle change, Michael Arloski, Whole person associates, Duluth, USA.
12. Staying Healthy with Nutrition: The complete guide to Diet and Nutritional medicine, Elson M Has,.

MP-105: EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION (ELECTIVE)

Unit I – Nature and Scope

Educational technology: concept, Nature and Scope. Forms of educational technology: teaching technology, instructional technology, and behavioural technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stages; 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 (Satellite Instructional, Television, Experiment) 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 fiber technology, laser disk, computer conferencing. 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 Educational Technology in Physical 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
K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.

Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company,Philadelphia and London), 1952.

Semester-II

MP-201 : YOGIC SCIENCES

Unit I – Introduction
Meaning, Definition, Scope and importance of Yoga, Essentials For Yoga Practices; Age, Diet, Stomach Emptying bowels, bathing, Clothes, Sun Bathing, No Straining, Place, Time, Awareness, Sequence. Contra indication, Counter Pose, Inverted Asana, Breathing, and Relaxation. Basic Systems of Yoga with importance - Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi. Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga.

Unit II – Aasanas , Kriyas, Bandhas and Mudras:
Asana: Definition, Classification, Sitting, Standing, Lying, & Inverted ASanas. Benefits of Asanas,Asanas and Loosening Exercises, Surya Namaskara- Description and Benefits. Kriyas **:** Meaning, Neti, Nauli, Dhauti, Kapalabhati, Trataka, Bhastrika, Benefits. Bandhas**:** Jalandhara, , Udyana, Mula and their Importance. Mudras: Definition, Purpose, Benefits of Hastamudras, Asamyuktahasta, Samyuktahasta, Manamudra, Kayamudra, Bandha Mudra, Adharamudra.

Unit III – Pranayama**:** Definition, Tradition, Types , Importance & Impact of Pranayama on naadis. Chakras: Definition and types, Effects of Pranayama on major chakras.

Unit IV – Meditation: Meaning, Definition and Benefits. Types of Meditation: Passive, active, Saguna and Nirguna Meditation. Meditation and Health, Meditation and stress Management.

Unit V – Yoga and Sports
Effects of Yoga on Physiological Systems: Respiratory , Circulatory, Digestive, Nervous and Excretory Systems. Place of Yoga as Supplementary , Compensatory , Regenerative and Yogic Power. Role of Yoga in Sports: Promotion of Mental Wellbeing, Self Actualization, Concentration , Suppression of Anxiety and depression. Role of Yoga in Making out a Sports Person.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House
book.
Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
Karbelkar N.V.(1993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.
Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.
*Satya Murty.K, **Elements of Yoga**,Vedadri Brahma Gnana Kendra, Pedakakani, Guntur, India,(2015)*

MP-202: SPORTS BIOMECHANICS AND KINSESIOLOGY

UNIT I – Introduction

Meaning, nature, importance and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Statics, Kinematics, Kinetics, gravity, Center of Gravity, Line of gravity and base of the body. Vectors and Scalars.

UNIT II – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion and General motion. uniform & Non Uniform motion. Laws of Motion : law of Inertia, Law of acceleration and law of reaction. Force: Definition and types of force: Centripetal Force, Centrifugal Force, Sources of force, components of Force, Factors of Force. pressure ,friction ,Buoyancy and Spin .

UNIT III – Projectiles and Levers

Freely falling bodies, Projectiles: Principles of Projectiles: Stability, equilibrium and its Types. Factors Effecting on Equilibrium . Definition of Work, Power and Energy. Mechanical Energy: kinetic energy, potential energy and strain energy. Levers: Definition and Types of Levers and their practical application. Mechanical Advantage. Fluid Resistance, Aerodynamics.

UNIT IV – Movement Analysis

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

UNIT V – Muscle Action

Origin, Insertion and action of Muscles around shoulder, Elbow, Hip, Knee and muscles of Abdomen & Trunk.

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

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 Jersery: 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.

Peter.M.Mc.Ginnis, Biomechanics of Sport and Exercise, Human Kinetics, U.S.A, 1999

MP-203 : TESTS, 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, Administrative Considerations and Educational Applications. Scientific Authenticity: Validity, Reliability, Objectivity, Norms, Duplicate Forms and Standard Directions.

UNIT II – Physical Fitness Tests

Physical Fitness: Meaning and Definition, Physical Fitness Tests: AAHPER, JCR Tests. Roger's physical fitness Index. Cardio vascular test: Harvard step test, Cooper's 12 minutes run / walk test.

UNIT III – Motor Fitness Tests

Meaning and Definition of Motor Fitness, Motor Fitness Tests; Indian Motor Fitness Test, Oregon Motor Fitness Test. Motor Ability: Meaning, Definition. Motor Ability Test: Barrow Motor Ability Test, Newton Motor Ability Test. Muscular Fitness: Kraus Weber Minimum Muscular Fitness Test.

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Test - Aerobic Capacity: Bruce Treadmill Test Protocol, Beep test. Anaerobic Capacity: Margaria-Kalamen test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Girth: Arm, Waist, Hip, Thigh. Skin Folds: Chest, Abdomen, Midthigh, Triceps, Illiac Crest.

UNIT V – Skill Tests

Specific Sports Skill Test: Badminton: French Stalter Short Service Test, Miller Wall Volley Test. Basketball: Knox, Johnson Basketball Test. Hockey: Henry Friedel Field Hockey Test, Schmithal's Field Hockey Test, Volleyball: Russel Lange Volleyball Test, Brady Volleyball Test. Football: Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test, Broer Miller Test.

Note: Practicals of indoor and out-door tests be designed and arranged internally.

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 and 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

Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc

Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications

Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research

Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaigm IL: Human Kinetics

Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Semester III

MP-301: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

Sports training: Definition – Aims, Characteristics, Principles of Sports Training. Load: Definition, Components of load. Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures for over load – Super Compensation . Recovery. Detraining and Retraining.

UNIT II – Components of Physical Fitness

Strength: Meaning, types - Isometric, Isotonic and Iso kinetic exercises – Factors determining strength – Methods to improve strength. Speed: Meaning – types - Factors determining speed – Methods to improve speed. Endurance: Meaning – types - Factors determining endurance – Methods to improve Endurance.

UNIT III – Flexibility and Coordination

Flexibility: Meaning – types - Factors determining flexibility – Methods to improve flexibility - Coordination : Meaning, types - Factors determining coordination – Methods to improve coordination.

UNIT IV – Methods of Sports Training

Aerobic training, Anaerobic training, Weight training, Fartlek Training, Interval training, Plyometric training, Resistance training, Pressure training, High Altitude training, Functional training, Repetition method of training, and Transfer of training effects.

UNIT V – Periodization

Training Plan: Micro, Meso and Macro Cycles. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Phases of Periodisation, Preparatory Period, Competition Period and Transition Period. Top form, Tapering performance. Training schedules.

REFERENCES :

Beotra Alka, (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 Hall Inc.
Cart, E. Klafs &Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
Daniel, D. Arnheim (1991) Principles of Athletic Traning, St. Luis, Mosby Year Book
David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and
Bartlett Publications
Yograj Thani (2003), Sports Training, Delhi : Sports Publications
Michael; J.Alter : Sciences of stretching (1988) Human Kinetics.
The Physiology basis of Physical Education and Athletics, 4th Edition, Fox, Bruisesr and Foss.
Larry G. Shaver : Essentials of Exercise Physiology.
Stwven J. Flack & WIllam J. Kraemer : Designing resistance training programme (1997) Human Kinetics.

MP-302: SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

Unit I – Introduction

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE (Protection, Rest, Ice, NSAIDS (Non Steroidal anti inflammatory drugs), Compression & Elevation) therapy, Aquatic therapy.

Unit II – Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries – care and treatment of exposed and unexposed injuries in sports, Therapeutics modalities : Cryo, thermo, Hydro, Electro, Actino therapy Strapping, Taping and Bandages, supporting, Aiding techniques for equipment for upper extremities and Lower extremities and spine.

Unit III – Posture

Posture, Values of Good posture, Causes of Bad posture, Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knees, Bow legs, Flat foot. Causes for deviations and treatment including exercises. Posture test, Gait and types.

Unit IV – Rehabilitation Exercises

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles. Gait training, swiss ball exercises.

Unit V – Massage

Brief history of massage – Massage as an aid for relaxation, Principles of massage, Physiological , Chemical, Psychological effects of massage,Contra indications of Massage, Classification of Massage , 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: Vibration and shaking.

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:

Dohenty. 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.
Mc Ooyand 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.l. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

MP-303 : 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, Emotion

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning Goal Setting,. Anxiety: Meaning and Definition, Nature, Types, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning, Definition, Causes of Stress and Sports Performance. Aggression: Meaning, Definition and Types of Agression, Aggression and Sports Performance. Relaxation: Meaning, Definition and Types of relaxaion.Methods of measuring, Motivation, Anxiety, Stress and Aggression.

UNIT III – Psychological Test

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 tests, Sports Anxiety test, Sports aggression tests, stress test.

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. Violence in Sports.

UNIT V – Group Cohesion

Group: Definition and Meaning, , Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics, Competition and cooperation. Current Problems in Sports and Future Directions, Sports Social Crisis Management , Women in Sports: Sports Women in our Society, Gender inequalities in Sports.

Practicals: *Atleast five experiments related to the topics listed in the Units above shouldbe 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) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.

Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

Whiting, K, Karman.,. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

Marten, Rainer ; Social Psychology and Physical achieving.

Semester - IV

MP-401: INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of communication, Communicative skills of English. Listening, Speaking, Reading & Writing Concept & Importance of ICT , challenges in integrating ICT in Physical EducationT in Education

Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration.

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers, Hardware of Computer: Input, Output & Storage Devices, Software of Computer: Concept & Types, Computer Memory: Concept & Types Viruses & its Management, Concept, Types & Functions of Computer Networks, Internet and its Applications Web Browsers & Search Engines, Legal & Ethical Issues.

Unit III – MS Office Applications

MS Word: Main Features & its Uses in Physical Education, MS Excel: Main Features & its Applications in Physical Education , MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education, MS Power Point: Preparation of Slides with Multimedia Effects and MS Publisher: Newsletter & Brochure

Unit IV – ICT Integration in Teaching Learning Process

Approaches to Integrating ICT in Teaching Learning Process, Project Based Learning (PBL), Co- Operative Learning, Collaborative Learning, ICT and Constructivism: A Pedagogical Dimension

Unit V – E-Learning & Web Based Learning

E-Learning

Web Based Learning

Visual Classroom

REFERENCES:

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006 Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition- 2001 Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005

Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004

ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006

Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

MP-402: HEALTH EDUCATION AND SPORTS NURTITION

Unit - I Health Education

Meaning, Definition of Health, Health Education. Concept, Dimensions, and Determinants of Health. Health Instructions, Aims, objectives and Principles of Health Education. Health Service, Health supervision .

Unit - II Health Problems in India

Communicable: Tuberculosis, Measles, Mums, Rabis, Polio, wooping cough, Hepatitis, Ebola, Swine fle, Dengue, Malaria and STD:Gonorrea, HIV/Aids, CORONA, Syphilis. and Non Communicable Diseases: Cancer, Asteoporosis, Asthama, Hyper tension, Diabetes. Obesity, 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

, Nutritional service, Health appraisal, , Healthful school environment, first- aid and emergency care. Health Agencies: Red cross, WHO, St.JohnAmbulance, UNICEF, UNESCO.

Unit- III –Hygiene and Health

Meaning of Hygiene, Types of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effects 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: Carbohydrate, Protein, Fats, Vitamins, Minerals, Water Dehydration and fluids replacement, Classification of food, organic food, Carbohydrate loading, Hyponatramia., Role of carbohydrates, Fat and protein on Sports Performance.

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. At. "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, Thorons.

MP-403: SPORTS TECHNOLOGY

Unit I – Sports Technology
Meaning, definition, Importance of technology in Sports, General Principles and purpose of instrumentation in sports, Technological impacts on sports.

Unit II – Science of Sports Materials
Adhesives- Nano glue, nano moulding technology, Nano turf. Foot wear production, Factors and applications in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closed-cell and open- cell foams, Neoprene, Foam. Smart Materials: Shape Memory Alloy (SMA), Thermo chromic film, High-density modeling foam.

Unit III – Surfaces of Playfields
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. Use of computer and software in Match Analysis and Coaching.

Unit IV – Modern equipment
Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipments: Running, Throwing and Jumping Events. Protective equipments: 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. Use of computer and software in mater analysis and coaching.
Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.

REFERENCE:
Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
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 Publishers Pvt. Ltd.), 1982
Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

MP-404 : DISSERTATION /EVENT MANAGEMENT (ELECTIVE)

1. Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.
2. Further the student has to submit his/her Dissertation (four copies)/Project/Event not less than 15 days before the beginning of the Fourth Semester examinations and appear Viva-voce examination.
3. Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.

MP- 405: SPORTS MANAGEMENT AND CURRICULUM DESIGNS IN PHYSICAL EDUCATION (ELECTIVE)

UNIT I – Introduction to Sports Management

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Personal Policies, Role of Personal 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 and Public Relation

Purchase and supplies of Equipment, Guidelines for selection of Equipment and Supplies, Purchase of equipment and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment. Public Relations in Sports: Planning the Public Relation Programme – 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: Students centered, Activity centered, Community centered, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextuality and plurality. Approaches to Curriculum; Subject centered, Learner centered and Community centered, Curriculum Framework.

UNIT V – Curriculum Sources

Factors affecting curriculum: Sources of Curriculum materials, text books, Journals, Dictionaries, Thesis, Encyclopaedias, Micropaedias, 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.
Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.
Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall. Chakraborthy & Samiran. (1998) . Sports Management. New Delhi: Sports Publication. Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and
Sports. St. Louis: Mosby Publishing Company.
Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge
NCERT (2000) . National Curriculum Framework for School Education, New Delhi: NCERT.
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NCERT (2005). National Curriculum Framework, New Delhi: NCERT. NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.
Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House. Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

Semester - I

Practicum Course

MP- 106: P r o j e c t W o r k : Track and Field - Running Events (compulsory)

Any one of the following i.e. Gymnastics/ Swimming / Yoga .

Running
Fundamental techniques –Short and Middle distance.

Use of Starting blocks- stance on the blocks.

Running ABC, Body position at the start- starting technique, change in body position during running, movements of the arms, stridelength and frequency, position of torso while running and at finish. Drills.

Advanced techniques Various techniques of sprint start: Bullet, Medium and Elongated

Laying out of Standard Track with staggers

Gymnastics
Floor Exercise, Pyramids, Parallel bars and Balancing beam.

Swimming
Float, Free style, and Breast stroke.

Yoga
Yoga postures in standing, sitting, prone, supine and balancing Asanas.

R(22) MP- 107 : Game of Specialisation – Badminton / Baseball / Basketball /Cricket/ Football/Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis / Volleyball

A candidate has to learn and perform proficiency and officiating in any two games – One Indigenous & one ball game

R(22) MP- 108: Teaching Lessons: Coaching lessons in the events of R(22) MP- 106 and R(22) MP-107.

Student has to take Coaching lessons of each 45 mins in the activities and games mentioned above R(22) MP-106 and R(22) MP-107. 5 lessons (4 Internal and 1 External)

R(22) MP- 109: Class room teaching Lessons on theory of different Sports & Games

Student has to take Teaching lessons on theory of each 45 mins in different sports and games of the above R(22) MP-106 and R(22) MP-107. 5 lessons (4 Internal and 1 External)

Semester - II

Practicum Course

MP- 205: Track and Field - Jumping Events (compulsory)

Any one of the following i.e. Gymnastics/ Swimming / Yoga .

Jumping

Fundamental techniques –Broad jump, High Jump, Triple jump and Pole vault

Advanced techniques in jumps and Drills.

Laying out of Jumping Sectors

Gymnastics

Horizontal bar, Roman rings, Gymnastics positions, Rhythmic Gymnastics and Vaulting horse.

Swimming

Butterfly, Back stroke, Medley and Rules regarding swimming.

Yoga

Pranayama, Dhyana, Bhandas, Mudras and Kriyas.

R(22) MP- 206 : **Laboratory Practical in Physiology of Exercise and Bio mechanics & Kinesiology**

Student has to learn at least two practical in Exercise Physiology and Kinesiology and Biomechanics in the laboratory and prepare work book on practicals.

R(22) MP- 207: Any two of the following activities:

Aerobics / Self Defensive Techniques – Taekwondo / Shooting / Archery.

Student has to learn at least two activities from the above and exhibit proficiency in examination.

R(22) MP- 208: P r o j e c t W o r k : Adventure Activities (Trucking, rock climbing and cycling) / Mass demonstrationActivities (Bharathiyam, Pyramids, Callisthenics and light apparatus)

Student has to learn the activity from the above and exhibit demonstration and show proficiency during examination.

Semester - III

Practicum Course

MP- 305: Track and Field – Throwing Events (compulsory)

Throwing Events

Fundamental techniques –Shot-put, discuss, javelin and Hammer

Advanced techniques in throws and Drills.

Laying out of Throwing Sectors

Field Test for Fitness and Skills

Student has to learn testing procedures to test any two fitness variables and skills related to sports / games on ground and prepare practical work book on practical done.

R(22) MP- 306: Laboratory Practical in Sports Psychology and Physiotherapy Lab

Student has to learn atleast two practical in Psychology and Physiotherapy in the laboratory and prepare work book on practical done.

R(22) MP- 307: Game of Specialization – Badminton / Baseball / Basketball /Cricket/ Football/Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis/ Volleyball

A candidate has to learn and perform proficiency and officiating in any two games – other than two games opted in the First Semester.

R(22) MP- 308: P r o j e c t W o r k : Teaching Lesson – Coaching lessons in the Track and Field of Third Semester and Gameof Specilisation in Third Semester

Student has to take Coaching lessons on the above of each 45 mins. 5 lessons (4 Internal and 1 External)

Semester - IV
Practicum Course

MP- 404: Dissertation / Event Management

Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.

Further the student has to submit his/her Dissertation (four copies)/Project/Event not less than 15 days before the begining of the Fourth Semester examinations and appear Viva-voce examination.

R(22) MP- 406: Track and Field – Combined

EventsCombined Events

Pentathlon – Order of events , Heptathlon – Order of events and Decathlon – Order of events.

Rules regarding Track and Field.

Officiating in Track and Field.

Training Methods – Circuit, Interval, Fartlek, Plyometric and Resistance training with load dynamics.

Training Schedules.

Student has to prepare a detailed work book of the above.

R(22) MP- 407: P r o j e c t W o r k : Game of Specialization

A student has to choose any one of the games learned in the previous semesters as a Game of Specialization and exhibit the proficiency, and officiating ability.

Student has to prepare a detailed Record with the following guidelines and attend for viva-voce.

1. Origin, History and development of game
2. Technical terms related to the game
3. Fundamental Skills
4. Techniques and Tactics
5. Advanced Skills / drills
6. Game strategies / set play
7. Lead up games
8. Training Schedules for six weeks.
9. Skill tests
10. Talent identification
11. Selection criteria
12. Rules of the game, laying of court, advanced gadgets,
13. Officiating and signals
14. Mechanics of officiating
15. Major Tournaments, Trophies and the results
16. Awards and Awardees in the respective game/event.
17. Paper cuttings and latest articles

MP- 408: Officiating in Track and Field / Gymnastics / Swimming/Yoga

Student has to learn system of officiating in any one of the above events, participate in the intramural or extramural as official and show his abilities during the examinations.

MP- 409: Coaching lessons in Game of Specialization (Internship)

Student has to take 10 coaching lessons of each 45 mins duration in his/her game of specialization. 5 lessons at schools and 4 internal and 1 external at the institution/department.

Table – 1 : Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching Practice	Total
I	*12*	*18*	*6*	*36*
II	*12*	*12*	*12*	*36*
III	*12*	*12*	*12*	*36*
IV	*12*	*12*	*12*	*36*
TOTAL	*48*	*54*	*42*	*144*
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table – 2 : Number of credits per semester

Semester	Theory	Practicum	Teaching Practice	Total
I	*12*	*09*	*03*	*24*
II	*12*	*06*	*06*	*24*
III	*12*	*06*	*06*	*24*
IV	*12*	*06*	*06*	*24*
TOTAL	*48*	*27*	*21*	*96*
Minimum of 36 teaching hours per week is required in five or six days in a week				

(MP-101)

M.P.Ed. DEGREE EXAMINATION.

First Semester

Paper I — RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES _2023-24

(w.e.f the batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART. A — (4 x 5 = 20 marks)

Answer any FOUR of the following SIX questions.

Each question carries 5 marks.

1. Research problem.
2. Case study.
3. Factorial design.
4. Judgement sampling.
5. Back materials.
6. Bibliography.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10' marks.

7. (a) What is research? Explain the nature and scope of research in physical education.

Or

(b) Explain the research problem. Explain the criteria in selecting the problem in detail.

8. (a) Write about historical research in detail.

Or

(b) What is non-laboratory research and explain the non-laboratory research methods.

9. (a) Describe the experimental design in detail.

Or

(b) What is experimental design? And explain the variables of experimental research in detail.

10. (a) Describe the term.sainpling? And explain the types of sampling in detail.

Or

(b) Describe the mechanics of writing research reports in detail.

11. (a) What is research proposals? And explain the methods of writing research proposals.

Or

(b) Write the principles of research report and explain the methods of writing abstracts.

(MP 102)

MT:Ed. DEGREE EXAMINATION.

First Semester

Paper 2 — PHYSIOLOGY OF EXERCISE

(w.e.f. the batches admitted during :2023-24)

Time : Three hours **Maximum : 70 marks**

PART A = (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1. Stroke volume.
2. Minute ventilation.
3. Tidal volume.
4. ATP & CP.
5. WADA.
6. Types of muscle fibres.

PART B (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a) What is Physiology? and discuss the effects of exercise and training on the muscular system.

Or

(b) Define Muscular contraction and explain thesliding filament theory of muscular. contraction.

(a) Describe the effects of exercise in training onthe muscular system in detail.

Or

(b) Describe the effects of exercise and trainingon cardiovascular system in detail.

9. (a) What is cardiac cycle? Explain the cardiaccycle in detail.

Or

(b) What is Respiration? Explain its importance in physical education and explain its mechanism.

10.. (a) Define Metabolism and Fat metabolism. Explain the process of metabolism in rest and during exercise.

Or •

(b) gxplain Anaerobic glycolysis and Aerobicglycolysis in detail.

11. (a) What is acclimatization and cardia rhythm? Explain in detail.

Or.

(b) What is Dopping? and explain the phy-siological aspects on sports performance.

(MP 103)

M.P.Ed. DEGREE EXAMINATION.

First Semester

Paper III — APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

(w.e.f. batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A — (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1. Variables.
2. Parametric statistics.
3. Test of significance.
4. Median
5. Z scale.
6. Histogram.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a) Define statistics and explain the role and importance of statistics in the field of physical education.

Or

(b) Define the term variables and explain different types of variables with examples.

8. (a) What is measures of central tendency and explain its role and importance in physical education?

Or

(b) Compute rank order correlation to the following.

X:	72	70	62	84'	75	55	57	63	59	73
Y:	69	71	60	80	72	52	55	65	55	71

9. (a) Explain the advantages and disadvantages of Quartile Deviation and Standard Deviation.

Or

(b) Explain the meaning, purpose and calculation of 'T' Ratio.

10. (a) Define Normal curve and write its principles and properties.

Or

(b) What is probability curve? And explain skewness and kurtosis.

11. (a) What is Anova and Ancova? And describe its concepts in detail.

Or

(b) Discuss the various methods interpretation of data.

(MP 104)

M.P.Ed. DEGREE EXAMINATION,
First Semester
Paper IV — FITNESS AND LIFE STYLE MANAGEMENT (ELECTIVE)

(w.e.f. batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A — (4 x 5 = 20 marks)

Answer any FOUR of the following. Six questions.

Each question carries 5 marks.

1 Diabetes.

2. Obesity.

3. Proteins.

4. Osteoporosis.

5. Physical and mental stress.

6. Body composition.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

(a) Define fitness. How the fitness is required in sports and games in detail?

Or

(b) Describe the physical ,in activity and briefly explain any two associated health risks of physical in activity.

(a) Write the concepts and components of body weight in detail.

Or

(b) Define the health. Explain the health related fitness components and physical fitness related components.

9. (a) What balanced diet? Explain .the recommended intake of diet for normal persons and exercising individual?

Or

(b) Explain the fluid replacement during and after the exercise in detail.

10. (a) What is stress? Explain different types of stress in detail.

Or

(b) What is over training? Effects of overtraining and excessive exercise and health.

11. (a) Write the facts on childhood obesity andactivity.

Or

(b) Explain the behavioural modification forwellness management.

(MP 105)

M.P.Ed. DEGREE EXAMINATION

First Semester

Paper V — EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION (ELECTIVE)

(w.e.f. the batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1. Stages of programmed learning.
2. Goal setting.
3. Competency basic teaching.
4. CCTV.
5. Tele conferencing.
6. Self learning material.

PART B — (5 x 10 = 50 marks)

Write Essay question One from each unit, in each unit questions will be in either or form.

Each question carries 10 marks.

7. (a) **Define Education Technology.. Explain the concepts nature of Educational Technology.**

Or

What is programmed learning? Explain the stages of programmed learning.

What is systems approach? And discuss about components of system approach in detail,

Or

What is communication? And give detail explanation about barriers of communication.

Define instructional design. Explain the stage of Development of Instructional Design.

Or

(b) **Write the models for development of self learning material.**

10. (a) What is . audio-visual-media? Explain the importance and various forms of audio-visual media.

Or

(b) Give detail explanation about country wide **class room project and satellite" based instructions.**

11. (a) **What is Educational Technology and explain the new horizons of Educational Technology?**

Or

(b) Discuss about hypertext, video-texts and optical Fiber Technology..

(MP-201)

M.P.Ed. DEGREE EXAMINATION.

Second Semester

Paper I — Yogic Sciences

(w.e.f the batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART. A — (4 x 5 = 20 marks)

Answer any FOUR of the following SIX questions.

Each question carries 5 marks.

1.

2.

3.

4.

5.

6.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10' marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)

(MP-201)

(MP 202)

MT:Ed. DEGREE EXAMINATION.

First Semester

Paper 2 — SPORTS BIOMECHANICS ANDKINESIOLOGY

(w.e.f. the batches admitted during :2023-24)

Time : Three hours **Maximum : 70 marks**

PART A = (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3.

4.

5.

6.

PART B (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10.. (a)

Or •

(b)

11. (a)

Or.

(b)

(MP 203)

M.P.Ed. DEGREE EXAMINATION.

First Semester

Paper III — TESTS, MEASUREMENT AND EVALUATION IN PHYSICALEDUCATION

(w.e.f. batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A — (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3.

4.

5.

6.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)

(MP-301)

M.P.Ed. DEGREE EXAMINATION.

Third Semester

(Theory)

Paper I — SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

(w.e.f the batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART. A — (4 x 5 = 20 marks)

Answer any FOUR of the following SIX questions.

Each question carries 5 marks.

1.

2.

3.

4.

5.

6.

PART B — (5 x 10 = 50 marks)
Answer ALL questions.

Each question carries 10' marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)

(MP-301)

(MP 302)

MT:Ed. DEGREE EXAMINATION.

Third Semester

(Theory)

Paper 2 — SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

(w.e.f. the batches admitted during :2023-24)

Time : Three hours **Maximum : 70 marks**

PART A = (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3.

4.

5.

6.

PART B (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b

8. (a)

Or

(b)

9. (a)

Or

(b)

10.. (a)

Or •

(b)

11. (a)

Or.

(b)

(MP 302)

(MP 303)

M.P.Ed. DEGREE EXAMINATION.
Third Semester

(Theory)
Paper III — SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

(w.e.f. batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A — (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3

4.

5.

6.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)

(MP-401)

M.P.Ed. DEGREE EXAMINATION.

Third Semester

(Theory)

Paper I — Information & CommunicationTechnology (ICT) in Physical Education

(w.e.f the batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART. A — (4 x 5 = 20 marks)

Answer any FOUR of the following SIX questions.

Each question carries 5 marks.

1.

2.

3.

4.

5.

6.

PART B — (5 x 10 = 50 marks)
Answer ALL questions.

Each question carries 10' marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)

(MP-401)

(MP 402)

MT:Ed. DEGREE EXAMINATION.
Fourth Semester

(Theory)

Paper 2 — HEALTH EDUCATION AND SPORTSNUTRITION

(w.e.f. the batches admitted during :2023-24)

Time : Three hours **Maximum : 70 marks**

PART A = (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3.

4.

5.

6.

PART B (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b

8. (a)

Or

(b)

9. (a)

Or

(b)

10.. (a)

Or •

(b)

11. (a)

Or.

(b)

(MP 402)

(MP 403)

M.P.Ed. DEGREE EXAMINATION.
Fourth Semester
(Theory)
Paper III — SPORTS TECHNOLOGY

(w.e.f. batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A — (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3

4.

5.

6.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)

(MP 404)

M.P.Ed. DEGREE EXAMINATION.
Fourth Semester
(Theory)
Paper IV — Dissertation /Event Management

(w.e.f. batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A — (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3

4.

5.

6.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)

(MP 405)

M.P.Ed. DEGREE EXAMINATION.
Fourth Semester
(Theory)
Paper IV — Sports Management and Curriculum Designs in PhysicalEducation

(w.e.f. batches admitted during 2023-24)

Time : Three hours **Maximum : 70 marks**

PART A — (4 x 5 = 20 marks)

Answer any FOUR of the following Six questions.

Each question carries 5 marks.

1.

2.

3

4.

5.

6.

PART B — (5 x 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

7. (a)

Or

(b)

8. (a)

Or

(b)

9. (a)

Or

(b)

10. (a)

Or

(b)

11. (a)

Or

(b)