

**MASTER OF PHYSICAL EDUCATION (M. P. Ed.)
FOUR SEMESTER COURSE
Semester – I**

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
MPCC-101	Research Process in Physical Education & Sports Sciences	30	70	100
MPCC-102	Physiology of Exercise.	30	70	100
MPCC-103	Management in Physical Education	30	70	100
Elective Course (any one)				
MPEC 101	Sports Biomechanics & Kinesiology	30	70	100
MPEC-102	Sports Engineering			
Part–B Practical Course				
MPPC-101	Track and Field I: Running events.(any two events)	30	70	100
MPPC-102	Games Specialization- I (Second Best) (Individual skills, game situation, officiating, lead-up games in Kabaddi/, Kho-Kho,/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc.(Any one)	30	70	100
MPPC-103	Yoga Performance in Asanas, Kriyas, Bandhas & Pranayama.	30	70	100
MPPC-104	Class Room Teaching Lessons (5 Lessons)	30	70	100
TOTAL		240	560	800

Semester - II

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
MPCC-201	Applied Statistics in Physical Education & Sports Science	30	70	100
MPCC-202	Sports Psychology	30	70	100
MPCC-203	Tests, Measurement and Evaluation in Physical Education	30	70	100
Elective Course (any one)				
MPEC-201	Sports Journalism and Mass Media	30	70	100
MPEC-202	Curriculum designs in Physical Education.			
Part-B Practical Course				
MPPC-201	Track and Field II: Throwing events. (any two events)	30	70	100
MPPC-202	Games Specialization- II (Second Best) (Individual skills, game situation, officiating, lead-up games in Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc.(same as Semester – I)	30	70	100
MPPC-203	Teaching Lessons of Track and Field (5 Lessons)	30	70	100
MPPC-204	Teaching Lessons of Game Specializations (5 Lessons)	30	70	100
TOTAL		240	560	800

Semester - III

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
MPCC-301	Scientific Principles of Sports Training	30	70	100
MPCC-302	Sports Medicine	30	70	100
MPCC-303	Health Education and Sports Nutrition	30	70	100
Elective Course (any one)				
MPEC-301	Yogic Sciences	30	70	100
MPEC-302	Physical Fitness and Wellness			
Part-B Practical Course				
MPPC-301	Track and Field III: Jumping events. (any two events)	30	70	100
MPPC-302	Games Specialization- III (First Best) (Individual skills, game situation, officiating, lead-up games in Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc (different from Semester – I & II)	30	70	100
MPPC-303	Officiating Lessons of Track and Field & Game Specializations (5 Lessons each)	30	70	100
MPPC-304	Internship	30	70	100
TOTAL		240	560	800

Semester - IV

Part A: Theoretical Course				
Course Code	Title of the Papers	Internal Marks	External Marks	Total Marks
Core Course				
MPCC-401	Information & Communication Technology (ICT) in Physical Education	30	70	100
MPCC-402	Athletic Care and Rehabilitation.	30	70	100
MPCC-403	Sports Sociology	30	70	100
Elective Course (any one)				
MPEC-401	Dissertation	30	70	100
MPEC-402	Professional Preparation in Physical Education			
Part-B Practical Course				
MPPC-401	Track and Field IV: Hurdles, steeplechase & Decathlon (any two events)	30	70	100
MPPC-402	Games Specialization- IV (First Best) (Individual skills, game situation, officiating, lead-up games in Kabaddi/ Kho-Kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball ,etc (Same as Semester –III)	30	70	100
MPPC-403	Coaching Lessons of Track and Field (5 Lessons)	30	70	100
MPPC-404	Coaching Lessons of Game Specializations (5 Lessons)	30	70	100
TOTAL		240	560	800
		960	2240	3200

Semester I
Theory Courses
MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS
SCIENCES

Total Marks :100
Theory Marks :70
Sessional Marks :30

UNIT I – Introduction

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, 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, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

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

UNIT IV – Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

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 :

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis;

Human Kinetics;

Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi

Semester I
Theory Courses
MPCC-102 PHYSIOLOGY OF EXERCISE

Total Marks :100

Theory Marks :70

Sessional Marks :30

UNIT I – Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II – Cardiovascular System and Exercise

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

UNIT III – Respiratory System and Exercise

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

UNIT IV – Metabolism and Energy Transfer

Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – 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

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

Note: Laboratory Practicals in Physiology be designed and arranged internally.

REFERENCES:

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., EnglewoodCliffs.

David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.

Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.

Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.

Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.

Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.

Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.

William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Semester I
Theory Courses
MPCC- 103SPORTS MANAGEMENT

Total Marks :100
Theory Marks :70
Sessional Marks :30

UNIT I – Introduction to Sports Management

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Personal Policies, Role of Personal Manager in an organization, Personnel recruitment and selection.

UNIT II – Program Management

Teaching Methods, Class Management. Intramural, use of computer. Inter-scholastic and inter-collegiate athletics and competitions.

administration and Sports Management

Scope and Concept of administration, relation between administration and Sports Management, Importance of Sports administration, planning for sports organizations.

UNIT III – Equipments and Public Relation

Purchase and Care of Supplies of Equipment, Guidelines for selection of Equipments and Supplies, Purchase of equipments and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipments. Public Relations in Sports: Planning the Public Relation Program –Principles of Public Relation – Public Relation in Media.

UNIT-IV SUPERVISION IN PHYSICAL EDUCATION & SPORTS

Concept of Supervision. Principles of Supervision. Functions of Supervision: Supervision, Administration, Planning, Program development, Demonstration and lecture.

Evaluation of Supervision.

1 Meaning. 2 Method and need for evaluation. 3 Criteria for evaluation.

UNIT-V LEADERSHIP STYLE AND METHOD.

Elements of leadership. Forms of Leadership. Autocratic ,Laissez faire. Democratic, Eclectic ,Participative ,Qualities of administrative leader. Preparation of administrative leader. Leadership and Organizational performance.

Reference:

Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company,

Park House.

Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.

Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.

Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.

Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.

Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.

John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.

McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge

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

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

NCERT (2005). National Curriculum Framework, New Delhi: NCERT.

NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.

Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.

Semester I
Theory Courses

MPEC 101SPORTS BIOMECHANICS AND KINSESIOLGY (Elective)

Total Marks :100

Theory Marks :70

Sessional Marks :30

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 – Muscle Action

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

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principals 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 - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV – 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.

UNIT V – Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive

Note: Laboratory practicals should be designed and arranged for students 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.

Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.

Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)

Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends

publications.

Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Semester I

Theory Courses

MPEC-102 SPORTS ENGINEERING (Elective)

Total Marks :100

Theory Marks :70

Sessional Marks :30

Unit - I Introduction to sports engineering and Technology

Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.

Unit - II Mechanics of engineering materials

Concept of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities –Gait, Posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

Unit- III Sports Dynamics

Introduction to Dynamics, Kinematics to particles – rectilinear and plane curvilinear motion coordinate system. Kinetics of particles – Newton's laws of Motion, Work, Energy, Impulse and momentum.

Unit- IV Building and Maintenance:

Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.

Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding.

Maintenance staff, financial consideration.

Building process:- design phase (including brief documentation), construction phase Functional (occupational) life, Re-evaluation, refurbish, demolish.

Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.

Unit – V Facility life cycle costing

Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

Reference

Franz K. F. et. al., Editor, **Routledge Handbook of Sports Technology and Engineering** (Routledge, 2013)
Steve Hake, Editor, **The Engineering of Sport** (CRC Press, 1996)
Franz K. F. et. al., Editor **The Impact of Technology on Sports II** (CRC Press, 2007)
Helge N., **Sports Aerodynamics** (Springer Science & Business Media, 2009)
Youlin Hong, Editor **Routledge Handbook of Ergonomics in Sport and Exercise** (Routledge, 2013)
Jenkins M., Editor **Materials in Sports Equipment, Volume I** (Elsevier, 2003)
Colin White, **Projectile Dynamics in Sport: Principles and Applications**
Eric C. et al., Editor **Sports Facility Operations Management** (Routledge, 2010)

Semester - II
Theory Courses

MPCC- 201APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Total Marks :100
Theory Marks :70
Sessional Marks :30

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, Continuous. Parametric and non-parametric statistics.

UNIT II – Data Classification, Tabulation and Measures of Central Tendency

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

UNIT III – Measures of Dispersions 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

Normal Curve. Meaning of probability- 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:

Semester - II Theory Courses

MPCC-202 SPORTS PSYCHOLOGY

Total Marks :100

Theory Marks :70

Sessional Marks :30

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

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. 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. Relaxation: Meaning and Definition, types and methods of psychological relaxation. 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.

UNIT IV – Sports Sociology

Meaning and Definition – Sports and Socialization of Individual Sports as Social

Institution. National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Leadership: Meaning, Definition, types. Leadership and Sports Performance.

UNIT V – Group Cohesion

Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. Current Problems in Sports and Future Directions – Sports Social Crisis Management – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Practicals: *At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)*

REFERENCES:

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc.

John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.

Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

Whiting, K, Karman.,. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

Semester - II
Theory Courses

MPCC-203 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Total Marks :100
Theory Marks :70
Sessional Marks :30

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 – Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

UNIT III – Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

UNIT V – Skill Tests

Specific Spots 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, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

Note: Practicals 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 Publising Co. Inc

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

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

Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 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 Publications

Semester II
Theory Courses

MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

Total Marks :100

Theory Marks :70

Sessional Marks :30

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 Sports Bulletin

Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin – Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.

UNIT III Mass Media

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

UNIT IV Report Writing on Sports

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

UNIT –V Journalism

Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. 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. 43

Semester II
Theory Courses

MPEC-202 CURRICULUM DESIGNS IN PHYSICAL EDUCATION.

Total Marks :100

Theory Marks: 80

Sessional Marks :30

UNIT-I CURRICULUM

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.

UNIT II – CURRICULUM SOURCES

Factors that affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopaedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.

UNIT-III LEARNING

Factor Affecting Learning- Influence of Community, Location, Facilities and Equipment, Scheduling Patterns, and Faculty.

Development Characteristics of the Learner.

Psychomotor Development. Cognitive Development. Affective Development. Classification of activities in Physical Education. The outcome of each class of Activity. Progress in curriculum, Cultural Influence in the choice of activities, Flexibility of Programme material.

UNIT-IV PRINCIPLES OF PLANNING

Goal Setting. Development of Instructional Objectives. Learning Domains.

Co-education in Physical Education.

Integrating Programmes for Boys and Girls. Activities suitable for Co-education. Levels at which co-education is Desirable. Physical Education- Programme for Physically challenged and mentally retarded children's.

UNIT-V TEACHING STYLES AND STRATEGIES:

Definition and importance of teaching Styles.

Teaching Styles. Factors in Selection of a Teaching Styles. Importance of Communication skills, Effective Presentation, and Effective Demonstration, Strategies to enhance student Motivation. Disciplinary Strategies in Physical Education. Grouping of Students for Instruction, Lectures, Project activities, demonstration, Black Period, Total time allotment for a given activity, teaching aids, conditioning, special gadgets for development of particular skills, prerequisite for learning a activity, provision for individual differences.

REFERENCE:-

1. Synder Albert Raymond & Scott, “**Professional Preparation in Health, Physical Education & Recreation**” (Greenwood press publisher, 1954).
2. Well Jenifer, Murray Kanij “**Children & Movement: Physical Education in Elementary School**” (W.M.C. Brown Publishers, Dubvgve, 1990).
3. Cowell C. Charles, Hazelton W. Hler, “**Curriculum Design in Physical Education**” (Englewood Cliffs N.J. Prentice Hall, Inc. 1995).
4. Wessel A. Janet, Keely Zuke “**Achievement Based Curriculum Development in Physical Education**” (Leas Febiger, Philadelphia, 1986).
5. Gupta Rakesh, Sharma Akhilesh and Sharma Santosh, “**Professional preparation and Curriculum Designs in Physical Education & Sports**”, (Friends Publications (India) 2004).
6. Sandhu Kiran “**Professional Preparation & Lureer Development in Physical Education & Sports**”, (Friends Publications (India) 2004).

Theory Courses

MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Total Marks :100

Theory Marks :70

Sessional Marks :30

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.

UNIT II – Components of Physical Fitness

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

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, Combination of Movement 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 – 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

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. Mosby Company

Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Louis, 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

Semester III

Theory Courses
MPCC-302 SPORTS MEDICINE

Total Marks :100
Theory Marks :70
Sessional Marks :30

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, 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. Show 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, Presentational of Spinal anomalies, 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.

UNIT V – 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.

Practicals: Lab. Practicals and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, Visit to TV Centre 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 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,

Theory Courses

MPCC-303 HEALTH EDUCATION AND SPORTS NURTITION

Total Marks :100

Theory Marks :70

Sessional Marks :30

Unit - I Health Education

Concept, Dimensions, Spectrum and Determinants of Health

Definition of Health, Health Education, Health Instruction, Health Supervision

Aim, objective and Principles of Health Education

Health Service and guidance instruction in personal hygiene

Unit - II 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- III – 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 – IV- Introduction to Sports Nutrition

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

Unit – V Nutrition and Weight Management

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

References:

Bucher, Charles A. "Administration of Health and Physical Education Programme".

Delbert, Oberteuffer, et. al." The School Health Education".

Ghosh, B.N. "Treaties of Hygiene and Public Health".

Hanlon, John J. "Principles of Public Health Administration" 2003.

Turner, C.E. "The School Health and Health Education".
Moss and et. At. "Health Education" (National Education Association of U.T.A.)
Nemir A. "The School Health Education" (Harber and Brothers, New York).
Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as
Nature Intended. Angus and Robertson.
Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive
Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

Semester III

Theory Courses
MPEC-301 Yogic Sciences (Elective)

Total Marks :100
Theory Marks :70
Sessional Marks :30

Unit I – Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Straining – Age – Contra- Indication – Inverted asana – Sunbathing.

Unit II – Aasanas and Pranayam

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta hastam, Samyukta hastam , Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

Unit V – Yoga and Sports

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan.
- Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

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

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

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

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

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

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

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

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

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

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

Semester III
Theory Courses

MPEC-302 PHYSICAL FITNESS AND WELLNESS (Elective)

Total Marks :100

Theory Marks :70

Sessional Marks :30

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 – Nutrition

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs.

Unit III – 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 IV – 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 V – 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.

Reference:

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

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

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

Elizabeth & Ken day, 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

Semester IV
Theory Courses
MPCC-401 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN
PHYSICAL EDUCATION

Total Marks :100
Theory Marks :70
Sessional Marks :30

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication
Communication Barriers & Facilitators of communication
Communicative skills of English - Listening, Speaking, Reading & Writing
Concept & Importance of ICT 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 – ICT Integration in Teaching Learning Process

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

Unit V – E-Learning & Web Based Learning

E-Learning

Web Based Learning
Visual Classroom

REFERENCES:

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

Semester IV
Theory Courses
MPCC-402 ATHLETIC CARE AND REHABILITATION

Total Marks :100
Theory Marks :70
Sessional Marks :30

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 – Points to be considered in giving massage – Physiological , Chemical, 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 – 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:

Doherty. J. Meno. Web, 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.

Semester IV
Theory Courses
MPCC-403 SPORTS SOCIOLOGY

Total Marks :100

Theory Marks :70

Sessional Marks :30

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 institution (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:-

1. Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, “**Sports Culture and Society**” (Philadelphia Lea & Febiger, 1981).
2. Ball, Donald W. and Low John W “**Sport and Social order contribution to the sociology of sport**” (London, Addison wesely publishing co, Inc, 1975)
3. Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, “**Sport and Social System**” (London, Addison wesely publishing company Inc, 1978)
4. Edward Larry “**Sociology of Sport**” (Ilihois: The Dorsey Press, 1973).

5. Carry, Brayant J. “**Social Dimension of Physical Activity**” New Jersey: Englewood Cliffs, Prentice Hall In. 1967)
6. Singh Kanwaljeet and singh Inderjit “**Sports Sociology**” (Friends Publications India, 2000).
7. Walkley Jay “**Sports in Society**” (Mc Graw Hill, Companies, Inc. 2001).
8. Bhushan Vidya, Sachdeva R.D. “**An Introduction Sociology**” (Kitab Mahal, Allahabad, 2005)
9. Singh Bhupinder Sports Sociology, “**An Indian perspective**” (friends publications, India, 2004)
10. Jain Rachna “**Sports Sociology**” (Khel Sahitya Kendra Ashok vihar Delhi 2004).

Semester IV
Theory Courses
MPEC-401 DISSERTATION

Total Marks :100

1. 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.

Semester IV
Theory Courses

MPEC-402 PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION (Elective)

Total Marks :100

Theory Marks :70

Sessional Marks :30

UNIT-1 FOUNDATIONS OF PROFESSIONAL PREPARATION

Ideals of Indians Democracy- Contribution to Physical Education. Force and Factors affecting educational Policies and Programme- Social, Religious, Economics, and Political. Role of the Central Govt. in Educational and Professional Preparation in Physical Education. Professional Association and their contribution in Professional Preparation in Physical Education.

UNIT-II HISTORICAL AND COMPARATIVE REVIEW OF PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION

Why Physical Education in a Profession. Historical Review of Professional Preparation in India. Comparative Study of Professional Preparation in Physical Education in India with those of USA, U.K., Australia, and China.

UNIT-III UNDERGRADUTES PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION

Undergraduates Preparation of Professional Personnel: Areas of Health Education, Physical Education and Recreation. Purpose of undergraduate preparation. Admission requirements and procedure. Laboratory Experience. Field Experience. Teaching Practice. Professional Co MPED tendencies to be developed- Facilities and special resources for the library.

UNIT-IV CO-EDUCATION IN PHYSICAL EDUCATION AND COMMITTEE RECOMMENDATIONS

Co-education in Physical Education. Integrating the programme for boys and Girls. Activities suitable for co-education needs. Level at which co-education is desirable. Special provision for development of girls programme

UNIT-V RECOMMENDATIONS OF VARIOUS COMMITTEES ABOUT PHYSICAL EDUCATION

5.2.1 N.C.E.R.T.

5.2.2 C.B.S.E.

5.2.3 U.G.C.

REFERENCE:-

1. Clayn-Jenson, “**Administration Management of Physical and Athletic Programme**”.
2. Cratty, B.J. “**Career Potential Physical Activity**”.
3. Page and Means, “**Professional Career in Physical Education**”.
4. Synder and Scott, “**Professional Preparation in Health Education-Physical Education and Recreation**”.
5. Agarwal, “**Education Administration, School Organization and Supervision**”.
6. Harper and Brother, Cassidy R. “**Curriculum Development in Physical Education**” Newyork 1954.
7. Bucher C.A. “**Foundations of Physical Education**” St. Louis. The C.V. Mosby Co. 1968.
8. Wilgoose Carl E. “**The Curriculum in Physical Education**” Englewood Cliffs, N.J. Prentice Hall Inc.
9. Irwin Laslia “**Curriculum in Health and Physical Education**” St. Louis, the C.V. Mosbey Co. 1984.

Semester I
Practicum Course

**MPPC- 101 TRACK AND FIELD I: RUNNING EVENTS / GYMNASTICS/
SWIMMING.**

Running

- Fundamental skills –Short and Middle distance.
- Use of Starting blocks- stance on the blocks.
- Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.
- Advanced Skills Various techniques of sprint start: Bullet start, standing start ,
- Active game practice

Semester I
Practicum Course

MPPC- 102 GAMES SPECIALIZATION I

(Kabaddi, Kho-kho, Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/
Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball)

Practicum Course

MPPC- 103 YOGA

Yoga, Asanas prescribed by Maharshi ‘Patanjali’, Shudhi Kriyas, jalneti, sutraneti, dugdhaneti, kunjla, Nauli, Bhastika, shatkriya, Pranayams, Anulom-vilom, Kapalbhathi,

Semester I
Practicum

MPCC-104 CLASS ROOM TEACHING PRACTICES:

- *Teaching practice lessons 5 lessons in class-room .*
- The students of M.P.Ed – I Semester need to develop proficiency in taking teaching lessons as per selected topics of B.P.ED level. 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.

Semester II
Practicum Course

MPPC- 201 TRACK AND FIELD II: Throwing event

- Fundamental skills –
 - Advanced Skills

Semester II
Practicum Course

MPPC-202 GAMES SPECIALIZATION II

Same as semester -I

Semester II
Practicum Course

MPPC-203 TEACHING LESSON OF TRACK & FIELD

- 05 Lesson (4 Internal 1 external).

MPPC-204 TEACHING LESSON GAMES SPECIALIZATION

The Candidate has choice to select any one of the following games as the Specialization – II (Second best) in 2nd Semester.

- (Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball) 05 Lesson (4 Internal 1 external)

Semester III
Practicum Course

MPPC- 301 TRACK AND FIELD III JUMPING EVENTS.

- Fundamental skills –
 - Advanced Skills

Semester III
Practicum Course

MPPC-302 GAMES SPECIALIZATION III

Same as semester –I & II

Semester III
Practicum Course

MPPC-303 OFFICIATING LESSON OF TRACK & FIELD & GAMES SPECIALIZATION

- 05 Lesson each (4 Internal 1 external)

Semester III
Practicum Course

MPPC-304 INTERNSHIP 4 WEEK

Semester IV
Practicum Course

- **MPPC- 401 TRACK AND FIELD1. HURDLES, STEEP ALECHASE AND DECATHLON (any two events)**
- Fundamental skills –
 - Advanced Skills

**Semester IV
Practicum Course**

**MPPC-402 GAMES SPECIALIZATION IV
Same as semester –III**

**Semester IV
Practicum Course**

MPPC-403 COACHING LESSONS OF TRACK AND FIELD

- 05 Lesson (4 Internal 1 external)

**Semester IV
Practicum Course**

MPPC-404 COACHING LESSONS OF GAME SPECIALIZATIONS

- 05 Lesson (4 Internal 1 external)