

**Kurukshetra University, Kurukshetra**  
**CBCS Scheme of Examination for Master in Physical Education (M.P.ED)**

**(Changes will be implement from Session 2019-2020)**

**Semester-1<sup>st</sup>**

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd-101	Research Process in Physical Education	CCC	04	--	04	04	--	04	20	80	--	100
MPEd- 102	Principles of Sports Training	CFC	04	--	04	04	--	04	20	80	--	100
MPEd- 103	Kinesiology	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -104	Health Education and Sports Nutrition	CCC	04	--	04	04	--	04	20	80	--	100
MPEd- 105	Information & Communication Technology(ICT) in Physical Education	CCC	04	--	04	04	--	04	20	80	--	100
MPEd- 106	Practicum: Athletics- (Track Events & Jumps)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd- 107	Game	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd-108	Health Education	CCC	--	01	01	--	0.5	0.5	--	--	50	50
MPEd-109	Information & Communication Technology(ICT) in Physical Education	CCC	--	01	01	--	0.5	0.5	--	--	50	50
<b>Total</b>			<b>20</b>	<b>12</b>	<b>32</b>	<b>20</b>	<b>06</b>	<b>26</b>	<b>100</b>	<b>400</b>	<b>300</b>	<b>800</b>

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

**Kurukshetra University, Kurukshetra**  
**CBCS Scheme of Examination for Master in Physical Education (M.P.ED)**  
**(Changes will be implement from Session 2019-2020)**

**Semester-2<sup>nd</sup>**

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd -201	Research Process in Physical Education	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 202	Physiology of Exercise	CFC	04	--	04	04	--	04	20	80	--	100
MPEd - 203	Applied Statistics in Physical Education and Sports	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -204	Physical Fitness and Wellness	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 205	Yogic Science	OEC	04	--	04	04	--	04	20	80	--	100
MPEd - 206	Practicum: Athletics (Throws & Conduct of Athletic Meet)	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd - 207	Game	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd -208	Yoga	OEC	--	01	01	--	0.5	0.5	--	--	50	50
MPEd -209	Applied Statistic and ICT	CCC	--	01	01	--	0.5	0.5	--	--	50	50
<b>Total</b>			<b>20</b>	<b>12</b>	<b>32</b>	<b>20</b>	<b>06</b>	<b>26</b>	<b>100</b>	<b>400</b>	<b>300</b>	<b>800</b>

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O.E.C = Open Elective Course

# Kurukshetra University, Kurukshetra

## CBCS Scheme of Examination for Master in Physical Education (M.P.ED)

(Changes will be implement from Session 2020-2021)

### Semester-3<sup>rd</sup>

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd -301	Sports Psychology	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 302	Sports Medicine	CFC	04	--	04	04	--	04	20	80	--	100
MPEd - 303	Tests, Measurement and Evaluation in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -304	Athletic Care and Rehabilitation	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 305	Value and Environmental Education	OEC	04	--	04	04	--	04	20	80	--	100
MPEd - 306	Practicum: Game – I	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd - 307	Game - II	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd -308	Sports Psychology	CCC	--	01	01	--	0.5	0.5	--	--	50	50
MPEd -309	Tests, Measurement and Evaluation in Physical Education	CCC	--	01	01	--	0.5	0.5	--	--	50	50
<b>Total</b>			<b>20</b>	<b>12</b>	<b>32</b>	<b>20</b>	<b>06</b>	<b>26</b>	<b>100</b>	<b>400</b>	<b>300</b>	<b>800</b>

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

O.E.C = Open Elective Course

**Kurukshetra University, Kurukshetra**  
**CBCS Scheme of Examination for Master in Physical Education (M.P.ED)**

**(Changes will be implement from Session 2020-2021)**

**Semester-4<sup>th</sup>**

Total Credits= 26

Total Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
MPEd -401	Sports Journalism and Mass Media	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 402	Education Technology in Physical Education	CFC	04	--	04	04	--	04	20	80	--	100
MPEd - 403	Sports Bio Mechanics	CFC	04	--	04	04	--	04	20	80	--	100
MPEd -404	Sports Technology	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 405	Options: i) – Dissertation ii) – Sports Management	CCC	04	--	04	04	--	04	20	80	--	100
MPEd - 406	Practicum: Game – I	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd - 407	Game - II	CCC	--	05	05	--	2.5	2.5	--	--	100	100
MPEd -408	Class Room Teaching	CCC	--	02	02	--	01	1.0	--	--	100	100
<b>Total</b>			<b>20</b>	<b>12</b>	<b>32</b>	<b>20</b>	<b>06</b>	<b>26</b>	<b>100</b>	<b>400</b>	<b>300</b>	<b>800</b>

C.C.C = Compulsory Core Course

C.F.C = Compulsory Foundation Course

# M. P. Ed. –Syllabus (From session 2019-2020) Semester – 1<sup>st</sup>

## Part – A (Theory Courses)

### M.P.Ed. - 101: Research Process in Physical Education

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Time: Three Hours

Total Credits: 4

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

#### Unit – I: Introduction

Meaning and Definition of Research, Need and importance of Research in Physical Education and Sports, Characteristics of Research in Physical Education & Sports.

Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis.

Research Problem: Meaning of the term Research Problem, location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

#### UNIT II – Concept of Sampling and Hypothesis

Meaning and Definition of Sample and Population.

Types of Sampling: Probability Methods- Systematic Sampling, Cluster sampling, Stratified Sampling.

Area Sampling, Multistage Sampling.

Non- Probability Methods: Convenience Sample, Judgement Sampling, Quota Sampling.

Meaning and definition of Hypothesis, Importance Hypothesis in research, Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

#### UNIT-III Review of related literature

Survey of Related Literature: Need for surveying related literature, Kinds of Related Literature, Literature Sources – Primary and Secondary, Steps in Literature Search. Writing of Literature review.

Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor, Source of variables.

#### Unit – IV Ethical Issues and tools in Research

Ethical Issues in Research: Areas of Scientific Dishonesty, Ethical Issues regarding Copyright, Responsibilities of Researchers, Working Ethics with Faculty, Protecting Human Participants.

Tools of Research: Observation, Interviews, questionnaires, opinion or attitude scales, Psychological Tests and Personality Inventories.

#### Suggested Readings:

*Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc*

*Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.*

*Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London/ Routledge Press*

*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 Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam*

*Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc*

*Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication*

*Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi*

# M. P. Ed. –Syllabus (From session 2019-2020) Semester – 1<sup>st</sup>

## M.P.Ed.- 102: Principles of Sports Training

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Time: Three Hours

Total Credits: 4

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

### Unit-I: Training load, adaptation and recovery:

- (i) **Training of Load:** Meaning and Characteristics of training load
- (ii) **Adaptation** - Meaning, conditions for adaptation of training load.
- (iii) **Over load** - Meaning and causes, Symptoms of overload, tackling overload.
- (iv) **Recovery** - Meaning and phases of recovery, Methods of recovery.

### UNIT –II: Development of various motor components:

- (i) **Strength:** Meaning, Different types of Strength, Methods of improving different forms of Strength (Maximum Strength, Explosive Strength and Strength Endurance).
- (ii) **Speed:** Different types of Speeds, Methods of improving different types of Speed abilities.
- (iii) **Endurance:** Different types of Endurance, Methods of improving different types of Endurance abilities.
- (iv) **Flexibility:** Different types of Flexibility, Methods of improving different types of Flexibility abilities.
- (v) **Co-ordinative Abilities:** - Methods of improving different forms of co-ordinative abilities.

### UNIT – III: Technique and Tactical Training:

- (i) Meaning and definition of technique, skill, and style.
- (ii) Aim of technique and tactical training in different sports.
- (iii) Different phases of technique training.
- (iv) Characteristics and implications of different phases of technique training.
- (v) Methods of technique and tactical training.

### UNIT – IV: Training Plans, Periodisation and Competition

- (i) **Meaning of Training Plan and cyclicity of training:** - Macro Cycle, Meso Cycle and Micro Cycle  
Training session plan.
- (ii) **Periodisation:** Meaning, Aim, Contents/Parts of Periodisation, Type of Periodisation.
- (iii) **Competition:** Importance and Preparation (Direct and Psychological preparations)

### Suggested Readings:

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 Training*, St. Luis, Mosby Year Book

David R. Mottram (1996) *Drugs in Sport*, School of Pharmacy, Liverpool: John Moore University

Gray, 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 2<sup>nd</sup> Edition*, London: Jones and Bartlett Publications

Yograj Thani (2003), *Sports Training*, Delhi: Sports Publications

# M. P. Ed. –Syllabus (From session 2019-2020) Semester – 1<sup>st</sup>

M.P.Ed- 103: Kinesiology

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Time: Three Hours

Total Credits: 4

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

## Unit – I: Introduction

- (i) Meaning, importance and scope of Kinesiology in Physical Education.
- (ii) Meaning of axis and planes.
- (iii) Types of axis and planes.
- (iv) Medical Terminology of Body Position
- (v) Terminologies of different Body movements

## Unit – II: Muscles of various regions

- (i) Functional classification of Skelton Muscles
- (ii) Origin, Insertion and Actions of Muscles present on back and abdominal region:  
Latissimus Dorsi, Trapezius, Rhomboid Major, Rhomboid Minor and Rectus Abdominal
- (iii) Origin, Insertion and Actions of Muscles of Hip region  
Gluteus maximus, Gluteus medius and Gluteus minimus Muscles
- (iv) Origin, Insertion and Action of Muscles present on Neck region  
Sternocleidomastoid muscle

## Unit - III: Joints of Upper Extremity

- (i) Shoulder joint – Structure, Ligaments, Muscle reinforcement and Movements.
- (ii) Elbow joint - Structure, Ligaments, Muscle reinforcement and Movements.
- (iii) Origin, Insertion and Actions of Muscles present on upper extremity:  
Deltoid, Biceps, Triceps and Pactoralis Major.

## Unit - IV: Joints of Lower extremity

- (i) Hip Joint - Structure, Ligaments, Muscle reinforcement and Movements.
- (ii) Knee joint – Structure, Ligaments, Muscle reinforcement and Movements.
- (iii) Origin, Insertion and Action of Muscles present on lower extremity:  
Hamstrings group of Muscles, Quadriceps group of Muscles, Sartorius Muscle,  
Gastrocnemius Muscle

## Suggested Readings:

1. Gowitzke, B.A and Milner, M (1988). *Scientific Basis of Human Movement* (3rd. ed.) Baltimore: Williams and Wilkins.
2. Groves, R and Camaine, D. (1983). *Concepts in Kinesiology*. (2nd.ed) Philadelphia: Saunders College Publishing.
3. Hay, J. & Reid, J (1982). *The Anatomical and Mechanical Basis of Human Motion*. Englewood Cliffs: Prentice – Hall
4. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. *Kinesiology- Scientific Basis of Human Motion*. 8th. Ed., Brown & Bench mark.
5. Rasch, P. (1989) *Kinesiology and Applied Anatomy*. Philadelphia: Lea & Febiger.
6. Thompson, C. (1985). *Manual of Structural Kinesiology*. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.

# M. P. Ed. –Syllabus (From session 2019-2020) Semester – 1<sup>st</sup>

M.P.Ed. - 104: Health Education and Sports Nutrition

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Time: Three Hours

Total Credits: 4

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

## **Unit – I: Health Education**

Definition of Health, Dimensions and Determinants of Health, Health Education, Health Instruction, Health Supervision Aim, objective and Principles of Health Education, Health Service and guidance instruction in personal hygiene, Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care in different conditions.

## **Unit – II: Health Problems in India**

Effect of Alcohol on Health, Effect of Tobacco on Health, Effect of different types of drugs on Health, Meaning of Hypertension, Causes of Hypertension, Management of Hypertension, Meaning of Diabetics, Types of Diabetics, Causes of Diabetics, Management of Diabetics, Meaning of Stress, Causes of stress, management of Stress, Objective of school/college health service, Role of health education in school/college.

## **Unit – III- Introduction to Sports Nutrition**

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise. Calories in different food stuffs. Preparation of diet chart for Sports personal, normal male and female, children and elderly persons.

## **Unit – IV Nutrition and Weight Management**

Concept of BMI (Body mass index), Meaning of Obesity, Causes of Obesity, Management of Obesity, Obesity and its hazard, Dieting versus exercise for weight control, maintaining a Healthy Lifestyle, Weight management program for children, adolescence, adulthood and elderly. Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

## **Suggested Readings:**

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.

# **M. P. Ed. –Syllabus**

## **(From session 2019-2020)**

### **Semester – 1<sup>st</sup>**

**M.P.Ed.- 105: INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Time: Three Hours**

**Total Credits: 4**

***Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

#### **Unit - I Information & Communication Technology in Physical Education**

- (i) Meaning & Nature of Information & Communication Technology
- (ii) Scope of ICT in Physical Education
  - a) Teaching Learning Process b) Publication c) Evaluation d) Research
  - e) Administration f) Organisation of sports tournaments
- (iii) Challenges in integrating Information & Communication Technology in Physical Education.
- (iv) Visual Classroom: Meaning of visual class room, Audio-visual aid and equipments of class room.

#### **Unit - II Introduction to Computer and Internet**

- (i) Computer - Definition & structure
  - Hardware - i) Input devices - Key Board, Mouse, Scanner, Microphone, Digital camera.
  - ii) Output devices - Monitor, Printer, Speaker, Screen image projector
  - ii) Storage devices - Hard Disk, CD & DVD, Mass Storage, Device (Pen drive)
  - Software - i) Operating System - Concept and function.
  - ii) Application Software (It uses in Physical Education)
    - 1) Word Processors 2) Presentation 3) Spread sheet, 4) Database Management
- ii) Internet: Facilities available for Communication - E-mail, chat, online Conferencing, e- Library, websites, Blog etc.  
Search Engines - Concept and uses.

#### **Unit III – MS Office Applications**

- MS Excel: Main Features & its Applications in Physical Education
- MS Access: Main features and its Uses in Physical Education
- MS Power Point: Preparation of Slides with Multimedia Effects
- MS Publisher: Newsletter & Brochure

#### **Unit- IV ICT supported teaching / learning strategies and E – Learning**

- Computer Assisted Learning, Project Based Learning, Collaborative Learning, Technology Aided Learning
- E - Learning - Concept & Nature, Web Based Learning, Role of EDUSAT, Viruses & its Management

**Suggested Readings:**

*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.*

*Irtegov, D. (2004). Operating system fundamentals. Firewall Media.*

*Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall. Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia. Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.*

*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*

**Part – B**  
**Practical Courses**  
**Semester – I**

**M.P.Ed. – 106: Athletics (Track Events and Jumps)**

**Marks - 100**

**Track Events**

- (i) Teaching ability of different types of Starts (with & without starting blocks) (Marks –20)
- (ii) Teaching ability of Long Jump (hang Style), Triple Jump and High Jump (Marks – 20)
- (iii) Interpretation of rules related to jumps (Marks – 20)
- (iv) Marking of Track 400m and 200m. (Marks – 20)
- (v) Closing, opening and medal ceremony of Athletic Meet (Marks – 20)

Note: Candidate have to take at least 5 teaching lessons on various techniques.

**MPEd – 107: Game – (Handball and Cricket)**

**Marks – 100**

**i) Handball**

**Marks – 50**

- (i) Marking of Handball Court (Marks – 10)
- (ii) Teaching ability of various Basic skills of Handball (Marks – 10)
- (iii) Interpretation of Various rules of Handball (Marks – 10)
- (iv) Filling the score sheet of Handball (Marks – 10)
- (v) Officiating Symbols (Marks – 10)

**ii) Cricket**

**Marks – 50**

- (i) Marking of Cricket Court (Marks – 10)
- (ii) Teaching Ability of various Basic skills of Cricket (Marks – 10)
- (iii) Interpretation of Various rules of Cricket (Marks – 10)
- (iv) Filling the score sheet of Cricket (Marks – 10)
- (v) Officiating Symbols (Marks – 10)

Note: Candidate have to take at least 5 teaching lessons of each game.

**M.P.Ed. – 108 - Health Education**

**Marks - 50**

- (i) Method of keeping health record
- (ii) First Aid for various conditions and articles of first aid box
- (iii) Identification of various forms of postural deformities and their remedial exercises

**M.P.Ed. – 109 – Information & Communication Technology (ICT) in Physical Education**

**Marks - 50**

- (i) Writing different types of Notices for Sports Activities in MS Ward
- (ii) Writing different types of letters for Purchase, Sports Activities, Annual Athletic Meet etc. in MS Ward
- (iii) Preparation of score sheets for Different Games and Athletic Events in MS Ward

**M. P. Ed. –Syllabus  
(From session 2019-2020)  
Semester – 2<sup>nd</sup>**

**Part – A (Theory Courses)**

**M.P.Ed. - 201: Research Process in Physical Education**

**Time: 3 Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

**Unit – I: Historical and Philosophical Research**

Historical Research: Meaning and definition of Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

Philosophical Research: Meaning of Philosophical Research, Tool of Philosophical Research, Steps in Critical Thinking.

**UNIT-II: Survey Research**

Survey Studies: Meaning of Survey, Tools of Survey Research: Questionnaire and Interview, Meaning of Questionnaire and Interview, Construction, Appearance and Development of Questionnaire, Procedure of Conducting interview, Suggestions to enhance response.

Normative Survey: Meaning of Normative Survey, Factors affecting Normative Survey.

Case Studies: Meaning of Case Studies, steps of case studies.

**UNIT-III Experimental and Research Proposal**

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

Research Proposal: Meaning and Significance of Research Proposal, Steps of preparing Research proposal/synopsis, Format of a synopsis.

**Unit – IV Research Report**

Research Report: Meaning of Research Report, Chapterization of Thesis/ Dissertation, Title page, Preliminary documents, Text (introductions and chapters), Back matter (notes, bibliography or references, appendices, glossary).

Method of writing abstract , method of writing full paper for presenting in a conference and to publish in journals ,technicalities of writing: Footnote and Bibliography.

**Suggested Readings:**

*Best J.W. Research in Education, Prentice Hall Inc. : Delhi-1982*

*Clarke, H.David., Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.1985.*

*Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics Champaign, 1996.*

*Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey.1994.*

*C.V.Good : Methods of Research , Appleton Century Crofts Inc., New York,1954.*

*W.R.Mouly : Educational Research Introduction, David Making CO. Inc. Yew York, 1975.*

*J.W.Best : Research in Education, Prentice Hall, 1980.*

*D.H. Clarke: Research Processes in Physical Education, Recreation and Health , Prentice Hall, 1970.*

**M. P. Ed. –Syllabus**  
**(From session 2019-2020)**  
**Semester – 2<sup>nd</sup>**

**M.P.Ed. - 202: Physiology of Exercise**

**Time: 3 Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

***Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**UNIT – I: Skeletal Muscles and Exercise:**

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition of Skeletal Muscle, Sliding Filament Theory of Muscular Contraction, Composition of slow and fast twitch muscle fibers, Muscle Tone, Short and long term Effects of exercises and training on the muscular system

**UNIT – II: Cardiovascular System and Exercise**

Conduction system of the Heart, Blood Circulation and its classification, Cardiac Cycle – Stroke Volume, Cardiac Output, Heart rate, Effect of different types of training on the Cardiovascular system, **Electrocardiogram (ECG)**, Method of reading ECG

**UNIT – III: Respiratory System and Exercise**

Mechanism of Breathing, Respiratory Muscles, Mechanism of Exchange of Gases in the Lungs and Tissues, Ventilation at rest and during exercise, Oxygen debt, Effect of Exercise on Respiratory System, Aerobic and Anaerobic metabolism

**UNIT – IV: Body Composition and Sports**

Body Build, Body Size, Body Composition, Techniques of Assessing Body Composition (Skin Fold Fat Thickness and Bioelectric impedance), Sports performance in hot climate, Cool Climate and high altitude.

**Suggested Readings:**

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

# **M. P. Ed. –Syllabus (From session 2019-2020) Semester – 2<sup>nd</sup>**

## **M.P.Ed. - 203: Applied Statistics in Physical Education and sports**

**Time: 3 Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

### **Unit – I: Introduction to Statistics and Measures of Central Tendency**

Meaning of Statistics. Need and importance of statistics in Physical Education, Meaning of Data, Methods of organizing Data through Frequency Distribution. Meaning of the Measures of Central Tendency, Computation of Measures of Central Tendency i.e. Mean, Median and Mode. Merits and limitations of Mean, Median and Mode

### **Unit-II: Introduction of Variability**

Meaning of Variability, Meaning of Measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation. Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation. Meaning of term Percentile, Computation of Percentile & Quartiles. Meaning of Percentile Rank, Computation of Percentile Rank.

### **Unit – III: Introduction to Normal Probability Curve and Correlation**

Meaning of Normal Probability Curve, Properties of Normal Curve. Meaning and types of Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores Calculation of probability for various combinations of Heads and Tails. Meaning and Types of Linear Correlation. Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.

### **Unit – IV: Graphical representation of data and testing of Hypothesis**

Meaning and advantage of Graphical Representation of Data, Principle of Graphical Representation of Data. Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.

Meaning of two – tailed and one tailed test of significance, computing significance of difference between two means with t – Test (independent samples), One way ANOVA Test.

### **Suggested Readings:**

*Clarke.HH. The Application of Measurement in Health and Physical Education, 1992.*  
*Clarke,David H.and Clake H.Hares N. Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.1986.*  
*Shaw. Dhananjoy. Fundamental statistics in Physical Education & Sports sciences, sports publication,2007.*  
*Margaret J. Safrit : Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronte Bosion (2Nd. Edition-1998.*  
*Morey E. Garrett : Statistics in Psychology and Educated, David Meka Company Inc.*  
*Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.*

# M. P. Ed. –Syllabus (From session 2019-2020)

## Semester – 2<sup>nd</sup>

### M.P.Ed. - 204: Physical Fitness and Wellness

Time: 3 Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

#### Unit I – Introduction of Physical Fitness and Wellness

Meaning and Definition of Physical Fitness and Wellness, Dimensions of Wellness, Principles of physical fitness and wellness, Primary and Secondary components of fitness, Assessment of wellness, Meaning of recreation, Types of recreation activities, Principles of recreation and Leisure time physical activity.

#### Unit II – Sports Nutrition

Categorisation of sports according to energy requirements, Body Weight and Energy Expenditure for different categories of sports, Pre event Meal (3-4 hrs. , 1-2 hrs and less than 1 hr), Diet plan for sports requiring 7000 k.cal., 6000 k.cal., 5200k. Cal., 4500 k.cal. and 3600 k. Cal.

Role of Fluid and electrolytes balance in sports performance, Symptoms and Results of Dehydration, Fluid Replacement Guidelines: before, during and after exercise.

#### Unit III – Aerobic and Anaerobic Exercise

Difference between aerobic and anaerobic fitness, aerobic and anaerobic metabolic threshold, Health benefits of aerobic and anaerobic exercise, calculation to aerobic and anaerobic training zone, Monitoring of heart rates during activity. Assessment of aerobic and anaerobic fitness, aerobic and anaerobic training methods, goal setting to maintain or improve aerobic and anaerobic fitness levels.

#### Unit IV – Ergogenic Aids and doping

Meaning of Ergogenic Aids, Ergogenic Aids: Mechanical Aids, Pharmacological Aids, Physiological Aids, Nutritional Aids and Psychological Aids.

World and National Anti Doping Agency, Anti doping rules of WADA, Category of Banned substances and methods. Side effects of doping on health.

#### Suggested Readings:

*David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.*

*Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998*

*Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.*

*Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.*

*Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.*

*Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999*

*Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001*

**M. P. Ed. –Syllabus**  
**(From session 2019-2020)**  
**Semester – 2<sup>nd</sup>**  
**M.P.Ed. - 205: Yogic Science**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

**Unit- I Philosophy and types of Yoga**

Philosophy of Yoga

Types of Yoga – Ashtang Yoga, Raj Yoga, Karma Yoga, Bhakti, Yoga, Hath Yoga, Kriya Yoga, Gyan Yoga and Mantra Yoga.

Yogic Practice: Place, Time, Clothes, Bathing, Diet before and after.

**Unit- II**

Spiritual development through Yogic Practices.

Naturopathy: Meaning, concept and philosophy, brief history of naturopathy, basic principles of nature cure. Various methods of Naturopathy

Chakras: Major Chakras- Benefits of clearing and balancing Chakras

**Unit III – Kriyas, Bandhas and Mudras**

Shat Kriyas: Meaning of Kriya, Techniques and Benefits of Neti, Dharti, Kapalapathi, Trataka, Nauli, Basti.

Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Mudras: Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta hastam, Samyukta hastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra.

**Unit IV – Psychological, Physiological and Meditative effects of yoga**

Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization.

Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active.

**Suggested Readings:**

*George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.*

*Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan. 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) Patanjali 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.*

*Kuvalyanada 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. Lonavata: Kaivalyadhama.*

*Swami Satyananda Saraswati. (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. Lonavata: Kaivalyadhama.*

**M. P. Ed. –Syllabus  
(From session 2019-2020)**

**Part – B  
Practical Courses  
Semester – 2<sup>nd</sup>**

**Paper – M.P.Ed.–206: Athletics (Throws & Conduct of Athletic Meet)**

**Marks - 100**

**Track Events**

- |   |              |
|---|--------------|
| i. Marking of Short Put, Discus and Javelin throw Sector  | (Marks – 20) |
| ii. Teaching ability of Short Put Techniques<br>(Standing and Parry O'brien Technique)  | (Marks – 20) |
| iii. Teaching ability of Discus Throw Technique   | (Marks - 20) |
| iv. Teaching ability of Javelin Throw Technique   | (Marks - 20) |
| v. Interpretation of various rules of Throwing Events<br>(Preparation of result sheet of Short Put, Discus and Javelin throw) | (Marks - 10) |
| vi. Baton exchange of relay races   | (Marks - 10) |

**Note: Candidate have to take at least 5 teaching lessons of Throwing Events.**

**Paper – M.P.Ed.–207: Game (Volleyball, Wrestling & Boxing)**

**Marks - 100**

**i) Volleyball**

**Marks – 50**

- |   |              |
|---|--------------|
| 1. Marking of Volleyball Court                            | (Marks – 10) |
| 2. Teaching ability of various basic skills of Volleyball | (Marks – 10) |
| 3. Interpretation of Various rules of Volleyball          | (Marks – 10) |
| 4. Filling the score sheet of Volleyball                  | (Marks – 10) |
| 5. Officiating Symbols                                    | (Marks – 10) |

**ii) Wrestling & Boxing**

**Marks – 50**

- |   |              |
|---|--------------|
| 1. Teaching ability of various basic skills of Wrestling & Boxing | (Marks – 20) |
| 3. Interpretation of Various rules of Wrestling & Boxing          | (Marks – 10) |
| 4. Filling the score sheet of Wrestling & Boxing                  | (Marks – 10) |
| 5. Officiating Symbols of Wrestling & Boxing                      | (Marks – 10) |

**Note: Candidate have to take total 5 teaching lessons of different skills of both games.**

**LIST OF YOGIC PRACTICES**

**ASANA**

1. Shirsh Asana
2. Vipratarani
3. Hal Asana
4. Bhujang Asana
5. Ardh-Shalbh Asana
6. Vakra Asana
7. Ardha Matasyaendrasana
8. Paschimottan Asana
9. Vajra Asana
10. Supta Vajra Asana
11. Yoga Mudra
12. Nauka Asana
13. Bak Asana
14. Mayur Asana
15. Ustra Asana
16. Vriksh Asana
17. Padma Asana
18. Trikon Asana
19. Sarvang Asana
20. Manduk Asana
21. Pavan Muket
22. Chakra Asana
23. Pad-hast Asana
24. Katichakra Asana
25. Surya Namaskar

**PRANAYAMA**

1. Anulome-vilome
2. Ujjai
3. Bhastrika
4. Shitali
5. Kapalbhati
6. Suryabhedan
7. Bhramri

**Note: Students are required to do any 10 asana form above mentioned Asanas and three Pranayama**

Following statistical techniques with Excel & SPSS

- i) Calculation of Mean, Median & Standard Deviation (Marks - 10)
- ii) t - test, ANOVA & Correlation (Marks - 20)
- iii) Plotting different types of graphs (Marks - 20)

**M.P.Ed. 3<sup>rd</sup> Semester**  
**(From session 2020-2021)**

**Paper 301: Sport Psychology**

**Time: 3 hours**

**Total Marks: 100 (Theory Marks: 80 + Int. Assessment: 20)**

***Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**UNIT- I Introduction of Sports Psychology & Learning**

1. Introduction to Sports and Exercise Psychology?
2. Multidimensional components of the field of Sports Psychology.
3. Thorndike's theory (Connectionism or Trial and Error Learning)
4. Pavlov's Theory of Classical Conditioning
5. Kohler's Insight Learning
6. Bandura's Social Learning Theory

**UNIT- II Psychological Skills Training and Goal Setting**

1. Introduction to Psychological Skills Training (PST) and Types
2. Advantages of PST in Sports
3. Phases of Psychological Skills Training Programmes in games and sports
4. Define Goal Setting and Types of Goals
5. Principles of Goal Setting

**UNIT- III Motivation and Stress**

1. Meaning of Motivation, Basic Motivational concepts Interactional model of Motivation.
2. Strategies for Motivating Athletes and Teams.
3. Theories of achievements Motivation (Atkinson's theory and Attribution theory)
4. Maslow's need-hierarchy theory
5. Meaning and Definition of Stress, Causes, Symptom
6. Effective Strategies of Stress, through Yoga & Meditation

**UNIT- IV Personality and Its Theories**

1. Meaning and Structure of Personality
2. Sigmund Freud: Psychoanalytic Theory of Personality
3. Types theories of Personality (Hippocrate's classification, Kretschmer's classification, Sheldon's and Jung)
4. Trait theories of Personality (Allport, Cattell, & Eysenck Personality)

## **REFERENCE:**

1. Bhatia, Hans Raj, Test Book of Education Psychology, Delhi: Macmillan, 2003
2. Roben. B. Frost: Psychological concepts applied to Physical Education and Coaching,      Edition, Wesley Publishing Co. London.
3. Dridge & Hung: Psychological foundation of Education. Harper and Row Publishers.
4. Jain, D., Introduction to Psychology, New Delhi: K.S.K, 2003.
5. Kamlesh, M.L. Education Sports Psychology, New Delhi, Friends Pub., 2006
  
6. Kamlesh, M.L., Key Ideas in Sport Psychology, New Delhi, Friends Pub., 2007 Kutty, S.K. Foundations of Sports & Exercise Psychology, New Delhi: Sports, 2004
7. Robert. S. Weinberg – Foundations of Sports and Exercise Psychology (Third Edition Daniel Gould
8. Jack H.Liewellyn – Psychology of Coaching: Theory and Application (Surjeet Publisher New Judy A. Blucker Delhi)
9. Jashwant Kaur Virk – Psychology of Training and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala, 2008.
10. Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bungalow Road Jawahar Nagar Delhi.

**M.P.Ed. 3<sup>rd</sup> Semester**

**(From session 2020-2021)**

**M.P.Ed – 302: SPORTS MEDICINE**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

**UNIT- I: Introduction to Sports Medicine**

- i Meaning, Definition and Importance of Sports Medicine in field of Sports.
- ii Principle, purposes and concept of Sports Medicine.
- iii Different aspects of Sports Medicine.
- iv Career opportunities in Sports Medicine.
- v Role of Athletic Trainer in Sports Medicine.

**UNIT- II: Sports Injuries.**

- i Sports Injuries: Meaning and their different classifications.
- ii Sprain & Strain: Meaning, Pathological Symptoms and their treatment.
- iii Dislocation & Fracture:, Meaning, Pathological Symptoms and their treatment.
- iv Strapping and Aiding Equipments for Sprain, Strain, Dislocation and Fracture.

**UNIT- III: Physiotherapeutic Modalities.**

- i PRICE treatment: Its advantages and Physiological Effects.
- ii TENS treatment: Its advantages and Physiological Effects.
- iii Hydrotherapy: Its advantages and Physiological Effects.
- iv Cryotherapy: Indications, Contra Indications and Precautions, its benefits and Physiological Effects.
- v Manual Therapy: Its benefits, Techniques and Physiological Effects.

**UNIT- IV: Exercise Therapy**

- i Meaning, definition and importance of exercise therapy
- ii. Strengthening Exercises and their benefits in rehabilitation from injuries.
- iii Flexibility Exercises and their benefits in rehabilitation.
- iv Aquatic Therapy and its benefits in rehabilitation.
- v Balance Exercises and their benefits in rehabilitation.

## **REFERENCE:**

1. Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande. (1988). Sports Medicine. New Delhi: Khel Shitya Kendra.
5. The Encyclopedia of Sports Medicine. (1998). The Olympic Books of Sports Medicine, Australia: Tittel Blackwell Scientific Publications.
6. Mellion (1995) Office of Sports Medicine II Edition Publisher Hanley & Belfus Inc. Philadelphia.
7. Steven J Karageanes: (2005) Principles of Manual Sports Medicine Lippincott Williams and Wilkins A Wolter Kluwer Company.

**M.P.Ed. 3<sup>rd</sup> Semester**  
**(From session 2020-2021)**

**M.P.Ed – 303: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

***Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit -1: Introduction of Test, Measurement and Evaluation**

Meaning and definition of Test, Evaluation and Measurement. Need and Importance of measurement and evaluation in Physical Education and Sports. Criteria for test selection: a) Technical Standards – i) Validity ii) Reliability iii) Objectivity and iv) Norms, b) Practical Standards for administration of Test – i) Advance Preparations ii) Duties During Testing iii) Duties after testing.

**Unit – 2: Motor Ability and Fitness Tests**

Meaning of Motor Ability, Test of Motor Ability – a) Barrow Motor Ability test b) Scott Motor Ability Test. Test of Fitness and Endurance – a) AAHPER Youth Fitness Test b) Harvard Step Test c) Copper 12 Min run test. Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test. LUS Agility Obstacle test, Nelson - Hand Reaction test , Foot Reaction test and Speed of the movement test

**Unit – 3: Skill test**

Test of specific sports skill - Badminton - French Short Serve, Scott Long Serve and French Clear Test. Basket Ball – Johnson Basketball Test, AAHPER Basketball Test, Hockey – Schmithals-French Test in Field Hockey& Harbans Hockey Test. Mor-Christian General Soccer Ability Skill Test Battery.

**Unit – 4 : Anthropometric and Sports skill test**

Method of Measuring Skin folds of different regions, Measurement of Body fat percentage with skinfold measurement in men and women with skin fold measurement. Meredith Physical Growth Records and Iowa Posture Test. Broer – Miller Forehand and Backhand Drive test for Tennis skills. Modified Brady Volleyball Test. Cricket- Sutcliff cricket test.

## **REFERENCES:**

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2<sup>nd</sup> 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, 2<sup>nd</sup> 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, 3<sup>rd</sup> Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3<sup>rd</sup> Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

**M.P.Ed. 3<sup>rd</sup> Semester**  
**(From session 2020-2021)**

**M.P.Ed-304 : ATHLETIC CARE AND REHABILITATION**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

**UNIT I – Mechanics of Tissue Injury and Healing**

Force and its effects in injury, torque and its effect in injury, Tissue response to injury in synovial membrane, synovial fluid, soft tissue and bone. Healing of soft tissue, bone tissue healing, nerve healing, Neurological basis of pain, referred pain and radiating pain, pain pathway and pain relief mechanism.

**UNIT II – Identification of injury and treatment plan**

Inspection of injury site: palpation- component of palpation, Special test for identifying nature of injury.

Short term goals and long term goals in the treatment of musculoskeletal problems, Development of treatment plan: Phase one, Phase two, Phase three and Phase four.

**UNIT III – Therapeutic Modalities**

Proprioceptive Neuromuscular Facilitation (PNF): Meaning, benefits, pattern and technique.

Pathology of Rehabilitation in injuries with Short wave Diathermy, Micro wave Diathermy, Ultra Sound Therapy, Electric Wave Stimulation, Infra Red Rays and Ultra Violet Rays

**UNIT IV – Specific Sports Injuries**

Symptoms and treatment of Muscle Soreness, Tennis/Golfer Elbow, Shin Splint, Rotators Cuff injury, Spondylolysis, Hoffar's syndrome, Charley House, ITFB Syndromes, Jumper's Knee, Tennis Leg, Achilles tendonitis, Abdominal wall Contusion and Abdominal muscle strain.

**REFERENCES:**

Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.

Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

Practical: Anthropometric Measurements.

## **M.P.Ed. 3<sup>rd</sup> Semester**

**(From session 2020-2021)**

### **M.P.Ed – 305: Value and Environmental Education**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

***Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

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

Values: Meaning, Definition and Concepts of Values.

Value Education: Importance and Objectives of Value Education.

Moral Values: Need and Theories of Values.

Classification of Values: Basic Values of Religion and Classification of Values.

Factors effecting Values

#### **UNIT II – Ethics System**

Meaning and Definition of Ethics in Sports, Need of ethics in Sports,

Types of ethics, Mainstream Ethical Theories in Sports.

Ethics for a coach, a physical education teacher and a player.

WADA Ethical Panel: Guiding Values in Sport and Anti-Doping

#### **Unit- III – Environmental Education**

Definition, Scope and Need of environmental studies, Historical background of environmental education. Air Pollution: Parameters of outdoor and indoor air pollution, smog pollution, greenhouse effects, global warming, ozone depletion, Renewable and renewable mineral resources, Bio – degradable and non bio – degradable products.

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

Water Pollution: Parameters of water quality, Prevention and controlling groundwater and surface water pollution, water harvesting techniques

Soil contamination by salinisation and pesticides, Desertification by human impact, Preventing and controlling soil pollution

Hazardous waste: types and production, dealing with hazardous waste

#### **REFERENCE:**

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.

Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987

Townsend C. and others, Essentials of Ecology (Black well Science)

Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.

Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.

Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996.

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

**M.P.ED – 3<sup>rd</sup> Semester**

**(From session 2020-2021)**  
**Practicals**

**M.P.Ed – 306: Game – I (Hockey & Basketball)**

**Marks - 100**

**i) Hockey**

**Marks – 50**

1. Marking of Hockey Court (Marks – 10)
2. Teaching ability of various basic skills of Hockey (Marks – 10)
3. Interpretation of Various rules of Hockey (Marks – 10)
4. Filling the score sheet of Hockey (Marks – 10)
5. Officiating Symbols (Marks – 10)

**ii) Basketball**

**Marks – 50**

1. Marking of Basketball Court (Marks – 10)
2. Teaching ability of various basic skills of Basketball (Marks – 10)
3. Interpretation of Various rules of Basketball (Marks – 10)
4. Filling the score sheet of Basketball (Marks – 10)
5. Officiating Symbols of Basketball (Marks – 10)

**Note: Candidate have to take total 5 teaching lessons of different skills of both games.**

**M.P.Ed – 307: Game – II (Kabaddi & Kho - Kho)**

**Marks - 100**

**i) Kabaddi**

**Marks – 50**

1. Marking of Kabaddi Court (Marks – 10)
2. Teaching ability of various basic skills of Kabaddi (Marks – 10)
3. Interpretation of Various rules of Kabaddi (Marks – 10)
4. Filling the score sheet of Kabaddi (Marks – 10)
5. Officiating Symbols (Marks – 10)

**ii) Kho – Kho**

**Marks – 50**

1. Marking of Kho -Kho Court (Marks – 10)
2. Teaching ability of various basic skills of Kho -Kho (Marks – 10)
3. Interpretation of Various rules of Kho -Kho (Marks – 10)
4. Filling the score sheet of Kho -Kho (Marks – 10)
5. Officiating Symbols of Kho -Kho (Marks – 10)

**Note: Candidate have to take total 5 teaching lessons of different skills of both games.**

**M.P.Ed – 308: Sports Psychology**

**Marks – 50**

**Note: Candidate has to evaluate any of the following three questionnaires**

**Marks - 30**

1. Co-operation and competition test Research Series of –APRC, Agra, 1997
2. Sport Aggression Inventory – Prof. Anand Kumar Srivastava.
3. Self concept questionnaire- Dr. Raj Kumar Saraswat.
4. ASAAP (A Socio- Metric measure- Dr. S.L. Chopra, Lucknow.
5. Leader Behaviour Scale – Dr. Asha Hingar, Jaipur.

**Viva – Voce related to these questionnaires**

**Marks – 20**

**M.P.Ed – 309: Tests, Measurement and Evaluation in Physical Education**

**Marks – 50**

1. Measuring of Body Fat with Skinfold Caliper = 10 Marks
2. Method of measuring Circumference: Arm, Waist, Hip and Thigh = 10 Marks
3. Calculating Physical Fitness Index with Harvard Step test = 10 Marks
4. Analysis of posture with IOWA posture test = 10 Marks
5. Method of Measuring the Standing Height and Sitting Height. = 10 Marks

## M.P.ED - 4<sup>th</sup> Semester

(From session 2020-2021)

### **M.P.Ed – 401: Sports Journalism and Mass Media**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

***Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

#### **UNIT- I: Sports Journalism**

1. Meaning, Definition and Elements of Journalism
2. Ethical Standards of Professional in Journalism
3. Sports as a Pondera of Jobs and Courses:- Sports Schemes and Incentives
4. Sports Journalists and Sports Writers Commentators, Broadcaster.
5. Sports News Agencies & Sports Broadcasting Channels.

#### **UNIT- II: Mass Media and Functions of Mass Media in Sports**

1. Mass Media in Journalism and Types of Mass Media (Print media, Electronic media and Folk media)
2. Sports coverage in different types of media
3. Advantage to a sports person from sports coverage
4. Role of media in making and breaking images in sport.
5. Impact of Commercialization and Privatization change in sport media.

#### **UNIT- III: Sports Sociology**

1. Meaning, Definition and Importance of Sports Sociology in Sports
2. Meaning, Definition, Structure and Relationship of Sports with Culture.
3. Meaning, Types and Processes of social interaction through sports.
4. Relationship of Sports with Social Institution.
5. Role of Physical Education in context of social problems.

#### **UNIT- IV: Group Cohesion in Sports**

1. Nature and Group Dynamics in Sports
2. Group Cohesion in Sports
3. Group Interactions and Morale in Sports
4. Meaning and Types of Sports Society
5. Meaning of Counselling & its Need in sports, fundamental of counseling Skills in sports

**REFERENCE:**

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3.  
Delhi: Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet  
Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi  
(2010) Value Education in Global Perspective. New  
Delhi: Lotus Press.
- Kannan K (2000) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi:  
Kanishka Publication.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai:  
Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period.  
Sterling publication Pvt. Ltd.
- Bhusan, V.and Sachdeva, An introduction to Sociology, Delhi: Kitab, 2003.
- Jain, Rachna, Sport Sociology, New Delhi: KSK, 2005
- Kanwaljeet, S., Sport Sociology, ND: Friends Pub. 2000.
- Yadvinder Singh, Sociology in Sport, Sports Publication, 7/26 Ansari road, Darya  
Ganj New Delhi- 110 002.
- Sharma, R.N. Urban Sociology, ND: Surjeet Pub., 1993.
- Singh, Bhupinder, Sports Sociology, New Delhi: Friends, 2004.
- IGNOU, The Study of Society – Understanding Sociology, Delhi- IGNOU, 2007.
- Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press, 2006.
- Prof. A Yobu, Sociology of Sports, Friends Publications (India) 1014787/23, Ansri  
road, Darya Ganj, New Delhi- 110 002.
- Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das  
Bungalow Road Jawahar Nagar Delhi.

## **M.P.ED - 4<sup>th</sup> Semester**

**(From session 2020-2021)**

### **M.P.Ed – 402: EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

#### **Unit I – Introduction to Educational technology and Communication**

Educational technology: meaning, characteristics and Scope. Types of educational technology: teaching technology, instructional technology, and behavior technology.

Communication: meaning, main features and need. Process of communication, barriers in effective communication and principles of communication.

#### **Unit II – Concept of teaching in Physical Education**

Meaning of Teaching, Difference between Teaching and training, difference between teaching and instructions, teaching as science, Nature and characteristics of teaching.

Phases of teaching: Pre – active phase, Inter – active phase and Post active phase. General principles of teaching in physical education.

#### **Unit III – Lesson Planning**

Meaning of lesson Plan, Need of lesson plan, essentials of a good lesson plan. Different Types of lesson plans, Pre- requisites of a lesson plan.

Structure of a lesson plan: Herbart's approach - Outline of lesson plan. Recent trends of Research in Educational Technology and its future with reference to physical education.

#### **Unit IV – Audio Visual Media in Physical Education**

Meaning of Audio-visual media Aids, Classification of Audio-visual media Aids. Characteristics of Audio-visual media Aids.

Procedure and organization of Teleconferencing/Interactive video-experiences in schools and colleges. Audio Conferencing and Interactive Radio Conference, its strengths and Limitations. Video/Educational Television: Telecast and Video recordings, its Strengths and limitations.

## **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.
- 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 Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

## M.P.ED - 4<sup>th</sup> Semester

(From session 2020-2021)

### **M.P.Ed – 403: Sports Bio-mechanics**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

#### Unit- I

Meaning and Scope of Biomechanics in Physical Education

Basic concepts of kinematics and kinetics

Definition of terms: Distance, Displacement, Speed, Velocity, Acceleration, Mass and Weight.

Meaning of Motion and types of Motion

#### Unit- II

Newton's Laws of Motion and their application in sports.

**Lever:** (a) Classification of Levers and Lever Arms

(b) Concept of Mechanical advantage

(c) Human body levers.

**Force:** (a) Definition and Effects of Forces.

(b) Properties of Force

(c) Internal and External Forces

(d) Centripetal and Centrifugal Forces

(e) Friction: Meaning, Coefficient of friction, factors effecting friction

#### Unit – III

Meaning of Center of Gravity and Line of Center of Gravity

Meaning Equilibrium, types of equilibrium & principles of stability

Meaning of Projectile, Characteristics of Projectile, Range of Projectile, Height of Projectile and Time of Projectile

Buoyancy Force and Principle of Flotation

#### Unit – IV

Meaning of Spin, Types of Spin, Effect of Spin on angle of rebound and velocity

Magnus Effect

Meaning of Work, Power and Energy

Mechanical Analysis of Gait Cycle Walking and Running

Mechanical Analysis of Long Jump (Takeoff and landing)

Mechanical Analysis Shot Put (Power Position and Delivery Phase)

## **REFERENCES**

1. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement. (3rd. ed.)Baltimore: Williams and Wilkins.
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3. Hay, J & Reid, J (1982). The Anatomical and Mechanical Bases of Human Motion.Englewood Cliffs: Prentice – Hall
4. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology – Scientific Basis of Human Motion. 8th.Ed, Brown & Bench mark.
5. Rasch, P. (1989). Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.
6. Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.
7. Grabiner. M.D. Current Issue is Biomechanics, New Delhi, 1993.
8. Mood, S.D., Beyond Biomechanics, New York: Taylor, 1996.9. Shaw, D. Mechanical Bases of Biomechanics, Delhi: Sport Pub. 2000
9. Shaw, D. Mechanical Bases of Biomechanics, London- A & C, 2003

**M.P.ED - 4<sup>th</sup> Semester**  
**(From session 2020-2021)**

**M.P.Ed – 404: Sports Technology**

**Time: Three Hours**

**Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

***Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.*

**Unit I – Sports Technology**

Meaning and definition of sports technology.

Significance of technology in sports

General Principles of instrumentation in sports.

Meaning of Foams, Types of foams (Polyurethane, Polystyrene, Styrofoam, closed-cell, open- cell foams and Neoprene) and there uses in different sports.

**Unit II – Nanotechnology in Sports Materials**

Meaning and definition of Nanotechnology

Meaning of nano glue and nano moulding technology.

Uses and benefits of Nanotechnology in sports uniforms, and safety equipments

Uses and benefits of Nanotechnology in sports equipments and playing surfaces

**Unit III – Surfaces of Playfields and Measuring Gadgets**

Method of construction and installation for Synthetic and Cinder tracks.

Method of construction for Cricket pitches: Turf and Cemented.

Meaning and types of flooring materials for different sports: synthetic (polyurethane and poly grass) and wooden.

Modern Measuring Equipments used in Running, Throwing and Jumping Events.

**Unit IV – Modern Stadiums and Training Machines**

Cricket: Bowling Machine, Mechanism and Advantages,

Tennis: Serving Machine, Mechanism and Advantages,

Dimensions of Sports Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium and Outdoor Stadium.

Lighting Facilities: Method of erecting and luminous in indoor and outdoor stadiums. Methods of measuring luminous.

**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.

**M.P.ED - 4<sup>th</sup> Semester**

**(From session 2020-2021)**

**M.P.Ed – 405: Option – (i) - Dissertation**

**Evaluation Marks =80 + Int. Assessment = 20 : Total Marks: 100**

**Note: Students must submit their Dissertation in the office of the Department before the Start of 4<sup>th</sup> semester theory exams.**

## **M.P.ED - 4<sup>th</sup> Semester**

**(From session 2020-2021)**

### **M.P.Ed – 405 Option – (ii): Sports Management**

**Time: Three Hours (Theory Marks: 80 + Internal Assessment: 20) : Total Marks: 100**

**Note:** Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 2 marks of each short answer.

#### **UNIT- I: Introduction to Sports Management**

- i Meaning, Definition and need of Sports Management.
- ii Scope of Sports Management.
- iii Career Opportunities in Sports Management.
- iv Functional Elements of Sport Management.
- v Different Processes of Sport Management.

#### **UNIT- II: Leadership & Communication in Sports Management.**

- i Meaning of Leadership, Leader Skills and Features of Sports Leader.
- ii Various Approaches of Leadership in Sport Management.
- iii Meaning, Purpose & Importance of Communication.
- iv Principles of Effective Communications.
- v Major Problems in Communication and Information System.

#### **UNIT- III: Planning and Public Relation in Sports Management.**

- i Meaning, Definitions and Importance of Planning.
- ii Steps and Principles of Planning.
- iii Developing Planning Premises & Categories of Plans.
- iv Meaning and Importance of Public Relation in Sports Management.
- v Guidelines for Sound Public Relation and Essential of Public Relation Programme.

#### **UNIT- IV: Human Recourse in Sport Management.**

- i Staff Recruitment and Selection.
- ii Guidelines for Staff Recruitment and Selection.
- iii General Qualifications of Staff in Sport Management.
- iv Responsibilities of Staff Members
- v Supervisory Working Relationship with Staff.

#### **REFERENCE:**

1. Bonnie, L. (1991) The Management of Sports. St. Louis: Mosby Publishing Company
2. Bucher A. Charles, (1993) Management of Physical Education And Sports. St. Louis: Mosby Publishing Company
3. Chelladurai, P.(1999), Human Resources Management in Sports and Recreation. Human Kinetic.
4. Lisa Pike Masteralexis, Carol A. Barr.(2005) Principles and Practice of Sport Management (Second Edition) Jones and Barlett Publishers.
5. Harold Koontze, Cyril O' Donnel Management – A system and contingency Analysis of Managerial Function VI Edition.
6. Koontze & O Donnel – Essentials of Management. Mc graw Hill, Kogakusha Ltd.

## M.P.ED – 4<sup>th</sup> Semester

(From session 2020-2021)

### Practicals

#### M.P.Ed – 406: Game – I (Baseball, Softball & Lawn tennis)

Marks - 100

##### **i) Baseball & Softball**

**Marks – 50**

1. Marking of baseball & Softball court (Marks – 10)
2. Teaching ability of various basic skills of baseball & Softball (Marks – 10)
3. Interpretation of Various rules of baseball & Softball (Marks – 10)
4. Filling the score sheet of baseball & Softball (Marks – 10)
5. Officiating Symbols (Marks – 10)

##### **ii) Lawn Tennis/Table tennis**

**Marks – 50**

1. Marking of Lawn Tennis Court/T.T. table (Marks – 10)
2. Teaching ability of various basic skills of Lawn Tennis/T.T (Marks – 10)
3. Interpretation of Various rules of Lawn Tennis/T.T (Marks – 10)
4. Filling the score sheet of Lawn Tennis/T.T (Marks – 10)
5. Officiating Symbols of Lawn Tennis/T.T (Marks – 10)

**Note: Candidate have to take total 5 teaching lessons of different skills of both games.**

#### MPEd – 407: Game – II (Football & Badminton)

Marks - 100

##### **i) Football**

**Marks – 50**

1. Marking of Football Court (Marks – 10)
2. Teaching ability of various basic skills of Football (Marks – 10)
3. Interpretation of Various rules of Football (Marks – 10)
4. Filling the score sheet of Football (Marks – 10)
5. Officiating Symbols (Marks – 10)

##### **ii) Badminton**

**Marks – 50**

1. Marking of Badminton Court (Marks – 10)
2. Teaching ability of various basic skills of Badminton (Marks – 10)
3. Interpretation of Various rules of Badminton (Marks – 10)
4. Filling the score sheet of Badminton (Marks – 10)
5. Officiating Symbols of Badminton (Marks – 10)

**Note: Candidate have to take total 5 teaching lessons of different skills of both games.**

#### M.P.Ed – 408: III Classroom Teaching

Marks – 100

**Note: Candidate have to take total 5 classroom teaching lessons on different topics related to physical education.**

- (i) Candidate has to preparation five lessons delivered in the class during teaching practice in the notebook.
- (ii) Assessment will be made by the external and internal examiners on the basis on performance, confidence level, body language in teaching and use of audio visual aids related to subject matter.