M. P. Ed. –Syllabus

Modification/Revision in M.P.Ed Syllabus of Semester C.B.C.S. System w.e.f. 2019-20

The duration of the course leading to the degree of Master of Physical Education (M.P.Ed) shall be of four semesters. In the first year, there shall be two semester consisting of Nineteen courses (9 Courses in Ist Semester + 10 Courses in IInd Semester) in which 5 Theory, 4 Practical in Ist Semester & 5 Theory, 1 Open Elective, 4 Practicals in IInd Semester. In the second/final year there will be two semesters consisting of Eighteen papers (10 Courses in IIIrd Semester + 8 Courses in IVth Semester) in which 5 Theory, 1 Open Elective, 4 Practicals in IIIrd Semester & 5 Theory (Including Dissertation), 3 Practicals in IVth Semester.

Theory papers will be of 100 marks each (80 marks for external evaluation and 20 marks for internal assessment). Dissertation will be of 100 marks (80 marks for Evaluation + 20 marks for internal assessment). Practical will be of 100 marks & 50 marks mentioned according to the Scheme. External and Internal examiners will evaluate dissertation and practical jointly.

Internal Assessment will be based on the guidelines released by University.

In each theory paper, the candidate will be required to attempt five questions, including one compulsory question comprising of 10 short notes, in three hours.

All theory papers in all the four semesters are of four credits and Open Elective Course will have 2 Credits, Consisting of 50 marks (40 for Theory + 10 for internal assessment). Open Elective course will comprise of 2 Units out of which candidates are required to attempt 3 questions in total i.e. 2 Long questions having 16 marks each from each unit (1st & 2nd Unit) and 1 question comprising of 4 short questions having 2 marks for each question covering both the units.

First Year
Semester – I

Course- I: (Course Code: M.P.Ed -101): Research process in Physical Education = 100 (80 External + 20 Internal).
Course- II: (Course Code: M.P.Ed -102): Principles of Sports training = 100 (80 External + 20 Internal).

Course- III: (Course Code: M.P.Ed -103): Kinesiology = 100 (80 External + 20 Internal).

Course- IV: (Course Code: M.P.Ed -104): Health Education and Sports Nutrition = 100 (80 External + 20 Internal).

Course- V: (Course Code: M.P.Ed -105): Information & Communication Technology (ICT) in Physical Education = 100 (80 External + 20 Internal).

Course- VI: (Course Code: M.P.Ed -106): Athletics- (Track Events & Jumps) = 100 marks External.

Course- VII: (Course Code: M.P.Ed -107): Game = 100 marks External.

Course- VIII: (Course Code: M.P.Ed -108): Health Education = 50 marks External.

Course- IX: (Course Code: M.P.Ed -109): Information & Communication Technology (ICT) in Physical Education = 50 marks External.

Semester – II

Course- I: (Course Code: M.P.Ed -201): Research process in Physical Education = 100 (80 External + 20 Internal)

Course- II: (Course Code: M.P.Ed -202): Physiology of Exercise = 100 (80 External + 20 Internal)

Course- III: (Course Code: M.P.Ed -203): Applied Statistics in Physical Education and Sports = 100 (80 External + 20 Internal)

Course- IV: (Course Code: M.P.Ed -204): Physical Fitness and Wellness = 100 (80 External + 20 Internal)

Course- V: (Course Code: M.P.Ed -205): Yogic Science = 100 (80 External + 20 Internal)

Course- VI: (Course Code: M.P.Ed -206): Athletics (Throws & Conduct of Athletic Meet) =100 marks External.

Course- VII: (Course Code: M.P.Ed -207): Game = 100 marks External.

Course- VIII: (Course Code: M.P.Ed -208): Yoga = 50 marks External.

Course- IX: (Course Code: M.P.Ed -209): Applied Statistic and ICT = 50 marks External.

Course- X: (Course Code: M.P.Ed -210): Philosophy of Yoga = 50 marks (40 Theory + 10 internal assessment).

Second Year

Semester – III

Course- I: (Course Code: M.P.Ed -301): Sports Psychology = 100 (80 External + 20 Internal)

Course- II: (Course Code: M.P.Ed -302): Sports Medicine = 100 (80 External + 20 Internal)

Course- III: (Course Code: M.P.Ed -303): Tests, Measurement and Evaluation in Physical Education = 100 (80 External + 20 Internal)

Course- IV: (Course Code: M.P.Ed -304): Athletic Care and Rehabilitation = 100 (80 External + 20 Internal).

Course- V: (Course Code: M.P.Ed -305): Value and Environmental Education = 100 (80 External + 20 Internal).

Course- VI: (Course Code: M.P.Ed -306): Game – I (Hockey and Basketball) = 100 marks External.

Course- VII: (Course Code: M.P.Ed -307): Game – II (Kabaddi & Kho-Kho) = 100 marks External.

Course- VIII: (Course Code: M.P.Ed -308): Sports Psychology = 50 marks External.

Course- IX: (Course Code: M.P.Ed -309): Tests, Measurement and Evaluation in Physical Education = 50 marks External.

Course- X: (Course Code: M.P.Ed -310): Wellness = 50 marks (40 Theory + 10 internal assessment).

Semester – IV

Course- I: (Course Code: M.P.Ed -401): Sports Journalism and Mass Media = 100 (80 External + 20 Internal).

Course- II: (Course Code: M.P.Ed -402): Education Technology in Physical Education = 100 (80 External + 20 Internal)

Course- III: (Course Code: M.P.Ed -403): Sports Bio Mechanics = 100 (80 External + 20 Internal)

Course- IV: (Course Code: M.P.Ed -404): Sports Technology = 100 (80 External + 20 Internal).

Course- V: (Course Code: M.P.Ed -405): Dissertation & Sports management = 100 (80 External + 20 Internal).

Course- VI: (Course Code: M.P.Ed -406): Game – I (Baseball, Softball & lawn tennis) = 100 marks External.

Course- VII: (Course Code: M.P.Ed -407): Game – II (Football & Lawn Tennis) = 100 marks External.

Course- VIII: (Course Code: M.P.Ed -408): Class Room Teaching = 100 marks External.

Kurukshetra University, Kurukshetra

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

(Changes will be implement from Session 2019-2020)

Semester-Ist

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
Total			**20**	**12**	**32**	**20**	**06**	**26**	**100**	**400**	**300**	**800**

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-II[nd]

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	CFC	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
MPED – 210	**Philosophy of Yoga// Mooc (Massive Open Online Courses)**	**OEC**	**02**	**--**	**02**	**02**	**--**	**02**	**10**	**40**	**--**	**50**
Total			**20**	**12**	**32**	**20**	**06**	**26**	**100**	**400**	**300**	**800**

***Note: The credits and marks of the Open Elective course are not included in the grand total score.**

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-III[rd]

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 Environment Education	CCC	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
MPEd – 310	***Wellness / Mooc (Massive Open Online Courses)***	***OEC***	***02***	***--***	***02***	***02***	***--***	***02***	***10***	***40***	***--***	***50***
Total			**20**	**12**	**32**	**20**	**06**	**26**	**100**	**400**	**300**	**800**

***Note: The credits and marks of the Open Elective course are not included in the grand total score.**

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-IVth

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
Total			**20**	**12**	**32**	**20**	**06**	**26**	**100**	**400**	**300**	**800**

C.C.C = Compulsory Core Course **C.F.C = Compulsory Foundation Course**

Programme Specific Outcomes:

The students will be able to:

1. Gain opportunity to the student at PG Level towards specialized knowledge in Physical Education.
2. Understand a broad based spectrum of study that crosses discrete portion of Physical, biological, Psychology & Social Science in an integrated, orderly and logical sequence.
3. Integrate the multi- facet discipline aiming at physical education specialists who can develop & promote physical education at schools, colleges, universities across nation.
4. Identify, summarize, plan & design physical activity, exercise, teaching & coaching programme as per needs of society
5. Communicate professionally and effectively both oral and written instruction.
6. Give value to Physical activity, enjoy helping others in learning motor & sport skills.
7. Willing to serve as a role model for fitness & skill development for others.

M. P. Ed. –Syllabus
(From session 2019-2020)
Semester – 1st
Part – A (Theory Courses)

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

Time: 3 Hours **Maximum Marks: 100 (External: 80 + Internal: 20)**

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus..

Course Objectives:-

1. Acquaint the students will basic concept of research, need and characteristics of research in Physical Education & sports.
2. Acquaint the students with type of research, research problem and its selection and formulation with delimitation.
3. Make students aware about concept of sampling, methods of sampling and hypothesis and its testing.
4. Acquaint the students with the concept of review of related literature, types and its sources & variables.
5. Make the students understand the concept of ethical issues regarding copy right and tools of research.

Learning Outcomes:-

The students will be able to:-

1. Understand the basic concept of research and its need and characteristics in Physical Education and Sports.
2. Know about type of research, research problem it selection and formulation with delimitation.
3. Understand the concept of sampling, methods of sampling and hypothesis testing.
4. Know about review of related literature, its types sources &writing and variables.
5. To make students understand the concept of ethical issues in Physical Education & Sports and various tools of research.

Unit – I: Introduction

Meaning and Definition of Research, Need and importance of Research in Physical Education and Sport, Characteristics of Research in Physical Education & Sport.
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, Londonl 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 Sport, 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 Sport, New Delhi; Friends Publication
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delh

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

Time: 3 Hours **Maximum Marks: 100 (External: 80 + Internal: 20)**

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

To enable students to:-

1. Understand the meaning of training load, adaptation recovery and over load in sports training.
2. Know about various motor components like strength, speed, endurance, flexibility and coordinative abilities.
3. Understand the meaning, aim, characteristics and implications of technique training and its methods in various phases.
4. Know about meaning of types of training plans, periodization and competition.

Learning Outcomes:-

After going through the course contents, the students will be able to understand:-

1. Meaning of training load, adaptation, recovery and over load in sports training.
2. The various motors components like strength, speed, endurance, flexibility and coordinative abilities.
3. Meaning aim, characteristics implications and methods of technique training in various phases.
4. Training plans and its types, periodization and competition.

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 Sport.
(iii) Different phases of technique training.
(iv) Charactertics 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 cyclecity of training: -** Macro Cycle, Meso Cycle, Micro Cycle and 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 Sport. Delhi: Sport 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 Sport, Canada: Human Kinetics
Hardayal Singh (1991) Science of Sport 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), Sport Training, Delhi: Sport Publications

M.P.Ed.-103: Kinesiology

Time: 3 Hours **Maximum Marks: 100 (External: 80 + Internal: 20)**

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

1. To acquaint students about meaning of kinesiology, axsis, plane, medical terminology of body positions and different body movements.
2. To develop understanding about functional classification musles, their origin, insertion & functions of important muscles of the body.
3. To enable the students to have understanding about joints of upper extremity and structural & functional aspects of upper extremity joints(shoulder & elbow joint).
4. To acquaint the students to have knowledge about joints of lower extremity & structural and functional aspects of lower extremity joints (knee & hip joint).

Learning Outcomes:

After undergoing/understanding the course contents the students will have:

1. Understanding and knowledge of kinesiology, axsis, plane, medical terminology of body positions and different body movements.
2. Clarity regarding functional classification muscles, their origin, insertion & functions of important muscles of the body.
3. Understanding and knowledge of joints of upper extremity and structural & functional aspects of upper extremity joints(shoulder & elbow joint).
4. Knowledge of joints of lower extremity & structural and functional aspects of lower extremity joints (knee & hip joint).

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 Pactroralis 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:

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

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

Time: Three Hours **Maximum Marks: 100(External: 80 + Internal: 20)**
Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

1. To understand the concept of health & health education, dimensions & determinants of health, aim objectives & Principles of Health education, health services, instructions in personal hygiene, health records, First-Aid & emergency care in different conditions.
2. Explain the various health problems in India like alcohol, tobacco, hypertension, diabetes, stress their causes effects and management.
3. Describe the meaning and role of nutrition in sports, various nutrients, energy metabolism, and calories in different food stuff, preparation of diet chart for sports persons, normal people children and elderly persons.
4. Explain concept of BMI, obesity its causes and management, weight control, maintain healthy life style, role of diet in weight management, designing diet plan and exercise schedule for weight gain and weight loss.

Learning Outcomes:

After going through the course contents the students will be able to understand:

1. the concept of health & health education, dimensions & determinants of health, aim objectives & Principles of Health education, health services, instructions in personal hygiene, health records, First-Aid & emergency care in different conditions.
2. Various health problems in India like alcohol, tobacco, hypertension, diabetes, stress their causes effects and management.
3. The meaning and role of nutrition in sports, various nutrients, energy metabolism, calories in different food stuff and preparation of diet chart for sports persons, normal people children and elderly persons.
4. concept of BMI, obesity its causes and management, weight control , maintain healthy life style, role of diet in weight management, designing diet plan and exercise schedule for weight gain and weight loss.

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 Sport Nutrition

Meaning and Definition of Sport Nutrition, Role of nutrition in Sport, 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 Sport 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.- 105: Information & Communication Technology (ICT) In Physical Education

Time: Three Hours **Maximum Marks: 100(External: 80 + Internal: 20)**
Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

Making the students to:

1. Understand basic concept of ICT & its scope in teaching learning process publication, evaluation on Research administration of sports tournaments. Challenges in integrating ICT in Physical Education & visual classroom.
2. Use, computer, internal on various communication search origins & their user.
3. Understand the methods of MS Office application in Physical Education.
4. Understand the use of ICT supported leading/teaching strategy and E-learning, web based learning, role of EDUSA and viruses and its management.

Learning Outcomes:

After undergoing & understanding the course contents of this paper, the students will have clear understanding of basic concept of information & communication technology, its scope in teaching-learning process & challenges in ICT in Physical Education & visual classroom.

1. They will have knowledge & understanding of uses of computer & internet for communication & learn about search engine & its uses.
2. They will gain the knowledge & means of Ms Office application in Physical Education.

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 Sport 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

1. MS Excel: Main Features & its Applications in Physical Education
2. MS Access: Main features and its Uses in Physical Education
3. MS Power Point: Preparation of Slides with Multimedia Effects
4. 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: PrenticeHall. 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
Credits=2.5

Course Objectives:-

1. The students will acquire the knowledge of track marking (standard & according to space available, 400M & 200M).
2. To provide practical knowledge of skills related to different types of starts with & without starting blocks.
3. To give knowledge about teaching of long jump (hang style), triple jump & high jump.
4. The students will provided the knowledge of interpretation of rules related to various jumps.

Learning Outcomes:

1. The students will have clarity about track marking of 400M & 200M track (standard track & according to space available.
2. The students will be able to teach different skills related various types of starts with & without starting blocks.
3. The students will able to teach the long jump, triple jump & high jump with appropriate teaching methods.
4. The students will be able to interpretate the rules of these above jumps**.**

Track Events

(i) Marking of standard Track: 400m and 200m. (Marks – 20)
(ii) Marking of track according to space available (Marks – 20)
(iii)Teaching ability of different types of Starts (with & without starting blocks) (Marks – 20)
(vi) Teaching ability of Long Jump (hang Style), Triple Jump and High Jump. (Marks – 20)
(v) Interpretation of rules related to jumps (Marks – 20)

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

MPEd – 107: Game – (Handball and Cricket)

Marks – 100
Handball: 50 Cricket; 50

Credits=2.5

Course Objectives:-

1. To provide knowledge & practical experience about marking of handball court & cricket pitch.
2. To give knowledge about teaching ability of basic skill of handball & cricket.
3. To provide information to students about interpretation of various skills of handball & cricket.
4. To provide knowledge about filling the score sheets of handball & cricket & their officiating symbols.

Learning Outcomes:-

After understanding the course contents of this paper:

1. The students will be able to have practical knowledge & experience of marking handball court & cricket pitch.
2. The students will have knowledge of teaching ability of basic skills of handball & cricket.
3. The students will have clarity about interpretation of various skills of handball & cricket.
4. They will gain knowledge of filling score sheets of these games & able to use officiating symbols.

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

Credits=0.5

Course Objectives:-

1. The students will learn about methods of keeping health records.
2. The students will be provided knowledge about providing first aid in various conditions & articles of first aid box.
3. They will gain knowledge of identifying various forms of postural deformities and their remedial exercise.

Learning Outcomes:

After understanding the course contents of this paper:

1. The students will gain knowledge about the methods of keeping health records.
2. They will have clarity about first aid provided in different conditions & articles of first aid box.
3. The students will able to identify different postural deformities & can apply remedial exercise to over come deformities.

(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
Credits=0.5

Course objectives:

1. To provide knowledge of writing different types of notices for sports activities in MS Word.
2. To acquaints students about writing different types of letters for purchase, sports activities, annual athletic meet etc. in MS Word.
3. To provide knowledge of preparing of score sheets for different games & athletic events in MS Word.

Learning Outcomes:

1. The students will able to write different types of notices for sports activities in MS word.
2. They will able to write different types of letters for purchase, sports activities, annual athletic meet etc. in MS Word.
3. The students will be able to prepare score sheets for different games & athletic events in MS word.

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

M. P. Ed. –Syllabus
(From session 2019-2020)
Semester – 2nd
Part – A (Theory Courses)
M.P.Ed. - 201: Research Process in Physical Education

Time: 3 Hours **Maximum Marks: 100 (External Marks: 80 + Internal Assessment: 20)**
Total Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:

1. To explain about historical & philosophical research, their meaning, sources, historical criticism, tools of philosophical research & steps in critical thinking.
2. To illustrate meaning, tools of survey research, meaning of questionnaire & interview, procedure construction for conducting interview.
3. To describe about normative survey its meaning and factors affecting normative survey , case studies: meaning & steps of case study.
4. To explain experimental research, design of experimental research. To provide knowledge about research proposal and its significant steps of research proposal/synopsis format of synopsis.
5. To define research, research report & methods of writing abstract method of writing paper for conferences, footnotes & Bibliography.

Learning Outcomes:

After Undergoing the course contents of his paper the students will be able to understand:-

1. About historical & philosophical research, their meaning, sources, historical criticism, tools of philosophical research & steps in critical thinking.
2. The meaning of tools of survey research, meaning of questionnaire & interview, procedure construction for conducting interview.

3. Normative survey, its meaning and factors affecting normative survey , case studies: meaning & steps of case study.
4. The experimental research, design of experimental research. To provide knowledge about research proposal and its significant steps of research proposal/synopsis format of synopsis.
5. The research, research report & methods of writing abstract method of writing paper for conferences, footnotes & Bibliography.

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 Jersy.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 , Premice Hall, 1970

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

Time: 3 Hours **Maximum Marks: 100 (External Marks: 80 + Internal Assessment: 20)**
Total Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:

To enable the students to:

1. Understand the Macro & Micro structure of skeletal muscle, sliding filament theory of muscular contraction, composition of muscle & effects of training on muscular system.
2. Describe about cardiovascular conduction system, Various forms of blood circulation, Cardiac cycle, ECG & effects of training on cardiovascular system.
3. Define the respiratory system, mechanism of Gaseous exchange, Aerobic & Anaerobic metabolism and effects of exercise on respiratory system.
4. Explain the body composition and its assessment through various techniques & sports performance in different climatic condition (hot, cold, and at high altitude).

Learning Outcomes:

After undergoing the course contents of this paper, the students will be able to understand:-

1. The Macro & Micro structure of skeletal muscle, sliding filament theory of muscular contraction, composition of muscle & effects of training on muscular system.
2. About cardiovascular conduction system, Various forms of blood circulation, Cardiac cycle, ECG & effects of training on cardiovascular system.
3. The respiratory system, mechanism of Gaseous exchange, Aerobic & Anaerobic metabolism and effects of exercise on respiratory system.
4. The body composition and its assessment through various techniques & sports performance in different climatic condition (hot, cold, and at high altitude).

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 Cardio-vascular system, E**lectrocardiogram (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 Sport

Body Build, Body Size, Body Composition, Techniques of Assessing Body Composition (Skin Fold Fat Thickness and Bioelectric impedance), Sport 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 Sport: Sport Authority of India Delhi.
Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
David, L Costill. (2004). Physiology of Sport 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). Sport Physiology. WMC: Brown Publishers.
Sandhya Tiwaji. (1999). Exercise Physiology. Sport Publishers.
Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sport Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

M.P.Ed. – 203: Applied Statistics in Physical Education & Sports

Time: 3 Hours **Maximum Marks: 100 (External Marks: 80 + Internal Assessment: 20)**
Total Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. **Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.**
2. **Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:

This course will enable students to understand:

1. Basic concept of statistics, data, methods of organizing data, explain & illustrate the concepts & application of measures of central tendency & its computation and merits & demerits of mean, median, mode.
2. Explain variability, range, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.
3. Illustrate the meaning, computation & significance of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types, computation of correction.
4. Illustrate the graphical representation of data & testing of hypothesis.

Learning Outcomes:

After undergoing the course contents of this paper, the students will be able to understand:-

1. Understand the basic concept of statistics, data, methods of organizing data, explain & illustrate the concepts & application of measures of central tendency & its computation and merits & demerits of mean, median, mode.
2. Explain variability, range, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.
3. Understand the meaning, computation & significance of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types, and computation of correction.
4. Identify and illustrate the significance of graphical representation of data & hypothesis testing through various graphical representation techniques.

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 & Sport sciences, Sport 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 Sport and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.

M.P.Ed. – 204: Physical fitness & Wellness

Time: 3 Hours **Maximum Marks: 100 (External Marks: 80 + Internal Assessment: 20)**
Total Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:

This course will enable students to understand:

1. Define Physical fitness & Wellness, dimension of wellness, principles of fitness, wellness & recreation, components of fitness & wellness assessment.
2. Understand categorization of sports according to energy needs, diet plan, fluid & electrolyte balance in sports performance, Fluid guidelines before during and after exercise.
3. Explain in detail about aerobic and anaerobic fitness, benefits of aerobic and anaerobic EXS. Assessment of fitness & goal setting to improve aerobic and anaerobic fitness.
4. Illustrate meaning and type of ergogenic aids, Nation & World anti doping agency, anti doping rules of WADA, Banned substances and effects of doping on health.

Learning Outcomes:

After undergoing the course contents of this paper, the students will be able to understand:-

1. The Physical fitness & Wellness, dimension of wellness, principles of fitness, wellness & recreation, components of fitness & wellness assessment.
2. Categorization of sports according to energy needs, diet plan, fluid & electrolyte balance in sports performance, Fluid guidelines before during and after exercise.
3. About aerobic and anaerobic fitness, benefits of aerobic and anaerobic EXS. Assessment of fitness & goal setting to improve aerobic and anaerobic fitness.
4. Meaning and type of ergogenic aids, Nation & World anti doping agency, anti doping rules of WADA, Banned substances and effects of doping on health.

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 – Sport Nutrition

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

Role of Fluid and electrolytes balance in Sport 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, Sport 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. – 205: Yogic Science

Time: 3 Hours **Maximum Marks: 100 (External Marks: 80 + Internal Assessment: 20)**
Total Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:

This course will enable students to understand:

1. Explain philosophy of yoga, types of yoga & yogic practices.
2. Meaning & basic principles and methods of naturopathy, chakras and their benefits.
3. Explain in detail about the Shatkriya, Bandhas, and Mudras meanging, techniques & their benefits.
4. Describe role of yoga on psychological preparation of athletes, physiological aspects of body systems and effects of meditation on body.

Learning Outcomes:

After undergoing the course contents of this paper, the students will be able to understand:-

1. philosophy of yoga, types of yoga & yogic practices.
2. Meaning & basic principles and methods of naturopathy, chakras and their benefits.
3. the Shatkriya, Bandhas, and Mudras meanging, techniques & their benefits.
4. The role of Yoga on psychological preparation of athletes, physiological aspects of body systems and effects of meditation on body.

Unit- I Philosophy and types of Yoga

1. Philosophy of Yoga
2. Types of Yoga – Ashtang Yoga, Raj Yoga, Karma Yoga, Bhakti, Yoga, Hath Yoga, Kriya Yoga, Gyan Yoga and Mantra Yoga.
3. Yogic Practice: Place, Time, Clothes, Bathing, Diet before and after.

Unit- II

1. Spiritual development through Yogic Practices.
2. Naturopathy: Meaning, concept and philosophy, brief history of naturopathy, basic principles of nature cure. Various methods of Naturopathy
3. Chakras: Major Chakaras- Benefits of clearing and balancing Chakras

Unit III – Kriyas, Bandhas and Mudras

1. Shat Kriyas: Meaning of Kriya, Techniques and Benefits of Neti, Dhati, Kapalapathi, Trataka, Nauli, Basti.
2. Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.
3. 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

1. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization.
2. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.
3. 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 Yogac Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.

Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.

Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.

Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.

Part – B
Practical Courses
Semester – 2nd

M.P.Ed. –206: Athletics (Throws and Conduct of Athletic Meet)
Marks – 100

Credits=2.5

Course Objectives:-

1. To provide knowledge related to marking of Shot Put, Discus & Javeliu Throwing Sectors.
2. To provide teaching ability of Shot Put techniques (standing & Parry O' Brien Technique).
3. To provide teaching ability of Javelin Throw echniques.
4. To give knowledge about interpretation of various rules of Throwing events.
5. To provide knowledge about Baton exchange in relay races.
6. The students will gain proficiency in officiating & organizing (Opening, closing & medal ceremony) of athletic meet.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand:-

1. Marking of Shot Put, Discus & Javeliu Throwing Sectors.
2. Teaching ability of Shot Put techniques (standing & Parry O' Brien Technique).
3. Teaching ability of Javelin Throw echniques.
4. Knowledge about interpretation of various rules of Throwing events
5. Knowledge about Baton exchange in relay races.
6. Understand about organizing & officiating (Opening, closing & medal ceremony) of athletic meet.

Track Events

i.	Marking of Short Put, Discus and Javelin throw Sector	(Marks – 20)
ii.	Teaching ability of Short Put Techniques (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 (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.

M.P.Ed.–207: Game (Volleyball, Wrestling & Boxing)
Marks – 100

Credits=2.5

Course Objectives:-

To enable the students to:

1. Marking of Volley Court, teaching of basic skills of volleyball, interpretation of rules, filling he score sheet-B officiating symbols.
2. Dimension of Wrestling mat & arena, teaching ability of basic skill & interpretation of various rule sof wrestling & boxing.

Learning Outcomes:

1. Marking of Volley Court, teaching of basic skills of volleyball, interpretation of rules, filling he score sheet-B officiating symbols.
2. Dimension of Wrestling mat & arena, teaching ability of basic skill & interpretation of various rule sof wrestling & boxing.

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**

Practicals

Dimensions of Boxing Ring (Marks - 20)
Teaching ability of various basic skills of Boxing (Marks - 20)
Interpretation of Various rules of Boxing (Marks - 10)

Practicals

Dimensions of Wrestling mat and arena (Marks - 20)
Teaching ability of various basic skills of Wrestling (Marks - 20)
Interpretation of Various rules of Wrestling (Marks - 10)
Assessment Task: Evaluation of Presentation and lesson planning (Internal and External).
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.

M.P.Ed. – 208: Yoga
(Marks – 50)

Credits=0.5

Course Objectives:

1. To provide knowledge & understanding of teaching precaution & effects of various Asanas and Pranayam on Body.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand:-

1. To provide knowledge & understanding of teaching precaution & effects of various Asanas and Pranayam on Body.

2. LIST OF YOGIC PRACTICES

3. ASANA	**PRANAYAMA**
4. 1. Shirsh Asana	1. Anulome-vilome
5. 2. Vipratakarani	2. Ujjai
6. 3. Hal Asana	3. Bhastrika
7. 4. Bhujang Asana	4. Shitali
8. 5. Ardh-Shalbh Asana	5. Kapalbhati
9. 6. Vakra Asana	6. Suryabhedan
10. 7. Ardha Matasyaendrasana	7. Bhramri
11. 8. Paschimottan Asana	
12. 9. Vajra Asana	
13. 10. Supta Vajra Asana	
14. 11. Yoga Mudra	
15. 12. Nauka Asana	
16. 13. Bak Asana	
17. 14. Mayur Asana	
18. 15. Ustra Asana	
19. 16. Vriksh Asana	
20. 17. Padma Asana	
21. 18. Trikon Asana	
22. 19. Sarvang Asana	
23. 20. Manduk Asana	
24. 21. Pavan Muket	
25. 22. Chakra Asana	
26. 23. Pad-hast Asana	
27. 24. Katichakra Asana	
28. 25. Surya Namaskar	

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

M.P.ED. – 209 : Applied Statistics and ICT

(Marks – 50)

Credits=0.5

Course Objectives:

The students will be provided the knowledge of some statistical techniques with excel & SPSS to calculate.

i) Mean, Median & Standard deviation.
ii) t-test, ANOVA and Correlation.
iii) Plotting different types of diagrams.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand the use of following statistics techniques with excel & SPSS:-

i) Mean, Median & Standard deviation.
ii) t-test, ANOVA and Correlation.
iii) Plotting different types of diagrams.
iv) Following statistical techniques with Excel & SPSS
v) i) Calculation of Mean, Median & Standard Deviation (Marks - 10)
vi) ii) t - test, ANOVA & Correlation (Marks - 20)
vii) iii) Plotting different types of graphs (Marks - 20)

M.P.Ed. - 210: Philosophy of Yoga

Time: Two Hours **Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)**

Credits=2

Note:-

1. **Two long answer type questions will be set from each units (1st, IInd,), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 16 marks each.**
2. **Question No. 1 will be compulsory and will carry 8 marks. It will comprises of 4 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Objectives:-

To enable the students to:-

1. Understand Indian Philosophy of Yoga, its types , five blossoms & Yogic practices.
2. Gain knowledge about Sankhya, Gyan, Karma & Bhakti Yoga and characteristics of Yogi in Bhagwad Gita.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand :-

1. Indian Philosophy of Yoga, its types , five blossoms & Yogic practices.
2. About Sankhya, Gyan, Karma & Bhakti Yoga and characteristics of Yogi in Bhagwad Gita.

Unit- I Indian Philosophy of Yoga

- Meaning and Concept of Yoga
- Brief introduction of Indian yoga philosophy
- Types of Yoga – Ashtang Yoga, Raj Yoga, , Hath Yoga and Kriya Yoga,
- Five Blossoms (Panchkalesh) of Yoga and Pramana
- Yogic Practice: Place, Time, Clothes, Bathing, Diet before and after.

Unit- II Yoga in Shrimad Bhagwad Geeta

- Introduction and Historical background to Bhagwat Gita
- Sankhya Yoga
- Gyan Yoga
- Karma Yoga
- Bhakti Yoga
- Characteristics of a Yogi

Suggested Readings:

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

Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.

Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.

Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.

Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.

M. P. Ed. –Syllabus
(From session 2020-2021)
Semester – 3rd
Part – A (Theory Courses)
Paper 301: Sport Psychology

Time: 3 Hours **Maximum Marks: 100 (External Marks: 80 + Internal Assessment: 20)**
Total Credits: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:

The students will be able to:-

1. Explain the sports & Exercise Psychology and theories of learning.
2. Describe the Psychological skill tranining and types, its phases in game and sports, meaning, types and principles of gold setting.
3. Understand the concept of motivation, its models and theories, meaning, causes symptoms of stress and its management through various means.
4. Understand the meaning, structure and different theories of personality.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand :-

1. The sport and exercise psychology and various theories like Thorndike's theory, Pavlov Theory, Kohler's Insight learning and Bandura's Social Learning Theory.
2. The psychological skill training its type and various phases in games and sports and goal meaning, types and principles of gold setting.
3. the concept of motivation, its models and theories, meaning, causes symptoms of stress and its management through various means.
4. the meaning, structure and different theories of personality like Sigmund Freud's, Psychoanalytic theory, Hippocrate's, Kretschmer's , Sheldon and Jung's etc. classification.

UNIT- I Introduction of Sport Psychology & Learning

1. Introduction to Sport and Exercise Psychology?
2. Multidimensional components of the field of Sport 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 Sport
3. Phases of Psychological Skills Training Programmes in games and Sport
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:

Bhatia, Hans Raj, Test Book of Education Psychology, Delhi: Macmillan, 2003

Roben. B. Frost: Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co. London.

Dridge & Hung: Psychological foundation of Education. Harper and Row Publishers. Jain, D., Introduction to Psychology, New Delhi: K.S.K, 2003.

Kamlesh, M.L. Education Sport Psychology, New Delhi, Friends Pub., 2006

Kamlesh, M.L., Key Ideas in Sport Psychology, New Delhi, Friends Pub., 2007 Kutty, S.K. Foundations of Sport & Exercise Psychology, New Delhi: Sport, 2004

Robert. S. Weinberg – Foundations of Sport and Exercise Psychology (Third Edition Daniel Gould

Jack H.Liewellyn – Psychology of Coaching: Theory and Application (Surjeet Publisher New Judy A. Blucker Delhi)

Jashwant Kaur Virk – Psychology of Training and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala, 2008.

Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bunglow Road Jawahar Nagar Delhi.

M.P.Ed – 302: SPORT MEDICINE

Time: Three Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**
Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:

1. To provide knowledge about meaning concept principles purposes and carrier opportunities in sport medicine.
2. To provide knowledge about meaning and types of sport injuries their symptoms, aiding equipments, strapping and their treatment.
3. To acquaint students about various therapeutic modalities, their physiological effects, indication, contraindication in rehabilitation.
4. To provide knowledge about meaning and type of physical therapy used in rehabilitation process for sports injuries.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand:-

1. The meaning, concept, principles purposes and carrier opportunities in sport medicine.
2. The meaning and various types of sport injuries (Soft & Hard tissue), their symptoms, aiding equipments, strapping and their treatment.
3. The various therapeutic modalities (Hydro therapy, Cryo therapy, PRICE, Manual therapy), their physiological effects, indication, contraindication in rehabilitation.
4. The meaning and types of physical therapies (Strengthening, Balance & Flexibility exercises) being used in rehabilitation process for sports injuries.

UNIT- I: Introduction to Sport Medicine

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

UNIT- II: Sport Injuries

i Sport 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:

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

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

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

Pande. (1988). Sport Medicine. New Delhi: Khel Shitya Kendra.

The Encyclopedia of Sport Medicine. (1998). The Olympic Books of Sport Medicine, Australia: Tittel Blackwell Scientific Publications.

Mellion (1995) Office of Sport Medicine II Edition Publisher Hanley & Belfus Inc. Philadelphia.

Steven J Karageanes: (2005) Principles of Manual Sport Medicine Lippincott Williums and Wilkins A Wolter Kluwer Company.

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

Time: Three Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**
Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:

1. To acquaint the students with basic concepts and practices adapted in measurement and evaluation in the field of physical education and sport.
2. To orient the students about technical standards of tests such as
3. To provide knowledge about various motor ability and fitness tests.
4. To provide knowledge about specific skill tests related to various sports.
5. To provide knowledge of Anthropometric measurements of body, body fat measurement in both sexes.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand:-

1. The basic concepts and practices adapted in measurement and evaluation in the field of physical education and sport.
2. About technical standards of tests such as Validity, Reliability, Objectivity and Norms.
3. About various motor ability and fitness tests like AAHPER Youth fitness, Barrow motor Ability, Scott Motor ability, etc.
4. About specific skill tests related to various sports like French-short serve, Johnson-Basketball Test, Schmithals-French test, Mor-Christian general soccer ability test, etc.
5. The knowledge of Anthropometric measurements of body, body fat measurement in both sexes.

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 Sport. 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 Sport 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 Sport 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 Sport Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press

Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company

Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc

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

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

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

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

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

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

M.P.Ed – 304: Athletic Care and Rehabilitation.

Time: Three Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**
Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:

1. To provide knowledge about mechanism of tissue injury and their healing (Soft & Hard tissue), Pain pathway and its relief mechanism.
2. To acquaint students with identification of injuries through inspection, palpation and special tests with provision of line of treatment.
3. To provide knowledge about various Therapeutic modalities such as PNF, Short way diathermy, Ultra sound therapy, infrared rays & Ultra-violet rays.
4. To provide understanding about various specific sports injuries, symptoms and their treatments like muscle soreness, tennis elbow, shin splint, rotator cuff, jumpers knee, etc.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand:-

1. The mechanism of tissue injury and their healing (Soft & Hard tissue), Pain pathway and its relief mechanism.
2. The identification of injuries through inspection, palpation and special tests with provision of line of treatment.
3. Various Therapeutic modalities such as PNF, Short way diathermy, Ultra sound therapy, infrared rays & Ultra-violet rays.
4. Various specific sports injuries, symptoms and their treatments like muscle soreness, tennis elbow, shin splint, rotator cuff, jumpers knee, etc.

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 Sport Injuries

Symptoms and treatment of Muscle Soreness, Tennis/Golfer Elbow, Shin Splint, Rotaters 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). Sport Injures 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) Sport Injuries and Athletic Problem. New Delhi: Surjeet Publication.

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

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

Practical: Anthropometric Measurement.

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

Time: Three Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**
Credits=4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:

1. To acquaint students about meaning and concept of value education, its Classification, factors effecting, need and theories of values.
2. To provide knowledge about Sports Ethics, its theories and guiding values of anti-doping.
3. To provide meaning and concept of Environmental education and different types of pollution.
4. To acquaint students with Natural resources and environmental issues such as Water pollution, Soil contamination, and various Hazardous waste.

Learning Outcomes:-

After undergoing the course contents of this paper, the students will be able to understand:-

1. About the meaning and concept of value education, its Classification, factors effecting, need and theories of values.
2. About Sports Ethics, its theories, guiding values of anti-doping and Ethical guidelines for Physical Education professionals.
3. The meaning and concept of Environmental education and different types of pollution such as outdoor and indoor smog pollution, greenhouse effect, Global warming, Bio degradable and Non-Bio degradable products
4. Thoroughly about Water pollution and its controlling techniques, preventing and controlling Soil pollution and means of dealing Hazardous wastes.

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 Sport, Need of ethics in Sport,

Types of ethics, Mainstream Ethical Theories in Sport.

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.)

MPEd – 306: Game – (Hockey and Basketball)
Marks – 100

Hockey: 50 Basketball; 50

Credits=2.5

Course Objectives:-

1. To provide knowledge & practical experience about marking of Hockey Ground & Basketball court.
2. To give knowledge about teaching abilities of basic skill of Hockey & Basketball.
3. To provide information to students about interpretation of various skills of Hockey & Basketball.
4. To provide knowledge about filling the score sheets of Hockey & Basketball & their officiating symbols.

Learning Outcomes:-

After understanding the course contents of this paper:

1. The students will be able to have practical knowledge & experience of marking of Hockey ground and Basketball court.
2. The students will be able to teach basic skills of Hockey and Basketball.
3. The students will have clarity about interpretation of various skills of Hockey & Basketball.
4. They will gain knowledge of filling score sheets of these games & able to use officiating symbols.

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 – (Kabaddi andKho-Kho)
Marks – 100

Kabaddi: 50, Kho-Kho; 50

Credits=2.5

Course Objectives:-

1. To provide knowledge & practical experience about marking of Kabaddi Court & Kho-Kho ground.
2. To give knowledge about teaching abilities of basic skill of Kabaddi & Kho-Kho.
3. To provide information to students about interpretation of various skills of Kabaddi & Kho-Kho.
4. To provide knowledge about filling the score sheets of Kabaddi & Kho-Kho & their officiating symbols.

Learning Outcomes:-

After understanding the course contents of this paper:

1. The students will be able to have practical knowledge & experience of marking of Kho-Kho ground and Kabaddi court.
2. The students will be able to teach basic skills of Kabaddi & Kho-Kho.
3. The students will have clarity about interpretation of various skills of Kabaddi & Kho-Kho.
4. They will gain knowledge of filling score sheets of these games & able to use officiating symbols.

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: Game – Sports Psychology
Marks – 50

Credits=0.5

Course Objectives:-

To provide information about different psychological tests and their application in various sports conditions.

Learning Outcomes:-

After understanding the course contents of this paper:

Students will gain knowledge about different psychological tests such as (i) Co-operation and competition test research series of – APRC, Agra, 1997, (ii) Sport aggression inventory,(iii) self concept questionnaire, etc and their application in various sports conditions.

***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

Credits=0.5

Course Objectives:-

1. To acquaint students with knowledge of measuring of body fat.
2. To provide practical knowledge of Measuring circumference of various body parts.
3. To provide knowledge of calculation of Physical fitness index.
4. To acquaint students with knowledge of Analysis of posture.
5. To acquaint students with knowledge of methods of measuring the height.

Learning Outcomes:-

After understanding the course contents of this paper:

1. To acquaint students with knowledge of measuring of body fat with Skin fold Caliper.
2. To provide practical knowledge of Measuring circumference of various body parts i.e. Arm, Waist, Hip and Thigh.
3. To provide knowledge of calculation of Physical fitness index with Harvard Step test.
4. To acquaint students with knowledge of Analysis of posture with Iowa Posture test.
5. To acquaint students with knowledge of methods of measuring the Standing and Sitting height.

Marks - 50

1. Measuring of Body Fat with Skin fold 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. - 310: Wellness

Time: Two Hours **Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)**

Credits=2

Course Objectives:-

1. Students will learn about Physical fitness, wellness, aerobic and anaerobic fitness.
2. Students will gain knowledge of Nutritional aspects of wellness necessary for healthy lifestyle.

Learning Outcomes:-

After understanding the course contents of this paper:

1. The students will learn about Physical fitness and wellness, their principles and its components, Difference between Aerobic and Anaerobic fitness along with its calculations and Health benefits.
2. The students will learn about Balanced diet, Classification of nutrients (Macro and Micro), role of fluid and Electrolyte balance, Weight management through exercise and Diet planning.

Unit I – Introduction of Wellness

- Meaning of Physical Fitness and Wellness
- Dimensions of Wellness
- Principles of physical fitness and wellness
- Primary and Secondary components of fitness
- Assessment of wellness
- Difference between aerobic and anaerobic fitness
- Calculation to aerobic and anaerobic training zone
- Health benefits of aerobic and anaerobic exercise

Unit II –Nutritional aspect of Wellness

- Meaning and concept of Balance Diet
- Component of Balance diet.
- Factor effecting balance diet.
- Meaning and classification of Nutrients: Brief introduction of Micro and Macro Nutrients
- Role of Fluid and electrolytes balance in healthy living
- Symptoms and Results of Dehydration
- Weight management through exercise and diet
- Principles of Diet planning

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, Sport 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.-401: SPORTS JOURNALISM & MASS MEDIA

Time: 3 Hours **Maximum Marks: 100 (External: 80 + Internal: 20)**

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

1. To develop the understanding of meaning, elements and ethical standards of professionalism. To provide knowledge about experts of professionalism in physical education and Sport, Various sports, news, agencies and broadcasting channels and their role in sports.
2. To explain the students about mass media and its different forms, role of media in sports and commercialization and privatization changes in sports media.
3. To provide understanding about basic concept of sport sociology, relationship of sports with culture, social interaction through sports and role of physical education in handling social problems.
4. To enable the students to learn about group cohesion, interaction, morale in group and about counseling and its skills in sports.

Learning Outcomes:-

After going through the course contents, the students will be able to understand:-

1. The meaning, elements and ethical standards of professionalism. To provide knowledge about experts of professionalism in physical education and Sport, Various sports, news, agencies and broadcasting channels and their role in sports.
2. About mass media and its different forms, role of media in sports and commercialization and privatization changes in sports media.
3. About basic concept of sport sociology, relationship of sports with culture, social interaction through sports and role of physical education in handling social problems.
4. About group cohesion, interaction, morale in group and about counseling and its skills in sports.

UNIT- I: Sport Journalism

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

UNIT- II: Mass Media and Functions of Mass Media in Sport

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

UNIT- III: Sport Sociology

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

UNIT- IV: Group Cohesion in Sport

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

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. (9193) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.

Kannan K (200() Soft Skills, Madurai: Madurai: Yadava College Publication

Mohit Chakrabarti (2008): Value Education: Changing Prespective, 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, Sport Publication, 7/26 Ansari road, Darya Ganj New Delhi- 110 002.
Sharma, R.N. Urban Sociology, ND: Surjeet Pub., 1993.
Singh, Bhupinder, Sport 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 Sport, Friends Publications (India) 1014787/23, Ansri road, Darya Ganj, New Delhi- 110 002.
Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bunglow Road Jawahar Nagar Delhi.

M.P.Ed.-402: EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION.

Time: 3 Hours **Maximum Marks: 100 (External: 80 + Internal: 20)**

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

1. To develop the understanding of meaning, characteristics, types and scope of education technology and to provide knowledge about communication and its related aspects.
2. To enable the students to differentiate between teaching and training their nature and characteristics, phases and principles of teaching in physical education and sports.
3. To explain about the meaning, need, types and structure of lesson plan
4. To learn and apply multimedia approach in teaching-learning process.

Learning Outcomes:-

After going through the course contents, the students will be able to understand:-

1. The meaning, characteristics, types and scope of education technology and to provide knowledge about communication and its related aspects.
2. The difference between teaching and training their nature and characteristics, phases and principles of teaching in physical education and sports.
3. About the meaning, need, types and structure of lesson plan
4. The multimedia approach in teaching-learning process and how to apply it.

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 lesion 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 limitation

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 kJackson. Methods in Physical Education (W.B. Saunders Company,Philadelphia and London), 1952.

M.P.Ed.-403: SPORTS BIOMECHANICS

Time: 3 Hours **Maximum Marks: 100 (External: 80 + Internal: 20)**

Credit:4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

1. To understand the concept of kinematics and kinetics and various terms used in biomechanics such as (distance, displacement, speed, velocity, acceleration, mass, motion & its forms)
2. To understand the concept of lever and force with motion and their application in sports.
3. To have the knowledge of centre of gravity, equilibrium, projectile and buoyancy force.
4. To have knowledge about spin, mechanical analysis of gate cycle, jump and short put.

Learning Outcomes:-

After going through the course contents, the students will be able to:-

1. Understand the concept of kinematics and kinetics and various terms used in biomechanics such as (distance, displacement, speed, velocity, acceleration, mass, motion & its forms).
2. Understand basic terminology of biomechanics, explain mechanical aspects of force, lever with motion and their application in sports.
3. Understand the concept of centre of gravity, equilibrium, projectile and use of buoyancy force in different sports events.
4. Gain knowledge of spin and mechanical analysis of walking, running, take off and landing in jump and short put.

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 Sport.

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

Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement. (3rd. ed.)Baltimore: Williams and Wilkins.
Groves, R and Camaine, D.(1983) . Concepts in Kinesiology. (2nd.ed.) Philadelphia: Saunders College Publishing.
Hay, J & Reid, J (1982). The Anatomical and Mechanical Bases of Human Motion.Englewood Cliffs: Prentice – Hall
Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology – Scientific Basis of Human Motion. 8th.Ed, Brown & Bench mark.
Rasch, P. (1989). Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.
Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.
Grabiner. M.D. Current Issue is Biomechanics, New Delhi, 1993.
Mood, S.D., Beyond Biomechanics, New York: Taylor, 1996.9. Shaw, D. Mechanical Bases of Biomechanics, Delhi: Sport Pub. 2000
Shaw, D. Mechanical Bases of Biomechanics, London- A & C, 2003

M.P.Ed.-404: SPORTS TECHNOLOGY

Time: 3 Hours **Maximum Marks: 100 (External: 80 + Internal: 20)**

Credit: 4

Note:- Paper setter will set nine questions in all out of which students will be required to attempt five questions.

1. Two long answer type questions will be set from each of four units (1st, IInd, IIIrd & IVth), out of which the students will be required to attempt one question from each unit. Long answer type question will carry 15 marks each.
2. Question No. 9 will be compulsory and will carry 20 marks. It will comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Objectives:-

1. To provide basic knowledge of sports technology, instrumentation, and various foams in sports.
2. To provide knowledge about nanotechnology, its variations, uses in sports material, equipments, play surfaces.
3. To provide knowledge about surface of playfields and measuring gadgets in sports activities.
4. To provide information about modern sports facilities and training machines.

Learning Outcomes:-

After going through the course contents, the students will be able to:-

1. Gain basic knowledge of sports technology, instrumentation, and various foams (Polyurethane, polystyrene, etc) and their uses in sports.
2. Gain knowledge about nanotechnology, its variations, uses in sports material, equipments, play surfaces such as synthetic and cinder tracks, turf and cemented pitches, etc.
3. Gain knowledge about surface of playfields and measuring gadgets in sports activities.
4. Gain information about modern sports facilities and training machines for enhancing training and competition performance.

Unit I – Sport Technology

Meaning and definition of Sport technology.

Significance of technology in Sport

General Principles of instrumentation in Sport.

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

Unit II – Nanotechnology in Sport Materials

Meaning and definition of Nanotechnology

Meaning of nano glue and nano moulding technology.

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

Uses and benefits of Nanotechnology in Sport 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 Sport: 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 Sport Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium and Out-door 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 Phy*sical Education (W.B. Saunders Company, Philadelphia and London), 1952.

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

Maximum Marks: 100 (Evaluation Marks =80+ Int. Assessment = 20)

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

Course Objectives:-

Students will be acquainted with various processes of Research work

Learning Outcomes:-

To acquaint students with basic processes of research work like selection of problem, framing objectives and hypotheses, delimitations, methodology & analysis of data and research report writing.

M.P.Ed – 405 Option – (ii): Sport Management

Time: Three Hours **Maximum 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.*

Course Objectives:-

1. To provide basic concept of sports management, its element and processes.
2. To acquaint the students with leadership and communication in sports management.
3. To provide information and understanding about planning and public relation in sports management.
4. To provide information about Human resource in sports management.

Learning Outcomes:-

After going through the course contents, the students will be able to:-

1. Understand the scope and carrier opportunities in sports management.
2. Gain knowledge about Leadership & communication skills application in sports condition.
3. Gain knowledge about steps of planning and public relation guidelines for organizing any sports event.
4. Gain knowledge of Staff recruitment, selection and their responsibility for organizational functions.

UNIT- I: Introduction to Sport Management

i Meaning, Definition and need of Sport Management.

ii Scope of Sport Management.

iii Career Opportunities in Sport Management.

iv Functional Elements of Sport Management.

v Different Processes of Sport Management.

UNIT- II: Leadership & Communication in Sport Management.

i Meaning of Leadership, Leader Skills and Features of Sport 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 Sport 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 Sport 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:

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

MPEd – 406: Game – (Baseball, Softball & Lawn tennis)
Marks – 100

Hockey: 50 Basketball; 50

Credits=2.5

Course Objectives:-

1. To provide knowledge & practical experience about marking of baseball ground, softball ground and lawn tennis court.
2. To give knowledge about teaching abilities of basic skill of baseball, softball and lawn tennis.
3. To provide information to students about interpretation of various skills of baseball, softball and lawn tennis.
4. To provide knowledge about filling the score sheets of baseball, softball and lawn tennis & their officiating symbols.

Learning Outcomes:-

After undergoing the course contents of this paper:

1. The students will be able to have practical knowledge & experience of marking of baseball ground, softball ground and lawn tennis court.
2. The students will be able to teach basic skills of baseball, softball and lawn tennis.
3. The students will have clarity about interpretation of various skills of baseball, softball and lawn tennis.
4. They will gain knowledge of filling score sheets of these games & able to use officiating symbols.

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

Credits=2.5

Course Objectives:-

1. To provide knowledge & practical experience about marking of Football ground and Badminton court.
2. To give knowledge about teaching abilities of basic skill of Football and Badminton.
3. To provide information to students about interpretation of various skills of Football and Badminton.
4. To provide knowledge about filling the score sheets of Football and Badminton & their officiating symbols.

Learning Outcomes:-

After undergoing the course contents of this paper:

1. The students will be able to have practical knowledge & experience of marking of Football ground and Badminton court.
2. The students will be able to teach basic skills of Football and Badminton.
3. The students will have clarity about interpretation of various skills of Football and Badminton.
4. They will gain knowledge of filling score sheets of these games & able to use officiating symbols.

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

Credits=1

Course Objectives:-

The students will be provided with the basic knowledge of presenting the subject matter in an effective manner through various Pedagogical techniques.

Learning Outcomes:-

Students will be able to present their subject matter with more confident and impressive manner with greater impact.

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.