P.G. DIPLOMA IN YOGA-ONE YEAR PROGRAM UNDER CREDIT BASESD SYSTEM SCHEME (CBSS) W.E.F. 2019-20. LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION W.E.F. Session 2020-21.

KURUKSHETRA UNIVERSITY KURUKSHETRA

(Established by the State Legislature Act XII of 1956)

Kurukshetra University, Kurukshetra

Scheme of Examination for P.G. Diploma in Yoga (One Year Course)

Credit Base Semester System implemented from session 2019-20.

Semester - I

Credits= 21 **Total Marks = 600**

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
PG DY 101	Yog Parichya	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 102	Anatomy and Physiology for Yogic Practices	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 103	Traditional Yoga	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 104	Teaching Methodology of Yogic Practices	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 105	**Practical**: Demonstration of Asana	CCC		05	05	-	2.5	2.5	-	-	100	100	--
PG DY 106	**Practical**: Demonstration of Pranayama and Shatkarmas	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
Total			16	10	26	16	5	21	80	320	200	600	

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

Kurukshetra University, Kurukshetra

Scheme of Examination for P.G. Diploma in Yoga (One Year Course)

Credit Base Semester System implemented from session 2019-20.

Semester - II

Credits= 21 **Total Marks = 600**

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total	Duration of Exam
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical		
PG DY 201	Naturopathy	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 202	Anatomy and Physiology for Yogic Practices	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 203	Hathyog	CFC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 204	Yoga and Health	CCC	04	--	04	04	--	04	20	80	--	100	3 hours
PG DY 205	**Practical**: Demonstration of Asana, Pranayama and Shudhikriya	CCC		05	05	-	2.5	2.5	-	-	100	100	--
PG DY 206	**Practical**: Teaching Practices of Asana, Pranayama and Shatk	CCC	--	05	05	--	2.5	2.5	--	--	100	100	--
Total			**16**	**10**	**26**	**16**	**5**	**21**	**80**	**320**	**200**	**600**	

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

PROGRAMME OUTCOMES:-

1. Learners will be able to comprehend the acquire knowledge during the Programme of study.
2. Learners will be able to reflect on the issues relating to the discipline-'Education'.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Programme of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills

PROGRAMME SPECIFIC OUTCOMES

After completing the programme student- teacher will be able to:-

1. develop conceptual understanding of Yog-Parichaya, Traditional Yoga and Hatha Yoga as a literacy information related to yoga.
2. demonstrate and apply the knowledge of various systems of the body in performing different yogic activities.
3. apply different techniques of naturopathy, yogic activities and sound health practices for promotion of health.
4. demonstrate various yogic activities with effective pedagogical techniques.
5. select, demonstrate and apply appropriate yogic activities such as Asans, Pranayam, Meditation and Shudhikriyas meant for prevention of diseases, health promotion require for healthful living.

Paper- (101): YOG PARICHAYA

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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY101.1 understand the basic concept of yoga and its developmental aspects as philosophy, meditation and its types and principle.

PGDY101.2 enhance and apply knowledge of various forms of yoga such as Hath Yoga, Raj Yoga, Bhakti Yoga, Karma yoga and Gyan Yoga and Asthand Yoga.

PGDY101.3 apply and demonstrate various yogic practices such as Asanas, Pranayamas, Shatkarmas, Bandh, and Mudra along with their process and benefits.

PGDY101.4 apply and demonstrate yogic Therapies, Chakras, Prayers, Mantras and their uses in physical and psychological well being.

SYALLBUS

UNIT-I: Concept of Yoga

(i) Meaning & importance of Yoga in Modern Era.
(ii) Origin of Yoga & developmental aspect.
(iii) Yoga as a Science or Art, Yog Philosophy.
(iv) Meditation: Meaning, types and principles.

UNIT- II Types of Yoga

(i) Hatha Yoga and its constitutes.
(ii) Gyan Yoga, Karma Yoga, & Bhakti Yoga,.
(iii) Raja Yoga and its components.
(iv) Asthang Yoga and its components.

UNIT –III Yogic Activities

(i) Asana: Meaning, types and Principles.
(ii) Pranayama: Meaning, types and principles.
(iii) Shatkarmas: Meaning, types and principles.
(iv) Bandh & Mudra: Meaning, types and principles.

UNIT –IV Yoga Therapies

(i) Meaning & importance of various therapies.
(ii) Chakra: Meaning, types and importance.
(iii) Prayer: Meaning and importance.
(iv) Mantras: Meaning, types and Psychology.

References:

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

P.G.D.Y 101 - Yog Parichya

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY101.1	3	3	3	3	3	3	3	3	3
PGDY101.2	3	3	3	3	3	3	3	3	3
PGDY101.3	3	3	3	3	3	3	3	3	3
PGDY101.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY101.1	3	3	3	3	3
PGDY101.2	3	3	3	3	3
PGDY101.3	3	3	3	3	3
PGDY101.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY101.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY101.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY101.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY101.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER- (102): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES

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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY102.1 understand the meaning of Anatomy and Physiology with the knowledge of meaning structure, types and functions of cell and tissue.

PGDY102.2 enhance the knowledge of bones, joints and muscles and their types, functions and classification.

PGDY102.3 understand the basic knowledge of blood, types of blood-circulation, functions and terminology related to different cardio-vascular systems i.e. blood pressure, heart rate, stroke volume and cardiac output.

PGDY102.4 enhance the knowledge of respiratory system, types of respiration, mechanism of gas exchanging in lungs and tissue and terminology related to respiratory system.

SYLLABUS

UNIT-I Introduction

(i) Anatomy and Physiology: Meaning and importance in the filed of yoga.
(ii) Cell: Meaning & structure.
(iii) Cell: Parts and functions.
(iv) Tissue: Meaning , types and their functions.

UNIT-II Skeletal and Muscular system

(i) Skeleton system; Meaning and its Functions.
(ii) Types of Bones in human body.
(iii) Joints: meaning types and functions.
(iv) Muscular System: meaning and different classification.

UNIT-III Cardiovascular System

(i) Cardiovascular: Meaning and components (heart, blood and blood vessels.
(ii) Blood: Meaning and functions.
(iii) Blood Circulation: Meaning and types.
(iv) Terminology related to cardiovascular system: Blood pressure, Heart rate, stroke volume and cardiac output.

UNIT-IV Respiratory System

(i) Respiratory System: meaning and organs of respiration.
(ii) Respiration: meaning and its types.
(iii) Mechanism of Gas Exchanging in Lungs and tissue.
(iv) Terminology related to respiratory system: different respiratory volume and capacities.

References:

Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.
Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam Publications.
Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publication

P.G.D.Y 102 - Anatomy and Physiology for Yogic Practices

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY102.1	3	3	3	3	3	3	3	3	3
PGDY102.2	3	3	3	3	3	3	3	3	3
PGDY102.3	3	3	3	3	3	3	3	3	3
PGDY102.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY102.1	3	3	3	3	3
PGDY102.2	3	3	3	3	3
PGDY102.3	3	3	3	3	3
PGDY102.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY102.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY102.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY102.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY102.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER-(103): TRADITIONAL YOGA

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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY103.1 enhance the conceptual knowledge of Patanjali Yoga Sutra, Chitt ki Avastsa, Chitt ki Bhoomi, Chitt Varitties and its types.

PGDY103.2 enhance the knowledge of different ways to achieve Raj Yoga, disturbance in yogic practices and Sahayak Tatav in Yog Sadna.

PGDY103.3 enhance the knowledge about various yogis and their contribution in yoga such as Maharishi Patanjali, Mahatma Buddha, Mahavir Jain and Swami Vivekanand.

PGDY103.4 understand the knowledge about different Bhakti & Siddhies like Panchikaran Prakirya, Panchkosh Theory, Navdha Bhakti and Astha Siddhi.

SYLLABUS

UNIT -1 Patanjali Yog Sutra

(i) Yoga: Meaning according to Patanjali Yoga Sutra.
(ii) Chiit: Meanging and its avastha.
(iii) Bhumi: Meaning and types .
(iv) Vritties: Meaning and types.

UNIT –II Yoga Practices

(i) Raj Yog: Meaning and different way to achieve Raj Yog.
(ii) Disturbance inYogic Practices.
(iii) Yog Sadhana: Meaning and its Sahayak Tatav.
(iv) Solution of Chiit Vritties and Nirodha.

UNIT –III Yoga Maharishi and their contribution

(i) Maharishi Patanjali: His contribution in development of Yoga.
(ii) Mahatma Bodh: His teachings & contribution in Yoga.
(iii) Mahavir Jain: His teachings & contribution in Yoga.
(iv) Swami Vivekanand: His teaching and contribution in Yoga.

UNIT –IV Bhakti & Sidhies

(i) Panchikaran Prakriya:Meaning and parts.
(ii) Panch Kosh Theory: Meaning and types.
(iii) Navdha Bhakti: Meaning and types.
(iv) Astha Sidhi: Meaning and types.

References:

Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi
Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi
Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi
Parmanik, T.N. D(2018) yoga education sports publication, New Delhi

P.G.D.Y 103 - Traditional Yoga

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY103.1	3	3	3	3	3	3	3	3	3
PGDY103.2	3	3	3	3	3	3	3	3	3
PGDY103.3	3	3	3	3	3	3	3	3	3
PGDY103.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY103.1	3	3	3	3	3
PGDY103.2	3	3	3	3	3
PGDY103.3	3	3	3	3	3
PGDY103.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY103.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY103.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY103.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY103.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER-(104): TEACHING METHODOLOGY OF YOGIC PRACTICES

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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY104.1 apply and demonstrate teaching methods, its principles and factors affecting teaching methods in teaching yoga.
PGDY104.2 apply and demonstrate different pedagogical aids in presentation techniques.
PGDY104.3 construct lesson plan according to its principles and types in teaching yoga.
PGDY104.4 understand the meaning importance, steps and factor affecting class management with the knowledge of organization of tournaments.

SYLLABUS

UNIT –I Teaching Methodology

(i) Teaching Methods: Meaning and importance.
(ii) Types of Teaching methods.
(iii) Factors affecting teaching methods.
(iv) Principles of teaching methods.

UNIT-II Presentation

(i) Presentation: Meaning and types.
(ii) Teaching Aids: Meaning and types.
(iii) Factor affecting teaching Aids.
(iv) Modern concept of teaching Aids.

UNIT-III Lesson Plan

(i) Lesson Plan: Meaning and Importance.
(ii) Factors affecting lesson plan.
(iii) Types of Lesson Plan.
(iv) Principles of Lesson Plan.

UNIT-IV Class Management

(i) Class Management; Meaning and importance.
(ii) Steps of class management.
(iii) Factors affecting class management.
(iv) Tournament: Meaning eligibility rules and Organizations of yoga competition.

Referances:

Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.
Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.

P.G.D.Y 104 - Teaching Methodology of Yogic Practices

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY104.1	3	3	3	3	3	3	3	3	3
PGDY104.2	3	3	3	3	3	3	3	3	3
PGDY104.3	3	3	3	3	3	3	3	3	3
PGDY104.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY104.1	3	3	3	3	3
PGDY104.2	3	3	3	3	3
PGDY104.3	3	3	3	3	3
PGDY104.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY104.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY104.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY104.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY104.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

SEMESTER - I (W.E.F. 2020-2021)

PRACTICAL – (105): Demonstration of Asanas (perform any ten Asanas)

Credits=5

(PART-1) **Maximum Marks: 50**

Course Outcomes:-

After completing the course contents, students will be able to:

PGDY105.1 enhance the concept of cultural Asanas.
PGDY105.2 enhance the concept of meditative Asanas.
PGDY105.3 enhance the concept of relaxative Asanas.
PGDY105.4 apply and demonstrate techniques of different Asanas and their effect on human

SYLLABUS

1. LIST OF YOGIC PRACTICES

CULTURAL ASANAS

1. Vipratakarani
2. Nauka Asana
3. Satubandhasan
4. Simplematsyasan
5. Chakrasan
6. Bhujang Asana
7. Ardh-Shalbh Asana
8. Pawanmukt Asana
9. Suptavajrasan
10. Yog Mudra
11. Viprit Nokasana
12. Vakra Asana
13. Janushirasan
14. Tadasan
15. Kattichakrasan

MEDITATIVE ASANAS

1. Padma Asana 2. Vajrasan Asana

RELAXATIVE ASANAS

1. Shavasana
2. Makrasans

SURYA NAMASKAR

2. Prepare one practical notebook of yogic activities.

P.G.D.Y 105 - Demonstration of Asanas

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY105.1	3	3	3	3	3	3	3	3	3
PGDY105.2	3	3	3	3	3	3	3	3	3
PGDY105.3	3	3	3	3	3	3	3	3	3
PGDY105.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY105.1	3	3	3	3	3
PGDY105.2	3	3	3	3	3
PGDY105.3	3	3	3	3	3
PGDY105.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY105.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY105.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY105.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY105.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PRACTICAL – (106): Demonstration of Pranayamas and Shudhikriyas

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY106.1 apply and demonstrate different techniques of various Pranayamas.
PGDY106.2 enhance the knowledge about effects of various Pranayamas.
PGDY106.3 apply and demonstrate different techniques of various Shudhikriyas.
PGDY106.4 enhance the knowledge about effects of various Shudhikriyas.

SYLLABUS

1. LIST OF YOGIC PRACTICES

PRANAYAMA	SHUDHI KRIYA
1. Anulome-vilome	1. Jal Neti
2. Shitali	2. Rubber Neti
3. Sitkari	3. Vaman (Kunjal)
4. Bhastrika	4. Kapalbhati

2. Prepare one practical notebook of yogic activities.

P.G.D.Y (106): Demonstration of Pranayamas and Shudhi Kriyas

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY106.1	3	3	3	3	3	3	3	3	3
PGDY106.2	3	3	3	3	3	3	3	3	3
PGDY106.3	3	3	3	3	3	3	3	3	3
PGDY106.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY106.1	3	3	3	3	3
PGDY106.2	3	3	3	3	3
PGDY106.3	3	3	3	3	3
PGDY106.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY106.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY106.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY106.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY106.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

SEMESTER - II (W.E.F. 2020-2021)
PAPER-(201): Naturopathy

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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY201.1 enhance the concept of Naturopathy, history of Naturopathy, principles of Naturopathy and relationship between Naturopathy.

PGDY201.2 understand the meaning, importance and different techniques of Hydrotherapy alongwith different water bar and their uses in different ailments.

PGDY201.3 understand the meaning, types importance principles of Mudtherapy along with uses of mudtherapy in different ailments.

PGDY201.4 enhance the knowledge of Upvaas, types , principles and importance of Upvaas along with uses of Upvaas in various vyadhies.

UNIT -1 Concept of Naturopathy

(i) Naturopathy: Meaning and importance.
(ii) History of Naturopathy.
(iii) Principles of Naturopathy.
(iv) Relationship between Naturopathy and Yoga.

UNIT -II Hydrotherapy

(i) Hydrotherapy: Meaning and Importance.
(ii) Techniques of Hydrotherapy.
(iii) Uses of Hydrotherapy in different illness.
(iv) Different Waterbar (Pattee) in Hydrotherapy.

UNIT –III Mudtherapy

(i) Mudtherapy: Meaning, types and importance.
(ii) Techniques of Mudtherapy.
(iii) Uses of Mudtherapy in different illness.
(iv) Principles of Mudtherapy.

UNIT –IV Aakash Tatva

(i) Upvaas: Meaning and Importance.
(ii) Types of Upvaas.
(iii) Uses of Upvaas in various Vyadhies.
(iv) Principles of Upvaas.

Referances:

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Chnder Bhan Sharma (2016) Yoga & Naturopathy, Chokhamba Orientaliya Varansi
(2014) A complete Book on Naturopathy, Hindi Sewa Sadan, Mathura.
History & Philosophy of Naturophaty – Dr. S. J. Singh
Philosophy of Nature Cure – Dr. Henri Lindlhai.
Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095
Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-13:978-8131908457. Rational Fasting (Ehret's Health Literature) Mass Market Paperback – Import, Jun 1971 by Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978.

P.G.D.Y 201 - Naturopathy

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY201.1	3	3	3	3	3	3	3	3	3
PGDY201.2	3	3	3	3	3	3	3	3	3
PGDY201.3	3	3	3	3	3	3	3	3	3
PGDY201.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY201.1	3	3	3	3	3
PGDY201.2	3	3	3	3	3
PGDY201.3	1	3	3	3	3
PGDY201.4	2	3	3	3	3
Average	2.25	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO 1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY 201.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY 201.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY201.3	3	3	3	3	3	3	3	3	3	1	3	3	3	3
PGDY201.4	3	3	3	3	3	3	3	3	3	2	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	2.25	3	3	3	3

PAPER-(202): ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES

Time: 3 Hour **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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY202.1 enhance knowledge of digestive system, functions and process of digestion and different organs of excreation (Kidney, Skin and Lungs).

PGDY202.2 enhance knowledge of nervous system, its classification, functions and effect of yogic activities on nervous system.

PGDY202.3 understand the knowledge of glands, types of glands, their hormones and their functions.

PGDY202.4 apply and demonstrate different yogic activities and their effects on various body systems Skeletal, Cardio Vascular, Respiratory and Endocrine System.

SYLLABUS

UNIT -1 Digestive and Excretory System

(i) Elementary Canal: Meaning and organs.
(ii) Functions of digestive organs.
(iii) Process of Digestion.
(iv) Excretory System: Meaning and organs of excretration (kidney, skin and lungs).

UNIT –II Nervous System

(i) Nervous System: Meaning and classification.
(ii) Parts of Central Nervous System.
(iii) Functions of Nervous System.
(iv) Effect of Yogic activities on nervous system

UNIT –III Endocrine System

(i) Glands: Meaning and types of glands.
(ii) Different types of endocrine glands.
(iii) Pituitary glands: its hormones and functions.
(iv) Thyroid, parathyroid and adrenal glands and their functions.
(v) Gonads Glands: their secretion and functions.

UNIT –IV Effects of various yogic activities on body systems.

(i) Effects of yogic activities on skeletal and muscular system.
(ii) Effects of yogic activities on cardiovascular system.
(iii) Effects of yogic activities on respiratory and excretory system.
(iv) Effects of yogic activities on endocrine system.

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Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam Publications.
Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
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P.G.D.Y 202 - Anatomy and Physiology for Yogic Practices

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY202.1	3	3	3	3	3	3	3	3	3
PGDY202.2	3	3	3	3	3	3	3	3	3
PGDY202.3	3	3	3	3	3	3	3	3	3
PGDY202.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY202.1	3	3	3	3	3
PGDY202.2	3	3	3	3	3
PGDY202.3	3	3	3	3	3
PGDY202.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO 1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY202.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY202.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY202.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY202.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER-(203): Hathyog

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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY203.1 develop the concept of Hatha Yog, alongwith Asanas, Classification of Asanas, Principles and benefits of Asanas.

PGDY203.2 apply and demonstrate different techniques of Pranayama, principles and benefits of pranayamas along with Bandh and its different types.

PGDY203.3 develop the concept of Sapat Sadhan, Naddis , Bandh and Mudra along with their types according to Gharand Samhita.

PGDY203.4 apply and demonstrate different techniques of Shatkarma, principles of Shatkarma, Kundalani and their effects.

UNIT -1 Introduction of Hatha Yog

(i) Hatha Yog : Meaning, Definition and Objectives of Hatha Yog.
(ii) Asana: Meaning and classification according to Hatha Yog.
(iii) Principles of Asanas according to Hatha Yog.
(iv) Benefits of Asana according to Hatha Yog.

UNIT –II Pranayama, Bandha and Nadanusandhan

(i) Pranayama: Meaning and types according to Hatha Yog Pradipika.
(ii) Principles and benefits of Pranayama.
(iii) Bandha: Meaning, types and benefits of bandha.
(iv) Nadanusandhan: Meaning and technique.

UNIT –III Introduction of Gharand Samhita

(i) Sapat Sadan: Meaning,and its components.
(ii) Nadies: Meaning and classification.
(iii) Bandha: meaning and types according to Gharand Samhita.
(iv) Mudra: Meaning and types according to Gharand Samhita.

UNIT –IV Shatkaramas

(i) Shatkaram: Meaning and types.
(ii) Principles of Shatkarams.
(iii) Techniques of Shatkarams.
(iv) Kundalani: Meaning and techniques of awaking .

References:

Swami Satyananda (1998) hathyog pradipika, munger publications Bihar
Pancham Singh, the hathyog pradipika, Dev Publisher
Hathyog Pradipika, by swami swatma ram, Kaivalya Dham, Lonavla Pune.

P.G.D.Y 203 - Hathyog

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY203.1	3	3	3	3	3	3	3	3	3
PGDY203.2	3	3	3	3	3	3	3	3	3
PGDY203.3	3	3	3	3	3	3	3	3	3
PGDY203.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY203.1	3	3	3	3	3
PGDY203.2	3	3	3	3	3
PGDY203.3	3	3	3	3	3
PGDY203.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO 1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY203.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY203.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY203.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY203.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER-(204): YOGA AND HEALTH

Time: 3 Hour **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 Outcomes:-

After completion of the course contents of this paper, the student will be able to:

PGDY204.1 enhance the knowledge of Health, elements of health, daily routine for good health along with guidance instruction in personal hygiene.
PGDY204.2 apply and demonstrate different Asanas, Pranayama, Shatkarama & their effects on health.
PGDY204.3 apply and demonstrate different yogic practices in treating Psychological conditions, mental health, anxiety, stress, conflict and its effect through yogic practices.
PGDY204.4 enhance and apply nutritional knowledge in various health problems, obesity, diabetes, arthritits and its treatment through yogic practices.

UNIT -1 Health

(i) Health: Meaning and Definition of Health.
(ii) Elements of Health.
(iii) Health Services and guidance instruction in personal hygiene.
(iv) Daily routine for good health.

UNIT –II Yogic Activities and Health

(i) Asana: Effects of Asanas on Health.
(ii) Pranayama: Effects of Pranayam on Health.
(iii) Shatkarma: Effects of Shatkaramas on Health.
(iv) Bandha and Mudras: Effects of Bandha and Mudras on Health.

UNIT –III Mental Health and Yoga

(i) Mental Health : Meaning and common mental disorders.
(ii) Anxiety: meaning, causes, and treatment through Yogic practices.
(iii) Stress: meaning, causes, and treatment through Yogic practices
(iv) Conflict: meaning, causes, its effects and treatment through Yogic practices.

UNIT –IV Diet and Health

(i) Diet: Meaning of balance diet and Yogic diet.
(ii) Obesity: meaning, causes and treatment through yogic practices.
(iii) Diabetes: Meaning, causes and treatment through yogic practices.
(iv) Arthritis: Meaning, causes and treatment through yogic practices

References:

Gore C.S (2011) Yoga & health sports publication New Delhi
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Singh Balbir Malik Satish (2018) health education and environmental studies sports publication, New Delhi
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P.G.D.Y 204 - Yoga and Health

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY204.1	3	3	3	3	3	3	3	3	3
PGDY204.2	3	3	3	3	3	3	3	3	3
PGDY204.3	3	3	3	3	3	3	3	3	3
PGDY204.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY204.1	3	3	3	3	3
PGDY204.2	3	3	3	3	3
PGDY204.3	3	3	3	3	3
PGDY204.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY204.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY204.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY204.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY204.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PRACTICAL –(205) : Demonstration of Asanas, Pranayamas and Shudhikriyas

Credits=2.5
Maximum Marks: 100

Course Outcomes:

After completing the course contents, students will be able to:

PGDY205.1 apply and demonstrate different techniques of various asanas.
PGDY205.2 apply and demonstrate different techniques of various Pranayams.
PGDY205.3 apply and demonstrate different techniques of various Shudhikriyas.
PGDY205.4 apply and demonstrate various techniques of Asanas, Pranayams and Shudhikriyas and their effects on human body.

SYLLABUS

1. LIST OF YOGIC PRACTICES

ASANAS	PRANAYAMA	SHUDHIKRIYA
1. Sarvang Asana	1. Nadi Shodhan	1. Tratak
2. Shirshasan	2. Surya Bhedan	2. Dhand Dhauti
3. Halasan	3. Ujjai	3. Vastra Dhauti
4. Pawanmuktasan	4. Bhramari	4. Nauli
5. Matsyasana		
6. Karanpeedasana		
7. Vihangasan		
8. Dhanurasan		
9. Sarpasana		
10. Mayur Asana		
11. Bakasana		
12. Ardhmatsyandrasan		
13. Trikon Asana		
14. Vrikshasana		
15. Pad-hast Asana		
16. Surya Namaskar		
17. Paschimottan Asana		
18. Akarndhanur Asana		

2. Prepare practical notebook of yogic activities.

P.G.D.Y (205) : Demonstration of Asanas, Pranayamas and Shudhikriyas

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY205.1	3	3	3	3	3	3	3	3	3
PGDY205.2	3	3	3	3	3	3	3	3	3
PGDY205.3	3	3	3	3	3	3	3	3	3
PGDY205.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY205.1	3	3	3	3	3
PGDY205.2	3	3	3	3	3
PGDY205.3	3	3	3	3	3
PGDY205.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO 1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY205.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY205.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY205.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY205.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PRACTICAL –(206) : Teaching Practices of Asanas, Pranayamas and Shatkarmas.

Credits=2.5
Maximum Marks: 100

Course Outcomes:-

After completing the course contents, the students will able to:

PGDY206.1 apply and demonstrate lesson plan of Asanas with appropriate teaching methodology.
PGDY206.2 apply and demonstrate lesson plan of Pranayamas with appropriate teaching methodology.
PGDY206.3 apply and demonstrate lesson plan of Shatkarmas with appropriate teaching methodology.
PGDY206.4 apply various pedagogical techniques in presenting different yogic activities.

Teaching practice of any five yogic activities (Three Asanas, One Pranayama and One Kriya).

P.G.D.Y (206) : Demonstration of Asanas, Pranayamas and Sudhikriyas

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY206.1	3	3	3	3	3	3	3	3	3
PGDY206.2	3	3	3	3	3	3	3	3	3
PGDY206.3	3	3	3	3	3	3	3	3	3
PGDY206.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY206.1	3	3	3	3	3
PGDY206.2	3	3	3	3	3
PGDY206.3	3	3	3	3	3
PGDY206.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO 1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY206.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY206.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY206.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY206.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Table 4: CO-PO-PSO mapping matrix for all the courses of P.G. Diploma in Yoga.

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
PGDY101	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY102	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY103	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY104	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY105	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY106	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY201	3	3	3	3	3	3	3	3	3	2.25	3	3	3	3
PGDY202	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY203	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY204	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY205	3	3	3	3	3	3	3	3	3	3	3	3	3	3
PGDY206	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Attainment of COs:

The attainment of COs can be measured on the basis of the results of internal assessment and semesters examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 50% marks:

Table 5 : CO Attainment Levels for internal assessment.

Attainment Level	
1 (Low level of attainment)	**50% of students score more than 50% of marks in class tests of a course.**
2 (Medium level of attainment)	**60% of students score more than 50% of marks in class tests of a course.**
3 (High Level of attainment)	**70% of students score more than 50% of marks in class tests of a course.**

Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. PGDY 101.1 and PGDY 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e PGDY 101.3 and PGDY 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

i. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. PGDY 101.1
ii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. PGDY 101.2
iii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. PGDY 101.3
iv. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. PGDY 101.4
v. Take average of the percentages obtained above.
vi. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

Note: In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four Cos for a course.

The set target may also be different for different COs. These issues may resolved by the Staff Councils of the departments/institutes.

For determining the attainment levels for end semester examination, it is assumed that questions in the end term examination are based on all COs of the course. Attainment levels for end semester examination of a course can be determined after the declaration of the results. The CO attainment levels for semester examination are given in Table 6.

Table 6 : CO Attainment Levels for End Semester Examination (ESE)

Attainment Level	
1 (Low level of attainment)	**60% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.**
2 (Medium level of attainment)	**70% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.**
3 (High Level of attainment)	**80% of students obtained letter grade of A or above (for CBCS/CBSS programs) or score more than 60% of marks (for non-CBCS/CBSS programs) in ESE of a course.**

Note: In the above table, the set target is assumed as grade A for CBCS/CBSS courses and 60% for non-CBCS/CBSS courses. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

Overall CO Attainment level of a Course:

The overall CO attainment level of a course can be obtained as:

Overall CO attainment level = 50% of CO attainment level in Internal assessment + 50% of CO Attainment level in end semester examination.

The overall COs attainment level can be obtained for all the courses of the program in a similar manner.

Attainment of POs:

The overall attainment level of POs is based on the values obtained using direct and indirect methods in the ratio of 80:20. The direct attainment of Pos is obtained through the attainment of COs. The overall CO attainment value as estimated above and CO-PO mapping value as shown in Table 4 are used to compute the attainment of POs. PO attainment values obtained using direct method can be written as shown in the Table 7.

Table 7: PO Attainment Values using Direct Method

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
PGDY 101									
PGDY 102									
PGDY 103									
-									
PGDY 206									
Direct PO attainment	Average of above values	Average of above values	Average of above values	--	--	--	--	--	Average of above values

The PO attainment values to be filled in above table can be obtained as follows:

For PGDY 101-PO1 Cell:

PO1 attainment value = (Mapping factor PGDY 101-PO1 from Table 4 x Overall CO attainment value for the course PGDY 101)/3

For PGDY 104-PO1 Cell:

PO1 attainment value = (Mapping factor of PGDY 104-PO1 from Table 4 x Overall CO attainment value for the course PGDY 104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of Pos is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of Pos may be conducted at end of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =

[0.8 x average attainment value for PO1 using direct method (from table 7)] + [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.

Table 8: PO Questionnaire for indirect measurement of PO attainment (For Outgoing students)

At the end of my degree program I am able to do:

Statements of POs	Please Tick any one		
1. Learners will be able to comprehend the acquire knowledge during the Program of study.	3	2	1
2. Learners will be able to reflect on the issues relating to the discipline- 'Education'.	3	2	1
3. Learners will be able to exhibit the professional skills and competencies acquired during the Program of study.	3	2	1
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.	3	2	1
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.	3	2	1
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.	3	2	1
7. Learners will be able to discuss and solve the problems relating to the discipline and life.	3	2	1
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.	3	2	1
9. Learners will be able to apply different tools and techniques of communication and related skills.	3	2	1

Overall PO attainment values can be written as shown in Table 9:

Table 9: Overall PO attainment Values.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
Direct PO attainment									
Indirect PO attainment									
Overall PO attainment.									
Target									

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner.

MASTER OF PHYSICAL EDUCATION (M.P.Ed) -TWO YEAR PROGRAM UNDER CHOICE BASESD CREDIT SYSTEM (CBCS) W.E.F. 2019-2020 & LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION W.E.F. 2020-21.

KURUKSHETRA UNIVERSITY KURUKSHETRA

(Established by the State Legislature Act XII of 1956)

Kurukshetra University, Kurukshetra

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

(Changes will be implement from Session 2019-2020)

Semester-IInd

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	CCC	--	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 of Physical Education (M.P.Ed)

(Changes will be implemented 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 Environmental 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 of 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**

PROGRAM OUTCOMES: -

1. Learners will be able to comprehend the acquire knowledge during the Program of study.
2. Learners will be able to reflect on the issues relating to the discipline- 'Education'.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Program of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills.

PROGRAM SPECIFIC OUTCOMES: -

After completing the program student- teacher will be able to:

1. Apply the basic concept of research, various test & measurement techniques and statistical application in research process for computing results.
2. Apply and demonstrate fundamentals of kinesiology including physiology of exercise, teaching movement related skills, health promotion and enhancement of sport performance through systematic and scientific sports training, appropriate psychological and yogic technique application.
3. Apply and demonstrate different physiotherapeutical modalities in consideration with bio-mechanical principles, health and fitness & nutritional status required for recovery from injuries and enhancing sports performance.
4. Use digital communication as an effective tool and utilize appropriate technology and multimedia to organize, analyze, interpret and present information while applying effective management principles in pedagogical process.
5. Demonstrate the techniques of different sports, interpretation of rules and regulations and officiating and coaching competency at various levels.

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 **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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 101.1 understand the meaning, need, importance, characteristics, types of research and research problem.
MPEd 101.2 understand the meaning, types, methods, sampling and formulation of hypothesis.
MPEd 101.3 understand the need, kinds of, sources of review of related literature and different types of variables.
MPEd 101.4 understand ethical issues, its areas and different types of research tools.

SYLLABUS

Unit – I: Introduction.

1. Meaning and Definition of Research, Need and importance of Research in Physical Education and Sport, Characteristics of Research in Physical Education & Sport.
2. Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta-Analysis.
3. 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.

1. Meaning and Definition of Sample and Population.
2. Types of Sampling: Probability Methods- Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling, Multistage Sampling.
3. Non- Probability Methods: Convenience Sample, Judgement Sampling, Quota Sampling.
4. 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.

1. 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.
2. 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.

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

MPEd 101 - Research Process in Physical Education.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 101.1	3	3	3	3	2	2	3	3	3
MPED 101.2	3	2	3	3	3	3	2	2	3
MPED 101.3	3	2	3	3	2	2	3	3	3
MPED 101.4	2	2	3	3	2	3	2	2	2
Average	2.75	2.25	3	3	2.25	2.5	2.5	2.5	2.75

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 101.1	3	2	2	3	2
MPED 101.2	3	3	2	3	2
MPED 101.3	3	3	2	3	2
MPED 101.4	3	2	2	3	2
Average	3	2.5	2	3	2

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 101.1	3	3	3	3	2	2	3	3	3	3	2	2	3	2
MPED 101.2	3	2	3	3	3	3	2	2	3	3	3	2	3	2
MPED 101.3	3	2	3	3	2	2	3	3	3	3	3	2	3	2
MPED 101.4	2	2	3	3	2	3	2	2	2	3	2	2	3	2
Average	2.75	2.25	3	3	2.25	2.5	2.5	2.5	2.75	3	2.5	2	3	2

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 102.1 understand the Meaning, Characteristics, Types, Phases and Methods of Training load, Adaptation, overload and Recovery.
MPEd 102.2 understand the Meaning, Types, Methods of various motor components i.e. Strength, Speed, Endurance, Flexibility and Coordinative abilities.
MPEd 102.3 understand the Meaning, Characteristics, Aim, Phases, Methods of technique and Tactical training of different sports.
MPEd 102.4 understand the Meaning, Aim, Phases and types of Training plans, Periodization and Competition.

SYLLABUS

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).

References:

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

MPEd 102 - Principles of Sports Training.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 102.1	3	3	3	2	3	3	3	3	3
MPED 102.2	3	3	3	1	3	3	3	2	3
MPED 102.3	3	3	3	3	3	3	3	3	3
MPED 102.4	3	3	3	2	3	3	2	3	3
Average	3	3	3	2	3	3	2.75	2.75	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 102.1	2	3	3	2	2
MPED 102.2	3	3	3	3	1
MPED 102.3	3	3	2	3	1
MPED 102.4	2	2	2	3	2
Average	2.5	2.75	2.5	2.75	1.5

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 102.1	3	3	3	2	3	3	3	3	3	2	3	3	2	2
MPED 102.2	3	3	3	1	3	3	3	2	3	3	3	3	3	1
MPED 102.3	3	3	3	3	3	3	3	3	3	3	3	2	3	1
MPED 102.4	3	3	3	2	3	3	2	3	3	2	2	2	3	2
Average	3	3	3	2	3	3	2.75	2.75	3	2.5	2.75	2.5	2.75	1.5

M.P.Ed.-103: Kinesiology.

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 103.1 understand the Meaning, Importance, Scope and Types of Kinesiology and Axis and Planes, Terminology of body Position and Body movement in Physical Education.
MPEd 103.2 enhance knowledge about functional classification, Origin, Insertion and Action of muscles located on back and abdominal, hip and neck region.
MPEd 103.3 understand the structure and movement of shoulder and elbow joint and origin, insertion and action of upper extremity muscles.
MPEd 103.3 enhance the knowledge about Hip joint, Knee joint, their structure, ligaments, muscle enforcement and movements along with origin insertion and action of the muscles of lower extremity.

SYLLABUS

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.

MPEd 103 – Kinesiology.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 103.1	3	2	3	3	3	2	2	2	3
MPED 103.2	3	2	3	3	3	2	2	1	3
MPED 103.3	3	3	3	3	3	2	2	2	3
MPED 103.4	3	3	3	3	3	2	2	1	3
Average	3	2.5	3	3	3	2	2	1.5	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 103.1	2	3	3	3	3
MPED 103.2	1	3	3	3	3
MPED 103.3	1	3	3	3	3
MPED 103.4	1	3	3	3	3
Average	1.25	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 103.1	3	2	3	3	3	2	2	2	3	2	3	3	3	3
MPED 103.2	3	2	3	3	3	2	2	1	3	1	3	3	3	3
MPED 103.3	3	3	3	3	3	2	2	2	3	1	3	3	3	3
MPED 103.4	3	3	3	3	3	2	2	1	3	1	3	3	3	3
Average	3	2.5	3	3	3	2	2	1.5	3	1.25	3	3	3	3

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 104.1 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.

MPEd 104.2 gain knowledge about various health problems in India like alcohol, tobacco, hypertension, diabetes, stress their causes effects and management.

MPEd 104.3 understand 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.

MPEd 104.4 understand the 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.

SYLLABUS

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.

MPEd 104 - Health Education and Sport Nutrition.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 104.1	3	3	3	3	3	3	2	3	3
MPED 104.2	3	2	3	3	2	2	1	2	3
MPED 104.3	3	3	3	3	3	3	3	3	3
MPED 104.4	3	3	3	3	3	3	3	3	3
Average	3	2.75	3	3	2.75	2.75	2.25	2.75	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 104.1	3	3	3	3	1
MPED 104.2	3	3	3	3	2
MPED 104.3	3	3	3	3	2
MPED 104.4	3	3	3	3	1
Average	3	3	3	3	1.5

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 104.1	3	3	3	3	3	3	2	3	3	3	3	3	3	1
MPED 104.2	3	2	3	3	2	2	1	2	3	3	3	3	3	2
MPED 104.3	3	3	3	3	3	3	3	3	3	3	3	3	3	2
MPED 104.4	3	3	3	3	3	3	3	3	3	3	3	3	3	1
Average	3	2.75	3	3	2.75	2.75	2.25	2.75	3	3	3	3	3	1.5

M.P.Ed.- 105: Information & Communication Technology (ICT) In Physical Education

Time: 3 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 Outcomes:-

After completing the course contents of this course, the students will be able to: -

MPEd 105.1 understand the 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.

MPEd 105.2 enhance and apply the knowledge of computer and its contents i.e. hardware and its input , output storage devices, software and its application with internet implications.

MPEd 105.3 apply and demonstrate the uses of MS Office applications, particularly in preparation of slides, Newsletters and Brochure.

MPEd 105.4 enhance the knowledge of computer assisted learning, project based learning, technology aided E-learning, web based learning, role of EDUSAT, viruses and its management.

SYLLABUS

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) Organization 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

MPEd 105 - Information & Communication Technology (ICT) In Physical Education.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 105.1	3	2	3	3	3	3	3	3	3
MPED 105.2	3	1	3	3	3	1	3	2	3
MPED 105.3	3	1	3	3	3	1	2	2	3
MPED 105.4	3	2	3	3	3	2	2	3	3
Average	3	1.5	3	3	3	1.75	2.5	2.5	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 105.1	3	2	3	3	3
MPED 105.2	3	1	2	3	3
MPED 105.3	3	1	1	3	3
MPED 105.4	3	3	2	3	3
Average	3	1.75	2	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 105.1	3	2	3	3	3	3	3	3	3	3	2	3	3	3
MPED 105.2	3	1	3	3	3	1	3	2	3	3	1	2	3	3
MPED 105.3	3	1	3	3	3	1	2	2	3	3	1	1	3	3
MPED 105.4	3	2	3	3	3	2	2	3	3	3	3	2	3	3
Average	3	1.5	3	3	3	1.75	2.5	2.5	3	3	1.75	2	3	3

Part – B
Practical Courses
Semester – I

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

Marks – 100

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 106.1 mark 400M and 200M Tracks.
MPEd 106.2 demonstrate different skills of various starts.
MPEd 106.3 demonstrate the techniques of long jump, triple jump & high jump.
MPEd 106.4 interpret the rules of Jumps.

SYLLABUS

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 106 - Athletics (Track Events and Jumps).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 106.1	3	3	3	1	3	3	3	3	3
MPED 106.2	3	3	3	1	3	3	3	3	3
MPED 106.3	3	3	3	1	3	3	3	3	3
MPED 106.4	3	3	3	1	3	3	3	3	3
Average	3	3	3	1	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 106.1	3	3	3	3	3
MPED 106.2	3	3	3	3	3
MPED 106.3	3	3	3	3	3
MPED 106.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 106.1	3	3	3	1	3	3	3	3	3	3	3	3	3	3
MPED 106.2	3	3	3	1	3	3	3	3	3	3	3	3	3	3
MPED 106.3	3	3	3	1	3	3	3	3	3	3	3	3	3	3
MPED 106.4	3	3	3	1	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	1	3	3	3	3	3	3	3	3	3	3

MPEd – 107: Game – (Handball and Cricket)

Marks – 100

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 107.1 mark handball court & cricket pitch.
MPEd 107.2 demonstrate basic skills of handball & cricket.
MPEd 107.3 interpret various rules of handball & cricket.
MPEd 107.4 fill score sheets of handball & cricket and demonstrate various officiating signals during competition.

SYLLABUS

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.

MPEd 107 - Game (Handball and Cricket).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 107.1	3	3	3	2	3	3	3	3	3
MPED 107.2	3	3	3	2	3	3	3	3	3
MPED 107.3	3	3	3	2	3	3	3	3	3
MPED 107.4	3	3	3	2	3	3	3	3	3
Average	3	3	3	2	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 107.1	3	3	3	3	3
MPED 107.2	3	2	3	3	3
MPED 107.3	3	2	3	3	3
MPED 107.4	1	3	3	3	3
Average	2.5	2.5	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 107.1	3	3	3	2	3	3	3	3	3	3	3	3	3	3
MPED 107.2	3	3	3	2	3	3	3	3	3	3	2	3	3	3
MPED 107.3	3	3	3	2	3	3	3	3	3	3	2	3	3	3
MPED 107.4	3	3	3	2	3	3	3	3	3	1	3	3	3	3
Average	3	3	3	2	3	3	3	3	3	2.5	2.5	3	3	3

M.P.Ed. – 108 - Health Education

Marks – 50

Credits=0.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 108.1 maintain health records.
MPEd 108.2 enhance and apply the knowledge of First aid and First aid box.
MPEd 108.3 recognize different postural deformities.
MPEd 108.4 demonstrate and apply remedial exercises to overcome deformities

SYLLABUS

(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

MPEd 108 - Health Education.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 108.1	3	3	3	3	3	3	3	1	3
MPED 108.2	3	3	3	3	3	3	3	3	3
MPED 108.3	3	3	3	3	3	3	3	3	3
MPED 108.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	2.5	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 108.1	3	2	2	3	1
MPED 108.2	2	3	1	3	1
MPED 108.3	3	3	3	3	1
MPED 108.4	3	3	3	3	1
Average	2.75	2.75	2.25	3	1

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 108.1	3	3	3	3	3	3	3	1	3	3	2	2	3	1
MPED 108.2	3	3	3	3	3	3	3	3	3	2	3	1	3	1
MPED 108.3	3	3	3	3	3	3	3	3	3	3	3	3	3	1
MPED 108.4	3	3	3	3	3	3	3	3	3	3	3	3	3	1
Average	3	3	3	3	3	3	3	2.5	3	2.75	2.75	2.25	3	1

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

Marks – 50

Credits=0.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 109.1 write different types of notices in sports.
MPEd 109.2 apply MS Word.
MPEd 109.3 **w**rite different types of letters for purchase, sports activities, annual athletic meet etc. in MS Word.
MPEd 109.4 prepare score sheets for different games & athletic events in MS word.

SYLLABUS

(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.

MPEd 109 - Information & Communication Technology (ICT) in Physical Education.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 109.1	3	3	3	3	3	1	3	3	3
MPED 109.2	3	3	3	3	3	3	3	3	3
MPED 109.3	3	3	3	3	3	3	3	3	3
MPED 109.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	2.5	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 109.1	3	3	3	3	3
MPED 109.2	3	3	3	3	3
MPED 109.3	3	3	3	3	3
MPED 109.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 109.1	3	3	3	3	3	1	3	3	3	3	3	3	3	3
MPED 109.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 109.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 109.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	2.5	3	3	3	3	3	3	3	3

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 **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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 201.1 enhance the knowledge about historical & philosophical research, their meaning, sources, historical criticism, tools of philosophical research & steps in critical thinking.

MPEd 201.2 understand the meaning, tools of survey research, meaning of questionnaire & interview, procedure construction for conducting interview.

MPEd 201.3 enhance knowledge about normative survey its meaning and factors affecting normative survey, case studies: meaning & steps of case study.

MPEd 201.4 understand experimental research, design of experimental research, research proposal and its significant steps of research proposal/synopsis format of synopsis and writing abstracts.

SYLLABUS

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

MPEd 201 - Research Process in Physical Education.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 201.1	3	3	3	3	2	2	3	3	3
MPED 201.2	3	2	3	3	3	3	2	2	3
MPED 201.3	3	2	3	3	2	2	3	3	3
MPED 201.4	2	2	3	3	2	3	2	2	2
Average	2.75	2.25	3	3	2.25	2.5	2.5	2.5	2.75

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 201.1	3	2	2	3	2
MPED 201.2	3	3	2	3	2
MPED 201.3	3	3	2	3	2
MPED 201.4	3	2	2	3	2
Average	3	2.5	2	3	2

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 201.1	3	3	3	3	2	2	3	3	3	3	2	2	3	2
MPED 201.2	3	2	3	3	3	3	2	2	3	3	3	2	3	2
MPED 201.3	3	2	3	3	2	2	3	3	3	3	3	2	3	2
MPED 201.4	2	2	3	3	2	3	2	2	2	3	2	2	3	2
Average	2.75	2.25	3	3	2.25	2.5	2.5	2.5	2.75	3	2.5	2	3	2

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 202.1 enhance the knowledge about Macro & Micro structure of skeletal muscle, sliding filament theory of muscular contraction, composition of muscle & effects of training on muscular system.

MPEd 202.2 enhance the knowledge about Cardiovascular conduction system, Various forms of blood circulation, Cardiac cycle, ECG & effects of training on Cardiovascular system.

MPEd 202.3 enhance the knowledge about Respiratory system, mechanism of Gaseous exchange, Aerobic & Anaerobic metabolism and effects of exercise on respiratory system.

MPEd 202.4 apply and demonstrate the body composition and its assessment through various techniques & sports performance in different climatic condition (hot, cold, and at high altitude).

SYLLABUS

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 fibres, 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, Electrocardiogram **(**ECG**),** Method of reading ECG.

UNIT – III: Respiratory System and Exercise.

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

UNIT – IV: Body Composition and 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.

References:

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.

MPEd 202 - Physiology of Exercise.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 202.1	3	3	3	3	3	2	2	1	3
MPED 202.2	3	3	3	3	3	2	3	1	3
MPED 202.3	3	3	3	3	3	2	3	1	3
MPED 202.4	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	2	2.5	1.5	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 202.1	2	3	3	3	2
MPED 202.2	2	3	2	3	3
MPED 202.3	2	3	3	3	2
MPED 202.4	3	3	3	3	3
Average	2.25	3	2.75	3	2.5

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 202.1	3	3	3	3	3	2	2	1	3	2	3	3	3	2
MPED 202.2	3	3	3	3	3	2	3	1	3	2	3	2	3	3
MPED 202.3	3	3	3	3	3	2	3	1	3	2	3	3	3	2
MPED 202.4	3	3	3	3	3	2	2	3	3	3	3	3	3	3
Average	3	3	3	3	3	2	2.5	1.5	3	2.25	3	2.75	3	2.5

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 203.1 understand the 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.

MPEd 203.2 enhance the knowledge about variability, range, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.

MPEd 203.3 enhance and apply the computation & significance of probability curve, types of skewness & kurtosis, Calculation of probability, types of computation of correction.

MPEd 203.4 apply and demonstrate the graphical representation of data & testing of hypothesis.

SYLLABUS

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

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

Unit-II: Introduction of Variability

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

Unit – III: Introduction to Normal Probability Curve and Correlation

1. Meaning of Normal Probability Curve, Properties of Normal Curve.
2. Meaning and types of Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores
3. Calculation of probability for various combinations of Heads and Tails.
4. 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

1. 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.
2. 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.

MPEd 203 - Applied Statistics in Physical Education & Sports.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 203.1	3	2	3	3	3	2	3	2	3
MPED 203.2	3	3	3	3	3	2	3	2	3
MPED 203.3	3	3	3	3	3	2	3	2	3
MPED 203.4	3	3	3	3	3	2	3	2	3
Average	3	2.75	3	3	3	2	3	2	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 203.1	3	3	2	3	3
MPED 203.2	3	2	3	3	3
MPED 203.3	3	2	3	3	3
MPED 203.4	3	3	2	3	3
Average	3	2.5	2.5	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 203.1	3	2	3	3	3	2	3	2	3	3	3	2	3	3
MPED 203.2	3	3	3	3	3	2	3	2	3	3	2	3	3	3
MPED 203.3	3	3	3	3	3	2	3	2	3	3	2	3	3	3
MPED 203.4	3	3	3	3	3	2	3	2	3	3	3	2	3	3
Average	3	2.75	3	3	3	2	3	2	3	3	2.5	2.5	3	3

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 204.1 enhance knowledge about Physical fitness & Wellness, dimension of wellness, principles of fitness, wellness & recreation, components of fitness & wellness assessment.

MPEd 204.2 understand the categorization of sports according to energy needs, diet plan, fluid & electrolyte balance in sports performance, Fluid guidelines before during and after exercise.

MPEd 204.3 enhance knowledge about aerobic and anaerobic fitness, benefits of aerobic and anaerobic exercises. Assessment of fitness & goal setting to improve aerobic and anaerobic fitness.

MPEd 204.4 enhance and apply the meaning and type of ergogenic aids, Nation & World anti-doping agency, anti-doping rules of WADA, Banned substances and effects of doping on health.

SYLLABUS

Unit I – Introduction of Physical Fitness and Wellness.

1. 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.

1. Categorization 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.
2. 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

1. 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

1. Meaning of Ergogenic Aids, Ergogenic Aids: Mechanical Aids, Pharmacological Aids, Physiological Aids, Nutritional Aids and Psychological Aids.
2. World and National Anti Doping Agency, Anti doping rules of WADA, Category of Banned substances and methods. Side effects of doping on health.

Reference:

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

MPEd 204 - Physical fitness & Wellness.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 204.1	3	3	3	3	3	3	3	3	3
MPED 204.2	3	3	3	3	3	3	3	3	3
MPED 204.3	3	3	3	3	3	3	3	3	3
MPED 204.4	3	2	3	3	2	3	3	3	3
Average	3	2.75	3	3	2.75	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 204.1	3	3	3	3	3
MPED 204.2	3	3	3	3	3
MPED 204.3	3	3	3	3	3
MPED 204.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 204.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 204.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 204.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 204.4	3	2	3	3	2	3	3	3	3	3	3	3	3	3
Average	3	2.75	3	3	2.75	3	3	3	3	3	3	3	3	3

M.P.Ed. – 205: Yogic Science.

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 205.1 understand the Philosophy of yoga, types of yoga & yogic practices.
MPEd 205.2 understand the meaning & basic principles and methods of naturopathy, chakras and their benefits.
MPEd 205.3 apply and demonstrate the knowledge of Shatkriya, Bandhas, and Mudras, their techniques & benefits.
MPEd 205.4 apply the knowledge of yoga in psychological preparation of athletes along with physiological aspects of body systems and effects of meditation on body.

SYLLABUS

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 Naturopathy & Chakras

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.

References:

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.

MPEd 205 - Yogic Science.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 205.1	3	3	3	3	3	3	3	3	3
MPED 205.2	3	3	3	3	3	3	3	3	3
MPED 205.3	3	3	3	3	3	3	3	3	3
MPED 205.4	3	3	3	3	3	3	3	2	3
Average	3	3	3	3	3	3	3	2.75	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 205.1	3	3	3	3	3
MPED 205.2	3	3	3	3	3
MPED 205.3	3	3	3	3	3
MPED 205.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 205.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 205.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 205.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 205.4	3	3	3	3	3	3	3	2	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	2.75	3	3	3	3	3	3

Part – B
Practical Courses
Semester – 2nd

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

Marks – 100

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 206.1 mark Shot Put, Discus & Javelin Throwing Sectors.
MPEd 206.2 apply and demonstrate basic techniques of Shot Put & Javelin Throw techniques (standing & Parry O' Brien Technique).
MPEd 206.3 interpret rules of Shot Put and Javelin throw techniques.
MPEd 206.4 apply and demonstrate techniques of Baton exchange in relay races & organize athletic meet.

SYLLABUS

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.

MPEd 206 - Athletics (Throws and Conduct of Athletic Meet).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 206.1	3	3	3	3	3	3	3	3	3
MPED 206.2	3	3	3	3	3	3	3	3	3
MPED 206.3	3	3	3	3	3	3	3	3	3
MPED 206.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 206.1	1	3	1	3	3
MPED 206.2	3	3	3	3	3
MPED 206.3	3	3	3	3	3
MPED 206.4	3	3	1	3	3
Average	2.50	3	2	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 206.1	3	3	3	3	3	3	3	3	3	1	3	1	3	3
MPED 206.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 206.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 206.4	3	3	3	3	3	3	3	3	3	3	3	1	3	3
Average	3	3	3	3	3	3	3	3	3	2.50	3	2	3	3

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

Marks – 100

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 207.1 mark volleyball court and place wrestling mats and boxing ring.
MPEd 207.2 demonstrate basic techniques of volleyball.
MPEd 207.3 demonstrate basic techniques of wrestling, boxing and interpret the rules.
MPEd 207.4 fill score sheets and use signals.

SYLLABUS

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.

MPEd 207 - Game (Volleyball, Wrestling & Boxing).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 207.1	3	3	3	3	3	3	3	3	3
MPED 207.2	3	3	3	3	3	3	3	3	3
MPED 207.3	3	3	3	3	3	3	3	3	3
MPED 207.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 207.1	3	3	3	3	3
MPED 207.2	3	3	3	3	3
MPED 207.3	3	3	2	3	3
MPED 207.4	3	2	2	3	3
Average	3	2.75	2.5	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 207.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 207.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 207.3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
MPED 207.4	3	3	3	3	3	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3

M.P.Ed. – 208: Yoga

(Marks – 50)

Credits=0.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 208.1 apply and demonstrate different Asanas.
MPEd 208.2 apply and demonstrate different Pranayamas.
MPEd 208.3 apply teaching precautions before yogic activities.
MPEd 208.4 enhance the knowledge about effects of Asanas and Pranayamas on body

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

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

MPEd 208 – Yoga.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 208.1	3	3	3	3	3	3	3	3	3
MPED 208.2	3	3	3	3	3	3	3	3	3
MPED 208.3	3	3	3	3	3	3	3	3	3
MPED 208.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 208.1	3	3	3	3	3
MPED 208.2	3	3	3	3	3
MPED 208.3	3	3	3	3	3
MPED 208.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 208.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 208.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 208.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 208.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

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

(Marks – 50)

Credits=0.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 209.1 Apply basic statistical techniques in research.
MPEd 209.2 Use Mean, Median & Standard deviation.
MPEd 209.3 Apply t-test, ANOVA and Correlation.
MPEd 209.4 Apply different types of diagrams

SYLLABUS

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)

MPEd 209 - Applied Statistics and ICT.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 209.1	3	3	3	3	3	3	3	3	3
MPED 209.2	3	3	3	3	3	3	3	3	3
MPED 209.3	3	3	3	3	3	3	3	3	3
MPED 209.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 209.1	3	3	3	3	3
MPED 209.2	3	3	3	3	3
MPED 209.3	3	3	3	3	3
MPED 209.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 209.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 209.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 209.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 209.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

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

Time: 2 Hours **Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)**
Credits=2

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 unit (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 comprise of 4 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 210.1 understand Indian Philosophy of Yoga, its types, five blossoms & Yogic practices.
MPEd 210.2 apply and demonstrate the knowledge of Sankhya, Gyan, Karma, Bhakti Yoga & Bhagwad Gita.

Unit- I Indian Philosophy of Yoga.

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

Unit- II Yoga in Shrimad Bhagwad Gita.

1. Introduction and Historical background to Bhagwat Gita
2. Sankhya Yoga
3. Gyan Yoga
4. Karma Yoga
5. Bhakti Yoga
6. 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.

MPEd 210 - Philosophy of Yoga.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 210.1	3	3	3	3	3	3	2	3	3
MPED 210.2	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	2.5	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 210.1	3	3	3	3	3
MPED 210.2	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 210.1	3	3	3	3	3	3	2	3	3	3	3	3	3	3
MPED 210.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	2.5	3	3	3	3	3	3	3

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

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**
01Credits=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: -

After completing the course contents of this course, the students will be able to: -

MPEd 301.1 enhance the knowledge about sports & exercise Psychology and theories of learning.
MPEd 301.2 apply the knowledge of Psychological skill training and its types, phases in game and sports along with the types and principles of goal setting.
MPEd 301.3 understand the concept of motivation, its models and theories, meaning, causes symptoms of stress and its management through various means.
MPEd 301.4 understand the meaning, structure and different theories of personality.

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.

MPEd 301 - Sport Psychology

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 301.1	3	3	3	3	3	2	3	2	3
MPED 301.2	3	3	3	3	3	3	3	3	3
MPED 301.3	3	3	3	3	3	3	3	2	3
MPED 301.4	3	3	3	3	3	2	3	2	3
Average	3	3	3	3	3	2.5	3	2.25	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 301.1	2	2	2	3	3
MPED 301.2	3	3	3	3	3
MPED 301.3	3	3	3	3	3
MPED 301.4	3	2	3	3	3
Average	2.75	2.5	2.75	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 301.1	3	3	3	3	3	2	3	2	3	2	2	2	3	3
MPED 301.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 301.3	3	3	3	3	3	3	3	2	3	3	3	3	3	3
MPED 301.4	3	3	3	3	3	2	3	2	3	3	2	3	3	3
Average	3	3	3	3	3	2.5	3	2.25	3	2.75	2.5	2.75	3	3

M.P.Ed – 302: SPORT MEDICINE

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 302.1 understand the meaning, importance, principles, purposes, concept and aspects of sports medicines with career opportunities in this field.

MPEd 302.2 enhance knowledge about different sports injuries such as sprain, strain, dislocation and fracture, their symptoms, treatment with strapping and aiding equipments.

MPEd 302.3 apply and demonstrate the techniques of PRICE, TENS, hydrotherapy, Cryotherapy and Manual therapy with their effects, contraindications, advantages and their benefits as Physiotherapeutic modalities.

MPEd 302.4 apply and demonstrate different therapeutic exercises such as strengthening exercises, flexibility exercises, balance exercises in exercise therapy along with aquatic therapy in the process of rehabilitation.

SYLLABUS

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.

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 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.

MPEd 302 - SPORT MEDICINE.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 302.1	3	3	3	3	3	3	3	3	3
MPED 302.2	3	3	3	3	3	2	3	3	3
MPED 302.3	3	3	3	3	3	3	3	3	3
MPED 302.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	2.75	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 302.1	3	3	3	3	3
MPED 302.2	3	3	3	3	3
MPED 302.3	3	3	3	3	3
MPED 302.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 302.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 302.2	3	3	3	3	3	2	3	3	3	3	3	3	3	3
MPED 302.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 302.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	2.75	3	3	3	3	3	3	3	3

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 303.1 understand the meaning, need and importance of test, measurement and evaluation along with its technical standards.

MPEd 303.2 enhance and apply the knowledge of various motor ability and fitness test such as barrow motor ability test, AAHPER youth fitness test, Copper 12 min run test and likewise.

MPEd 303.3 enhance and apply different game skill test like French Short Serve Badminton Test, Johnson Basketball Test, Mor-Christian General Soccer Ability Skill Test Battery and likewise.

MPEd 303.4 apply and demonstrate methods of measuring skin fold of different regions in men and women and measuring posture through IOWA posture test and other similar tests.

SYLLABUS

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 Publication.

MPEd 303 - TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 303.1	3	3	3	3	3	3	3	3	3
MPED 303.2	3	3	3	3	3	3	3	3	3
MPED 303.3	3	3	3	3	3	3	3	3	3
MPED 303.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 303.1	3	3	2	3	3
MPED 303.2	3	2	2	3	3
MPED 303.3	3	2	3	3	3
MPED 303.4	3	2	2	3	3
Average	3	2.25	2.25	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 303.1	3	3	3	3	3	3	3	3	3	3	3	2	3	3
MPED 303.2	3	3	3	3	3	3	3	3	3	3	2	2	3	3
MPED 303.3	3	3	3	3	3	3	3	3	3	3	2	3	3	3
MPED 303.4	3	3	3	3	3	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	3	2.25	2.25	3	3

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 304.1 understand the force, torque and their effect on injury, tissue response to injury, healing of soft and hard tissue, neurological basis of pain, pain pathway and relief mechanism.

MPEd 304.2 assess sports injuries and apply line of treatment.

MPEd 304.3 use and demonstrate various Therapeutic modalities in rehabilitation process such as PNF, short wave of diathermy, Micro wave diathermy, ultrasound therapy, Infra red rays and other similar modalities.

MPEd 304.4 assess symptoms of various sports injuries along with their treatment such as tennis/golfer elbow, rotator cough injury, spondylosis, tennis lag, jumpers knee and other similar sports specific injurie.

SYLLABUS

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, Spondylosis, 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.

MPEd 304 - Athletic Care and Rehabilitation.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 304.1	3	3	3	3	3	3	3	3	3
MPED 304.2	3	3	3	3	2	3	3	3	3
MPED 304.3	3	3	3	3	2	3	3	3	3
MPED 304.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	2.5	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 304.1	2	3	3	3	3
MPED 304.2	3	3	3	3	3
MPED 304.3	3	3	3	3	3
MPED 304.4	3	3	3	3	3
Average	2.75	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 304.1	3	3	3	3	3	3	3	3	3	2	3	3	3	3
MPED 304.2	3	3	3	3	2	3	3	3	3	3	3	3	3	3
MPED 304.3	3	3	3	3	2	3	3	3	3	3	3	3	3	3
MPED 304.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	2.5	3	3	3	3	2.75	3	3	3	3

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

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 305.1 understand meaning of value, value education and their importance, types of values and their effecting factors.

MPEd 305.2 understand the meaning, need and types of ethics in sports and WADA ethical panel in anti-doping.

MPEd 305.3 understand meaning, scope and need of environmental studies, pollution and its various types, Global warming, Renewable and Non renewable mineral resources and products.

MPEd 305.4 understand water-pollution, soil pollution, their prevention and controlling means.

SYLLABUS

UNIT I – Introduction to Value Education

1. Values: Meaning, Definition and Concepts of Values.
2. Value Education: Importance and Objectives of Value Education.
3. Moral Values: Need and Theories of Values.
4. Classification of Values: Basic Values of Religion and Classification of Values.
5. Factors effecting Values

UNIT II – Ethics System

1. Meaning and Definition of Ethics in Sport, Need of ethics in Sport,
2. Types of ethics, Mainstream Ethical Theories in Sport.
3. Ethics for a coach, a physical education teacher and a player.
4. WADA Ethical Panel: Guiding Values in Sport and Anti-Doping

Unit- III – Environmental Education

1. 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 non-renewable mineral resources, Bio – degradable and non bio – degradable products.

Unit - V Natural Resources and related environmental issues

1. Water Pollution: Parameters of water quality, Prevention and controlling groundwater and surface water pollution, water harvesting techniques
2. Soil contamination by salinization and pesticides, Desertification by human impact, Preventing and controlling soil pollution
3. 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 305 - Value and Environmental Education.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 305.1	3	3	2	2	2	3	3	3	3
MPED 305.2	3	3	3	3	3	3	3	3	3
MPED 305.3	3	3	2	3	3	3	3	3	3
MPED 305.4	3	3	2	3	3	3	3	3	3
Average	3	3	2.25	2.75	2.75	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 305.1	1	2	2	3	3
MPED 305.2	3	1	2	3	3
MPED 305.3	3	2	1	3	3
MPED 305.4	3	1	3	3	3
Average	2.5	1.50	2	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 305.1	3	3	1	2	1	3	3	3	3	1	2	2	3	3
MPED 305.2	3	3	3	3	3	3	3	3	3	3	1	2	3	3
MPED 305.3	3	3	2	3	3	3	3	3	3	3	2	1	3	3
MPED 305.4	3	3	2	3	3	3	3	3	3	3	1	3	3	3
Average	3	3	2	2.75	2.5	3	3	3	3	2.5	1.50	2	3	3

MPEd – 306: Game – (Hockey and Basketball).

Marks – 100

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 306.1 mark Hockey ground and basketball court.
MPEd 306.2 demonstrate basic techniques of basketball and interpret rules.
MPEd 306.3 demonstrate basic techniques of hockey and interpret rules.
MPEd 306.4 fill score sheets and use signals.

SYLLABUS

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.

MPEd 306 - Game – (Hockey and Basketball).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 306.1	3	3	3	3	3	3	3	3	3
MPED 306.2	3	3	3	3	3	3	3	3	3
MPED 306.3	3	3	3	3	3	3	3	3	3
MPED 306.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 306.1	3	3	3	3	3
MPED 306.2	3	3	3	3	3
MPED 306.3	3	3	2	3	3
MPED 306.4	3	2	2	3	3
Average	3	2.75	2.5	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 306.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 306.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 306.3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
MPED 306.4	3	3	3	3	3	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3

M.P.Ed – 307: Game – (Kabaddi andKho-Kho)

Marks – 100

Kabaddi: 50, Kho-Kho; 50

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 307.1 mark Kabaddi court and Kho-kho court.
MPEd 307.2 demonstrate basic techniques of Kabaddi and interpret rules.
MPEd 307.3 demonstrate basic techniques of Kho-kho and interpret rules.
MPEd 307.4 fill score sheets and use signals.

SYLLABUS

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.

MPEd 307 - Game – (Kabaddi and Kho-Kho).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 307.1	3	3	3	3	3	3	3	3	3
MPED 307.2	3	3	3	3	3	3	3	3	3
MPED 307.3	3	3	3	3	3	3	3	3	3
MPED 307.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 307.1	3	3	3	3	3
MPED 307.2	3	3	3	3	3
MPED 307.3	3	3	2	3	3
MPED 307.4	3	2	2	3	3
Average	3	2.75	2.5	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 307.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 307.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 307.3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
MPED 307.4	3	3	3	3	3	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3

M.P.Ed – 308: Sports Psychology

Marks – 50

Credits=0.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 308.1 develop concept of different psychological tests.
MPEd 308.2 apply and demonstrate about Co-operation and Competition test Research series.
MPEd 308.3 apply and demonstrate Sports Aggression Inventory & Self concept questionnaire in sports.
MPEd 308.4 apply and demonstrate about ASAAP & Leader Behavior scale.

SYLLABUS

***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**

MPEd 308 - Sports Psychology.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 308.1	3	3	3	3	3	3	3	3	3
MPED 308.2	3	3	3	3	3	3	3	3	3
MPED 308.3	3	3	3	3	3	3	3	3	3
MPED 308.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 308.1	3	3	3	3	3
MPED 308.2	3	3	3	3	3
MPED 308.3	3	3	3	3	3
MPED 308.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 308.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 308.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 308.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 308.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

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

Marks – 50

Credits=0.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 309.1 measure Body fat at different locations for man and women with skin fold caliper.
MPEd 309.2 measure circumference & height of different body parts.
MPEd 309.3 assess Physical fitness with Harvard Step test.
MPEd 309.4 analyze posture with IOWA Posture test.

SYLLABUS

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

MPEd 309 - Tests, Measurement and Evaluation in Physical Education.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 309.1	3	3	3	3	3	3	3	3	3
MPED 309.2	3	3	3	3	3	3	3	3	3
MPED 309.3	3	3	3	3	3	3	3	3	3
MPED 309.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 309.1	3	3	3	3	3
MPED 309.2	3	3	3	3	3
MPED 309.3	3	3	3	3	3
MPED 309.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 309.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 309.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 309.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 309.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

M.P.Ed. - 310: Wellness

Time: 2 Hours **Total Marks: 50 (Theory Marks: 40 + Internal Assessment: 10)**
Credits=2

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 unit (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 comprise of 4 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 310.1 understand meaning, dimensions and principles of Physical fitness and Wellness, their assessment, and calculation of Aerobic and Anaerobic training zones with their health benefits.

MPEd 310.2 enhance and apply concept of balance diet, its components, factors, different types of nutrients, Electrolyte balance and Weight management through exercise and Diet planning.

SYLLABUS

Unit I – Introduction of Wellness

1. Meaning of Physical Fitness and Wellness
2. Dimensions of Wellness
3. Principles of physical fitness and wellness
4. Primary and Secondary components of fitness
5. Assessment of wellness
6. Difference between aerobic and anaerobic fitness
7. Calculation to aerobic and anaerobic training zone
8. Health benefits of aerobic and anaerobic exercise

Unit II –Nutritional aspect of Wellness

1. Meaning and concept of Balance Diet
2. Component of Balance diet.
3. Factor effecting balance diet.
4. Meaning and classification of Nutrients: Brief introduction of Micro and Macro Nutrients
5. Role of Fluid and electrolytes balance in healthy living
6. Symptoms and Results of Dehydration
7. Weight management through exercise and diet
8. 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

MPEd 310 - Wellness

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 310.1	3	3	3	3	3	3	3	3	3
MPED 310.2	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 310.1	3	3	3	3	3
MPED 310.2	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 310.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 310.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

M.P.Ed.-401: SPORTS JOURNALISM & MASS MEDIA

Time: 3 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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 401.1 understand the meaning, elements and ethical standards of professionalism, Various sports news agencies, broadcasting channels and their role in sports.

MPEd 401.2 enhance knowledge about mass media and its different forms, role of media in sports and commercialization and privatization changes in sports media.

MPEd 401.3 understand about basic concepts of sport sociology, relationship of sports with culture, social interaction through sports and role of physical education in handling social problems.

MPEd 401.4 understand the about group cohesion, interaction, morale in group and about counseling and its skills in sports.

SYLLABUS

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. NewDelhi: 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.

MPEd 401 - SPORTS JOURNALISM & MASS MEDIA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 401.1	3	3	3	3	3	3	3	3	3
MPED 401.2	3	3	3	3	3	3	3	3	3
MPED 401.3	3	3	3	3	3	3	3	3	3
MPED 401.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 401.1	1	3	3	3	3
MPED 401.2	2	3	3	3	3
MPED 401.3	3	3	3	3	3
MPED 401.4	3	2	2	3	3
Average	2.25	2.75	2.75	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 401.1	3	3	3	3	3	3	3	3	3	1	3	3	3	3
MPED 401.2	3	3	3	3	3	3	3	3	3	2	3	3	3	3
MPED 401.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 401.4	3	3	3	3	3	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	2.25	2.75	2.75	3	3

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

Time: 3 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 comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 401.1 understand the meaning, characteristics, types and scope of education technology and to provide knowledge about communication and its related aspects.

MPEd 402.2 Enhance the knowledge to differentiate between teaching and training their nature and characteristics, phases and principles of teaching in physical education and sports.

MPEd 402.3 understand the meaning, need, types and structure of lesson plan

MPEd 402.4 learn and apply multimedia approach in teaching-learning process.

SYLLABUS

Unit I – Introduction to Educational technology and Communication

1. Educational technology: meaning, characteristics and Scope. Types of educational technology: teaching technology, instructional technology, and behavior technology.
2. 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

1. 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.
2. General principles of teaching in physical education.

Unit III – Lesson Planning

1. 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.
2. 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

1. Meaning of Audio-visual media Aids, Classification of Audio-visual media Aids. Characteristics of Audio-visual media Aids.
2. 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:

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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.

MPEd 402 - EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 402.1	3	2	3	3	3	2	3	2	3
MPED 402.2	3	1	3	3	3	3	3	3	3
MPED 402.3	3	2	3	3	3	1	3	2	3
MPED 402.4	3	2	3	3	3	3	3	3	3
Average	3	1.75	3	3	3	2.25	3	2.5	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 402.1	3	3	3	3	3
MPED 402.2	3	2	3	3	3
MPED 402.3	2	3	3	3	3
MPED 402.4	3	3	3	3	3
Average	2.75	2.75	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 402.1	3	2	3	3	3	2	3	2	3	3	3	3	3	3
MPED 402.2	3	1	3	3	3	3	3	3	3	3	2	3	3	3
MPED 402.3	3	2	3	3	3	1	3	2	3	2	3	3	3	3
MPED 402.4	3	2	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	1.75	3	3	3	2.25	3	2.5	3	2.75	2.75	3	3	3

M.P.Ed.-403: SPORTS BIOMECHANICS

Time: 3 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 comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes:-

After completing the course contents of this course, the students will be able to: -

MPEd 403.1 develop the concept of bio-mechanical terminologies such as distance, displacement, speed, velocity, acceleration, mass and weight along with motion and its variations.
MPEd 403.2 apply and demonstrate the concept of Lever and its types, force, its properties and its effects.
MPEd 403.3 apply and demonstrate the concept of centre of gravity, equilibrium, projectile and use of buoyancy force in different sports events.
MPEd 403.4 apply and demonstrate techniques of spin and mechanical analysis of walking, running, takeoff and landing in jump and short put.

SYLLABUS

Unit- I

1. Meaning and Scope of Biomechanics in Physical Education
2. Basic concepts of kinematics and kinetics
3. Definition of terms: Distance, Displacement, Speed, Velocity, Acceleration, Mass and Weight.
4. Meaning of Motion and types of Motion

Unit- II

1. Newton's Laws of Motion and their application in Sport.
2. **Lever:** (a) Classification of Levers and Lever Arms
    a. (b) Concept of Mechanical advantage
    b. (c) Human body levers.
3. **Force:** (a) Definition and Effects of Forces.
    a. (b) Properties of Force
    b. (c) Internal and External Forces
    c. (d) Centripetal and Centrifugal Forces
    d. (e) Friction: Meaning, Coefficient of friction, factors effecting friction

Unit – III

1. Meaning of Center of Gravity and Line of Center of Gravity
2. Meaning Equilibrium, types of equilibrium & principles of stability
3. Meaning of Projectile, Characteristics of Projectile, Range of Projectile, Height of Projectile
4. and Time of Projectile
5. Buoyancy Force and Principle of Flotation

Unit – IV

1. Meaning of Spin, Types of Spin, Effect of Spin on angle of rebound and velocity
2. Magnus Effect
3. Meaning of Work, Power and Energy
4. Mechanical Analysis of Gait Cycle Walking and Running
5. Mechanical Analysis of Long Jump (Takeoff and landing)
6. Mechanical Analysis Shot Put (Power Position and Delivery Phase)

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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.
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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.
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Shaw, D. Mechanical Bases of Biomechanics, London- A & C, 2003

MPEd 403 - SPORTS BIOMECHANICS.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 403.1	3	3	3	3	3	2	3	3	3
MPED 403.2	3	3	3	3	3	1	3	3	3
MPED 403.3	3	3	3	3	3	1	3	3	3
MPED 403.4	3	3	3	3	3	2	3	3	3
Average	3	3	3	3	3	1.5	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 403.1	3	3	2	3	3
MPED 403.2	3	3	3	3	3
MPED 403.3	3	3	3	3	3
MPED 403.4	3	3	3	3	3
Average	3	3	2.75	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 403.1	3	3	3	3	3	2	3	3	3	3	3	2	3	3
MPED 403.2	3	3	3	3	3	1	3	3	3	3	3	3	3	3
MPED 403.3	3	3	3	3	3	1	3	3	3	3	3	3	3	3
MPED 403.4	3	3	3	3	3	2	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	1.5	3	3	3	3	3	2.75	3	3

M.P.Ed.-404: SPORTS TECHNOLOGY.

Time: 3 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 comprise of 10 short answer type questions of 2 marks each selected from the entire syllabus.

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 404.1 enhance the concept of sports technology, instrumentation, and various foams (Polyurethane, polystyrene, etc) and their uses in sports.

MPEd 404.2 apply nano-technology in sports material, equipments, play surfaces such as synthetic and cinder tracks, turf and cemented pitches, etc.

MPEd 404.3 apply concept of technology in surface of playfields and measuring gadgets in sports activities.

MPEd 404.4 apply and demonstrate modern sports facilities and training machines for enhancing training and competition performance.

SYLLABUS

Unit I – Sport Technology

1. Meaning and definition of Sport technology.
2. Significance of technology in Sport
3. General Principles of instrumentation in Sport.
4. 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

1. Meaning and definition of Nanotechnology
2. Meaning of nano glue and nano moulding technology.
3. Uses and benefits of Nanotechnology in Sport uniforms, and safety equipments
4. Uses and benefits of Nanotechnology in Sport equipments and playing surfaces

Unit III – Surfaces of Playfields and Measuring Gadgets

1. Method of construction and installation for Synthetic and Cinder tracks.
2. Method of construction for Cricket pitches: Turf and Cemented.
3. Meaning and types of flooring materials for different Sport: synthetic (polyurethane and poly grass) and wooden.
4. Modern Measuring Equipments used in Running, Throwing and Jumping Events.

Unit IV – Modern Stadiums and Training Machines

1. Cricket: Bowling Machine, Mechanism and Advantages,
2. Tennis: Serving Machine, Mechanism and Advantages,
3. Dimensions of Sport Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium and Out-door Stadium.
4. 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.

MPEd 404 - SPORTS TECHNOLOGY.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 404.1	3	3	3	3	3	2	3	3	3
MPED 404.2	3	3	3	3	3	2	3	3	3
MPED 404.3	3	3	3	3	3	3	3	3	3
MPED 404.4	3	2	3	3	3	3	3	3	3
Average	3	2.75	3	3	3	2.5	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 404.1	3	2	2	3	2
MPED 404.2	3	3	2	3	2
MPED 404.3	3	3	2	3	3
MPED 404.4	3	3	2	3	3
Average	3	2.75	2	3	2.5

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 404.1	3	3	3	3	3	2	3	3	3	3	2	2	3	2
MPED 404.2	3	3	3	3	3	2	3	3	3	3	3	2	3	2
MPED 404.3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
MPED 404.4	3	2	3	3	3	3	3	3	3	3	3	2	3	3
Average	3	2.75	3	3	3	2.5	3	3	3	3	2.75	2	3	2.5

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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPEd 405(i).1 enhance the basic concept of research and its need and characteristics in Physical Education and Sports.
MPEd 405(i).2 enhance the knowledge about research process and its contents.
MPEd 405(i).3 apply review of related literature.
MPEd 405(i).4 apply statistical techniques for computing results and writing research reports.

MPEd 405 - Option – (i) – Dissertation.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 405(i).1	3	2	3	3	3	3	1	1	3
MPED 405(i).2	3	2	3	3	3	3	2	3	3
MPED 405(i).3	3	3	3	3	3	3	1	3	3
MPED 405(i).4	3	3	3	3	3	3	3	3	3
Average	3	2.5	3	3	3	3	1.75	2.50	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 405(i).1	3	2	3	3	3
MPED 405(i).2	3	2	3	3	3
MPED 405(i).3	3	2	3	3	3
MPED 405(i).4	3	2	3	3	3
Average	3	2	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 405(i).1	3	2	3	3	3	3	1	1	3	3	2	3	3	3
MPED 405(i).2	3	2	3	3	3	3	2	3	3	3	2	3	3	3
MPED 405(i).3	3	3	3	3	3	3	1	3	3	3	2	3	3	3
MPED 405(i).4	3	3	3	3	3	3	3	3	3	3	2	3	3	3
Average	3	2.5	3	3	3	3	1.75	2.50	3	3	2	3	3	3

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 Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPED 405(ii).1 enhance the concept, need, career opportunities, functional elements and different processes of sports management.

MPED 405(ii).2 apply and demonstrate different approaches of Leadership, purpose, importance, principles and major problems in communication techniques in sports.

MPED 405(ii).3 understand the meaning, importance, principles, steps of planning and guidelines for sound public relation.

MPED 405(ii).4 apply knowledge of Human resource management in staff recruitment, their selection, responsibility and their relationship with the staff.

SYLLABUS

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 405 - Option – (ii): Sport Management.

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 405(ii).1	3	3	3	3	3	3	3	3	3
MPED 405(ii).2	3	3	3	3	3	3	3	3	3
MPED 405(ii).3	3	3	3	3	3	3	3	3	3
MPED 405(ii).4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 405(ii).1	2	3	2	3	3
MPED 405(ii).2	2	3	3	3	2
MPED 405(ii).3	3	2	3	3	2
MPED 405(ii).4	1	2	2	3	3
Average	2	2.5	2.5	3	2.5

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 405(ii).1	3	3	3	3	3	3	3	3	3	2	3	2	3	3
MPED 405(ii).2	3	3	3	3	3	3	3	3	3	2	3	3	3	2
MPED 405(ii).3	3	3	3	3	3	3	3	3	3	3	2	3	3	2
MPED 405(ii).4	3	3	3	3	3	3	3	3	3	1	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	2	2.5	2.5	3	2.5

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

Marks – 100

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPED 406.1 mark Baseball ground, Softball ground & Lawn tennis court.
MPED 406.2 demonstrate basic techniques of Baseball ground, Softball ground.
MPED 406.3 demonstrate basic techniques of Lawn tennis court.
MPED 406.4 fill score sheets and use signals.

SYLLABUS

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 406 – Game – I (Baseball, Softball & Lawn tennis).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 406.1	3	3	3	3	3	3	3	3	3
MPED 406.2	3	3	3	3	3	3	3	3	3
MPED 406.3	3	3	3	3	3	3	3	3	3
MPED 406.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 406.1	3	3	3	3	3
MPED 406.2	3	3	3	3	3
MPED 406.3	3	3	2	3	3
MPED 406.4	3	2	2	3	3
Average	3	2.75	2.5	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 406.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 406.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 406.3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
MPED 406.4	3	3	3	3	3	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3

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

Marks – 100

Credits=2.5

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPED 407.1 mark Football ground & Badminton court.
MPED 407.2 demonstrate basic techniques of Football ground.
MPED 407.3 demonstrate basic techniques of Badminton court.
MPED 407.4 fill score sheets and use signals.

SYLLABUS

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.

MPEd 407 - Game – II (Football & Badminton).

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 407.1	3	3	3	3	3	3	3	3	3
MPED 407.2	3	3	3	3	3	3	3	3	3
MPED 407.3	3	3	3	3	3	3	3	3	3
MPED 407.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 407.1	3	3	3	3	3
MPED 407.2	3	3	3	3	3
MPED 407.3	3	3	2	3	3
MPED 407.4	3	2	2	3	3
Average	3	2.75	2.5	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 407.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 407.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
MPED 407.3	3	3	3	3	3	3	3	3	3	3	3	2	3	3
MPED 407.4	3	3	3	3	3	3	3	3	3	3	2	2	3	3
Average	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3

M.P.Ed – 408: Classroom Teaching

Marks – 100

Credits=1

Course Outcomes: -

After completing the course contents of this course, the students will be able to: -

MPED 408.1 enhance and apply knowledge of lesson planning.
MPED 408.2 demonstrate subject matter through effective presentation techniques.
MPED 408.3 apply and use appropriate pedagogical techniques in presenting subject matter.
MPED 408.4 construct different types of lesson planning for various sports activities.

SYLLABUS

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.

MPEd 408 - Classroom Teaching

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPED 408.1	3	2	3	1	3	3	3	2	3
MPED 408.2	3	2	3	1	3	3	3	2	3
MPED 408.3	3	2	3	1	3	2	3	2	3
MPED 408.4	3	2	3	1	3	3	3	2	3
Average	3	2	3	1	3	2.75	3	2	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 408.1	2	2	2	3	3
MPED 408.2	2	3	3	3	3
MPED 408.3	3	3	3	3	3
MPED 408.4	1	3	2	3	3
Average	2	2.75	2.5	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
MPED 408.1	3	2	3	1	3	3	3	2	3	2	2	2	3	3
MPED 408.2	3	2	3	1	3	3	3	2	3	2	3	3	3	3
MPED 408.3	3	2	3	1	3	2	3	2	3	3	3	3	3	3
MPED 408.4	3	2	3	1	3	3	3	2	3	1	3	2	3	3
Average	3	2	3	1	3	2.75	3	2	3	2	2.75	2.5	3	3

CO-PO-PSO Mapping Matrix for all the courses of M.P.Ed.

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.P.Ed 101	2.75	2.25	3	3	2.25	2.5	2.5	2.5	2.75	3	2.5	2	3	2
M.P.Ed 102	3	3	3	2	3	3	2.75	2.75	3	2.5	2.75	2.5	2.75	1.5
M.P.Ed 103	3	2.5	3	3	3	2	2	1.5	3	1.25	3	3	3	3
M.P.Ed 104	3	2.75	3	3	2.75	2.75	2.25	2.75	3	3	3	3	3	1.5
M.P.Ed 105	3	1.5	3	3	3	1.75	2.5	2.5	3	3	1.75	2	3	3
M.P.Ed 106	3	3	3	1	3	3	3	3	3	3	3	3	3	3
M.P.Ed 107	3	3	3	2	3	3	3	3	3	2.5	2.5	3	3	3
M.P.Ed 108	3	3	3	3	3	3	3	2.5	3	2.75	2.75	2.25	3	1
M.P.Ed 109	3	3	3	3	3	2.5	3	3	3	3	3	3	3	3
M.P.Ed 201	2.75	2.25	3	3	2.25	2.5	2.5	2.5	2.75	3	2.5	2	3	2
M.P.Ed 202	3	3	3	3	3	2	2.5	1.5	3	2.25	3	2.75	3	2.5
M.P.Ed 203	3	2.75	3	3	3	2	3	2	3	3	2.5	2.5	3	3
M.P.Ed 204	3	2.75	3	3	2.75	3	3	3	3	3	3	3	3	3
M.P.Ed 205	3	3	3	3	3	3	3	2.75	3	3	3	3	3	3
M.P.Ed 206	3	3	3	3	3	3	3	3	3	2.50	3	2	3	3
M.P.Ed 207	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3
M.P.Ed 208	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.P.Ed 209	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.P.Ed 210	3	3	3	3	3	3	2.5	3	3	3	3	3	3	3
M.P.Ed 301	3	3	3	3	3	2.5	3	2.25	3	2.75	2.5	2.75	3	3
M.P.Ed 302	3	3	3	3	3	2.75	3	3	3	3	3	3	3	3
M.P.Ed 303	3	3	3	3	3	3	3	3	3	3	2.25	2.25	3	3
M.P.Ed 304	3	3	3	3	2.5	3	3	3	3	2.75	3	3	3	3
M.P.Ed 305	3	3	2	2.75	2.5	3	3	3	3	2.5	1.50	2	3	3
M.P.Ed 306	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3
M.P.Ed 307	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3
M.P.Ed 308	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.P.Ed 309	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.P.Ed 310	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.P.Ed 401	3	3	3	3	3	3	3	3	3	2.25	2.75	2.75	3	3
M.P.Ed 402	3	1.75	3	3	3	2.25	3	2.5	3	2.75	2.75	3	3	3
M.P.Ed 403	3	3	3	3	3	1.5	3	3	3	3	3	2.75	3	3
M.P.Ed 404	3	2.75	3	3	3	2.5	3	3	3	3	2.75	2	3	2.5
M.P.Ed 405(i)	3	2.5	3	3	3	3	1.75	2.50	3	3	2	3	3	3
M.P.Ed 405(ii)	3	3	3	3	3	3	3	3	3	2	2.5	2.5	3	2.5
M.P.Ed 406	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3
M.P.Ed 407	3	3	3	3	3	3	3	3	3	3	2.75	2.5	3	3
M.P.Ed 408	3	2	3	1	3	2.75	3	2	3	2	2.75	2.5	3	3

Attainment of COs:

The attainment of Cos can be measured on the basis of the results of internal assessment and semester examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 60% marks:

Table 5 : CO Attainment Levels for internal assessment.

Attainment Level	
1 (Low level of attainment)	**50% of students score more than 50% of marks in class tests of a course.**
2 (Medium level of attainment)	**60% of students score more than 50% of marks in class tests of a course.**
3 (High Level of attainment)	**70% of students score more than 50% of marks in class tests of a course.**

Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. MPEd 101.1 and MPEd 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e. MPEd 101.3 and MPEd 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

i. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. MPEd101.1
ii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. MPEd101.2
iii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. MPEd101.3
iv. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. MPEd101.4
v. Take average of the percentages obtained above.
vi. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

Note: In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four COs for a course. The set target may also be different for different Cos. These issues may resolved by the Staff Councils of the departments/institutes.

For determining the attainment levels for end semester examination, it is assumed that questions in the end term examination are based on all COs of the course. Attainment levels for end semester examination of a course can be determined after the declaration of the results. The CO attainment levels for end semester examination are given in Table 6.

Table 6 : CO Attainment Levels for End Semester Examination (ESE)

Attainment Level	
1 (Low level of attainment)	**60% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.**
2 (Medium level of attainment)	**70% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.**
3 (High Level of attainment)	**80% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.**

Note: In the above table, the set target is assumed as grade A for CBCS courses and 60% for non-CBCS courses. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

Overall CO Attainment level of a Course:

The overall CO attainment level of a course can be obtained as:

Overall CO attainment level = 50% of CO attainment level in Internal assessment + 50% of Co Attainment level in end semester examination.

The overall COs attainment level can be obtained for all the courses of the program in a similar manner.

Attainment of POs:

The overall attainment level of POs is based on the values obtained using direct and indirect methods in the ratio of 80:20. The direct attainment of Pos is obtained through the attainment of COs. The overall CO attainment value as estimated above and CO-PO mapping value as shown in Table 4 are used to compute the attainment of POs. PO attainment values obtained using direct method can be written as shown in the Table 7.

Table 7: PO Attainment Values using Direct Method

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
MPEd 101									
MPEd 102									
MPEd 103									
-									
MPEd 408									
Direct PO attainment	Average of above values	Average of above values	Average of above values	--	--	--	--	--	Average of above values

The PO attainment values to be filled in above table can be obtained as follows:

For MPEd101-PO1 Cell:

PO1 attainment value = (Mapping factor of MPEd101-PO1 from Table 4 x Overall CO attainment value for the course MPEd101)/3

For MPEd104-PO1 Cell:

PO1 attainment value = (Mapping factor of MPEd104-PO1 from Table 4 x Overall CO attainment value for the course MPEd104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of POs is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of POs may be conducted at end of last semester of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =

[0.8 x average attainment value for PO1 using direct method (from table 7)] + [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.

Table 8: PO Questionnaire for indirect measurement of PO attainment
(For Outgoing students)

At the end of my degree program I am able to do:

Statements of POs	Please Tick any one		
1. Learners will be able to comprehend the acquire knowledge during the Program of study.	3	2	1
2. Learners will be able to reflect on the issues relating to the discipline- 'Education'.	3	2	1

3. Learners will be able to exhibit the professional skills and competencies acquired during the Program of study.	3	2	1
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.	3	2	1
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.	3	2	1
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.	3	2	1
7. Learners will be able to discuss and solve the problems relating to the discipline and life.	3	2	1
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.	3	2	1
9. Learners will be able to apply different tools and techniques of communication and related skills.	3	2	1

Overall PO attainment values can be written as shown in Table 9:

Table 9: Overall PO attainment Values.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
Direct PO attainment									
Indirect PO attainment									
Overall PO attainment.									
Target									

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner as above.

MASTER OF ART YOGA (M.A YOGA)-TWO YEAR PROGRAM UNDER CHOICE BASESD CREDIT SYSTEM (CBCS) W.E.F. 2019-20. LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION W.E.F. 2020-21

KURUKSHETRA UNIVERSITY KURUKSHETRA

(Established by the State Legislature Act XII of 1956)

Kurukshetra University, Kurukshetra

CBCS Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2019-2020)

Semester-1st

Total Credits= 21 **Total Marks = 500**

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA - 101	Fundamentals of Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 102	Anatomical and Physiological Aspects of Yoga – I	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 103	Pantanjali Yog Sutra	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 104	Research Methodology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 105	**Practical -I** i) Demonstrations of Basic Asana ii) Basic Pranayam and Shudhi Kriya	CCC	--	5	5	--	5	5	--	--	100	100
Total			**16**	**5**	**21**	**16**	**5**	**21**	**80**	**320**	**100**	**500**

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

Kurukshetra University, Kurukshetra

CBCS Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2019-2020)

Semester-2nd

Total Credits= 23 **Total Marks = 550**

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -201	Fundamentals of Hatha Yoga	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -202	Anatomical and Physiological Aspects of Yoga – II	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -203	Health Aspects of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -204	Applied Statistics in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -205	**Practical - I** i) Demonstrations of Asana, Pranayam and Shudhi Kriya ii) Applied Statistic	CCC	--	5	5	--	5	5	--	--	100	100
M.A YOGA -206	**Yoga Parichya/ Mooc (Massive Open Online Courses)**	OEC	02	--	02	02	--	02	10	40	--	50
Total			**16**	**5**	**21**	**16**	**5**	**21**	**80**	**320**	**100**	**500**

***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 Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2020-2021)

Semester-3rd

Total Credits= 23 **Total Marks = 550**

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA -301	Fundamentals of Naturopathy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -302	Basic Yoga Texts Principle Upanishads & Bhagwat Geeta	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -303	Applications of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -304	Applied Psychology in Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA -305	(i) Demonstrations of Asana Pranayam and Shudhi Kriya. (ii) Applied Psychology	CCC	--	5	5	--	5	5	--	--	100	100
M.A YOGA -306	**Yoga and Health/ Mooc (Massive Open Online Courses)**	OEC	02	--	02	02	--	02	10	40	--	50
Total			**16**	**5**	**21**	**16**	**5**	**21**	**80**	**320**	**100**	**500**

***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 Examination Scheme of M. A. Yoga

(Applicable only for UTD from Session 2020-21)

Semester-4th

Total Credits= 21 **Total Marks = 500**

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Internal Assessment	Theory	Practical	
M.A YOGA - 401	Yoga Therapy	CCC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 402	Options: i) Food & Nutrition ii) Dissertation	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 403	Kinesiological Aspect of yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 404	Teaching Methods of Yoga	CFC	04	--	04	04	--	04	20	80	--	100
M.A YOGA - 405	Practical (i) Demonstrations of Assan Pranayam (ii) Teaching Practices Lesson Plan	CCC	--	5	5	--	5	5	--	--	100	100
Total			**16**	**5**	**21**	**16**	**5**	**21**	**80**	**320**	**100**	**500**

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

M.A Yoga–Syllabus
Modification/Revision in M.A Yoga 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 Yoga(M.A Yoga) shall be of four semesters. In the first year, there shall be two semester consisting of eleven courses (5 Courses in Ist Semester + 6 Courses in IInd Semester) in which 9 Theory, including one Open Elective Course & 2 Practicals. In the second/final year there will be two semesters consisting of eleven courses (9 theory courses including one Open Elective course & two Practicals).

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 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.

PROGRAMME OUTCOMES:-

1. Learners will be able to comprehend the acquire knowledge during the Programme of study.
2. Learners will be able to reflect on the issues relating to the discipline-'Education'.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Programme of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills.

PROGRAMME SPECIFIC OUTCOMES

After completing the programme student- teacher will be able to:-

1. apply and demonstrate various yogic activities, naturopathy techniques and yogic therapies for recovery from diseases and promotions of health.
2. design, analyse, modify nutritional programme in consideration with physiological aspects, health aspects along with Kinesiological aspects that will positively effect yogic performance.
3. apply the basic concept of research process, test and measurement techniques and statistical application for computing results for generalization.
4. demonstrate and apply various psychological techniques and strategies to enhance performance in yoga and other fields of human life while applying best pedagogical techniques.
5. demonstrate and apply different yogic practices such as Aasans, Pranayam and Meditation and Sudhikiryas for the prevention of disease and other health benefits for masses.

M. A. YOGA – 1ST SEMESTER

PAPER – 101: FUNDAMENTALS OF YOGA

Time : 3 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 Outcomes: -

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 101.1 understand the concept of yoga in ancient and modern time application and importance of yoga in modern society.

M.A Yoga 101.2 enhance the knowledge of different yogic schools like Hatha Yog, Bhakti Yog, Gyan Yog and its types.

M.A Yoga 101.3 learn about various famous yogis such as Maharishi Patanjali, Guru Ghoraksh Nath, Swami Vivekanand etc. and their contribution in the development of yoga.

M.A Yoga 101.4 enhance the knowledge about various yoga institutes functioning in India and their contribution towards professional growth of Yoga.

SYLLABUS

Unit-I INTRODUCTION AND EVOLUTION OF YOGA

1. Meaning & Definitions of Yoga according to various schools of thoughts.
2. Historical Background and Development of Yoga.
3. Importance of Yoga in different fields in modern era.
4. Applications and Misconceptions about Yoga in Modern Society.

Unit-II SCHOOLS OF YOGA

1. Hatha Yoga – Aims and Objectives of Hatha Yoga
2. Bhakti Yoga – Types of Bhakti, Navdhabhakti
3. Meaning and Steps of Gyan Yog.
4. Meaning and Types of Mantra Yog.

Unit-III FAMOUS YOGIES

1. Biography of Maharishi Patanjali and his contribution in yoga
2. Biography of Hatha Yogi – Guru Gorakshanath and his contribution in yoga
3. Biography of Swami Vivekananda and his contribution in yoga
4. Biography of Maharishi Aurbindo and his contribution in yoga

Unit-IV INTRODUCTION OF YOGA INSTITUTES IN INDIA

1. Dev Sanskriti Haridwar and its contribution in yoga
2. Gurukul Kangri University, Haridwar and its contribution in yoga
3. Kaivalyadham Lonavla, Pune and its contribution in yoga
4. Bihar Yoga Bharti Yoga Institute Munger, Bihar and its contribution in yoga.

References Books:-

Sharma, J.P. D (2007) manav jivan & yog friends publication, New Delhi
Parmanik T.N. D(2017) Yogkla, sports publication New Delhi
Bhargav, G.M. D (2019) Yoga Education, Sports Publication, New Delhi
Pritam Amrita (2007) Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi
Yogender D. (2010) Yoga shiksha khel Shitya Kendra, New Delhi
Shukla Atul, D. (2007) Yoga sadna, Khel Shitya Kendra, New Delhi
Parmanik, T.N. D(2018) yoga education sports publication, New Dehli

PAPER – 101: FUNDAMENTALS OF YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 101.1	3	3	3	3	3	3	3	3	3
M.A Yoga 101.2	3	3	3	3	3	3	3	3	3
M.A Yoga 101.3	3	3	3	3	3	3	3	3	3
M.A Yoga 101.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 101.1	3	3	3	3	3
M.A Yoga 101.2	3	3	3	3	3
M.A Yoga 101.3	3	3	3	3	3
M.A Yoga 101.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 101.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 101.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 101.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 101.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 102: Anatomical and Physiological Aspects of Yoga

Time : 3 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 Outcomes:

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 102.1 understand the meaning of Anatomy & physiology, cell structure and functions, Skeletal System and its functions and effect of yogic practices on it.

M.A Yoga 102.2 gain information about muscle property, its mechanism, muscle contraction and muscle fatigue and effects of yogic practices on muscular system.

M.A Yoga 102.3 understand digestive track, digestion and absorption of food and effects of yogic practices on digestive system.

M.A Yoga 102.4 enhance the knowledge of respiratory system, types of respiration , terminology related to respiratory system and effects of yogic practices on respiratory system.

SYLLABUS

Unit-I GENERAL HUMAN ANATOMY AND PHYSIOLOGY

1. Meaning & Importance of Anatomy & Physiology.
2. Structure of Cell, Function of Cell and Tissue.
3. Skeletal System – Name and structure of all bones and joints of human body.
4. Effect of Yogic Practices on Skeletal System.

Unit-II MUSCULAR SYSTEM

1. Types and structure of muscle. Properties of Muscle.
2. Elementary knowledge of muscle contraction and muscle tone
3. Mechanism of Muscles Fatigue
4. Effect of Yogic Practices on Muscular System.

Unit-III DIGESTIVE SYSTEM

1. Structure of digestive tract and organs of digestive tract
2. Role of each digestive organ in digestion of food.
3. Physiology of food digestion and absorption.
4. Effect of Yogic Practices on Digestive System.

Unit-IV RESPIRATORY SYSTEM

1. Structure and functions of respiratory organs.
2. Physiology of external and internal respiration.
3. Elementary knowledge of various respiratory volumes & capacities.
4. Effect of yogic practices on respiratory system.

References Books:-

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.

PAPER – 102: Anatomical and Physiological Aspects of Yoga

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 102.1	3	3	3	3	3	3	3	3	3
M.A Yoga 102.2	3	3	3	3	3	3	3	3	3
M.A Yoga 102.3	3	3	3	3	3	3	3	3	3
M.A Yoga 102.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 102.1	3	3	3	3	3
M.A Yoga 102.2	3	3	3	3	3
M.A Yoga 102.3	3	3	3	3	3
M.A Yoga 102.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 102.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 102.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 102.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 102.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 103 PATANJALI YOGSUTRA

Time : 3 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 comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 103.1 enhance knowledge about historical background,importance and relevance of Patanjali Yog Sutra in modern age.

M.A Yoga 103.2 develop concept of Chit Vritti, Chitta Bhoomi, and Sabeej, Nirbeej Samadhi.

M.A Yoga 103.3 understand the knowledge about Kriya Yog, Panchklesha, Antrang and Bahirang Sadhna.

M.A Yoga 103.4 understand about various Siddhies, Karamas and concept of Kaivalya.

SYLLABUS

Unit – I INTRODUCTION OF PATANJALI YOGA SUTRAS

1. Historical Background of Patanjali Yoga Sutra.
2. Importance of Patanjali Yoga Sutras in Modern Age.
3. Patanjali Yoga as a Science.
4. Physical Mental and Social Excellence in Yoga Sutra.

Unit – II SAMADHI PADA

1. Meaning and Definition of Yoga Concept of Chitta, Chit Vritti and Chitta Bhumi
2. Abhyas Varagya, Yog Antraya, Ishwar Swaroop and Vivek Khyati.
3. Chitta Vikshep and Chitt Prasadhan.
4. Samadhi- Sampragyat Samadhi and Ritambhara Prayga. Concept of Sabeej and Nirbeej.

Unit – III SADHAN AND VIBHUTI PADA

1. Kriya Yoga and Panch Klesha : Avidhya, Asmita, Raag, Devasha and Abhinivesha
2. Ashtang Yoga (Bahirang Sadhana) – Yama, Niyam, Asana, Pranayam and Pratyahar
3. Ashtang Yoga (Antrang Sadhana) – Dharana, Dhyana and Samadhi
4. Samyama, Yoga Vibhootis and Ashtsiddhis

Unit – IV KAIVALYA PADA

1. Types of Sidhis.
2. Concept of Dharmamegh Samadhi
3. Brief introduction of Karma, Types of Karma and Karmaphal Siddhanta
4. Concept of Kaivalya

References Books:-

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.

PAPER – 103 PATANJALI YOG SUTRA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 103.1	3	3	3	3	3	3	3	3	3
M.A Yoga 103.2	3	3	3	3	3	3	3	3	3
M.A Yoga 103.3	3	3	3	3	3	3	3	3	3
M.A Yoga 103.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 103.1	3	3	3	3	3
M.A Yoga 103.2	3	3	3	3	3
M.A Yoga 103.3	3	3	3	3	3
M.A Yoga 103.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 103.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 103.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 103.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 103.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 104 - Research Methodology in Yoga

Time : 3 Hours **Maximum Marks: 100 (Theory: 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 Outcomes:-

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

M.A Yoga 104.1 understand the meaning, need, types of research and research problem and its selection criteria in Yoga.

M.A Yoga 104.2 understand the meaning, importance and types of sampling, methods and framing of hypothesis in yoga.

M.A Yoga 104.3 understand the meaning and need of survey of related literature, research proposal, format of synopsis and types of variables

M.A Yoga 104.4 apply knowledge of research report, its chapterization, writing bibliography in research with ethical issues.

SYLLABUS

Unit – I: Introduction

1. Meaning and Definition of Research. Need of Research in Yoga
2. Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta Analysis.
3. Research Problem: Meaning of Research Problem, location of research problem, criteria for Selection of Research Problem.
4. Delimitation and limitations of research problem

UNIT II – Concept of Sampling and Hypothesis

1. Meaning and Definition of Sample and Population.
2. Types of sampling methods: Probability Sampling Methods and Non – Probability Sampling Methods.
3. Meaning and definition of Hypothesis, Importance Hypothesis in research,
4. Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

UNIT-III Review of related literature

1. Meaning and need for survey of related literature, Literature Sources – Primary and Secondary sources, Steps in Literature Search. Method for writing of Literature review.
2. Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor.
3. Research Proposal: Meaning and Significance of Research Proposal, Steps of preparing Research proposal/synopsis,
4. Format of a synopsis

Unit – IV Research Report

1. Research Report: Details of Chapterization of Thesis/ Dissertation,
2. Method of writing abstract, method of writing full paper for presenting in a conference and to publish in journals.
3. Technicalities of writing: Footnote and Bibliography.
4. Ethical Issues in Research: Areas of Dishonesty in research.

References Books:-

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 Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam

PAPER – 104 - Research Methodology in Yoga

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 104.1	3	3	3	3	3	3	3	3	3
M.A Yoga 104.2	3	3	3	3	3	3	3	3	3
M.A Yoga 104.3	3	3	3	3	3	3	3	3	3
M.A Yoga 104.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 104.1	3	3	3	3	3
M.A Yoga 104.2	3	3	3	3	3
M.A Yoga 104.3	3	3	3	3	3
M.A Yoga 104.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 104.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 104.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 104.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 104.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 105 PRACTICAL SYLLABUS (Part-i & ii)

Credits=5

Maximum Marks: 100
Part (i) Marks: 50
Part (ii) Marks: 50

Course Outcomes:-

After completing the course contents, students will be able to:

M.A Yoga 105.1 apply and demonstrate of Surya Namaskar Cultural Asanas, Meditative Asanas and Relaxative Asanas.

M.A Yoga 105.2 apply and demonstrate techniques of different Asanas and their effects on human body.

M.A Yoga 105.3 calculate mean, median, standard deviation with help of Excel and SPSS.

M.A Yoga 105.4 apply t-test, ANOVA, Co-relation & Graphical representation with help of Excel and SPSS.

Syllabus of Part (i)

1. PRAYER, SANKALPMANTRA
2. SURYA NAMASKARA-12 ROUNDS
3. PAWANMUKTASANA SERIES-I
4. SUKSHAMA VYAYAMA
5. MEDITATIVE ASANAS
6. Padmasan, Siddhasan, Vajarasana

1. RELAXATIVE ASANAS:
   Shavasan, Makarasan
2. SUPINE LYING ASANAS:
   Naukasan, Setubandhasan, Pavanmuktasan, Vipareetkaraniasan, Ardhhalasana, Simplematsyasana
3. PRONE LYING ASANAS:
   Bhujangasan, Ardhshalabhasan, Niralambasan
4. SITTING ASANAS:
   1. Janushirasan, Vakrasan, Mandukasan, Yog Mudra Shashankasan
   2. Ardhaushtrasana, Uttan Mandukasan, Parvatasana
5. STANDING ASANAS:
   Tadasan, Natarajasan, Garudasan, Katichakrasan

6. STRETCHING PRACTICE

Syllabus of Part (i)

Following statistical techniques with Excel & SPSS

i) Calculation of Mean, Median & Standard Deviation (Marks = 10)

ii) t - test, ANOVA & Correlation (Marks = 10)

iii) Plotting different types of graphs (Marks = 10)

PAPER – 105 PRACTICAL SYLLABUS (PART-i & ii)

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 105.1	3	3	3	3	3	3	3	3	3
M.A Yoga 105.2	3	3	3	3	3	3	3	3	3
M.A Yoga 105.3	3	3	3	3	3	3	3	3	3
M.A Yoga 105.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 105.1	3	3	3	3	3
M.A Yoga 105.2	3	3	3	3	3
M.A Yoga 105.3	3	3	3	3	3
M.A Yoga 105.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 105.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 105.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 105.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 105.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

M. A. YOGA – 2nd SEMESTER

PAPER – 201 FUNDAMENTALS OF HATHA YOGA

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga201.1 understand the meaning of Hath yoga and concept of Mitahara, Pathya, Apathya, introduction of Asanas, Bandha, Mudra and meaning principles types and techniques of Asanas and Shatkarmas.

M.A Yoga201.2 understand the meaning , types, techniques of Kumbhaka, Chakras, Kundalini, Nadis, Samadhies and Nadanusandhana.

M.A Yoga201.3 understand the introduction, history, concept of Ghatasth Yoga, Shatkarmas, Asanas and Mudras according to Gheranda Samhita.

M.A Yoga201.4 apply and demonstrate Pratyahara, Pranayamas, Dyan, Smadhi.

SYLLABUS

Unit – I INTRODUCTION OF HATHAPRADIPIKA

1. Definitions of Hatha Yoga – Time and Place, Dress Code & Environment for Hatha Yoga practice
2. Concept of Mitahara, Pathya and Apathya
3. Introduction of Asanas, Mudra, Bandh & Concept of Nadis
4. Asana and Shatkarmas – Meaning, Definitions, Principles, Types, Technique, Precautions and Benefits.

Unit – II KUMBHAKA, MUDRAS, BANDHAS, NADANUSANDHANA

1. Kumbhaka – Meaning, Definition, Types of Kumbhaka, Technique, Precautions & Benefits
2. Mudras and Bandhas – Meaning, Definition, Technique, Precautions and Benefits
3. Chakras, Kundalini and Nadis
4. Nadanusandhana and Various types of Samadhis.

Unit – III INTRODUCTION OF GHERANDA SAMHITA

1. Introduction and History of Gheranda Samhita.
2. Concept of Ghatasth Yoga. Saptasadhana:- Shatkarma, Asanas, Pranyama, Pratyahara, Mudra, Dhyana, Smadhi
3. Shatkarma – Meaning Types (Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati), Technique,
4. Precautions and Benefits.
5. Asanas and Mudras – Meaning, Definition, Types, Technique, Precautions and Benefits.

Unit – IV PRATYAHARA AND PRANAYAMAS

1. Pratyahara – Meaning, Types, Technique, Precautions and Benefits
2. Pranayamas – Meaning and Definition, Types, Technique, Precautions and Benefits.
3. Dhayana – Meaning, Types, Technique, Precautions and Benefits.
4. Samadhi – Meaning, Types, Technique, Precautions and Benefits.

References Books:-

"*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.

PAPER – 201 FUNDAMENTALS OF HATHA YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga201.1	3	3	3	3	3	3	3	3	3
M.A Yoga201.2	3	3	3	3	3	3	3	3	3
M.A Yoga201.3	3	3	3	3	3	3	3	3	3
M.A Yoga201.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 201.1	3	3	3	3	3
M.A Yoga 201.2	3	3	3	3	3
M.A Yoga 201.3	3	3	3	3	3
M.A Yoga 201.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 201.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 201.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 201.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 201.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 202 ANATOMICAL AND PHYSIOLOGICAL ASPECTS OF YOGA

Time : 3 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 comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 202.1. enhance knowledge of Cardio-Vascular System, structure, functions and process and types of blood circulation and effects of yogic activities on Cardio-Vascular System.

M.A Yoga 202.2 enhance knowledge of nervous system, its classification, functions and effect of yogic activities on nervous system.

M.A Yoga 202.3 enhance knowledge of origins of Excretory System, their structure, physiology and effects of yogic practices on Excretory System.

M.A Yoga 202.4 understand the knowledge of glands, types of glands, their hormones and secreation and effect of yogic practices on Endocrine Glands.

SYLLABUS

Unit-I Cardio-Vascular System:

1. Structure & Functions of Heart.
2. Blood and its composition, functions of blood.
3. Types of Blood circulations: Systemic and Pulmonary
4. Effect of Yogic Practice on Cardio-Vascular System.

Unit-II Nervous System:

1. Introduction of Nervous System Organs.
2. Types of Nervous Systems: Central, Peripheral & Autonomic nervous system.
3. Effect of Yogic Practice on Nervous System.
4. Structure & functions of nose, ears and eyes. Effect of Yoga on nose, ears and eyes

Unit-III Excretory System

1. Organs of excretory system.
2. Structure of Kidney and Skin
3. Structure of nephron and physiology of the formation of urine.
4. Effect of Yogic Practices on Kidney and Skin

Unit-IV Endocrine System:

1. Meaning of Endocrine glands, Name and location of endocrine glands.
2. Hormones secretions from pituitary, thyroid, parathyroid, pancreas and adrenal gland
3. and their functions in body.
4. Meaning of Hormone and enzyme and their differentiation.
5. Effect of yogic practices on Endocrine glands and their secretions.

References Books:-

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.

PAPER – 202 ANATOMICAL AND PHYSIOLOGICAL ASPECTS OF YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 202.1	3	3	3	3	3	3	3	3	3
M.A Yoga 202.2	3	3	3	3	3	3	3	3	3
M.A Yoga 202.3	3	3	3	3	3	3	3	3	3
M.A Yoga 202.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga202.1	3	3	3	3	3
M.A Yoga 202.2	3	3	3	3	3
M.A Yoga 202.3	3	3	3	3	3
M.A Yoga 202.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 202.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 202.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 202.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 202.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 203 HEALTH ASPECTS OF YOGA

Time : 3 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 comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 203.1 develop concept of health, its dimensions, health services, guidance, personal hygiene and diseases in Indian system of Ayurveda.

M.A Yoga 203.2 apply and demonstrate yogic practices i.e. Asanas, Prayanamas, Shatkarmas and Bandha for enhancing health.

M.A Yoga 203.3 Understand meaning of mental health and mental disorders i.e. conflict, frustration, depressive disorders, anxiety disorders and their causes and healing through yogic practices.

M.A Yoga 203.4 develop concept of diets including yogic diet for the health promotions.

SYLLABUS

Unit-I Introduction of Health & Yoga

1. Meaning, Definition according to WHO & Importance of Health.
2. Dimensions of Health Physical, Mental, Social and Spiritual.
3. Concept of Health & Diseases in Indian Systems of Ayurveda.
4. Health Services and Guidance Instruction in Personal Hygiene.

Unit-II Role of Yoga in Health Care

1. Role of Yoga in Preventing Health Care.
2. Asana & Health, Pranayam & Health.
3. Shatkarmas & Health, Mudra/Bandh & Health.
4. Concept of Trigunas, Panch-mahabhutas, Panch- pran & Role in Health and Healing.

Unit-III Yoga & Mental Health

1. Meaning of Styana, Samshaya, Pramada, Avirati, Bhranti Darsana, Alabdha – Bhumikatva, Anavasthitatva, Dukha and Daurmanasy.
2. Meaning of Mental Health and Positive Mental Health.
3. Causes and Consequences of Conflict and Frustration.
4. Healing through Yoga : Mental Disorders, Depressive Disorders, Anxiety Disorders and Serious Mental Disorders.

Unit-IV Yoga & Diet

1. Diet: Before and after yogic practices.
2. Concept and contents of Balance Diet, Yogic Diet and Moderation of Diet.
3. Concept of Vegetarian Diet, Useful Effect of Vegetarian Diet.
4. Harmful Effects of Non-Vegetarian Diet.

References Books:-

Gore C.S (2011) Yoga & health sports publication New Delhi
Srivastava A.K. (2010) health and yoga sports publication New Delhi
Singh Balbir Malik Satish (2018) health education and environmental studies sports publication, New Delhi
Verma K.K. Swastya Shiksha Parkash Borthers Ludiana
Kumar Amresh (2008) Paranayam & Health, Khel Shitya Kendra, New Delhi

PAPER – 203 HEALTH ASPECTS OF YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 203.1	3	3	3	3	3	3	3	3	3
M.A Yoga 203.2	3	3	3	3	3	3	3	3	3
M.A Yoga 203.3	3	3	3	3	3	3	3	3	3
M.A Yoga 203.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga203.1	3	3	3	3	3
M.A Yoga 203.2	3	3	3	3	3
M.A Yoga 203.3	3	3	3	3	3
M.A Yoga 203.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 203.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 203.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 203.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 203.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 204 – APPLIED STATISTICS IN YOGA

Time : 3 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 comprises of 10 short answer type questions of 2 marks each selected from the entire syllabus.**

Course Outcomes:-

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

M.A Yoga204.1 understand the meaning , need and importance of statistics and concept of data and measures of central tendency its merit and limitations.

M.A Yoga204.2 understand and demonstrate variability, quartile deviation, percentile & quartile with computation, percentile, rank & its computation.

M.A Yoga204.3 apply computation of probability curve, Meaning & type of skewness & kurtosis, Calculation of probability, meaning, types, and computation of correlation.

M.A Yoga204.4 understand and apply meaning, advantage and types of graphical representation of data & meaning of two tailed, t-test and Anova testing.

SYLLABUS

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

1. Meaning of Statistics. Need and importance of statistics in Yoga
2. Meaning of Data, Methods of organizing Data through Frequency Distribution.
3. Meaning of the Measures of Central Tendency, Computation Mean, Median and Mode.
4. Merits and limitations of Mean, Median and Mode

Unit-II: Introduction of Variability

1. Meaning of measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation.
2. Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation.
3. Meaning of term Percentile and Quartiles Deviation. Computation of Percentile and Quartiles Deviation
4. Meaning of term Percentile Rank and Computation of Percentile Rank.

Unit – III: Introduction to Normal Probability Curve and Correlation

1. Meaning of Normal Probability Curve and Properties of Normal Curve.
2. Meaning and types of Skewness and kurtosis. Sigma Scores and T – Scores.
3. Meaning and Types of Linear Correlation.
4. Computation of Correlation Coefficient with Product Movement and Rank Difference Method.

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

1. Meaning and advantage of Graphical Representation of Data.
2. Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.
3. Meaning of two – tailed and one tailed test of significance,
4. Computing significance of difference between two means with t – Test (independent samples) and One way ANOVA Test.

REFERENCES:

Clarke.HH.The Application of Measurement in Health and Physical Education,1992. Clarke,David H.and Clake H.Hares N. Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.1986. Shaw. Dhananjoy. Fundamental statistics in Physical Education & Sports sciences, sports publication,2007.

Margaret J. Safrit : Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronte Bosion (2Nd. Edition-1998.

Morey E. Garrett : Statistics in Psychology and Educated, David Meka Company Inc.

Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.

PAPER – 204 – APPLIED STATISTICS IN YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga204.1	3	3	3	3	3	3	3	3	3
M.A Yoga 204.2	3	3	3	3	3	3	3	3	3
M.A Yoga 204.3	3	3	3	3	3	3	3	3	3
M.A Yoga 204.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga204.1	1	3	3	3	3
M.A Yoga 204.2	1	3	3	3	3
M.A Yoga 204.3	1	3	3	3	3
M.A Yoga 204.4	1	3	3	3	3
Average	1	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 204.1	3	3	3	3	3	3	3	3	3	1	3	3	3	3
M.A Yoga 204.2	3	3	3	3	3	3	3	3	3	1	3	3	3	3
M.A Yoga 204.3	3	3	3	3	3	3	3	3	3	1	3	3	3	3
M.A Yoga 204.4	3	3	3	3	3	3	3	3	3	1	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	1	3	3	3	3

PAPER – 205 PRACTICAL SYLLABUS (Part i &ii)

Credits=5

Maximum Marks: 100
Part (i) Marks:70
Part (ii) Marks:30

Course Outcomes:-

After completing the course contents, students will be able to:

M.A Yoga205.1 apply and demonstrate of Surya Namaskar , Asanas, Pranayamas and Sudhi Kriyas.

M.A Yoga205.2 apply and demonstrate techniques of different yogic activities and their effects on human body.

M.A Yoga205.3 calculate mean, median, standard deviation with help of Excel and SPSS.

M.A Yoga205.4 apply t-test, ANOVA, Co-relation & Graphical representation with help of Excel and SPSS.

SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

1. SURYA NAMASKARA - 12 ROUNDS

2. SUKSHAMA VYAYAMA
3. MEDITATIVE ASANAS: Padmasan, Siddhasan, Vajarasana
4. RELAXATIVE ASANAS: Shavasan, Makarasan
5. SUPINE LYING ASANAS: Sarvangasan, Halasan, Chakrasan, Uttanpadanasan
6. PRONE LYING ASANAS:Bhujangasan, Ardhshalabhasan, Niralambasan
7. SITTING ASANAS: Paschimottanasan, Matsyanderasan, Shashankasan, Ushtrasana, Suptavajarasan
8. STANDING ASANAS: Tadasan, Vrikshasan, Konasan, Padhastasan
9. PRANAYAM:Nadi Shodhan Pranayam, Seetkari Pranayam, Bhastrika Pranayam, Bhramari
10. BANDH: Jalandhar Bandh, Udyan Bandh, Mool Bandh
11. MUDRA: Gyan Mudra Pranayamic Mudra, Vipritkarni Mudra
12. SHATKARM:
    a) NETI : Two types (Jal Neti and Rubber Neti)
    b) DHAUTI : Two Types (Kunjal Kriya and Agnisar Kriya)
    c) KAPALBHATI : Vaatkarma, Sheetkarma
    d) TRATAK
13. MEDITATION – Om recitation
14. RELAXATION TECHNIQUES – Shavasana, Yog Nidra,
15. PRACTICAL NOTE BOOK

(ii) APPLIED STATISTICS

i) Calculation of Mean, Median & Standard Deviation (Marks = 10)

ii) t - test, ANOVA & Correlation (Marks = 10)

iii) Plotting different types of graphs (Marks = 10)

PAPER – 205 – PRACTICAL SYLLABUS (Part i &ii)

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga205.1	3	3	3	3	3	3	3	3	3
M.A Yoga 205.2	3	3	3	3	3	3	3	3	3
M.A Yoga 205.3	3	3	3	3	3	3	3	3	3
M.A Yoga 205.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga205.1	3	3	3	3	3
M.A Yoga 205.2	3	3	3	3	3
M.A Yoga 205.3	3	3	3	3	3
M.A Yoga 205.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga205.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 205.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 205.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 205.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Open Elective

PAPER-206: YOGA PRICHAYA

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

Note: **Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.**

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 206.1 understand the meaning, historical background various types of yoga, need, importance and misconception about yoga in modern life.

M.A Yoga 206.2 apply and demonstrate various yogic practices such as Asanas, Pranayamas, meditation, Bandha and Mudras and Shudhikriyas along with their processes and benefits.

SYLLABUS

Unit – I: Introduction of yoga and its elements.

1. Meaning, Definition and historical background of Yoga
2. The Astanga Yoga:Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
3. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Gyan Yoga and Bhakti Yoga.
4. Need and Importance of Yoga in modern life.
5. Misconceptions about Yoga.

Unit - II Yogic activities: Asanas, Pranayamas & Shudhikriyas.

1. Meaning and types of Asana: Cultural,Relaxative & Meditative.
2. Meaning and types of Pranayama: Suryabhedan,Ujjai, Sheetali, Sheetkari, Bhramari & Bhastrika.
3. Meaning and types of Shudhikriyas: Neti, Dhoti, Basti, Neoli, Tratak & Kapalbhati.
4. Meaning and types of Bandhas: Jalandhar Mool & Udiyan.
5. Meditation and its processes.

References:

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.

Kuvalyanandа 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

PAPER-206: YOGA PRICHAYA (OPEN ELECTIVE)

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 206.1	3	3	3	3	3	3	3	3	3
M.A Yoga 206.2	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga206.1	3	3	3	3	3
M.A Yoga 206.2	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 206.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 206.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

M. A. YOGA – 3rd SEMESTER

PAPER – 301: Fundamentals of Naturopathy

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga301.1 understand the meaning and definition, principles of Naturopathy and Swasthya Vritam and relations between Naturopathy and Allopathy.

M.A Yoga301.2 understand the meaning, principles and benefits of Hydrotherapy in treating different ailments.

M.A Yoga301.3 understand the meaning, classification and uses of Mudtherapy.

M.A Yoga301.4 understand the meaning and classification of diet and fasting, difference between Starvation, hunger and appetite.

SYLLABUS

Unit-I INTRODUCTION TO NATUROPATHY

1. Meaning & Definitions, Fundamental Principles of Naturopathy.
2. Swasthya Vritam: Dinacharya, Ratricharya, Ritucharya, Vegadharana.
3. Physical, Mental, Spiritual Health.
4. Naturopathy and Allopathy.

Unit-II HYDROTHERAPY

1. Hydrotherapy: Meaning, Definition and its Benefits.
2. General Principles of Hydrotherapy.
3. Concept of Ushapan and its benefits.
4. Classification of Temperature, Effects of Different Water Temperature on the body.

Unit-III MUDTHERAPY

1. Mudtherapy: Meaning and its uses.
2. Classification of Mud for Therapeutic use and its effects.
3. Mud Bath, Different Bandages of Mud, their uses and application.
4. Soil: Meaning, Types, Characteristics and their uses in Naturopathy.

Unit-IV FASTING AND DIETETICS

1. Fasting: Meaning and Classification.
2. Difference between Fasting and Starvation, Hunger and Appetite.
3. Diet According to Naturopathy and its types.
4. Fasting: Precautions before, during and after, Effect of fasting on human Body.

References Books:-

History & Philosophy of Naturophaty – Dr. S. J. Singh
Philosophy of Nature Cure – Dr. Henri Lindlhai.
Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095
Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-13:978-8131908457. Rational Fasting (Ehret's Health Literature) Mass Market Paperback – Import, Jun 1971 by Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978.

PAPER – 301: Fundamentals of Naturopathy

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga301.1	3	3	3	3	3	3	3	3	3
M.A Yoga 301.2	3	3	3	3	3	3	3	3	3
M.A Yoga 301.3	3	3	3	3	3	3	3	3	3
M.A Yoga 301.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 301.1	3	3	3	3	3
M.A Yoga 301.2	3	3	3	3	3
M.A Yoga 301.3	3	3	3	3	3
M.A Yoga 301.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 301.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 301.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 301.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 301.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 302: Basic Yoga Text Principles,Upanishads and Bhagwadgita

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga302.1 enhance the knowledge of different Upanishads, Prashan Upanishads, Mundaka Upanishads and greatness of Barma Vidhya.

M.A Yoga302.2 enhance concept of Vidhya and Avidhya, Brahman, inwelling powers, realization of the truth and Sates of consciousness.

M.A Yoga302.3 enhance knowledge about introduction, history, importance in modern time and nature of Dharma of Bhagwadgita.

M.A Yoga302.4 understand the concept of Sankha, Gyan yoga, Karma and Bhakti Yoga with characteristics of yogi.

SYLLABUS

Unit-I INTRODUCTION OF UPANISHADS

1. Katha Upanishad: Definition of Yoga; Nature of soul; Importance of Self Realization.
2. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The five main questions.
3. Mundaka Upanikshad: Two approaches to Brahma Vidya-the Para and Apara:
4. The greatness of Brahmavidya, The worthlessness of Selfish-Karma; Tapas and Gurubhakti.
5. The origin of creation, Brahman the target of meditation.

Unit-II MASSAGES OF UPANISHADS

1. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledg of Brahman; Atma Bhava.
2. Kena Upanishad: indwelling Power; Indriya and antahkarana; Self and the Mind;.
3. Kena Upanishad: Intutive relalization of the truth, Truth transcendental; Moral of Yaksha Upakhyana;
4. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.

Unit-III BHAGWAT GITA

1. Introduction to BhagwadGita.
2. History of BhagwadGita.
3. Purpose and Importance of Yoga in Modern Time.
4. Nature of Dharma (Dharma Ka Swaroop): 2.31, 2.33, 2.39, 2.40, 3.35, 4.30, 9.31, 18.47 and 18.66

Unit-IV TYPES OF YOGA IN BHAGWADGITA

1. Sankhya and Gyan Yoga (Chapter-2: Shloka 12-72) and (Chapter-13: Shloka 07-34).
2. Karma Yoga (Chapter-3: Shloka 09-35) and (Chapter-4: Shloka 17-42).
3. Bhakti Yoga (Chapter-12: Shloka 01-20).
4. Characteristics of a Yogi (Chapter-2: Shloka 55-72).

References Books:-

Message of Upanishad, Bharatiya Vidya Bhawan, (1993)
Prasad, Ramanuj, (2003), "Know the Upanishads", V & S Publication, New Delhi, ISBN-9381384754.
Gambhirananda, Swami, (1957), Eight Upanishads with the commentary of Shankaracharya- Vol. 1 and Vol. 2", Advaita Ashrama, University of Virginia.
Radhakrishnan, Sarvepalli, (1974), "The Principal Upanishads", Allen & Unwin Publications, ISBN-8172231245.
Ghosh Aurobindo, (1995), "Essays on Gita", Shri Aurobindo Ashrama Press, Pondicherry. Ranganathananda Swami, (2000), "Universal Message of Bhagawad Gita" Vol- 1 & 2, Advaita Ashrama, ISBN-8175052139.
Shastri, A. Mahadeva, (1901), "Shrimad Bhagawad Gita with Shankara Bhashya", Literary Licensing LLC, ISBN-1498160336.
Easwaran, Eknath, "Bhagawad Gita", Nilgiri Press, Canada, ISBN-978-1-58638-019-9

PAPER – 302: Basic Yoga Text Principles,Upanishads and Bhagwadgita

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga302.1	3	3	3	3	3	3	3	3	3
M.A Yoga 302.2	3	3	3	3	3	3	3	3	3
M.A Yoga 302.3	3	3	3	3	3	3	3	3	3
M.A Yoga 302.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga302.1	3	3	3	3	3
M.A Yoga 302.2	3	3	3	3	3
M.A Yoga 302.3	3	3	3	3	3
M.A Yoga 302.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga302.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 302.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 302.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 302.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 303: APPLICATIONS OF YOGA

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 303.1 enhance knowledge about meaning, aim and objective of yoga education, and its relationship with yoga and education, its factors and significance, Guru Shishya Parmpara and role of yoga in development of Human society.

M.A Yoga 303.2 understand the meaning, types and development of values, value oriented education, yoga teacher and silent features of ideal yoga teacher.

M.A Yoga 303.3 enhance the knowledge of Astang yoga and personality development, different yog modules, concept of intelligence according to yoga.

M.A Yoga 303.4 gain information about concept of stress, stress management techniques through yogic practices.

SYLLABUS

Unit-I YOGA IN EDUCATION

1. Meaning, Definitions, Aim and Objectives of Yoga Education.
2. Relationship between Yoga and Education.
3. Factors of Yoga Education and its significance.
4. Guru-Shishya Prampra in Yoga Education.
5. Role of Yoga in Development of Human Society.

Unit-II VALUE EDUCATION

1. Meaning, Definitions and Types of Values.
2. Value Oriented Education and Modes of Living.
3. Contribution of Yoga towards development of values.
4. Role of Yoga Teacher in Value Oriented Education.
5. Salient Features of Ideal Yoga Teachers.

Unit-III PERSONALTY DEVELOPMENT

1. Astang Yoga and Personality Development.
2. Personality Development with Specific Emphasis on Panchkosh.
3. Different Yoga Modules to improve memories.
4. Intelligence: Meaning and Concept of Intelligence According to Yoga.
5. Yoga Practice for I.Q. development.

Unit-IV YOGA FOR STESS MANAGEMENT

1. Stress: Introduction, Concept & Solution through Mandukya Krika (Relaxation and Stimulation) as core for stress management.
2. Techniques of Stress Management in Astang Yoga of Patanjali and Bhagwat Gita.
3. Specific Practices for Stress Management (Breath Awareness, Shavasan, Yognidra).
4. Pranayam and Meditation for Stress Management.
5. 4Impact of Yogic Life Style on Stress Management.

References Books:-

Arun Kumar Singh, Education Psychology (2015) Bharti Bhawan Publishers & Distributors.
Baron, R.A (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
Baron, A. Rober, (2002) "Psychology", Pearson Education Vth Ed.
Yog Prichya and Prampra – Dr. Praveen Kumar & Dr. Amrita Pritam.
Ahuja, R (2000) Value oriented education in India. In Modi, R. (Ed.), Human values and social change, Jaipur: Rawat Publications.

PAPER – 303: APPLICATIONS OF YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 303.1	3	3	3	3	3	3	3	3	3
M.A Yoga 303.2	3	3	3	3	3	3	3	3	3
M.A Yoga 303.3	3	3	3	3	3	3	3	3	3
M.A Yoga 303.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga303.1	3	3	3	3	3
M.A Yoga 303.2	3	3	3	3	3
M.A Yoga 303.3	3	3	3	3	3
M.A Yoga 303.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 303.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 303.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 303.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 303.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 304: APPLIED PSYCHOLOGY IN YOGA

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga304.1 understand the meaning, scope, nature, branches and methods of psychology with relevance and contribution in teaching learning process of yoga education.

M.A Yoga304.2 enhance the knowledge of laws of learning, learning curves, theories of learning, motivation and motivational theories.

M.A Yoga304.3 understand the meaning definition, structure and theories of personality.

M.A Yoga304.4 understand the meaning, principles, importance and process of Guidance and Counseling in yoga education.

SYLLABUS

Unit-I INTRODUCTION OF PSYCHOLOGY

1. Psychology: Meaning, Definition and Scope of Psychology in Yoga.
2. Nature and Branches of Psychology.
3. Relevance and Contribution of Psychology in Teaching & Learning Process of Yoga Education.
4. Methods of Psychology: General Introduction, Survey and Experiment Method.

Unit-II LEARNING AND MOTIVATION

1. Learning: Meaning, Definition, Laws of Learning and Learning Curves.
2. Theories of Learning: Thorndike's Trial and Error, Pavlov's Learning by conditioning.
3. Motivation: Meaning, Definition, Concept and Dynamics of Motivation in Yoga.
4. Theories of Motivation: Abraham Maslow's Self Actualization Theory, Sigmond Freud's Instinct Theory.

Unit-III PERSONALITY

1. Personality: Meaning, Definition and Structure of Personality.
2. Theories of Personality: Sigmond Freud's Psycho-Analytical Theory.
3. Type Theories of Personality: Kretschmer's, Sheldons and Jung's Classification.
4. Trait Theory of Personality: Allport and Eyesenk.

Unit-IV GUIDANCE AND COUNSELLING

1. Guidance: Meaning, Definition and Significance of guidance.
2. Principles of Guidance in Yoga Education.
3. Counseling: Meaning, Definition and Significance of Counseling and Different types of Counseling.
4. Concept of Counseling Process and Qualities of a Counselor.

References Books:-

Dr. Arun Kumar Singh, Education Psychology (2015) Bharti Bhawan Publishers & Distributors.
Dridge & Hung: Psychological Foundations of Education. Harper and Row Publishers.
Kamlesh, M. L. Educatin Sports Psychology, New Delhi, Friends Pub., 2006.
Jaswant kaur Vir – Psychology of Teaching and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala. (2008).
Baron, R. A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentic-Hall of India.
Baron, A. Rober, (2002) "Psychology", Pearson Education Vth Ed.
Cliffor T. Morgan, Richard a. King, John R. Weis and John Schopler (1993), "Introduction to Psychology" – 7th Edition. Tata Mcgraw Hill Book Co. New Delhi.

PAPER – 304: APPLIED PSYCHOLOGY IN YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga304.1	3	3	3	3	3	3	3	3	3
M.A Yoga 304.2	3	3	3	3	3	3	3	3	3
M.A Yoga 304.3	3	3	3	3	3	3	3	3	3
M.A Yoga 304.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 304.1	3	3	3	3	3
M.A Yoga 304.2	3	3	3	3	3
M.A Yoga 304.3	3	3	3	3	3
M.A Yoga 304.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 304.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 304.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 304.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 304.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 305 PRACTICAL SYLLABUS (Part i &ii)

Credits=5

Maximum Marks: 100
Part i:70 marks
Part ii:30 marks

Course Outcomes:-

After completing the course contents, students will be able to:

M.A Yoga305.1 apply and demonstrate of Surya Namaskar , Asanas, Pranayamas and Shudhikriyas.

M.A Yoga305.2 apply and demonstrate techniques of different yogic activities and their effects on human body.

M.A Yoga305.3 fill psychological questionnaire in research process.

M.A Yoga305.4 apply and demonstrate administrations of Psychological Scales for research process.

SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

1. PRAYER: Gayatri Mantra, Mahamritunjya Mantra.
2. SUKSHAMA VYAYAMA
3. SURYA NAMASKAR: 12 Counts.
4. SUPINE LYING ASANAS: Sarvangasana, Padamsarvangasana, Karnpeedasana, Setubandhasana,
5. PRONE LYING ASANAS: Sarpasana, Dhanurasana, Puranabhujangasana, Puranashalabhasana.
6. SITTING ASANAS: Shirsasana, Kukkutasana, Suptvajrasana, Purnamatsyasana, Bakasana, Paschimottansana, Baddhpadmasana.
7. STANDING ASANAS: Tadasan, Vrikshasan, Trikonasana, Natrajasana.
8. PRANAYAM: Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam
9. BANDH: Mahabandh
10. MUDRA: Matangini Mudra, Shaktichalani Mudra.
11. SHATKARM:
    a) NETI : Double Rubber Neti
    b) DHAUTI : Vastra Dhauti, Dhanda Dhauti
    c) KAPALBHATI : Vaatkarma, Sheetkarma
    d) NAULI : Madhya, Vaam, Dakshine
12. MEDITATION – Om recitation
13. RELAXATION TECHNIQUES – Shavasana, Yog Nidra,
14. PRACTICAL NOTE BOOK

(ii) APPLIED PSYCHOLOGY:

i) Self Concept Questionnaire by Dr. Raj Kumar Saraswat. (Marks = 10)

ii) Locus of Control by Leverson Scale (Marks = 10)

iii) Emotional Intelligence Inventory by Dr. S. K. Mangal and Mrs. Shubhra Mangal. (Marks = 10)

PAPER – 305 PRACTICAL SYLLABUSES (PART i & ii)

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga305.1	3	3	3	3	3	3	3	3	3
M.A Yoga 305.2	3	3	3	3	3	3	3	3	3
M.A Yoga 305.3	3	3	3	3	3	3	3	3	3
M.A Yoga 305.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga305.1	3	3	3	3	3
M.A Yoga 305.2	3	3	3	3	3
M.A Yoga 305.3	3	3	3	3	3
M.A Yoga 305.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga305.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 305.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 305.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 305.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Open Elective

PAPER - 306 YOGA AND HEALTH

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

Note: Paper setter is required to set 2 questions from each Unit – I and II. Unit - III consists of 4 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I and II carrying 16 marks for each question. Unit - III is compulsory for all consisting 2 marks of each short answer.

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga306.1 enhance the concept of health, yogic diet, Asana and Pranayama in process of health promotions.

M.A Yoga306.2 apply and demonstrate different yogic practices in treatment of different health problems i.e. Stress, Hypertension, Diabetes, Cervical Spondylosis and Obesity.

SYLLABUS

Unit – I INTRODUCTION OF HEALTH & YOGIC PRACTICES.

1. Meaning, Definition and Concept of Health
2. Yogic diet and health.
3. Cultural asanas and health: Paschimottan ,Hal ,Bujang, Shalabh, Vipritkarni, Sarvang, Trikon, Shirsh, Ushtra, Suptavajra.
4. Relaxative asanas and health: Savasna & Makrasna.
5. Meditative asanas and health: Padam, Vajra, Sihasna, Singhasna.
6. Pranayama and health: Suryabhedan,Ujjai, Sheetali, Sheetkari, Bhramari & Bhastrika.

Unit – II HEALTH PROBLEMS & TREATMENT THROUGH YOGA.

1. Shudhikriyas and health : Neti, Dhoti, Basti, Neoli, Tratak & Kapalbhati.
2. Stress management through Yogic practieses
3. Hypertension: Meaning, causes and yogic treatment.
4. Diabetes: Meaning,types, causes and yogic treatment
5. Cervical Spondylosis: Meaning, causes and yogic treatment.
6. Obesity: Meaning, causes and yogic treatment

References Books:-

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.

Open Elective

PAPER - 306 YOGA AND HEALTH

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga306.1	3	3	3	3	3	3	3	3	3
M.A Yoga 306.2	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga306.1	3	3	3	3	3
M.A Yoga 306.2	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 306.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 306.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 401: YOGA THERAPY

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga 401.1 understand the meaning, scope, principles, importance and limitations of yoga therapy.

M.A Yoga 401.2 enhance the knowledge about diseases, their causes, classifications and treatment of different types of postural deformities through yog therapy.

M.A Yoga 401.3 enhance the knowledge of hypertension, obesity, blood glucose disorders, gsric intestinal problem, cardio respiratory disorders, their causes, symptoms and treating life style disorders through yog therapy.

M.A Yoga 401.4 understand the meaning, causes, symptoms of stress, anxiety, depression insomnia, and adjustment and their yogic treatment.

SYLLABUS

Unit-I YOGA THERAPY: AN INTRODUCTION

1. Meaning, Definition and Importance of Yoga Therapy in modern age.
2. Concept and Scope of Yoga Therapy.
3. Principles of Yoga Therapy.
4. Limitations of Using Yoga Therapy.

Unit-II CONCEPT OF DISEASES

1. Diseases, Meaning and their causes.
2. Classifications of Diseases.
3. Postural Deformities: Meaning and their Causes.
4. Treatment of Different types of Postural Deformities through Yoga Therapy (KYPHOSIS, LORDOSIS SCIOLIOSIS, KNOCK-KNEE, FLAT-FOOT).

Unit-III YOGA THERAPY FOR LIFE STYLE DISORDERS

1. Hypertension, Obesity and Blood Glucose disorders: Causes, Symptoms and Treatment through Yogic Therapy.
2. Gastric Intestinal Problem: Indigestion, Constipation, Acidity, Causes, Symptoms and
3. Treatment through Yogic Therapy.
4. Cardio respiratory disorders: Atherosclerosis and Bronchi Asthma: Causes Symptoms and their Treatment through Yoga Therapy.

Unit-IV YOGA THERAPY FOR PSYCHOLOGICAL PROBLEMS

1. Stress, Anxiety and Depression: Meaning, Causes, Symptoms and their Treatment through Yoga.
2. Insomnia: Meaning, Causes, Symptoms and Treatment through Yoga.
3. Adjustment Problems: Meaning, Causes, Symptoms and Treatment through Yoga.
4. Attention – Deficit, Hyperactivity Disorder: Meaning, Causes, Symptoms, Treatment through Yoga.

References Books:-

Moorthy, A.M. (2005), "Yoga Therapy", Teacher Publising House, Coimbatore ISBN-9788180160240.
Swami, Shivananda Saraswati, (1957) "Yoga Therapy, Umachal Yoga Ashram, Guwahati".
Verma, Janki Prasad, (1962), "Rogo Ki Achuke Chikitsa" Leader Press, Allahabad.
Yogeshwar, "Simple Yoga Therapy', Yoga Center, Madras. Tiwari, O.P., (1984), "Asanas-Why and How", Kaivalayadhama, Lonavala.
Roga & Yoga- Swami Shivanand.

PAPER – 401: YOGA THERAPY

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 401.1	3	3	3	3	3	3	3	3	3
M.A Yoga 401.2	3	3	3	3	3	3	3	3	3
M.A Yoga 401.3	3	3	3	3	3	3	3	3	3
M.A Yoga 401.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 401.1	3	3	3	3	3
M.A Yoga 401.2	3	3	3	3	3
M.A Yoga 401.3	3	3	3	3	3
M.A Yoga 401.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga401.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 401.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 401.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 401.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 402: FOOD & NUTRITION (i)

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga402(i).1 understand the meaning, functions, classifications, principles and importance of food and nutrition.

M.A Yoga402(i).2 enhance the knowledge of classification, sources, functions and requirements of various nutrients i.e. protein, fat, vitamins, minerals and water.

M.A Yoga402(i).3 enhance the knowledge of balance diet, yogic diet, their factors affecting, advantages and disadvantages of vegetarian and non-vegetarian diet.

M.A Yoga402(i).4 understand and apply the concept of meal planning, its affecting factors, meal planning for male and female and food intake.

SYLLABUS

Unit-I FOOD & NUTRITION

1. Meaning of Food, Nutrition and their importance.
2. Functions of Food and Nutrition.
3. Classifications of Nutrients.
4. Basic Principles of Nutrition.

Unit-II NUTRIENTS

1. Proteins: Meaning, Classification, Sources, Functions and their requirements.
2. Fats and Carbohydrates: Meaning, Classification, Sources, Functions and their requirements.
3. Vitamins: Classification, Sources, Functions and their requirements.
4. Minerals: Classification, Sources, Functions and their requirements.
5. Water: Meaning, Sources and Functions.

Unit-III BALANCED DIET

1. Meaning and Importance of Balanced Diet.
2. Factors Affecting Balanced Diet.
3. Concept of Yogic Diet.
4. Advantages/Disadvantages of Vegetarian and Non-Vegetarian Diets.
5. Malnutrition: Meaning, Causes and Methods for overcoming Malnutrition.

Unit-IV MEAL PLANNING

1. Concept and Principles of Meal Planning.
2. Factors Affecting Meal Planning.
3. Meal Planning for Healthy Living.
4. Meal Planning for Adolescents Male and Female.
5. Food Intake: Timing, Concept of Dugdahar, Falahar, Alpahar and Apakahar in Yoga.

References Books:-

Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034.
Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance.Obesity(Silver Spring). 15(12), 3091-3096.
Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3), 223-228.
DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med,356(21), 2176-2183.
Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.

PAPER – 402: (Option-i) FOOD & NUTRITION

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga402(i).1	3	3	3	3	3	3	3	3	3
M.A Yoga 402(i).2	3	3	3	3	3	3	3	3	3
M.A Yoga 402(i).3	3	3	3	3	3	3	3	3	3
M.A Yoga 402(i).4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga402(i).1	3	3	3	2	2
M.A Yoga 402(i).2	3	3	3	2	2
M.A Yoga 402(i).3	3	3	3	2	2
M.A Yoga 402(i).4	3	3	3	2	2
Average	3	3	3	2	2

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 402(i).1	3	3	3	3	3	3	3	3	3	3	3	3	2	2
M.A Yoga 402(i).2	3	3	3	3	3	3	3	3	3	3	3	3	2	2
M.A Yoga 402(i).3	3	3	3	3	3	3	3	3	3	3	3	3	2	2
M.A Yoga 402(i).4	3	3	3	3	3	3	3	3	3	3	3	3	2	2
Average	3	3	3	3	3	3	3	3	3	3	3	3	2	2

M.A Yoga 402: Option – (ii) - 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 Outcomes:-

After **completing the course contents of this course, the students will be able to: -**

M.A Yoga 402(ii).1	enhance the basic concept of research and its need and characteristics in Physical Education and Sports.
M.A Yoga 402(ii).2	enhance the knowledge about research process and its contents.
M.A Yoga 402(ii).3	apply review of related literature.
M.A Yoga 402(ii).4	apply statistical techniques for computing results and writing research reports.

M.A Yoga – 402: Option – (ii) - Dissertation

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 402(ii).1	3	2	3	3	3	3	1	1	3
M.A Yoga 402(ii).2	3	2	3	3	3	3	2	3	3
M.A Yoga 402(ii).3	3	3	3	3	3	3	1	3	3
M.A Yoga 402(ii).4	3	3	3	3	3	3	3	3	3
Average	3	2.5	3	3	3	3	1.75	2.50	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 402(ii).1	3	2	3	3	3
M.A Yoga 402(ii).2	3	2	3	3	3
M.A Yoga 402(ii).3	3	2	3	3	3
M.A Yoga 402(ii).4	3	2	3	3	3
Average	3	2	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 402(ii).1	3	2	3	3	3	3	1	1	3	3	2	3	3	3
M.A Yoga 402(ii).2	3	2	3	3	3	3	2	3	3	3	2	3	3	3
M.A Yoga 402(ii).3	3	3	3	3	3	3	1	3	3	3	2	3	3	3
M.A Yoga 402(ii).4	3	3	3	3	3	3	3	3	3	3	2	3	3	3
Average	3	2.5	3	3	3	3	1.75	2.50	3	3	2	3	3	3

PAPER – 403: KINESIOLOGICAL ASPECT OF YOGA

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completing the course contents of this course, the students will be able to: -

M.A Yoga403.1	enhance the knowledge of Kinesiology its scope, axis and planes, their types, terminology of body position and body movements.
M.A Yoga403.2	understand the meaning, functional classification, origin, insertion and action of various groups of muscles.
M.A Yoga403.3	enhance the knowledge of origin, insertion and action of shoulder joint and elbow joint.
M.A Yoga403.4	enhance the knowledge of movement, origin, insertion and action of hip and knee joint.

SYLLABUS

Unit-I INTRODUCTION OF KINESIOLOGY AND BODY MOVEMENTS

1. Kinesiology: Meaning, significance and scope in Yoga.
2. Medical Terminology of Body Position.
3. Axis and planes: meaning and Types.
4. Terminologies of different Body movements.
5. Skeletal Muscle: Gross Structure, meaning of muscle origin and Insertion.

Unit-II MUSCLES OF VARIOUS REGIONS

1. Functional classification Skeletasl Muscles.
2. Origin, Insertion and Actions of Muscles in different asanas: Latissimus Dorsi, Trapezius
3. Rhomboid Major, Rhomboid Minor, Rectus Abdominal, Gluteus Maximus,
4. Gluteus Medius, Gluteus Minimus and Sternocleidomastoid muscle.

Unit-III JOINTS OF UPPER EXTREMITY

1. Shoulder Joint – Structure, Ligaments, Muscle Reinforcement and Movements.
2. Elbow Joint – Structure, Ligaments, Muscle Reinforcement and Movements. Origin, Insertion and Actions of Muscles in different asanas: Deltoid, Biceps, Triceps and Pactroralis Major.

Unit-IV JOINTS OF LOWER EXTREMITY

1. Hip Joint – Structure, Ligaments, Muscle reinforcement and Movements.
2. Knee Joint - Structure, Ligaments, Muscle reinforcement and Movements.
3. Origin, Insertion and Action of Muscles in different asanas: Hamstrings group of Muscles, Quadriceps group of Muscles, Sartorious Muscle, Gastrocnemius Muscle.

References Books:-

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.

PAPER – 403: KINESIOLOGICAL ASPECT OF YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga403.1	3	3	3	3	3	3	3	3	3
M.A Yoga 403.2	3	3	3	3	3	3	3	3	3
M.A Yoga 403.3	3	3	3	3	3	3	3	3	3
M.A Yoga 403.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 403.1	3	3	3	3	3
M.A Yoga 403.2	3	3	3	3	3
M.A Yoga 403.3	3	3	3	3	3
M.A Yoga 403.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga403.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 403.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 403.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 403.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER- (404): TEACHING METHODS OF YOGA

Time: 3 Hours **Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)**

Credits=4

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

Course Outcomes:-

After completion of the course contents of this paper, the student will be able to:

M.A Yoga404.1 enhance and apply the knowledge of teaching methods , meaning, importance, types, principles and modern concept in teaching learning process.

M.A Yoga404.2 apply and demonstrate, command, class formation, teaching aids, its types, importance and modern concept of teaching aids.

M.A Yoga404.3 apply the principles of lesson plan alongwith its objective and effecting factor in teaching yoga.

M.A Yoga404.4 understand the meaning, steps, factors affecting and importance of class management with enhance the knowledge of organization and rules of yoga competitions.

SYLLABUS

UNIT –I TEACHING METHODS

1. Meaning, Definition and Importance of Teaching Methods in Yoga.
2. Modern Concept of Teaching Methods Types of Teaching Methods in Yoga.
3. Factors Affecting Teaching Methods.
4. Principles of teaching.

UNIT-II COMMAND, FORMATION AND TEACHING AIDS

1. Command: Their types and uses in Yoga.
2. Teaching Aids: Meaning and Importance.
3. Types of Teaching Aids
4. Modern concept of teaching Aids.
5. Class Formation: Meaning, Types and their importance.

UNIT-III LESSON PLANNING

1. Meaning and Importance of Lesson Plan.
2. Objectives and Steps of Making Lesson Plan.
3. Types of Lesson Plan.
4. Factors Affecting Lesson Plan.
5. Basic Principles of Making Lesson Plan

UNIT-IV CLASS MANAGEMENT

1. Meaning and Importance of Class Management.
2. Factors Affecting Class Management.
3. Steps of Class Management.
4. Organization and administration of Yoga Competition.
5. Rules of Inter-collegiate/University Level Yoga Competition.

References Books:-

Bhatia and Bhatia Doaba House, (1959) The Principles and Methods of Teaching New Delhi.
Prof. Ramesh Chandra (2004), Technology in the preparation of Teachers", Usha Books, Delhi.
Kochar S.K, (2010) "Methods and Techniques of Teaching ,Sterling Publishers, New Delhi
Walia JS, (2003) "Principles and Methods of Education" Plant Publishers Jalandhar City-.

PAPER- (404): TEACHING METHODS OF YOGA

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga404.1	3	3	3	3	3	3	3	3	3
M.A Yoga 404.2	3	3	3	3	3	3	3	3	3
M.A Yoga 404.3	3	3	3	3	3	3	3	3	3
M.A Yoga 404.4	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga404.1	3	3	3	3	3
M.A Yoga 404.2	3	3	3	3	3
M.A Yoga 404.3	3	3	3	3	3
M.A Yoga 404.4	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 404.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 404.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 404.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 404.4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

PAPER – 405 PRACTICAL SYLLABUS ((Part i &ii)

Credits=5

Maximum Marks: 100
Part i Marks: 50
Part ii Marks:50

Course Outcomes:

After completing the course contents, students will be able to:

M.A Yoga405.1 apply and demonstrate different techniques of Prayer, Surya Namaskar and Chander Namaskar

M.A Yoga405.2 apply and demonstrate different techniques of various Asanas, Pranayams and Sudhikriyas on human body.

M.A Yoga405.3 make lesson planning for different yogic activities.

M.A Yoga405.4 apply and demonstrate different yogic activities with suitable pedagogical techniques.

SYLLABUS

(i) Demonstrations of Asana, Pranayam and Shudhi Kriya

1. PRAYER: Sankalp Mantra.
2. SUKSHAMA VYAYAMA
3. SURYA NAMASKAR: 12 Counts. CHANDRA NAMASKAR.
4. PRAGYA YOGA
5. SUPINE LYING ASANAS: Vipritkarniasana, Halasana, Chakrasana, Naukasana, Pawankuktasana,
6. PRONE LYING ASANAS: Bhujangasana, Shalabhasana, Dhanurasana, Vipritnaukasana,
7. SITTING ASANAS: Vajrasana, Suptvajrasana, Padamasana, Shashankasana, Akarana Dhanurasana, Gomukhasana, Ushtrasana, Ardhmatsyandrasana, Ekpadskandhasana, Vatyanasana.
8. STANDING ASANAS: Tadasan, Vrikshasan, Trikonasana, Natrajasana.
9. PRANAYAM: Anulomvilom Pranayam, Shitali Pranayam, Ujjayi Pranayam, Suryabhedan Pranayam
10. SHATKARM:
    a) NETI : Jal, Rubber Neti
    b) DHAUTI : Vaman (Kunjal), Dhanda Dhauti
    c) KAPALBHATI : Vaatkarma, Sheetkarma
    d) TRATAK
11. MEDITATION – Om recitation
12. RELAXATION TECHNIQUES – Shavasana, Yog Nidra,
13. PRACTICAL NOTE BOOK

(ii) Teaching Practices of Asana, Pranayama and Shatkarmas:

Practice of teaching

Five lesson plans on any skill (Three Asanas, One Pranayama and One Kriya) on lesson format with chart and Viva-Voce. In the final exam model will be compulsory for all the students.

PAPER- (405): PRACTICAL SYLLABUS ((Part i &ii))

CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga405.1	3	3	3	3	3	3	3	3	3
M.A Yoga 405.2	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3

CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga405.1	3	3	3	3	3
M.A Yoga 405.2	3	3	3	3	3
Average	3	3	3	3	3

CO-PO-PSO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga405.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 405.2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Average	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Table 4: CO-PO-PSO mapping matrix for all the courses of M.A. Yoga.

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
M.A Yoga 101	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 102	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 103	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 104	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 105	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 201	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 202	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 203	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 204	3	3	3	3	3	3	3	3	3	1	3	3	3	3
M.A Yoga 205	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 206	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 301	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 302	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 303	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 304	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 305	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 306	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 401	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 402(i)	3	3	3	3	3	3	3	3	3	3	3	3	2	2
M.A Yoga 402(ii)	3	2.5	3	3	3	3	1.75	2.50	3	3	2	3	3	3
M.A Yoga 403	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 404	3	3	3	3	3	3	3	3	3	3	3	3	3	3
M.A Yoga 405	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Attainment of COs:

The attainment of COs can be measured on the basis of the results of internal assessment and semester examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 50% marks:

Table 5 : CO Attainment Levels for internal assessment.

Attainment Level	
1 (Low level of attainment)	**50% of students score more than 50% of marks in class tests of a course.**
2 (Medium level of attainment)	**60% of students score more than 50% of marks in class tests of a course.**
3 (High Level of attainment)	**70% of students score more than 50% of marks in class tests of a course.**

Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. M.A Yoga 101.1 and M.A Yoga 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e. M.A Yoga 101.3 and M.A Yoga 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

i. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. M.A Yoga 101.1
ii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. M.A Yoga 101.2
iii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. M.A Yoga 101.3
iv. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. M.A Yoga 101.4
v. Take average of the percentages obtained above.
vi. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

Note: *In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four Cos for a course. The set target may also be different for different COs. These issues may resolved by the Staff Councils of the departments/institutes.*

For determining the attainment levels for end semester examination, it is assumed that questions in the end term examination are based on all COs of the course. Attainment levels for end semester examination of a course can be determined after the declaration of the results. The CO attainment levels for end semester examination are given in Table 6.

Table 6 : CO Attainment Levels for End Semester Examination (ESE)

Attainment Level	
1 (Low level of attainment)	**60% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.**
2 (Medium level of attainment)	**70% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.**
3 (High Level of attainment)	**80% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.**

Note: In the above table, the set target is assumed as grade A for CBCS courses and 60% for non-CBCS courses. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.

Overall CO Attainment level of a Course:

The overall CO attainment level of a course can be obtained as:

Overall CO attainment level = 50% of CO attainment level in Internal assessment + 50% of CO Attainment level in end semester examination.

The overall COs attainment level can be obtained for all the courses of the program in a similar manner.

Attainment of POs:

The overall attainment level of POs is based on the values obtained using direct and indirect methods in the ratio of 80:20. The direct attainment of Pos is obtained through the attainment of COs. The overall CO attainment value as estimated above and CO-PO mapping value as shown in Table 4 are used to compute the attainment of POs. PO attainment values obtained using direct method can be written as shown in the Table 7.

Table 7: PO Attainment Values using Direct Method

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
M.A Yoga 101									

M.A Yoga 102									
M.A Yoga 103									
-									
M.A Yoga 405									
Direct PO attainment	Average of above values	Average of above values	Average of above values	--	--	--	--	--	Average of above values

The PO attainment values to be filled in above table can be obtained as follows:

For M.A Yoga 101-PO1 Cell:

PO1 attainment value = (Mapping factor of M.A Yoga 101-PO1 from Table 4 x Overall CO attainment value for the course M.A Yoga 101)/3

For M.A Yoga 104-PO1 Cell:

PO1 attainment value = (Mapping factor of M.A Yoga 104-PO1 from Table 4 x Overall CO attainment value for the course M.A Yoga 104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of Pos is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of Pos may be conducted at end of last semester of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =

[0.8 x average attainment value for PO1 using direct method (from table 7)] + [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.

Table 8: PO Questionnaire for indirect measurement of PO attainment (For Outgoing students)

At the end of my degree program I am able to do:

Statements of POs	Please Tick any one		
1. Learners will be able to comprehend the acquire knowledge during the Program of study.	3	2	1
2. Learners will be able to reflect on the issues relating to the discipline- 'Education'.	3	2	1
3. Learners will be able to exhibit the	3	2	1

professional skills and competencies acquired during the Program of study.			
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.	3	2	1
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.	3	2	1
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.	3	2	1
7. Learners will be able to discuss and solve the problems relating to the discipline and life.	3	2	1
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.	3	2	1
9. Learners will be able to apply different tools and techniques of communication and related skills.	3	2	1

Overall PO attainment values can be written as shown in Table 9:

Table 9: Overall PO attainment Values.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
Direct PO attainment									
Indirect PO attainment									
Overall PO attainment.									
Target									

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner.