

**COURSE OF STUDY  
AND  
SCHEME OF EXAMINATION  
CHOICE BASED CREDIT SYSTEM  
(CBCS)  
M.P.ED  
UNDER FACULTY OF PHYSICAL  
EDUCATION  
TWO YEARS (FOUR SEMESTERS)  
(w.e.f. 2022-2023)**



**SCHOOL OF STUDIES IN PHYSICAL  
EDUCATION  
JIWAJI UNIVERSITY, GWALIOR (M.P.)  
NAAC ACCREDITED 'A' GRADE UNIVERSITY**

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## GENERAL OBJECTIVES OF M.P.Ed COURSE (SEMESTER SYSTEM)

- To create unique academic environment that stimulates creativity and critical thinking, and providing impetus to recruiting, supporting, and developing highly-skilled motivated researchers.
- Understand the nature of Physical Education as discipline/area of study.
- Understand the need of teacher education in the context of changing needs of school education.
- Learn the skills required for playing a leadership role in different areas of school education;
- Understand the linkage between Physical Education and national development;
- Develop skills among students to manage internship, practical's and in-service training programmes;
- Develop competency in students in development of curriculum, syllabus, textbooks, and instructional materials, evaluation and assessment.

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## PROGRAMME LEARNING OUTCOMES:

- **Officiating**: Demonstrate capability to officiate various games and sports.
- **Planning training regime** : Design training regimes for various sports in the light of physiological, psychological, biomechanical principles.
- **Talent Identification** : Identify talent for various sports by assessing performance and potential
- **Research Orientation** : Apply research tools to investigate issues related to proficiency in sports.
- **Ethics and sportsmanship** : Demonstrate ethical conduct and conformity to professional ethics and legal provisions of sports
- **Individual and team work**: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.
- **Life-long learning**: Recognize the need and ability to engage in independent and life-long learning
- **IT Skills** : Use technology to make effective presentations
- **Communication**: Communicate effectively on complex training and performance situations with stakeholders
- Deploy suitable methods, strategies and techniques of teaching and coaching for the enhancement of athlete's performance
- Design and use tools for conducting research to improve sports and society at large.
- Devise and apply fitness programs for health and fitness

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## Credit Distribution in M.P.Ed.

FIRST SEMESTER		CREDIT C(I)	
COURSE CODE	COURSE NAME	THEORY/ PRACTICAL	TUTORIAL
MPEd-101	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	3	1
MPEd-102	PHYSIOLOGY OF EXERCISE	3	1
MPEd-103	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	3	1
MPEd-104	(A) SPORTS JOURNALISM AND MASS MEDIA Or (B) ADAPTED PHYSICAL EDUCATION	3	1
MPEd-105	PRACTICAL-I (Officiating & Coaching- PART -I)	3	1
MPEd-106	PRACTICAL-II (Conditioning & Match Practice)	4	--
MPEd-107	COMPREHENSIVE VIVA-VOCE		
<b>Grand Total</b>		22 + 06 = 28	

SECOND SEMESTER		CREDIT C(I)	
COURSE CODE	COURSE NAME	THEORY/ PRACTICAL	TUTORIAL
MPEd-201	APPLIED STATISTIC IN PHYSICAL EDUCATION & SPORTS	3	1
MPEd-202	SPORTS BIOMECHANICS AND KINESIOLOGY	3	1
MPEd-203	ATHLETIC CARE AND REHABILITATION	3	1
MPEd-204	(A) SPORTS TECHNOLOGY Or (B) INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION	3	1
MPEd-205	PRACTICAL-I (Officiating & Coaching- PART -II)	3	1
MPEd-206	PRACTICAL-II (Conditioning & Match Practice)	3	1
MPEd-207	COMPREHENSIVE VIVA-VOCE	4	--
<b>Grand Total</b>		22 + 06 = 28	



### THIRD SEMESTER

COURSE CODE	COURSE NAME	CREDIT C(I)	
		THEORY/ PRACTICAL	TUTORIAL
MPed-301	STRENGTH AND CONDITIONING	3	1
MPed-302	SPORTS MEDICINE	3	1
MPed-303	CURRICULUM DESIGN IN PHYSICAL EDUCATION	3	1
MPed-304	(A) HEALTH EDUCATION AND SPORTS NURTITION Or (B) PHYSICAL FITNESS AND WELLNESS	3	1
MPed-305	TEACHING LESSON PLAN	3	1
MPed-306	SPORTS SPECIALIZATION- Practical Skills	3	1
MPed-307	COMPREHENSIVE VIVA-VOCE	4	--
<b>Grand Total</b>		22 + 06 = 28	

### FOURTH SEMESTER

COURSE CODE	COURSE NAME	CREDIT C(I)	
		THEORY/ PRACTICAL	TUTORIAL
MPed-401	SPORTS PSYCHOLOGY	3	1
MPed-402	SPORTS MANAGEMENT	3	1
MPed-403	SPORTS SPECIALIZATION	3	1
MPed-404	(A) DISSERTATION Or (B) SPORTS SOCIOLOGY	3	1
MPed-405	INTERNSHIP & PROJECT	10	--
MPed-406	COMPREHENSIVE VIVA-VOCE	4	--
<b>Grand Total</b>		26 + 04 = 30	

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**SCHEME OF EXAMINATION  
M. P .ED  
FIRST SEMESTER**

COURSE CODE	COURSE NAME	TOTAL MARKS	CREDIT C(I)		END SEM. EXAM MARKS		SESSIONAL MARKS	
			THEORY/ PRACTICAL	TUTORIAL	MAX	MIN	MAX	MIN
MPed-101	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	100	3	1	60	21	40	14
MPed-102	PHYSIOLOGY OF EXERCISE	100	3	1	60	21	40	14
MPed-103	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	100	3	1	60	21	40	14
MPed-104	(A) SPORTS JOURNALISM AND MASS MEDIA Or (B) ADAPTED PHYSICAL EDUCATION	100	3	1	60	21	40	14
MPed-105	PRACTICAL-I (Officiating & Coaching- PART -I)	100	3	1	60	21	40	14
MPed-106	PRACTICAL-II (Conditioning & Match Practice)	100	3	1	60	21	40	14
MPed-107	COMPREHENSIVE VIVA-VOCE	100	4	--	100	35	xx	xx
<b>Grand Total</b>		700	22 + 06 = 28		460	161	240	84

**NOTE: Mode of transportation of the syllabus:** Each paper will be delivered through lectures/assignment. Comprehensive viva-voce and regular seminar shall be conducted for transportation of knowledge to the students.



**M.P.Ed (Semester-I)  
PAPER-I**

**MPed-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT-I**

**Introduction**

- Meaning and Definition of Research
- Need, Nature and Scope of research in Physical Education
- Classification of Research
- Location of Research Problem and Criteria for selection of a problem
- Qualities of a good researcher.

**UNIT-II**

**Methods of Research**

- Descriptive Methods of Research; Survey Study, Case study
- Introduction of Historical Research
- Steps in Historical Research and Sources of Historical Research
- Primary Data and Secondary Data, Historical Criticism
- Internal Criticism and External Criticism

**UNIT -III**

**Experimental Research**

- Meaning, Nature and Importance of Experimental research
- Meaning & types of Variable

**Experimental Design**

- Single Group Design
- Reverse Group Design
- Repeated Measure Design
- Static Group Comparison Design
- Equated Group Design,
- Factorial Design

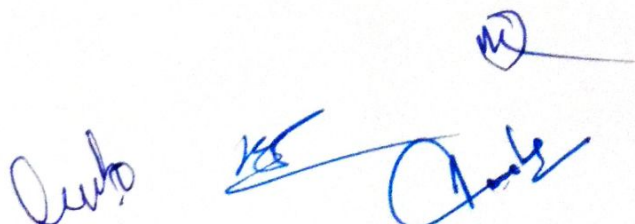
**UNIT- IV**

**Sampling**

- Meaning, Definition of Sample and Population
- Types of Sampling

**Probability Methods:**

- Systematic Sampling
- Cluster sampling
- Stratified Sampling
- Area Sampling -
- Multistage Sampling.



**Non- Probability Methods:**


- Convenience Sample
- Judgment Sampling
- Quota Sampling.

**UNIT-V****Research Proposal and Report****Chapterization of Thesis / Dissertation:**

- Front Materials
- Body of Thesis
- Back materials
- Method of Writing Research proposal Thesis / Dissertation
- Method of writing abstract and full paper for presenting in a conference and to publish in journals
- Mechanics of writing Research Report
- Footnote and Bibliography writing.

**REFERENCE :**

- Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- Best John & Kahni, J.V. Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd., 1992.
- Clarke, H.H., The Application of Measurement in Health and Physical Education, 1992.
- Koul, L. Methodology of Educational Research, Vikas Publishing House, New Delhi (2002)
- Shaw, Dhananjay. Fundamental statistics in physical Education & Sports sciences, sports Publication, 2007.
- Smith, R. Philosophy, Methodology and Educational Research, Wiley Black Well, USA. (2007).
- Swann, J. Pratt Educational Research in Practice: Making Sense of Methodology, Viva, New Delhi (2007)





**M.P.Ed (Semester-I)  
PAPER-II**

**MPed-102 PHYSIOLOGY OF EXERCISE**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Skeletal Muscles and Exercise**

- Macro & Micro Structure of the Skeletal Muscle
- Types of Muscle fibre
- Chemical Composition of Muscles & Sliding Filament Theory of Muscular Contraction
- Muscle Tone&Heat Production in the Muscle
- Effect of Exercises and Training on the Muscular System

**UNIT II**

**Respiratory System and Exercise**

- Mechanics of Breathing & Respiratory Muscles
- Minute Ventilation - Ventilation at Rest and During Exercise, Control of Ventilation
- Diffusion of Gases - Exchange of Gases in the Lungs -Exchange of Gases in the Tissues
- Ventilation and the Anaerobic Threshold
- Oxygen Debt - Lung Volumes and Capacities
- Effect of exercises and training on the respiratory system.

**UNIT III**

**Cardiovascular System and Exercise**

- Conduction System of the Heart and Blood Supply to the Heart
- Heart Valves and Direction of the Blood Flow
- Factors Affecting Heart Rate
- Cardiac Cycle, Stroke Volume, Cardiac Output and Heart Rate
- Cardiac Hypertrophy and Effect of exercises and training on the Cardio vascular system

**UNIT IV**

**Metabolism and Energy Transfer**

- Metabolism - Anaerobic Metabolism and Aerobic Metabolism
- ATP - PC or Phosphagen System
- Aerobic and Anaerobic Systems during Rest and Exercise.
- Short Duration High Intensity Exercises - High Intensity Exercise Lasting Several Minutes - Long Duration Exercises.

**UNIT V**

**Climatic conditions and sports performance and ergogenic aids**

- Sports performance in hot climate, Cool Climate, high altitude.

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- Variation in Temperature and Humidity & Thermoregulation
- 3 • Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.
- 4 • Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance.

**Note: Laboratory Practical's in Physiology be designed and arranged internally.**

**REFERENCES:**

- ✓ 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).
- Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007).
- Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
- Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996).
- Sports Physiology. WMC: Brown Publishers. Sandhya Tiwaji. (1999).
- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Exercise Physiology. Sports Publishers. Shaver, L. (1981).





M.P.Ed (Semester-I)  
PAPER -III

MPEd-103 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Max. Marks=100

Credit= 4(3 Theory+ 1 Tutorial)

Theory=60 marks+ Internal Assessment=40 Marks

UNIT I

**Introduction**

- Meaning and Definition of Test
- Measurement and Evaluation
- Need and Importance of Measurement and Evaluation.
- Criteria for Test Selection
- Scientific Authenticity-Meaning, definition and establishing Validity, Reliability, Objectivity.
- Norms – Administrative Considerations.

UNIT II

**Physical Fitness Tests**

- Roger's physical fitness Index
- AAHPERD Health Related Fitness Battery (revised in 1984)
- ACSM Health Related Physical Fitness Test

**Cardio vascular test**

- Multi-stage fitness test (Beep test)
- Harvard step test
- 12 minutes run / walk test

UNIT III

**Motor Fitness Tests**

- Meaning and Definition of Motor Fitness.
- Barrow Motor Ability Test
- JCR test. Motor Ability
- Test for Motor Fitness; Indiana Motor Fitness Test
- Oregon Motor Fitness Test (Separately for boys and girls)
- Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test
- Newton Motor Ability Test

UNIT IV

**Anthropometric and Aerobic-Anaerobic Tests**

**Physiological Testing-**

- **Anthropometric Measurements:** Method of Measuring Height: Standing Height, Sitting Height.
- **Anaerobic Capacity:** Margaria-Kalamen test, Wingate Anaerobic Test,

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- **Aerobic Capacity:** The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females.
- **Method of measuring Circumference:** Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

## UNIT V

### Skill Tests

#### Specific Sports Skill Test

- Badminton: Miller Wall Volley Test.
- Basketball: Johnson Basketball Test & Harrison Basketball Ability Test.
- Cricket: Sutcliff Cricket test.
- Hockey: Friendel Field Hockey Test & Harban's Hockey Test, Mehrotra, Dureha skill Battery test
- Volleyball, Russel Lange Volleyball Test & Brady Volleyball Test.
- Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test and Mc-Donald Volley Soccer Test.
- Tennis: Dyer Tennis Test.

**Note: Practical's of indoors and out-door tests be designed and arranged internally.**

### REFERENCES :

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA:
- ACSM Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition)
- Lanham: Scarecrow Press Cureton T.K. (1947) Physical Fitness Appraisal and Guidance
- St. Louis: The C. Mosby Company Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons,
- Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics,
- New York, Macmillan Publiing Co. Inc Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition,
- Dallas TX: The Cooper Institute for Aerobics Research Wilmore JH and Costill DL. (2005)
- Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publicat

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**M.P.Ed (Semester-I)  
PAPER-IV**

**MPed-104 (A) SPORTS JOURNALISM AND MASS MEDIA (OPTIONAL PAPER)**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Introduction**

- Meaning and Definition of Journalism
- Ethics of Journalism
- Canons of journalism
- Sports Ethics and Sportsmanship
- Reporting Sports Events
- National and International Sports News Agencies

**UNIT II**

**Mass Media**

**Mass Media in Journalism-**

- Role of Advertisement in Journalism.
- Radio and T.V. Commentary -
- Running commentary on the radio -Sports expert's comments.
- Sports Photography: Equipment-Editing - Publishing

**UNIT III**

**Sports Bulletin**

- Journalism and sports education
- Concept of Sports Bulletin
- Role of Journalism in the Field of Physical Education
- Structure of sports bulletin -Compiling a bulletin and Types of bulletin
- Sports organization and sports journalism
- General news reporting and sports reporting

**UNIT IV**

**Report Writing on Sports**

**Brief review of Olympic Games-**

- Organization of Press Meet.
- Preparing report of an Annual Sports Meet for Publication in Newspaper.
- Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games.

**UNIT -V**

**Journalism**

- Sports organization and Sports Journalism -

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- General news reporting and sports reporting.
- Methods of editing a Sports report.
- Interview with and elite Player and Coach.

***Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.***

**REFERENCE:**

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
- Venkataiah. N (2009) Value Education, - New Delhi: APH Publishing Corporation.

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## MPEd-104 (B) ADAPTED PHYSICAL EDUCATION (OPTIONAL PAPER)

Max. Marks=100

Credit= 4(3 Theory+ 1 Tutorial)

Theory=60 marks+ Internal Assessment=40 Marks

### UNIT-I

#### Introduction

- Mining and Definition of Adapted Physical Education
- Disability Categories and Types.
- Causes and Characteristics of different disabilities.
- adapted physical education, their objectives

### UNIT-II

#### Identification and causes of specific diseases

- Attention deficit hyperactivity disorder : Meaning, Symptoms, Causes and Treatment
- Meaning of Autism and its Signs Symptoms & Causes
- Emotional disturbance: Characteristics, Causes and Treatment
- Specific learning disabilities: Common types of learning disabilities their causes, treatment and intervention
  - Dyslexia
  - Dysgraphia
  - Dyscalculia
  - Auditory processing disorder
  - Language processing disorder
  - Nonverbal learning disabilities
  - Visual perceptual/visual motor deficit

### UNIT -III

#### Class organization for Special Children

- Class organization strategies: identifying the cause, embrace special needs, setting high expectations and goals.
- Managing individual programmes: specially designed instructions, programme modifications, classroom accommodations, supplementary aids and services, transportation.
- Monitoring students performances: Purpose and Implementation
- Organizing the instructional environment.

### UNIT -IV

#### Paralympics Sports

- History of Paralympics.
- Paralympics events : list of IPC summer and winter sports.
- Rules and regulations.
- Eligibility criteria: medical classification & functional classification.

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## UNIT- V

### Including Children with Disabilities in General Physical Education

- Introduction to Inclusion
- Planning and Assessment
- Instructional, Curricular and Game
- Behavioral Accommodations and Safety and Social Considerations with Inclusion in Physical Education
- Public relations.

### REFERENCES:

- Auxter David, pyfer jean, Huettig carol " Principles & Methods of Adapted physical education"
- Fait. F. Hollis "Education : adapted corrective developmental"
- Winnick .P Joseph " Adapted Physical education"
- Clarke Harrison. H, Clarke David H developmental and Adapted Physical Education.
- Block, M.E., & Brady, W. (1999). Welcoming children with disabilities into general physical education. Teaching Elementary Physical Education.
- Emes, C., & Velde, B.P. (2005). Practicum in Adapted Physical Activity. Champaign, IL: Human Kinetics.

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**M.P.Ed (Semester-I)  
PAPER-V**

**MPED - 105 PRACTICAL-I (Officiating & Coaching- PART -I)**

**Max. Marks=100**

**Credit= 4(3 Practical + 1 Tutorial)**

**Practical =60 marks+ Internal Assessment=40 Marks**

**UNIT - I**

**MARKING OF PLAYFIELDS**

- Track Events
- Badminton
- Football

The students of M.P.Ed - I Semester need to be develop proficiency in marking of playfields of selected games. In view of this, the students shall be provided practical knowledge of playfield's marking.

**UNIT - II**

**RULES AND REGULATION OF ABOVE MENTIONED GAMES.**

**UNIT - III**

**OFFICIATING OF ABOVE MENTIONED GAMES.**

**UNIT -IV**

**TECHNICAL AND TACTICAL PREPARATION**

- Definition and meaning of technique, skill and style.
- Technique training & its implication in various phases; methods employed for technique training, causes of technical fault and their correction.
- Training for tactics.
- Principles of tactical preparation.

**UNIT- V**

- Designing & formulation of macro/micro/meso/training session plans.
- Teaching & learning of selected psychological Skills Training (PST)

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**M.P.Ed (Semester-I)**  
**PAPER-VI**

**MPED - 106 PRACTICAL - II CONDITIONING AND MATCH PRACTICE**

**Max. Marks=100**

**Credit= 4(3 Practical + 1 Tutorial)**

**Practical =60 marks+ Internal Assessment=40 Marks**

The students of M.P.Ed - I Semester need to be develop their basic fitness level and knowledge about how to develop components of fitness. APPHER Fitness Test will be conducted to assess the fitness level developed during the conditioning.

In match practice, the students can select any one game from the specialization list of games.

**UNIT - I**

**ENDURANCE**

- Definition and significance of endurance
- Factors affecting endurance
- Forms of endurance
- Methods to develop endurance
- Load factors in relation to endurance training

**UNIT - II**

**STRENGTH**

- Types of strength
- Factors affecting strength performance
- Methods of strength : training maximum strength; explosive strength and Strength endurance

**UNIT - III**

**SPEED**

- Definition
- Forms of speed
- Factors determining speed
- Load parameters to develop speed
- Methods to develop speed abilities
- Physiological characteristics of speed

**UNIT -IV**

**FLEXIBILITY**

- Definition
- Factors affecting flexibility;
- Types of flexibility
- Methods used to develop flexibility

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## UNIT-V

### COORDINATIVE ABILITIES

- Definition
- Classification of coordinative abilities
- Methods used to develop coordinative abilities

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**Scheme of Examination**

**M. P. ED**

**SECOND SEMESTER**

COURSE CODE	COURSE NAME	TOTAL MARKS	CREDIT C(I)		END SEM. EXAM MARKS		SESSIONAL MARKS	
			THEORY/ PRACTICAL	TUTORIAL	MAX	MIN	MAX	MIN
MPEd-201	APPLIED STATISTIC IN PHYSICAL EDUCATION & SPORTS	100	3	1	60	21	40	14
MPEd-202	SPORTS BIOMECHANICS AND KINESIOLOGY	100	3	1	60	21	40	14
MPEd-203	ATHLETIC CARE AND REHABILITATION	100	3	1	60	21	40	14
MPEd-204	(A) SPORTS TECHNOLOGY Or (B) INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION	100	3	1	60	21	40	14
MPEd-205	PRACTICAL-I (Officiating & Coaching- PART -II)	100	3	1	60	21	40	14
MPEd-206	PRACTICAL-II (Conditioning & Match Practice)	100	3	1	60	21	40	14
MPEd-207	COMPREHENSIVE VIVA-VOCE	100	4	--	100	35	xx	xx
	<b>Grand Total</b>	700	22 + 06 = 28		460	161	240	84

**NOTE: Mode of transportation of the syllabus:** Each paper will be delivered through lectures/assignment. Comprehensive viva-voce and regular seminar shall be conducted for transportation of knowledge to the students.

**M.P.Ed (Semester-II)**

**PAPER -I**

**MPed-201 APPLIED STATISTIC IN PHYSICAL EDUCATION & SPORTS**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Introduction**

- Meaning and Definition of Statistics. Function, need and importance of Statistics
- Types of Statistics
- Meaning of the terms - Population, Sample, Data, types of data
- Variables- Discrete and Continuous
- Parametric and non-parametric statistics

**UNIT II**

**Measures of central tendency and frequency distribution**

- Data Classification
- Tabulation and Measures of Central Tendency
- Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode
- Meaning, Uses and construction of frequency table

**UNIT III**

**Measures of Dispersion and Scales**

- Meaning, Purpose, Calculation and advances of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error.
- Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

**UNIT IV**

**Probability Distributions and Graphs**

- Meaning of probability
- Normal Curve. - Principles of normal curve – Properties of normal curve.
- Divergence form normality – Skewness and Kurtosis.
- Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

**UNIT V**

**Inferential and Comparative Statistics**

- Tests of significance; Independent “t” test, Dependent “t” test – chi – square test
- Level of confidence and interpretation of data
- Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method



- Concept of ANOVA and ANCOVA.

**Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.**

#### REFERENCE

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
- Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
- Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

The image shows three handwritten signatures in blue ink. The first signature on the left is a cursive name that appears to be 'Leel'. The second signature in the middle is a stylized 'M' with a horizontal line extending to the right. The third signature on the right is a cursive name that appears to be 'Anish'.

**M.P.Ed (Semester-II)**  
**PAPER-II**

**MPed-202 SPORTS BIOMECHANICS AND KINSESIOLGY**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Introduction**

- Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics
- Meaning of Axis and Planes
- Dynamics, Kinematics, Kinetics, Statics
- Centre of gravity -Line of gravity plane of the body and axis of motion
- Vectors and Scalars.

**UNIT II**

**Motion and Force**

- Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion.
- Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components
- Force applied at an angle - Centripetal force - Centrifugal force.
- Pressure and friction, Buoyancy force & Spin, Torque.
- 

**UNIT III**

**Projectile and Lever**

- Freely falling bodies -Projectiles -Equation of projectiles stability
- Factors influencing equilibrium
- Guiding principles for stability -static and dynamic stability
- Meaning of work, power, energy, kinetic energy and potential energy.
- Leverage -classes of lever - practical application.
- Water resistance - Air resistance -Aerodynamics, lift, Drag etc.
- Note: Laboratory practicals should be designed and arranged for students internally.

**UNIT IV**

**Muscle Action**

- Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Rectus Abdominis, Quadriceps group of muscles, Hamstring group, Gastrocnemius.

**UNIT V**

**Movement Analysis**

- **Types of analysis:** Kinesiological, Biomechanical and Cinematographic.
- Methods of analysis - Qualitative, Quantitative, Predictive.

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**Note: Laboratory Practical's be designed and arranged internally.**

**REFERENCE:**

- Deshpande S.H.(2002). Manav Kriya Vigyan - Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology. Human Kinesiology publication In.2005.
- Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall.
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- Uppal A.K. Lawrence Mamta MP (2004) Kinesiology. Delhi, Friends Publication .
- Uppal, A K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi, Friends publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

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**M.P.Ed (Semester-II)  
PAPER -III**

**MPEd-203 ATHLETIC CARE AND REHABILITATION**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Corrective Physical Education**

- Definition and objectives of corrective physical Education
- Posture and body mechanics, Standards of Standing Posture
- Value of good posture
- Drawbacks and causes of bad posture
- Posture test - Examination of the spine

**UNIT II**

**Posture**

- Normal curve of the spine and its utility
- Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot
- Causes for deviations and treatment including exercises.

**UNIT III**

**Rehabilitation Exercises**

- Passive, Active, Assisted, Resisted exercise for Rehabilitation
- Stretching
- PNF techniques and principles.

**UNIT IV**

**Massage**

- Brief history of massage
- Massage as an aid for relaxation and Points to be considered in giving massage
- Physiological, Chemical and Psychological effects of massage
- Indication / Contra indication of Massage
- Classification of the manipulation used massage and their specific uses in the human body
- Stroking manipulation: Effleurage - Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling - Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

**UNIT V**

**Sports Injuries Care, Treatment and Support**

- Principles pertaining to the prevention of Sports injuries
- Care and treatment of exposed and unexposed injuries in sports

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- Principles of apply cold and heat, infrared rays - Ultrasonic, Therapy - Short wave diathermy therapy
- Principles and techniques of Strapping and Bandages.

**Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.(To be assessed internally)**

#### REFERENCES:

- Dohenty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
- Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
- Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
- Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
- Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.
- Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York

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**M.P.Ed (Semester-II)  
PAPER-IV**

**MPEd-204 (A) SPORTS TECHNOLOGY (OPTIONAL PAPER)**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Sports Technology**

- Meaning, definition, purpose, advantages and applications
- General Principles and purpose of instrumentation in sports
- Workflow of instrumentation and business aspects
- Technological impacts on sports

**UNIT II**

**Science of Sports Materials**

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

**UNIT III-**

**Surfaces of Playfields**

- Modern surfaces for playfields, construction and installation of sports surfaces
- Types of materials - synthetic, wood, polyurethane. Artificial turf
- Modern technology in the construction of indoor and outdoor facilities
- Technology in manufacture of modern play equipment
- Use of computer and software in Match Analysis and Coaching

**UNIT IV**

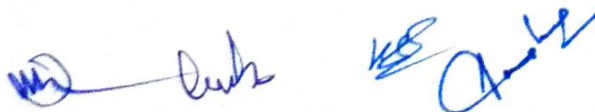
**Modern equipment**

- Playing Equipment's: Balls: Types, Materials and Advantages
- Bat/Stick/ Rackets:Types, Materials and Advantages
- Clothing and shoes: Types, Materials andAdvantages
- Measuring equipments: Throwing and Jumping Events
- Protective equipment's: Types, Materials and Advantages.
- Sports equipment with nano technology, Advantages

**UNIT V**

**Training Gadgets**

- Basketball: Ball Feeder, Mechanism and Advantages
- Cricket: Bowling Machine,Mechanism and Advantages
- Tennis: Serving Machine, Mechanism and Advantages



- Volleyball: Serving Machine Mechanism and Advantages
- Lighting Facilities: Method of erecting Flood Light and measuring luminous
- Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

**Note:** *Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/sports goods manufacturers.*

**REFERENCE:**

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK:
- Butterworth Heiremann. Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: JaicoPublisher.
- John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group. Kochar, S.K. (1982) Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.)
- Kozman, Cassidy and Jackson. (1952) Methods in Physical Education (W.B. Saunders Company,
- Philadelphia and London) Walia, J.S. (1999) Principles and Methods of Education (Paul Publishers, Jullandhar)

**MPEd-204 (B) INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION (OPTIONAL PAPER)**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**Unit I**

**Communication & Classroom Interaction**

- Concept, Elements, Process & Types of Communication
- Communication Barriers & Facilitators of Communication
- Communicative Skills in English - Listening, Speaking, Reading & Writing
- Concept & Importance of ICT, Need of ICT in Education, Scope of ICT
- Teaching Learning Process, Publication Evaluation, Research and Administration
- Challenges in Integrating ICT in Physical Education

**Unit II**

**Fundamentals of Computers**

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

**Unit III**

**MS Office Applications**

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

**Unit IV**

**E-Learning & Web Based Learning**

- E-Learning,
- Web Based Learning
- Visual Classroom

**Unit V**

**ICT Integration in Teaching Learning Process**

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



## REFERENCES:

- B. Ram, New Age International Publication, Computer Fundamental, Third Edition- 2006
- Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition- 2001
- Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
- Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004 ITL Education Solution Ltd.
- Introduction to information Technology, Research and Development Wing-2006
- Pradeep K. Sinha & Priti. Sinha. Foundations computing BPB Publications -2006.
- RebeccaBridges Altman Peach pit Press, Power point for window, 1999
- Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006



**M.P.Ed (Semester-II)  
PAPER-V**

**MPED - 205 PRACTICAL-I (Officiating & Coaching- PART -II)**

**Max. Marks=100**

**Credit= 4(3 Practical + 1 Tutorial)**

**Practical =60 marks+ Internal Assessment=40 Marks**

**UNIT - I**

**MARKING OF PLAYFIELDS**

- Field Events
- Table-Tennis
- Volleyball

To develop proficiency in officiating and coaching of selected games. In view of this, the students shall be provided with advance mechanism of officiating and coaching in selected games, rules and their interpretation, mechanics of officiating, means and methods of training, equipments and there specification and maintenance and lay out and maintenance of play fields.

**UNIT - II**

**RULES AND REGULATION OF ABOVE MENTIONED GAMES.**

**UNIT - III**

**OFFICIATING OF ABOVE MENTIONED GAMES.**

**Unit IV**

- Adaptation
- Relationship of load and recovery
- Factors of load
- Relationship between volume and intensity

**Unit V**

- Designing & formulation of macro/micro/meso/training session plans.
- Teaching & learning of selected Psychological Skills Training (PST).

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**M.P.Ed (Semester-II)  
PAPER-VI**

**MPED - 206 PRACTICAL - II CONDITIONING AND MATCH PRACTICE**

**Max. Marks=100**

**Credit= 4(3 Practical + 1 Tutorial)**

**Practical =60 marks+ Internal Assessment=40 Marks**

The students of M.P.Ed - II Semester need to be develop their basic fitness level and knowledge about how to develop components of fitness. In match practice the students can select any one game from the specialization list of games.

**UNIT - I**

The students of M.P.Ed. - II Semester need to be develop their basic fitness level and knowledge about how to develop components of fitness.

**UNIT - II**

- **Interval Training Method.**
- **Repetition Training Method**

**UNIT - III**

- **Continuous training method**
- **Circuit training method**
- **Fartlek training method**

**Unit IV**

- **Weight training method**
- **Resistance training method**
- **Plyometric method**

**Unit V**

In match practice the students can select any one game from the specialization list of games.

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## Scheme of Examination

M. P. ED

### THIRD SEMESTER

COURSE CODE	COURSE NAME	TOTAL MARKS	CREDIT C(I)		END SEM. EXAM MARKS		SESSIONAL MARKS	
			THEORY/ PRACTICAL	TUTORIAL	MAX	MIN	MAX	MIN
MPEd-301	STRENGTH AND CONDITIONING	100	3	1	60	21	40	14
MPEd-302	SPORTS MEDICINE	100	3	1	60	21	40	14
MPEd-303	CURRICULUM DESIGN IN PHYSICAL EDUCATION	100	3	1	60	21	40	14
MPEd-304	(A) HEALTH EDUCATION AND SPORTS NURTITION Or (B) PHYSICAL FITNESS AND WELLNESS	100	3	1	60	21	40	14
MPEd-305	TEACHING LESSON PLAN	100	3	1	60	21	40	14
MPEd-306	SPORTS SPECIALIZATION- Practical Skills	100	3	1	60	21	40	14
MPEd-307	COMPREHENSIVE VIVA-VOCE	100	4	--	100	35	xx	xx
<b>Grand Total</b>		700	22 + 06 = 28		460	161	240	84

**NOTE: Mode of transportation of the syllabus:** Each paper will be delivered through lectures/assignment. Comprehensive viva-voce and regular seminar shall be conducted for transportation of knowledge to the students.



**M.P.Ed (Semester-III)**

**PAPER -I**

**MPed-301 STRENGTH AND CONDITIONING**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Introduction**

- Sports training: Definition - Aim, Characteristics,
- Principles of Sports Training,
- Over Load: Definition, Causes of Over Load, Symptoms of Overload
- Remedial Measures - Super Compensation
- Altitude Training - Cross Training

**UNIT II**

**Components of Physical Fitness**

- Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training
- Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training,
- Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints

**UNIT III**

**Flexibility**

- Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training.
- Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method
- Types of Stretching Exercises.

**UNIT IV**

**Training Plan**

- Training Plan: Macro Cycle, Meso-Cycle.
- Short Term Plan and Long Term Plans -
- Periodisation: Meaning, Single, Double and Multiple Periodisation,
- Preparatory Period, Competition Period and Transition Period.

**UNIT V**

**TECHNIQUE, TACTICS AND STRATEGY**

**4.1 Technique:**

- Definition of Skill and Style.
- Characteristics of Technique.



- Factor affecting Technique.
- Phases of skill acquisition.
- Methods of Technical Training.
- Causes and correction of faults.

#### 4.2 Tactics and Strategy:-

- Definition of tactics and strategy.
- Basic tactical concept-offensive, Defensive and high performance.
- Methods of tactical Training.
- Control of tactical Training.

#### REFERENCES :

- Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training
- St. Louis C. V. Mosphy Company Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University Gary,
- T. Moran (1997) - Cross Training for Sports, Canada : Human Kinetics
- Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
- Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
- Yograj Thani (2003), Sports Training, Delhi : Sports Publications

MPEd-302 SPORTS MEDICINE

Max. Marks=100

Credit= 4(3 Theory+ 1 Tutorial)

Theory=60 marks+ Internal Assessment=40 Marks

UNIT I

**Introduction**

- Meaning, definition and importance of Sports Medicine
- Definition and Principles of therapeutic exercises
- Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise
- Gait training and Gym ball exercise
- Injuries: acute, sub-acute, chronic
- Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II

**Basic Rehabilitation**

- Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications.
- Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Slow reversal technique exercises.
- Isotonic, Isokinetic, isometric stretching. Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

UNIT III

**Spine Injuries and Exercise**

- Head, Neck and Spine injuries: Causes, Presence of Spinal abnormalities, Flexion, Compression, Hyperextension, Rotation injuries
- Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine
- Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT IV

**Upper Extremity Injuries and Exercise**

- Upper Limb and Thorax Injuries
- Shoulder: Sprain, Strain, Dislocation, and Strapping
- Elbow: Sprain, Strain, Strapping
- Wrist and Fingers: Sprain Strain, Strapping
- Thorax-Rib fracture
- Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand
- Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.



### Lower Extremity Injuries and Exercise

- Lower Limb and Abdomen Injuries
- Hip: Adductor strain, Dislocation, Strapping
- Knee: Sprain, Strain, Strain, Strapping
- Ankle: Sprain, Strain, Strapping
- Abdomen: Abdominal wall, Contusion, Abdominal muscle strain
- Free exercises - Stretching and strengthening exercise for Hip, knee, ankle and Foot
- Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

### UNIT V

#### Doping

- Definition of Doping - Side effects of drugs
- Dietary supplements
- IOC list of doping classes and methods
- Blood Doping - The use of erythropoietin in blood boosting - Blood doping control- The testing programmes
- Problems in drug detection - Blood testing in doping control
- Problems with the supply of medicines Subject to IOC regulations: over the- counter drugs (OTC)- prescription only medicines (POMs) - Controlled drugs (CDs)
- Reporting test results - Education

*Practical's: Lab. Practical's and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences etc. should be planned internally.*

#### REFERENCES:

- Christopher M. Norris. (1993). Sports 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) Sports
- Injuries and Athletic Problem. New Delhi: Surjeet Publication. Pande. (1998). Sports
- Medicine. New delhi: Khel Shitya Kendra
- The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications. Practical: Anthropometric Measurements,

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**M.P.Ed (Semester-III)  
PAPER -III**

**MPed-303 CURRICULUM DESIGN IN PHYSICAL EDUCATION**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT-I**

**Meaning and Definition of Curriculum:**

- Principles of Curriculum Construction: Students centered, Activity centered, Community centered.
- Scope of Curriculum.
- Major Fundamental of Curriculum: Philosophical, Psychological, Historical and Social.

**UNIT-II**

**Factors & Resources:**

- Factors that affecting curriculum.
- Approaches of Curriculum Development.
- Sources of Curriculum materials - text books - Journals - Dictionaries, Encyclopedias, Magazines, Internet.
- Fundamentals of curriculum development: knowledge based, activity based, skill based and experience based

**UNIT-III**

**Curriculum Practices:**

- Preparation & selection of content of the curriculum at elementary school level.
- Preparation of the curriculum at the middle and secondary school.
- Organizing for instruction in the middle school.
- Organizing the program of physical education at the urban and rural areas.

**UNIT-IV**

**Development of Programme and Evolution in Physical Education**

- Kindergarten, Elementary School, Middle School, Colleges and Universities
- Special Days, National Days.
- Type of Curriculum Operating in School
- Types of Evaluation, Informal Evaluation, Objective, Evaluation, Subjective Evaluation and Norm Reference Evaluation.

**UNIT V**

**Safety Consideration & Co-education in Physical Education:**

- Planning for safety in outdoor and indoor settings.
- Planning for safety of spectators.
- Activities suitable for Co-education.
- Physical Education- Programme for Physically challenged and mentally retarded children's.

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## REFERENCES

- Kelly, L., & Melograno, V. (2014) Developing the physical education curriculum. ISBN-13: 978-1478627043 ISBN-10: 1478627042
- James, J. (2005). Curriculum design in physical education and sports. New Delhi: Friends Publications (India). ISBN-10: 8172161433. ISBN-13: 978-8172161439
- Shinde, B. (2011). Curriculum design in physical education. New Delhi: Sports Publication. ISBN-10: 8178796260. ISBN-13: 978-8178796260
- Mohnsen, B. (2008). Teaching middle school physical education. Champaign, IL: Human Kinetics. ISBN-13: 978-0736068499 ISBN-10: 073606849X
- Gupta, R., Sharma, A., & Sharma, S. (2004). Professional preparation and curriculum designs in physical education and sports. New Delhi: Friends Publications. ISBN 13: 9788172160821 (978-81-7216-082-1) ISBN: 8172160828 (81-7216-082-8)

*Devi* *MS* *Shinde*

**MPed-304 (A) HEALTH EDUCATION AND SPORTS NURTITION**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Health Education**

- Definition of Health, Health Education
- Concept and Dimensions of health
- Spectrum and Determinants of Health
- Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene

**UNIT II**

**Hygiene and Health**

- Meaning of Hygiene, Type of Hygiene, dental Hygiene
- Effect of Alcohol on Health
- Effect of Tobacco on Health
- Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

**UNIT III**

**Nutrition for Elite Sports Person**

- Nutrition Meaning and Definition of Sports Nutrition
- Role of nutrition in sports
- Basic Nutrition guidelines
- Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat)
- Role of carbohydrates, Fat and protein during exercise.

**UNIT IV**

**Health Problems in India**

- Communicable and Non Communicable Diseases Obesity, Malnutrition
- Adulteration in food
- Environmental sanitation-Explosive Population, Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools Health Services
- Care of skin, Nails, Eye health service, Nutritional service
- Health appraisal, Health record, Healthful school environment
- First- aid and emergency care etc

**UNIT V**

**Weight Control Management**

- Concept of BMI (Body mass index)

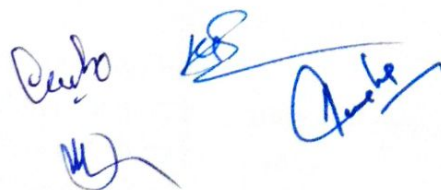
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- Obesity and its hazard
- Dieting versus exercise for weight control
- Maintaining a Healthy Lifestyle
- Weight management program for healthy child
- Role of diet and exercise in weight management
- Design diet plan and exercise schedule for weight gain and loss

#### REFERENCES:

- Centers for Disease Control & Prevention. (2007). National Health Education Standards.
- Simons-Morton, B. G., Greene, W. H., & Gottlieb, N. H.. (2005). *Introduction to Health Education and Health Promotion*.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended.
- Angus and Robertson. 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.
- 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.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.
- Turner, C.E. "The School Health and Health Education".


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## MPEd-304 (B) PHYSICAL FITNESS AND WELLNESS

Max. Marks=100

Credit= 4(3 Theory+ 1 Tutorial)

Theory=60 marks+ Internal Assessment=40 Marks

### UNIT I

#### Introduction

- Meaning and Definition" of Physical Fitness
- Physical Fitness Concepts and Techniques
- Principles of physical fitness, Physiological principles involved in human movement.  
Components of Physical Fitness
- Leisure time physical activity and identify opportunities in the community to participate in this activity
- Current trends in fitness and conditioning
- Components of total health fitness and the relationship between physical activity and lifelong wellness

### UNIT II

#### Aerobic Exercise

- Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching
- Monitoring heart rates during activity
- Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels.
- Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

### UNIT III


#### Anaerobic Exercise

- Resistance Training for Muscular Strength and Endurance
- Principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques)
- Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls)
- Advanced techniques of weight training

### UNIT IV

#### Flexibility Exercise

- Flexibility Training
- Relaxation Techniques and Core Training
- Safety techniques (stretching protocol; breathing and relaxation techniques)  
Types of flexibility exercises (i.e. dynamic, static)
- Develop basic competency in relaxation and breathing techniques
- Pilates, Yoga.



## UNIT V

### Nutrition for Sedentary People

- Nutrients; Nutrition labeling information
- Food Guide Pyramid,
- Food Choices & Influences on food choices-social, economic, cultural,
- Food sources, Comparison of food values.
- Eating Disorders, Proper hydration, the effects of performance enhancement drugs

### 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 Bedfordrow, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001
- Warner W.K. Oeger & Sharon A.Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.

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**M.P.Ed (Semester-III)  
PAPER-V**

**MPed-305 TEACHING LESSON PLAN**

**Max. Marks=100**

**Credit= 4(3 Practical + 1 Tutorial)**

**Practical =60 marks+ Internal Assessment=40 Marks**

The students of M.P.Ed - III Semester need to be develop proficiency in taking teaching lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of teaching in selected game specialization. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities/ Autonomous Colleges.**

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**M.P.Ed (Semester-III)  
PAPER-VI**

**MPed-306 SPORTS SPECIALIZATION (PRACTICAL SKILLS)**

**Max. Marks=100**

**Credit= 4(3 Practical + 1 Tutorial)**

**Practical =60 marks+ Internal Assessment=40 Marks**

**PRACTICAL SKILLS OF GAME SPECIALIZATIONS**

Develop proficiency in practical skills of selected game specialization. Students shall be provide knowledge of basic and advance skills of their selected game specialization.

**HOCKEY SPECIALIZATION**

**Unit I: Origin of Hockey and organization**

Ancient hockey, modern, hockey in India, Hockey India, State Hockey Federation, district Hockey Federation, (FIH) International Hockey Federation etc.

**Unit: II History of major international and national hockey championship.**

- (a) World cup Hockey, Olympic Games, Championship trophy and Asia cup.
- (b) Rangaswami Cup, Benghton Cup.

**Unit: III Basic and advance skills of Hockey**

Rolling, Pushing, Hitting, Stopping, Dribbling, Receiving, Flick, Scoop, Dodging and Tacking.

**Unit: IV**

Meaning of sports training definition of sports training objective of sports training aims of sports training objectives of sports training characteristics of sports training principle of sports training.

**Unit:V**

- (a) Drills and test in Hockey
- (b) Construction, Layout and maintenance of Playfields & Equipments.

**GYMNASTICS SPECIALIZATION**

**UNIT-I: Advance Skills (at Least one exercise on each apparatus)**

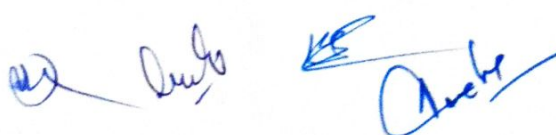
**UNIT-II: Officiating**

**UNIT-III:**

- (a) Layout and maintenance of gymnasium and apparatus
- (b) Structure & Function of F.I.G. and G.F.I.
- (c) Organization & Conduct of competition

**UNIT- IV: Analysis of scientific principles applied to different skills**

**UNIT-V: Training methods for improving the performance.**



## ATHLETICS SPECIALIZATION

### Unit I: Coaching

- (a) Philosophy of Coaching
- (b) Basic Principles of coaching
- (c) Qualities of coaches

### Unit: II Organization

- (a) Organization of coaching camps
- (b) Preparing Schedules
- (c) Organization of a Competition

### Unit: III Sports Training

- (A) Aims of Sports Training.
- (B) Characteristics of Sports Training.
- (C) Principles of Sports Training.

### Unit: IV

- (A) Interval Training
- (B) Repetition Training
- (C) Fartlek
- (D) Competition Method
- (E) In and Out
- (F) Hill Running
- (G) Drag Running
- (H) Aqua Training
- (I) Weight Training
- (J) Polymeric Exercises
- (K) Circuit Training

### Unit:V: Mechanics of Athletics

- (A) Analysis of scientific principles applied to printing and jumping.
- (B) Analysis of scientific principles applied to throwing.

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## BADMINTON SPECIALIZATION

### Unit-I: National Championships

- (a) Junior and National Team Championships
- (b) Open National Championship- Midget, Sun Junior, Junior Senior and veterans.

### Unit-II: Competition Regulations

- (a) Thomas and under cup
- (b) Competition regulation for seeding and league system
- (c) Indian Ranking System

### Unit-III: Advance Tactics and strategy

- (a) Singles
- (b) Doubles
- (c) Mixed Doubles

### Unit-IV: Training in Badminton

- (a) Sports training principles in badminton
- (b) Training load and adaptation
- (c) Requirement of the game - Physical fitness components i.e. strength speed endurance flexibility and coordinative Abilities.

### Unit-V: Tests in Badminton

- (a) Tests of skills and knowledge, physical fitness and strategy - Lockhart and Mc Pherson, Miller, French Poole, Sebolt, Hicks, S.A.I. Chang and other available Badminton tests.
- (b) Selection of a badminton team
- (c) (I) At school/College/University Level.  
(II) At District/State/National Level.

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## KHO-KHO SPECIALIZATION

### UNIT-I

Modern trends and development in kho-kho, international or national organization, executive committees, structure of federations and function of federation.

### UNIT-II

Aims and importance of officiating, officiating mechanism, officiating performance analysis, methods of collecting data, analysis of performance of opponent team.

### UNIT-III

Rules and their interpretation, duties of officials and signals of various.

### UNIT-IV

Coaching, philosophy of coach, personal training pre-game, during game, post game, planning of team, selection of player, selection of captain.

### UNIT-V

Protection of maintenance of ground, methods of marking the ground, flood light, advantage and disadvantage, warm up and general and specific exercise before the game, fixture of tournaments.

## JUDO SPECIALIZATION

### Fundamental skills

- Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume)
- Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture)
- Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)
- Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).
- Tai Sabaki (Management of the body)
- NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw).
- Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.





## FOOTBALL SPECIALIZATION

### UNIT-I

Origin of football ancient football, modern football in india.

### UNIT-II

History of major international and national football championship

(A) World cup, confederation cup

(B) Santosh Trophy, National football league, Subroto Mukherjee, B.L. Roy Trophy.

### UNIT-III

Basic and advance skills of football-

(a) Various types of receiving

(b) Various types of kicking

(c) Running with, and without the ball.

(d) Heading

(e) Throwing-in

(f) Dribbling

### UNIT-IV

Meaning of Sports training, definition of Sports training, aims of sports training, Objective of sports training, Characteristics of sports training, principles of sports training per iodization.

### UNIT-V

(a) Drill and test in football

(b) Construction, layout and maintenance of play fields and equipments.

## WRESTLING SPECIALIZATION

### Fundamental Skills

- Take downs, Leg tackles, Arm drag.
- Counters for take downs, Cross face, Whizzer series.
- Escapes from under-sit-out turn in tripped.
- Counters for escapes from under-Basic control back drop, Counters for stand up.
- Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapes from pinning: Wing lock series, Dopuble arm lock roll, Cridge.
- Standing Wrestling-Head under arm series, whizzer series. Referees positions.



## BASKETBALL SPECIALIZATION

### UNIT-I Introduction

- Origin of Basketball ancient Basketball, modern Basketball in india.
- Fundamental Skills
- Player stance and ball handling

### UNIT-II Basic and advance skills of Basketball-

- Various types of receiving
- Various types of passing
- Running with and without the ball.
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.

### UNIT-III

- Rules and their interpretation, duties of officials and signals of various.

### UNIT-IV

- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.

### UNIT-V

- Various types of skill proficiency test- Johnson basketball ability test, Knox Basketball Test, SAI Basketball Test.
- Construction, layout and maintenance of play fields and equipments.

## VOLLEYBALL SPECIALIZATION

### Fundamental Skills

- Players Stance-Receiving the ball and passing to the team mates,
- The Volley (Over head pass),
- The Dig (Under hand pass).
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Rules and their interpretations and duties of officials.

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## CRICKET SPECIALIZATION

### UNIT-I

#### ADVANCE SKILLS

##### (a) Batting

- i. Vertical Bat shots
- ii. Horizontal Bat shots

##### (b) Bowling

###### a. Medium Pace

- i. Out Swing
- ii. In Swing
- iii. Leg Cutters
- iv. Off Cuters

###### b. Medium Pace

- i. Leg Spin with variation
- ii. Off spin with variation

##### (c) Fielding

- i. Methods
- ii. Techniques
- iii. Wickets Keeping
- iv. Running between the wickets

### UNIT-II

- a. Major components associated with cricket, their development and inter-relationship.
- b. Training load and adaptation.
- c. Judgement of training load- objective and subjective means.

### UNIT-III

#### Training means and methods

1. Principles means of training
2. Additional means of training
3. Psychological means of Training
4. Bio-mechanical means of Training

### UNIT-IV

- a. Rules and their interpretation
- b. Duties of Umpire before, after and during the match.

### UNIT-V

Major National and International Competitions.

*Arb* *Arb*

## HAND BALL SPECIALIZATION

### UNIT-I Introduction

#### Fundamental Skills

- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
- Player stance and ball handling

### UNIT-II

- Rules and their interpretations and duties of officials

### UNIT-II Basic and advance skills of Handball-

- Various types of receiving
- Various types of passing
- Running with and without the ball.
- Passing.
- Receiving.

### UNIT-III

- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting.

### UNIT-IV

- Individual Defensive-Guarding the man with the ball and without the ball.

### UNIT-V

- Construction, layout and maintenance of play fields and equipments.

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## WEIGHT LIFTING SPECIALIZATION

- Technical Rules of weight lifting:
- Programme of competitions (participants and their eligibility, Body Weight Category)
- General rules for all lifts, in correct movements and positions for all lifts, incorrect movements and positions for snatch and clean & jerk
- Apparatus, facilities and official documents of the competition
- Outfit of the competition
- Competitions (Entries, Drawing of lots & Weigh-in)
- Presentations course of the competition
- Order of calling and announcements of winners
- Classification of athletes and teams
- Officials of the competition, their functions, duties and power
- Common mistakes while performing various lifts in weight lifting and its corrections
- Development of motor qualities. Its ways and means specially the strength and speed.
- Training load and adaptation & relationship between means, load and recovery, judgment of training load-objective.
- Periodization and its types
- Long term & short term training plan, Principles of training.

### References

- "Handbook of international weight lifting federation" Published by the International Weight Lifting Federation, Budapest-Hungary 2005-08.
- Singh Hardayal "science of Sports Training" DVS Publication Giri Nagar, Kalki, New Delhi 1995.
- Sharkey Brain and Gaskill Steven "Fitness & Health-6th Edition" HUMAN Kinetics Publication, 2006
- Vella Mark "Anatomy for strength and fitness Training: An Illustrated Guide to your muscles in Action, New Holland Publishers Ltd. (2007)
- West coast way net Beach R. Thomas "Strength training Past 50 Human Publication ISBN: 0-88011-716-8 (1998).



## TABLE-TENNIS SPECIALIZATION

### UNIT-I

- 1.1 History :
- 1.1.1 Table Tennis in Olympics.
  - 1.1.2 Table Tennis in Paralympics.
  - 1.1.3 Evolution of Laws of Table Tennis concerning Service, Ball, Scoring System.
  - 1.1.4 Evolution of Regulations of Table Tennis concerning Gluing & Racket, Control, Time Related Matters & Expedite System.

### UNIT-II

- 2.1 Officiating :
- 2.1.1 Interpretations of Laws & Regulations.
  - 2.1.2 Laws & Regulations for Paralympics Table Tennis.
  - 2.1.3 Mechanics of Officiating- Pre Match Procedures, Field of Play Procedures, Post Match Procedures for Umpire & Asst. Umpire. Recommended Hand Signals & Calls.
- 2.2 Drawing of Fixtures :
- 2.2.1 Individual Competitions, Seeding & Byes.
  - 2.2.2 Team Competitions.
  - 2.2.3 Breaking of Ties.

### UNIT-III

- 3.1 Techniques/Skills and their development :
- 3.1.1 Advance Technique/Skill- Footwork, Service Variations, Drive Variations, Flick, Smash & their Developmental Drills.
  - 3.1.2 Situational Play.
- 3.2 Recreational and lead-up activities : Round Toss, Bench Table Tennis, Frog Table Tennis, Splat Table Tennis.

### REFERENCES

- ❖ International Table Tennis Federation Advance Coaching Manual, 2008, Shanghai Minsun Printing Packaging Limited Company- [www.minsun.com.cn](http://www.minsun.com.cn)
- ❖ International Table Tennis Federation Level 1 Coaching Manual, 2003.
- ❖ Bose, Tapan and Mukherjee, Bhawani "Table Tennis Training Manual" (Phulkian Press Pvt. Ltd., SAI, NSNIS, Patiala, India, April, 2000).
- ❖ Fairholm, David "The Pocket Guide to Table-Tennis Tactics" (Bell and Hyman Denmark House 37/39, Queen Elizabeth Street, London SE1 2 Q B, 1985)
- ❖ Hodges, Larry Table Tennis, Steps to Success (Champaign, Illinois: Human Kinetic Publishers, 1993).
- ❖ Sklorz, Martin "Table Tennis," John Blackburn Ltd., EP Publishing Ltd. (English Version), Yorkshire, 1973
- ❖ [www.ittf.com](http://www.ittf.com) & [www.ttf.com](http://www.ttf.com)

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# YOGA SPECIALIZATION

## UNIT I

- **Mantra & Prayers**
- **Suryanamaskara/Pragya Yoga**  
With Mantras & Breathing pattern.
- **Asanas Cultural Standing**  
Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana.
- **Cultural Sitting**  
Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana, Shashankasana, Mandukasana.
- **Cultural Lying**  
Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).

## UNIT II

- **Cultural Advance**  
Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Matsyendraasana, Ekpadashirasana, Vatayanasana, Natarajasana, Kapothisana, Shirshapadangusthasana.
- **Relaxative/ Meditative**  
Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.

## UNIT III

- **Pranayama Breathing** - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhramri, Sheetal, Shitkari.

## UNIT IV

- **Mudras /Bandhas**  
Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni, Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.

## UNIT V

- **Shuddhi Kriyas** Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhanti, Vastradhanti, Dandadhanti, Shankha Prakshalan.
- **Meditation** Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.



## Scheme of Examination

M. P. ED

### FOURTH SEMESTER

COURSE CODE	COURSE NAME	TOTAL MARKS	CREDIT C(I)		END SEM. EXAM MARKS		SESSIONAL MARKS	
			THEORY	TUTORIAL/PRACTICAL	MAX	MIN	MAX	MIN
MPEd-401	SPORTS PSYCHOLOGY	100	3	1	60	21	40	14
MPEd-402	SPORTS MANAGEMENT	100	3	1	60	21	40	14
MPEd-403	SPORTS SPECIALIZATION	100	3	1	60	21	40	14
MPEd-404	(C) DISSERTATION Or (D) SPORTS SOCIOLOGY	100	3	1	60	21	40	14
MPEd-405	INTERNSHIP & PROJECT	100	10	--	60	21	40	14
MPEd-406	COMPREHENSIVE VIVA-VOCE	100	4	--	100	35	xx	xx
<b>Grand Total</b>		600	26 + 04 = 30		400	140	200	70

**NOTE: Mode of transportation of the syllabus:** Each paper will be delivered through lectures/assignment. Comprehensive viva-voce and regular seminar shall be conducted for transportation of knowledge to the students.





**M.P.Ed (Semester-IV)  
PAPER -I**

**MPed-401 SPORTS PSYCHOLOGY**

**UNIT I**

**Introduction**

- Meaning, Definition, History, Need and Importance of Sports Psychology
- Present Status of Sports Psychology in India
- Motor Learning: Basic Considerations in Motor Learning
- Motor Perception : Factors Affecting Perception - Perceptual Mechanism
- Personality: Meaning, Definition, Structure - Measuring Personality Traits
- Effects of Personality on Sports Performance

**UNIT II**

**Motivation & Mental State**

- Anxiety: Meaning and Definition, Nature, Causes, Types
- Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.
- Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic.
- Achievement Motivation: Meaning, Measuring of Achievement Motivation.
- Stress: Meaning and Definition, Causes. Stress and Sports Performance.
- Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance.
- Self-Concept: Meaning and Definition, Method of Measurement.

**UNIT III**

**Goal Setting**

- Meaning and Definition, Process of Goal Setting in Physical Education and Sports.
- Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test Tachistoscope-Reaction timer, Finger dexterity board, Depth perception box Kinesthesiometer board.
- Questionnaire: Sports Achievement Motivation,
- Sports Competition Anxiety.

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## UNIT IV

### Psycho-Social Facilitation:

- Presence of others, co-action effect and audience effect in sports.
- Factors mediating social facilitations.
- **Volitional regulation actions in sports:** Meaning, Characteristics and Factors affecting volitional regulated behavior.
- Development of volitional qualities.
- **Practical's:** *At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)*

## UNIT V

### Psychological aspects of Competition:

- Defining competition, determinants of competitive behavior
- Psychological characteristics of pre-competition, during competition and post competition. Selected psycho regulative techniques technique for relaxation and activation.
- Psychological aspects of long term and short term preparation for competition
- Psychological care of injuries, sports person, responses to injuries,
- Prevention and coping techniques.

### REFERENCES:

- Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic. Whiting, K, Karman.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education, Mc-Craw Seventh Ed.

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**M.P.Ed (Semester-IV)**  
**PAPER-II**

**MPEd-402 SPORTS MANAGEMENT**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**UNIT I**

**Management:**

- Meaning and Functions of Management
- The skills of management, the universal nature of the management process,
- Management and Administration,
- Principles and Theories of Management.

**UNIT II**

**Organization:**

- Classical Principles of organization
- Bureaucracy; Bureaucracy in Democracy and in sports organizations.
- Open systems perspectives.
- The constitution of a national sports organization, office holders of an organization and their functional meetings.

**UNIT III**

**Management of performance:**

- Evaluation and its techniques in physical education.
- Sports competition and its system,
- Training structure & performance.
- Injury management,
- Ethics of sports.

**UNIT IV**

**Human resource management:**

- Definition & Aspect of Human Resource Management
- Job analysis and its process.
- Human resource planning, Recruitment Manpower Planning,
- Personal Management and its principles,
- Appraisals & Public Relation in physical education.

**UNIT V**

**Management of finance, Facilities and material:**

- Financial administration in sports and physical education,
- Sources of funds in sports.
- Budgeting in sports and games-purpose and principles of budgeting.
- Material Management: Improvisation and Standardization of Sports equipments and materials.



- Scientific purchasing. Storekeeping, inventory control and value analysis.
- Facility (outdoor and indoor) Planning, Construction and maintenance of sports facilities.

#### REFERENCE:

- Bucher Carles, A. (1987) Administration of Physical Education and Athletic programs. London, The C.V. Mosby Co.
- Chelladurai P. (1985) Sports Management Macro perspective. Canada Sports Dynamics
- Earle F. Zeigler & Gary W. Bowie (1993): Management competency Development insports and physical education philadephip: W. Leo and Febiger.
- Heph Bucher and Earnest Koerigeberg (1968): Scientific Inventory Management . New Delhi: Prentice Hall of India Pvt. Ltd.,
- Morson James G and Jimpaul (1988) Modern Sports Administration. Englewood Cliffs, Ner Jersey: Prentice Hall, Inc.
- Scholar Rondoll S and Nicholas. J (1983) Personal Management. New York, West Publishing company.
- Vanderwag Harold. J (1984) Sports Management (New York: Mac Millon publishing company.

**M.P.Ed (Semester-IV)**  
**PAPER -III**

**MPed-403 SPORTS SPECIALIZATION:**

**HOCKEY SPECIALIZATION**

**Unit I: Origin of Hockey**

Ancient hockey, modern, hockey in India.

**Unit: II History of major international and national hockey championship.**

- (c) World cup Hockey, Olympic Games, Championship trophy and Asia cup.
- (d) Rangaswami Cup, Benghton Cup.

**Unit: III Basic and advance skills of Hockey**

Rolling , Pushing, Hitting, Stopping, Dribbling, Receiving, Flick, Scoop, Dodging and Tacking.

**Unit: IV**

Meaning of sports training definition of sports training objective of sports training aims of sports training objectives of sports training characteristics of sports training principle of sports training.

**Unit:V**

- (c) Drills and test in Hockey
- (d) Construction, Layout and maintenance of Playfields & Equipments.

**GYMNASTICS SPECIALIZATION**

**UNIT-I: Advance Skills (at Least one exercise on each apparatus)**

**UNIT-II: Officiating**

**UNIT-III:**

- (d) Lay out and maintenance of gymnasium and apparatus
- (e) Structure & Function of F.I.G. and G.F.I.
- (f) Organization & Conduct of competition

**UNIT- IV: Analysis of scientific principles applied to different skills**

**UNIT-V: Training methods for improving the performance.**



## ATHLETICS SPECIALIZATION

### Unit I: Coaching

- (d) Philosophy of Coaching
- (e) Basic Principles of coaching
- (f) Qualities of coaches

### Unit: II Organization

- (d) Organization of coaching camps
- (e) Preparing Schedules
- (f) Organization of a Competition

### Unit: III Sports Training

- (D) Aims of Sports Training.
- (E) Characteristics of Sports Training.
- (F) Principles of Sports Training.

### Unit: IV

- (L) Interval Training
- (M) Repetition Training
- (N) Fartlek
- (O) Competition Method
- (P) In and Out
- (Q) Hill Running
- (R) Drag Running
- (S) Aqua Training
- (T) Weight Training
- (U) Polymeric Exercises
- (V) Circuit Training

### Unit:V: Mechanics of Athletics

- (C) Analysis of scientific principles applied to printing and jumping.
- (D) Analysis of scientific principles applied to throwing.

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## BADMINTON SPECIALIZATION

### Unit-I: National Championships

- (c) Junior and National Team Championships
- (d) Open National Championship- Midget, Sun Junior, Junior Senior and veterans.

### Unit-II: Competition Regulations

- (d) Thomas and under cup
- (e) Competition regulation for seeding and league system
- (f) Indian Ranking System

### Unit-III: Advance Tactics and strategy

- (d) Singles
- (e) Doubles
- (f) Mixed Doubles

### Unit-IV: Training in Badminton

- (d) Sports training principles in badminton
- (e) Training load and adaptation
- (f) Requirement of the game - Physical fitness components i.e. strength speed endurance flexibility and coordinative Abilities.

### Unit-V: Tests in Badminton

- (d) Tests of skills and knowledge, physical fitness and strategy - Lockhart and Mc Pherson, Miller, French Poole, Sebolt, Hicks, S.A.I. Chang and other available Badminton tests.
- (e) Selection of a badminton team
- (f) (I) At school/College/University Level.  
(II) At District/State/National Level.

*Quibo*  
*Krupur*  
*Q. Lp*  
*mi*

## KHO-KHO SPECIALIZATION

### UNIT-I

Modern trends and development in kho-kho, international or national organization, executive committees, structure of federations and function of federation.

### UNIT-II

Aims and importance of officiating, officiating mechanism, officiating performance analysis, methods of collecting data, analysis of performance of opponent team.

### UNIT-III

Rules and their interpretation, duties of officials and signals of various.

### UNIT-IV

Coaching, philosophy of coach, personal training pre-game, during game, post game, planning of team, selection of player, selection of captain.

### UNIT-V

Protection of maintenance of ground, methods of marking the ground, flood light, advantage and disadvantage, warm up and general and specific exercise before the game, fixture of tournaments.

## JUDO SPECIALIZATION

### Fundamental skills

- Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume)
- Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture)
- Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)
- Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).
- Tai Sabaki (Management of the body)
- NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw).
- Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

*Leeds* *Morgan* *Andy* *M*



## FOOTBALL SPECIALIZATION

### UNIT-I

Origin of football ancient football, modern football in india.

### UNIT-II

History of major international and national football championship

(C) World cup, confederation cup

(D) Santosh Trophy, National football league, Subroto Mukherjee, B.L. Roy Trophy.

### UNIT-III

Basic and advance skills of football-

(g) Various types of receiving

(h) Various types of kicking

(i) Running with, and without the ball.

(j) Heading

(k) Throwing-in

(l) Dribbling

### UNIT-IV

Meaning of Sports training, definition of Sports training, aims of sports training, Objective of sports training, Characteristics of sports training, principles of sports training per iodization.

### UNIT-V

(c) Drill and test in football

(d) Construction, layout and maintenance of play fields and equipments.

## WRESTLING SPECIALIZATION

### Fundamental Skills

- Take downs, Leg tackles, Arm drag.
- Counters for take downs, Cross face, Whizzer series.
- Escapes from under-sit-out turn in tripped.
- Counters for escapes from under-Basic control back drop, Counters for stand up.
- Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapes from pining: Wing lock series, Dopuble arm lock roll, Cridge.
- Standing Wrestling-Head under arm series, whizzer series. Referees positions.

*Devs*

*Kiran*

*Arjun*

*M*

## BASKETBALL SPECIALIZATION

### UNIT-I Introduction

- Origin of Basketball ancient Basketball, modern Basketball in india.
- Fundamental Skills
- Player stance and ball handling

### UNIT-II Basic and advance skills of Basketball-

- Various types of receiving
- Various types of passing
- Running with and without the ball.
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.

### UNIT-III

- Rules and their interpretation, duties of officials and signals of various.

### UNIT-IV

- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.

### UNIT-V

- Various types of skill proficiency test- Johnson basketball ability test, Knox Basketball Test, SAI Basketball Test.
- Construction, layout and maintenance of play fields and equipments.

*Paulo*

*Ksaw*  
*Paulo*

*MD*

# CRICKET SPECIALIZATION

## UNIT-I

### ADVANCE SKILLS

#### (d) Batting

- iii. Vertical Bat shots
- iv. Horizontal Bat shots

#### (e) Bowling

##### a. Medium Pace

- v. Out Swing
- vi. In Swing
- vii. Leg Cutters
- viii. Off Cutters

##### b. Medium Pace

- iii. Leg Spin with variation
- iv. Off spin with variation

#### (f) Fielding

- i. Methods
- ii. Techniques
- iii. Wickets Keeping
- iv. Running between the wickets

## UNIT-II

- d. Major components associated with cricket, their development and inter-relationship.
- e. Training load and adaptation.
- f. Judgement of training load- objective and subjective means.

## UNIT-III

### Training means and methods

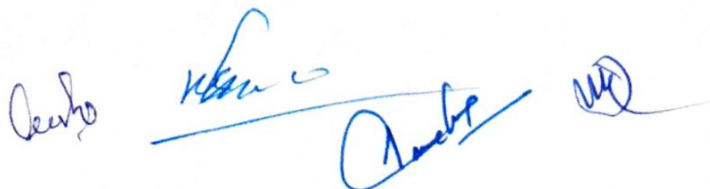
- 5. Principles means of training
- 6. Additional means of training
- 7. Psychological means of Training
- 8. Bio-mechanical means of Training

## UNIT-IV

- c. Rules and their interpretation
- d. Duties of Umpire before, after and during the match.

## UNIT-V

Major National and International Competitions.



# VOLLEYBALL SPECIALIZATION

## Fundamental Skills

- Players Stance-Receiving the ball and passing to the team mates,
- The Volley (Over head pass),
- The Dig (Under hand pass).
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Rules and their interpretations and duties of officials.

## HAND BALL SPECIALIZATION

### UNIT-I Introduction

#### Fundamental Skills

- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
- Player stance and ball handling

### UNIT-II

- Rules and their interpretations and duties of officials

### UNIT-II Basic and advance skills of Handball-

- Various types of receiving
- Various types of passing
- Running with and without the ball.
- Passing.
- Receiving.

### UNIT-III

- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting.

### UNIT-IV

- Individual Defensive-Guarding the man with the ball and without the ball.

### UNIT-V

- Construction, layout and maintenance of play fields and equipments.

*Devs* *Asan*  
*Amber* *WQ*

## WEIGHT LIFTING SPECIALIZATION

- Technical Rules of weight lifting:
- Programme of competitions (participants and their eligibility, Body Weight Category)
- General rules for all lifts, in correct movements and positions for all lifts, incorrect movements and positions for snatch and clean & jerk
- Apparatus, facilities and official documents of the competition
- Outfit of the competition
- Competitions (Entries, Drawing of lots & Weigh-in)
- Presentations course of the competition
- Order of calling and announcements of winners
- Classification of athletes and teams
- Officials of the competition, their functions, duties and power
- Common mistakes while performing various lifts in weight lifting and its corrections
- Development of motor qualities. Its ways and means specially the strength and speed.
- Training load and adaptation & relationship between means, load and recovery, judgment of training load-objective.
- Periodization and its types
- Long term & short term training plan, Principles of training.

### References

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- Singh Hardayal "science of Sports Training" DVS Publication Giri Nagar, Kalki, New Delhi 1995.
- Sharkey Brian and Gaskill Steven "Fitness & Health-6th Edition" Human Kinetics Publication, 2006
- Vella Mark "Anatomy for strength and fitness Training: An Illustrated Guide to your muscles in Action, New Holland Publishers Ltd. (2007)
- Westcott Wayne and Beach R. Thomas "Strength training Past 50 Human Publication ISBN: 0-88011-716-8 (1998).

*Debo*

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## TABLE-TENNIS SPECIALIZATION

### UNIT-I

- 1.1 History :
- 1.1.1 Table Tennis in Olympics.
  - 1.1.2 Table Tennis in Paralympics.
  - 1.1.3 Evolution of Laws of Table Tennis concerning Service, Ball, Scoring System.
  - 1.1.4 Evolution of Regulations of Table Tennis concerning Gluing & Racket, Control, Time Related Matters & Expedite System.

### UNIT-II


- 2.1 Officiating :
- 2.1.1 Interpretations of Laws & Regulations.
  - 2.1.2 Laws & Regulations for Paralympics Table Tennis.
  - 2.1.3 Mechanics of Officiating- Pre Match Procedures, Field of Play Procedures, Post Match Procedures for Umpire & Asst. Umpire. Recommended Hand Signals & Calls.
- 2.2 Drawing of Fixtures :
- 2.2.4 Individual Competitions, Seeding & Byes.
  - 2.2.5 Team Competitions.
  - 2.2.6 Breaking of Ties.

### UNIT-III

- 3.1 Techniques/Skills and their development :
- 3.1.1 Advance Technique/Skill- Footwork, Service Variations, Drive Variations, Flick, Smash & their Developmental Drills.
  - 3.1.2 Situational Play.
- 3.2 Recreational and lead-up activities : Round Toss, Bench Table Tennis, Frog Table Tennis, Splat Table Tennis.

### REFERENCES

- ❖ International Table Tennis Federation Advance Coaching Manual, 2008, Shanghai Minsun Printing Packaging Limited Compnay- [www.minsun.com.cn](http://www.minsun.com.cn)
- ❖ International Table Tennis Federation Level 1 Coaching Manual, 2003.
- ❖ Bose, Tapan and Mukherjee, Bhawani "Table Tennis Training Manual" (Phulkian Press Pvt. Ltd., SAI, NSNIS, Patiala, India, April, 2000).
- ❖ Fairholm, David "The Pocket Guide to Table-Tennis Tactics" (Bell and Hyman Denmark House 37/39, Queen Elizabeth Street, London SE1 2 Q B, 1985)
- ❖ Hodges, Larry Table Tennis, Steps to Success (Champaign, Illinois: Human Kinetic Publishers, 1993).
- ❖ Sklorz, Martin "Table Tennis," John Blackburn Ltd., EP Publishing Ltd. (English Version), Yorkshire, 1973
- ❖ [www.ittf.com](http://www.ittf.com) & [www.ttf.com](http://www.ttf.com)



# YOGA SPECIALIZATION

## UNIT I

- **Mantra & Prayers**
- **Suryanamaskara/Pragya Yoga**  
With Mantras & Breathing pattern.
- **Asanas Cultural Standing**  
Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudaasana, Padangusthasana, Sarvangpushti, Murdhasana.
- **Cultural Sitting**  
Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarndhanurasana, Bhadrasana. Shashankasana, Mandukasana.
- **Cultural Lying**  
Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).

## UNIT II

- **Cultural Advance**  
Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana, Ekpadashirasana, Vatayanasana, Natarajasana, Kapothasana, Shirshapadangusthasana.
- **Relaxative/ Meditative**  
Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.

## UNIT III

- **Pranayama** Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhramri, Sheetali, Shitkari.

## UNIT IV

- **Mudras /Bandhas**  
Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni, Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.

## UNIT V

- **Shuddhi Kriyas** Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhanti, Vastradhanti, Dandadhanti, Shankha Prakshalan.
- **Meditation** Soham Sadhana, Prana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.

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**M.P.Ed (Semester-IV)  
PAPER-IV**

**Max. Marks=100**

**Credit= 4(3 Theory+ 1 Tutorial)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**MPed-404(A) DISSERTATION (OPTIONAL PAPER)**

1. A candidate shall have dissertation for M.P.Ed.-IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

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*Amey*      *MJ*



## MPEd-404(B) SPORTS SOCIOLOGY (OPTIONAL PAPER)

Max. Marks=100

Credit= 4(3 Theory+ 1 Tutorial)

Theory=60 marks+ Internal Assessment=40 Marks

### UNIT-I

#### INTRODUCTION

- Definition, Meaning, Nature, and scope of sports sociology.
- Sports as a social Phenomenon.
- Sociological analysis of sport and sport sociology as an academic discipline.
- Social factors (appearance, sociability, aspiration level and audience) and their influences on participation and performance in sports.

### UNIT-II

#### SPORT AND MICRO SOCIAL SYSTEMS.

- Study of Sports groups.
- Group interaction, competition & co-operation.
- Behavior characteristics, qualities and role of sports leaders.
- Sports and Culture.

### UNIT-III

#### SPORTS AND MACRO-SOCIAL SYSTEM

- Relationship between sport and socializing institution (Family, School and educational System)
- Inter-relationship between and regulating instauration (Politics and economy).
- Sports and cultural institutions (religion and art).
- Socialization through games and sports.

### UNIT-IV

#### SPORTS AND CULTURE

- Sports as a Social Institution.
- Sports as an element of Culture and a cultural product.
- Manipulative Socialization.
- Relationship between sport and culture.

### UNIT-V

#### SOCIAL FACTORS CONCERNING SPORT IN SOCIETY

- Social stratification in sport and Sports as a stratification system.
- Discrimination and democratization in sport with special reference to socio-economic classes and women.
- Sports and aggression, violence in sports.
- Problem regarding professionalization and children in sports.

#### REFERENCE:-

- Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, "Sports Culture and Society" (Philadelphia Lea & Febiger, 1981).

*Leah* *Kayan* *Pherson* *W.D.*

- Ball, Donald W. and Low John W “**Sport and Social order contribution to the sociology of sport**” (London, Addison wesely publishing co, Inc, 1975)
- Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, “**Sport and Social System**” (London, Addison wesely publishing company Inc, 1978)
- Edward Larry “**Sociology of Sport**” (Ilihois: The Dorsey Press, 1973).
- Carry, Brayant J. “**Social Dimension of Physical Activity**” New Jersey: Englewood Cliffs, Prentice Hall In. 1967)
- Singh Kanwaljeet and singh Inderjit “**Sports Sociology**” (Friends Publications India, 2000).
- Walkley Jay “**Sports in Society**” (Mc Graw Hill, Companies, Inc. 2001).
- Bhushan Vidya, Sachdeva R.D. “**An Introduction Sociology**” (Kitab Mahal, Allahabad, 2005)
- Singh Bhupinder Sports Sociology, “**An Indian perspective**” (friends publications, India, 2004)
- Jain Rachna “**Sports Sociology**” (Khel Sahitya Kendra Ashok vihar Delhi 2004).

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**M.P.Ed (Semester-IV)**

**PAPER- V**

**MPed-405 INTERNSHIP & PROJECT**

**Max. Marks=100**

**Credit= 10(Theory)**

**Theory=60 marks+ Internal Assessment=40 Marks**

**INTERNSHIP:**

**OBJECTIVES:**

- This course will enable students to develop professional identity and their professional competence to exhibit ethical responsibility as a teacher and teacher dispositions.
- Will be able to observe the school environment, capabilities and skills of the Pupil/Teacher Interns (TI) to cater to the diverse needs of learners in schools.
- To provide the student (intern) with the opportunity of undergoing a meaningful experience as a practitioner.

**LEARNING OUTCOME**

After completing this course, the students will be able to

- Develop concept of teaching and learning skills.
- Develop teaching proficiency for outdoor and indoor activities.
- To understand the school in totality, its philosophy and aims, organisation and management;
- Understand the needs of the physical, mental, emotional development of children;
- Understand aspects of curriculum and its transaction;
- Assess quality transaction, and teaching-learning
- Organize and execute mass demonstration/displays
- Conduct physical education program for various age groups

**CONTENT**

- Every student has to serve honorary in the institution/ School/fitness centers.
- The pupil teacher will work out a holistic view of school including everything inside and outside the classroom in school campus, **as an attaché to a regular teacher**. He/she will interact with the school teachers and make a detailed documentation of activities and other minute details of all types of observations related to: students, school routine-activities-schedule-calendar, classroom teaching, teachers, non-teaching staff, infrastructure related to building, fields,

*Devi* *Kan* *Devi* *MD*

labs, office, library etc. every day (first half/ second half) in the form of '**School Record-Activity Details**' followed by individual presentation and discussion in the Teacher Education (TE) department.

- Planning, Development and Presentation of Twenty (20) theory and practical Lessons (only one every day with complete preparation), followed by intensive interaction with peers and mentors on Supervisory comments. Observation and comments on student report cards developed by class teachers. Critical Evaluation of each lesson plan and its delivery has to be ensured by TI and the Mentor. It has to be submitted as Lesson Plans on Teaching Subjects I & II (It will include detailed report by TI on one's own experiences/ fears/ problems/ issues named as TI Comment sheet).
- Report: detailed report of observation of at least 2 school teachers (Class Teacher-one, Subject Teacher-one) and their classroom management, teaching styles, class control, dispositions, 'energy', presence etc., in the form of 'Classroom behaviours Report' followed by individual presentation and discussion in the Teacher Education (TE) department.
- Evaluation on the basis of Daily Diary preparation, regularity, teaching quality, sincerity, class control and job execution.

#### **TEACHING LEARNING STRATEGIES**

- The class will be taught by using the latest/innovative method, as per available resources and teaching aids in the classroom and on the field.

#### **SUGGESTED MODE OF TRANSACTION**

- Demonstration/Explanation/Field Work/learning by doing etc.

#### **CRITERIA FOR EVALUATING INTERNSHIP PROGRAMME:**

- A Student will be required to join any school/ organization in any one of the following areas:
  - Gym and Health Club management.
  - Aerobics/Mass Demonstration.
  - Training of Life guard for water sports.
  - Sports Management/Journalism.
  - Teaching Physical Education in Schools/Institutions/Centers.
- A student is required to bring a certificate on letter head of the Institute from the Head of the Organization., specifying that he/she has imparted instruction/training/teaching in that organization w.e.f ..... to ..... and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives).

#### **PROJECT:**

- Informative model (working or simple, preparation of informative chart or flex board) related to Physical Education, sport, health, wellness, yoga & fitness to be prepared individually or in group.

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**M.P.Ed: ADVENTURE or LEADERSHIP CAMP/EDUCATIONAL TOUR/TRAINING & SEMINAR**

**ADVENTURE ACTIVITIES:** Trekking, Wall climbing, River crossing, Mountaineering, etc

**SEMINAR:** Presentation on topics of sports, yoga, wellness, health & fitness their research findings, survey of literature, development, historical or current issues.

**ADVENTURE or LEADERSHIP CAMP/EDUCATIONAL TOUR/TRAINING & SEMINAR** shall remain compulsory to attend for the award of the degree.

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