ANDHRA KESARI UNIVERSITY

CURRICULUM FRAMEWORK

BACHELOR OF PHYSICAL EDUCATION (M.P.Ed.)

TWO YEAR PROGRAMME

Syllabus

Approved by

Board of Studies in Physical Education & Sports Sciences

Andhra Kesari University on 03.09.2026

As per the guidelines of the

NATIONAL COUNCIL FOR TEACHER EDUCATION

And

Common core syllabus approved by

Andhra Pradesh State Council of Higher Education

Semester – II

Part A : Theoretical Course						
CourseCode	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
R(26) MP-201	Yogic Sciences	3	3	30	70	100
R(26) MP-202	Sports Biomechanics and Kinesiology	3	3	30	70	100
R(26) MP-203	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
Open Elective Course						
R(26) 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						
R(26) 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
R(26) MP-206	Laboratory Practical in Physiology of Exercise and Bio Mechanics & Kinesiology (Two practical in each subject)	6	3	30	70	100
R(26) MP-207	Any two of the following activities: Aerobics / Self Defensive Techniques – Taekwondo / Shooting / Archery.	6	3	30	70	100
R(26) 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

R(26) 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.

R(26) 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.

AI Topic: Early Injury Diagnostics: Reviewing clinical AI software that analyzes thermal imaging, MRI scans, or musculoskeletal load logs to predict soft-tissue injury vulnerabilities before symptoms appear

Unit V – Massage

Brief history of massage – Principles of massage, Effects if Massage- Classification of Massage

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.

R(26) 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

R(26) 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

Smart Campus & PE Databases: Implementation of AI cloud databases for tracking institutional physical fitness records, automated grading, and sports department inventory forecasting.

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

R(26) 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.

R(26) 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.

R(26) 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.

R(26) 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.
NCERT (2000) . National Curriculum Framework for School Education, New Delhi: NCERT.
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 -

Practicum Course

R(26) 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, stride length 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(26) 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(26) MP- 108: Teaching Lessons: Coaching lessons in the events of R(26) MP- 106 and R(26) MP-107.

Student has to take Coaching lessons of each 45 mins in the activities and games mentioned above R(26) MP-106 and R(26) MP-107. 5 lessons (4 Internal and 1 External)

R(26) 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(26) MP-106 and R(26) MP-107. 5 lessons (4 Internal and 1 External)

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Semester - 37

Practicum Course

R(26) 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(26) 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(26) 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(26) 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 - 38

Practicum Course

R(26) 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(26) 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(26) 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(26) 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

R(26) 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(26) 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(26) 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

R(26) 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.

R(26) 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				