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CURRICULUM FRAMEWORK:
TWO-YEAR M.P.ED. PROGRAMME

Passed in Academic Council

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NCTE

NATIONAL COUNCIL FOR TEACHER EDUCATION
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REGULATIONS AND SYLLABUS STRUCTURE FOR TWO YEARS M. P. Ed. PROGRAMME (FOUR SEMESTERS)(CBCS)

Preamble:

The Master of Physical Education (M.P.Ed.) two years (Four Semesters, Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and teacher educators in College of Physical Education.

The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club.

R.M.P.Ed.1.Intake, Eligibility and Admission Procedure:

The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards. A candidate who (a) after taking a Bachelor's degree in Physical Education of this University or of an Indian University recognized by the Academic Council or (b) after obtaining a post-graduate Diploma is Physical Education of at least one year's duration awarded by an Indian University or a Board appointed by the Education Department of a State or (c) after obtaining Indian or Foreign qualification recognized as equivalent to those mentioned in (a) or (b) above by the Mohanlal Sukhadia University/Institution or (d) has completed a regular course of study for the semester shall be admitted according to the Semester examination passed in the degree of Master of Physical Education; subject to being selected on the basis of Admission entrance Test prevailing in the year.when admission is sought in the University/Institution.

A Candidate, who, after passing the First, Second and Third Semester Examinations of this University has completed a regular course of study for one semester, shall be admitted to the Second, Third and Fourth Semester examination, respectively, for the degree of Master of Physical Education.

However, a candidate failing in not more than two papers in any semester shall be permitted to join the next semester, in which case he shall have to appear in the papers in which he had failed in the immediately previous semester along with the papers for the current semester. No candidate shall be allowed to join the next semester if he has not passed in all the papers of the semester proceeding the immediately previous semester for e.g candidate not be admitted to the Third semester unless he has passed in all the papers of the First semester.

Similarly, no candidate shall be admitted to the Fourth Semester unless he has passed in all the papers of the Second Semester.

Seasonal marks obtained by a candidate shall be carried over if a candidate fails in the final examination in any or all papers of any semester and appears as an ex-student. If the candidate seeks readmission as a regular student, the seasonal marks previously obtained for those papers shall stand cancelled.

When a candidate has failed in the examination but he has obtained pass marks in the thesis, the thesis marks may be carried forward to the prescribed limits of 5 years as specified above. If candidate fails in thesis but secures pass marks in written papers, the candidate shall be permitted to complete his requirement for thesis within the required period of five years. If a candidate seeks fresh assignment of thesis, his seasonal marks previously obtained shall stand cancelled. The Guide for the thesis shall be the internal examiner for the thesis. If reassessment is sought, the Guide may be changed, if needed. The candidates of M.P.Ed IV Semester shall submit three copies of thesis on or before the commencement of final examination failing which he shall be declared failed in thesis and such candidates shall have to submit the thesis in the next examination as an ex-student.

A candidate failing in any paper, if eligible to repeat the paper, may offer the same in the very next semester, whether that paper is offered for regular students or not. He shall be awarded the degree in the year in which he has actually passes.

The candidates who secure minimum 65% in the M.P.Ed First year (I & II Semester) examination and do not have A.T.K.T. in the preceding examination will be eligible to opt for thesis.

A special examination will be arranged along with ATKT examination for those students missing semester examination due to Inter-University or National Sports competitions recognized by university with prior permission from the Head of the institution / Department. They will be allowed to join the next higher semester of the class subject on the condition they appear and pass in those missed papers/subjects in the special examination.

R. M.P.Ed. 2. Duration:

The M.P.Ed programme is of duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of Five years from the date of admission to the programme.

R. M.P.Ed. 3. The CBCS System:

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization

in higher education.

R. M.P.Ed. 4. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

The medium of instruction shall be English & Hindi.

R. M.P.Ed.5. Courses of Programme:

The M.P.Ed. programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

- Theory (Part 'A')
  - Core Course
  - Elective Course
- Practicum (Part 'B')
  - Compulsory Course (Track and Field)
  - Physical Fitness
  - Adventure/Leadership Training
  - Internship & Seminar
  - Elective Course
  - Teaching/Coaching/Officiating Practices

The examination for Master of Physical Education shall consist of 16 Theory papers (i.e.3 core & 01 Elective in each semester). Four papers shall be offered in each of the four semesters. Besides the University examination, seasonal (internal) grades will be added to each paper separately. A candidate must obtain for passing at least 40% marks in each written paper in the university examination and also obtain atleast 40% marks in the aggregate marks of the paper including the seasonal marks in each paper of each semester. No minimum pass percentage is prescribes for the seasonal (internal) theory & Practical.

In M.P.Ed I, II ,III & IV semester there shall be a final examination in part-B (Practicum) to be conducted by Internal and External examiner and each candidate must obtain for passing at least 45% marks in each examination. In order to pass Master of Physical Education Examination, M.P.Ed examination part-B (Practicum each) shall be considered to be equivalent to one Theory paper for A.T.K.T. purpose similarly pass marks in each of part-II shall be considered 45% at par with Theory papers.

The University examination in Dissertation/Thesis for Semester IV shall be evaluated by external examiner appointed by the university and internal examiner who shall value the thesis out of a maximum of 70 marks by the external and 30 marks by the internal. There shall be viva-voice examination evaluated by the external examiner.

Games Specialization: Track & Field and *Gymnastics/ Swimming (*any one) Skills to be performed as per the syllabus prescribed. Course contents in gymnastics/swimming should be chalked out internally considering the level of students and suitable to their age and gender. Skill Performance of Any Two Events/Apparatus of each games (Track and Field & Gymnastics/ Swimming) for internal assessment, one from each game for external assessment. Five Lessons of Teaching, Coaching, Marking & Officiating of each games (4 Internal & 1 External)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 / college level.

Sports and Games: In Games & Sports Individual Skill, Game Situation, Officiating, Lead-Up games are to be practiced and evaluated internally. Course contents should be chalked out internally considering the level of students and suitable to their age and gender. As far as possible, available standardized Practical skill test to be conducted in order get evaluated by the external.

Classroom Teaching: In order to develop proficiency in taking teaching lessons in classrooms as per the selected topics are to be prepared and presented in a prescribe format. The topics shall be from the graduate level theory subject course contents. Each student teacher is expected to take at least five lessons during the semester out of which four will evaluated by the internal and one will be by the external examiner. 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 / college level.

Laboratory Practical: standardized laboratories tests related to sports psychology, physiology of exercise, sports biomechanics & kinesiology are to be practiced. The evaluation by internal & external will be on the basis of knowledge about the conduct of test, its norms, handling of apparatus/tools and self performance.

A Seminar will be organized by the department and every student has to present paper or article on topics of sports, yoga, wellness, health & fitness their research findings, survey of literature, development, historical or current issues. Topics will be approved by the department/institution and evaluated by the external examiner.

Project: Model(working or simple, preparation of informative chart or flex board) related to Physical Education, sport health, wellness, yoga & fitness (allotted in groups or individually by

the Head of the Institution / Department) has to be prepare under Project work which will be evaluated by the external.

Adventure/Leadership Camp/Tour/Training from government approved agencies is compulsory to attend in order to get the degree. Internal Assessment is based on leadership quality, active participation, sincerity and discipline. All the expenses will be borne by the student.

Thesis (Dissertation): In place of Theory Paper, Thesis (Dissertation) of 70 Marks to be awarded by the external examiners after Viva-voice held at department/institution and 30 marks will be given by the guide or supervisor. The topic of the thesis shall be approved by the research committee constituted by the Head of the institution / Department.

Internship (Professional Training): On the basis of Daily Diary preparation, regularity, teaching quality, sincerity, class control and job execution (Report given by concern institute or school principal/Head will be taken into consideration) internal Marks will be awarded by the Head of the institution / Department. Every student has to serve honorary in the institution/ School/fitness centers allotted by the department. He has to report regularly & serve for the period of one month.

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 form 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).

Physical Fitness Test: In every semester following Modified physical Test is to be practiced and organised by the department/institution as a regular feature. It has to be evaluated by the internal & external examiner appointed by the University as per the norms/scores presented. The norms (standard) for marking will be as follow -

Semester I

Practicum Course

MPPC-104 PHYSICAL FITNESS TEST:

National physical fitness proficiency Modified Test (NPFP 'A') is to be practiced and organised as per the norms/scores prepared by the department presented below.

Semester -I : National Physical Fitness Proficiency Test Modified Norms (Battery 'A')

S. No.	Events	Sex	Performance Scores					
			14 Marks	12 Marks	10 Marks	08 Marks	07 Marks	06 Marks
1.	100 M run (Sec.)	Men	Below12.0	12.0-12.9	13.0-13.9	14.0-14.9	15.0-15.9	16.0 & Above
		Women	Below14.0	14.0-14.9	15.0-15.9	16.0-16.9	17.0-17.9	18.0 & Above
2.	Long Jump (Mtr.)	Men	Above 5.25	5.25-4.74	4.75-4.24	4.25-3.74	3.75-3.26	3.25 & Below
		Women	Above 4.00	4.00-3.75	3.50-4.26	3.25-3.01	3.00-2.76	2.75 & Below
3.	Shot Put (Mtr.)	Men	Above 8.00	8.0-7.51	7.50-6.51	6.50-5.51	5.50-4.51	4.50 & Below
		Women	Above 7.00	7.0-6.51	6.50-5.51	5.50-4.51	4.50-3.51	3.50 & Below
4.	High Jump (Mtr.)	Men	Above 1.50	1.50-1.46	1.45-1.30	1.30-1.16	1.15-1.01	1.00 & Below
		Women	Above 1.26	1.25-1.06	1.05-0.96	0.95-0.86	0.85-0.76	0.75 & Below
5.	800 M run (Min.)	Men	Below 2:25	2:25-2:34	2:35-2:44	2:45-2:69	2.75-2.99	3:00 & Below
	200 M run (Min.)	Women	Below 30.0	30.0-32.4	32.5-34.9	35.0-37.4	37.5-39.9	40.0 & Above

Semester II

Practicum Course

MPPC-204 PHYSICAL FITNESS TEST:

Modified National physical fitness proficiency Test (NPFP 'B') is to be practiced and organised as per the norms/scores prepared by the department presented below.

Semester -II : National Physical Fitness Proficiency Test Modified Norms (Battery 'B')

S. No.	Events	Sex	Performance Scores					
			14 Marks	12 Marks	10 Marks	08 Marks	07 Marks	06 Marks
1.	100 M run (Sec.)	Men	Below12.0	12.0-12.9	13.0-13.9	14.0-14.9	15.0-15.9	16.0 & Above
		Women	Below14.0	14.0-14.9	15.0-15.9	16.0-16.9	17.0-17.9	18.0 & Above
2.	Long Jump (Mtr.)	Men	Above 5.25	5.25-4.74	4.75-4.24	4.25-3.74	3.75-3.26	3.25 & Below
		Women	Above 4.00	4.00-3.75	3.50-4.26	3.25-3.01	3.00-2.76	2.75 & Below
3.	12 Min.Run /Walk (Mtr.)	Men	Above 2601	2600-2301	2300-2001	2000-1601	1600-1201	1200 & Below
	08 Min.Run /Walk (Mtr.)	Women	Above 1701	1700-1501	1500-1301	1300-1101	1100-901	900 & Below
4.	Pull ups Dand Style (Nos)	Men	Above 35	35-30	29-25	24-15	15-06	05 & Below
	Sit ups (Nos)	Women	Above 35	35-30	29-25	24-15	15-06	05 & Below
5.	Cricket Ball Throw (Mtr.)	Men	Above 65	35-56	55-46	45-36	35-26	25 & Below
	Hand Ball Throw (Mtr.)	Women	Above 25	25-21	20-16	15-11	10-06	05 & Above

Semester III

Practicum Course

MPPC-304 PHYSICAL FITNESS TEST

Modified Canadian fitness Test is to be practiced and organised as per the norms/scores prepared by the department presented below.

Canadian Fitness Test Marking Norms

S.No	Events	Sex	Performance Scores					
			70Marks	65Marks	60Marks	55Marks	50Marks	45Marks
1	Canadian Test (Sec.)	Men	28 & Below	29-34	35-39	40-44	45-49	50 & Above
		Women	34 & Below	35-39	40-44	45-49	50-54	55 & Above

Semester IV

Practicum Course

MPPC-304 PHYSICAL FITNESS TEST

Modified Copper fitness Test is to be practiced and organised as per the norms/scores prepared by the department presented below.

Semester - IV:Cooper Fitness Test Modified Marking Norms

S.No	Events	Sex	Performance Scores					
			70Marks	65 Marks	60 Marks	55 Marks	50 Marks	45Marks
1	12 Min run/ Walk (Mtr.)	Men	Above 2800	2800-2501	2500-2201	2200-1801	1800-1401	1400 & Below
	09 Min run/ Walk (Mtr.)	Women	Above 1800	1800-1601	1600-1401	1400-1201	1200-1001	1000 & Below

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
1.	a) Sports Achievement at State level Competition (Medal Winner) Sports b)	1
	b) Achievement National level Competition (Medal Winner) Sports	2
	c) Participation International level Competition	4
2.	Inter Uni. Participation (Any one game)	2
3.	Inter College Participation (min. two games)	1
4.	National Cadet Corps / National Service Scheme	2
5.	Blood donation / Cleanliness drive / Community services	2
6.	Mountaineering - Basic Camp, Advance Camp / Adventure Activities	2
7.	News Reporting / Article Writing / book writing / progress report writing.	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

R. M.P.Ed. 9. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Assignments / Lab Practical	10 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R.P.Ed 10. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. M.P.Ed. 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$\text{SGPA} = \frac{\sum_{i=1}^{n} C_i G_i}{\sum_{i=1}^{n} C_i}$$

$$\text{CGPA} = \frac{\sum_{j=1}^{N} \text{SGPA}_j}{N}$$

Where C_i is the Credit earned for the course is in any semester; G_i is the Grade point obtained by the student for the course and n number of courses obtained in that semester; SGPA_j is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

R. M.P.Ed. 11. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

R. M.P.Ed.12. Letter Grades and Grade Points:

i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A^+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

R. M.P.Ed.13. Grade Point Calculation

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for M. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

$$\square\square\square\square = \frac{\sum_{\square\square\square}^{\square} \square_{\square} \square_{\square} \square_{\square}}{\sum_{\square\square\square}^{\square} \square_{\square} \square_{\square}}$$

Example – I

Marks obtained by Student in course MPCC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 03

Credits Grade Point (CGP) = 6.5 × 03 = 19.5

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses Code.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-101	3	65	A	6.5	19.5
MPCC-102	3	60	A	6	18
MPCC-103	3	62	A	6.2	18.6
MPEC-101/MPEC-102	3	57	B+	5.7	17.1
MPPC-101	3	55	B+	5.5	16.5
MPPC-102	3	72	A+	7.2	21.6
MPPC-103	3	66	A	6.6	19.8
MPPC - 104	3	72	A+	7.2	21.6
	24				152.7

Examples: Conversion of marks into grade points

MPCC-101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5

MPCC-102 60 = 6.0

MPCC-103 62 = 60 + 2 =6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2

MPEC-101/MPEC-102 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7

MPPC-101 55 = 5.5

MPPC-102 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2

MPPC-103 66 = 60 + 6 = 6.0 + 6 x (0.99 / 9.99) = 6.0 + 6 x 0.1 = 6.0 + 0.6 = 6.6

MPPC – 104 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points

= 152.7/24 = 6.3625

SGPA Sem. I = 6.3625

At the end of Semester-1

Total SGPA = 6.3625

Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.3625

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-2

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-201	3	76	A+	7.6	22.8
MPCC-202	3	64	A	6.4	19.2
MPCC-203	3	59	B+	5.9	17.7
MPEC-201/MPEC-202	3	80	A+	8	24
MPPC-201	3	49	C	4.9	14.7
MPPC-202	3	64	A	6.4	19.2
MPPC-203	3	55	B+	5.5	16.5
MPPC - 204	3	72	A+	7.2	21.6
	24				155.7

SGPA Sem. II = 6.4875

At the end of Semester-2

Total SGPA for two Semesters = 12.85

Cumulative Grade Point Average (CGPA) = 12.85/2 = 6.425

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-3

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-301	3	64	A	6.4	19.2
MPCC-302	3	64	A	6.4	19.2
MPCC-303	3	59	B+	5.9	17.7
MPEC-301/MPEC-302	3	81	A+	8.1	24.3
MPPC-301	3	49	C	4.9	14.7
MPPC-302	3	64	A	6.4	19.2
MPPC-303	3	68	A	6.8	20.4
MPPC – 304	3	75	A+	7.5	22.5
	24				157.2

SGPA Sem. III = 6.55

At the end of Semester-3

Total SGPA for three Semesters = 19.4

Cumulative Grade Point Average (CGPA) = 19.4/3 = 6.466667

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-4

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-401	3	83	A+	8.3	24.9
MPCC-402	3	76	A+	7.6	22.8
MPCC-403	3	59	B+	5.9	17.7
MPEC-401/MPEC-402	3	81	A+	8.1	24.3
MPPC-401	3	49	C	4.9	14.7
MPPC-402	3	78	A+	7.8	23.4
MPPC-403	3	81	A+	8.1	24.3
MPPC-404	3	75	A+	7.5	22.5
	24				174.6

SGPA Sem. IV = 7.275

At the end of Semester-4

Total SGPA for all the four semesters = 26.675

Cumulative Grade Point Average (CGPA) = 26.675 /4 = 6.66875

CGPA = 6.66875, Grade = A, Class = First Class

Note:

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3)The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4)For the award of the class, CGPA shall be calculated on the basis of

(a) Marks of each Semester EndAssessment And

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for M.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

R. M.P.Ed.14. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

R. M.P.Ed.15. Revision of Syllabi:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

SUBJECTS, CREDIT SYSTEM & SCHEME OF EXAMINATION

Semester-I

Part A : Theoretical Course(400 Marks)						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
MPCC-101	Research Process & Statistics in Physical Education & Sports Sciences	3	3	30	70	100
MPCC 102	Physiology of Exercise	3	3	30	70	100
MPCC-103	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
Elective Course (Anyone)						
MPEC-101	Yogic Sciences	3	3	30	70	100
MPEC-102	Sports Technology					
Part-B Practical Course(400 Marks)						
MPPC-101	Games Specialization -I (Performance of Any Two Events/Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each game (4 Internal & 1 External) 1.Track and Field: Running, Walking , Hurdle & Relay Events *2. Gymnastics/ Swimming (*Any one)	6	3	30	70	100
MPPC-102	Laboratory Practical Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (Two practicals for each subject)	6	3	30	70	100
MPPC-103	Sports and Games -I 1.Yoga(Performance of Asanas, Kriyas, Bandhas & Pranayama) *2. (Any one activity of Indigenous/Aerobics/Self Defence Technique-Martial Arts, Taekwondo/ Karate/ Wushu (Any one activity + Yoga)	6	3	30	70	100
MPPC-104	Physical Fitness Test(NPFP 'A')	6	3	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 45-51 hours per semester whereas 90-102 hours for each practicum course.

Semester-II

Part A : Theoretical Course(400 Marks)						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
MPCC-201	Professional Preparation and Curriculum Designs in Physical Education	3	3	30	70	100
MPCC 202	Sports Biomechanics & Kinesiology	3	3	30	70	100
MPCC-203	Athletic Care and Rehabilitation	3	3	30	70	100
Elective Course (Anyone)						
MPEC-201	Sports Journalism and Mass Media	3	3	30	70	100
MPEC-202	Sports Management					
Part-B Practical Course(400 Marks)						
MPPC-201	Games Specialization – II (Performance of Any Two Events/ Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each game 1.Track and Field: Jumping events *2. Gymnastics/ Swimming (*Any one)	6	3	30	70	100
MPPC-202	Sports and Games -II (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Cricket/ Volleyball/ Basketball/ Football/Handball/ Hockey/ Netball	6	3	30	70	100
MPPC-203	Adventure or leadership Camp/Tour/ training for internal marks & Seminar (4 Internal & 1 External) (Topics on sports, yoga, wellness, health & fitness their research findings, survey of literature, development, historical or current issues.	6	3	30	70	100
MPPC-204	Physical Fitness Test(NPFP 'B')	6	3	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 45-51 hours per semester whereas 90-102 hours for each practicum course.

Semester-III

Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Part A : Theoretical Course(400 Marks)						
Core Course						
MPCC-301	Scientific Principles of Sports Training	3	3	30	70	100
MPCC 302	Sports Medicine	3	3	30	70	100
MPCC-303	Health Education and Sports Nutrition	3	3	30	70	100
Elective Course (Anyone)						
MPEC-301	Sports Engineering	3	3	30	70	100
MPEC-302	Physical Fitness and Wellness					
Part-B Practical Course(400 Marks)						
MPPC-301	Games Specialization – III (Performance of Any Two Events/ Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each game 1.Track and Field: Throwing Events *2. Gymnastics /Swimming (*Any one)	6	3	30	70	100
MPPC-302	Sports and Games - III (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Kabaddi/Kho-Kho/ Boxing/ Judo/Wrestling/ Baseball / Softball	6	3	30	70	100
MPPC-303	Internship(Internal) & Project	6	3	30	70	100
MPPC-304	Physical FitnessTest(Canadian)	6	3	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 45-51 hours per semester whereas 90-102 hours for each practicum course.

Semester-IV

Part A : Theoretical Course(400 Marks)						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
MPCC-401	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
MPCC 402	Sports Psychology	3	3	30	70	100
MPCC-403	Sports Sociology	3	3	30	70	100
Elective Course (Anyone)						
MPEC-401	Adapted Physical Education	3	3	30	70	100
MPEC-402	Dissertation					
Part-B Practical Course(400 Marks)						
MPPC-401	Games Specialization - IV (Performance of Any Two Events/Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each game 1.Track and Field: Heptathlon & Decathlon *2. Gymnastics / Swimming (*Any one)	6	3	30	70	100
MPPC-402	Sports and Games - IV (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Badminton/ T.T/ Tennis/ Squash/ Shooting/ Archery/ Fencing	6	3	30	70	100
MPPC-403	Classroom Teaching lessons on Theory Subjects(Topics) of Graduation Level (4 Internal & 1 External)	6	3	30	70	100
MPPC-404	Physical Fitness Test(Cooper)	6	3	30	70	100
Total		36	24	240	560	800
		144	96	960	2240	3200

Note: Total number of hours required to earn 3 credits for each theory course are 45-51 hours per semester whereas 90-102 hours for each practicum course.

Semester I
Theory Courses

MPCC-101 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION & SPORTS

Unit I- Introduction:
Meaning of Research, Need and Importance and its scope in Physical Education, Type of Research, Survey of Related Literature: Need to Library Search & Sources, Formulation and Development of Research Problem: Location of Research Problem, Criterion in Selecting the Research problem, Hypothesis.

Unit II- Methods of Research:
Historical Research: Scope of Historical Research in Physical Education, Historical evidence, Validity of Historical data. Survey Studies: Place of Survey Research in Physical education. Tools of Survey Research, Questionnaire and interviews. Case Studies: Definition of case Studies Importance of case studies, Characteristics of case Studies. Data Collection in case studies, Experimental Research: Meaning, Scope and nature, Control of Experimental Factors, Experimental Designs.

Unit III-Research Proposal and Report:
Chapterization of Thesis/ Dissertation, Front Materials, Body of Thesis-Back Materials, Research Proposal, Writing Abstract and Full Paper for Presenting in Conference and to Publish in Journals, Mechanics of Writing Research Report, Footnote and Bibliography Writing.

Unit IV- Statistics Introduction:
Definition and its uses in Physical Education & Sports Research. Central tendency: Mean (AM & HM), Median. Dispersion: Standard Deviation and Coefficient of Variation, Skewness, Kurtosis, Bivariate Data. Correlation: Product moment correlation coefficient and rank correlation coefficient .

Unit V- Inferential Statistics:
Elementary idea of probability, random variable, Binomial and Normal distribution. Sampling: Random and stratified sampling. Type I and Type II error. Testing various Hypothesis with the help of Z, X^2, t and F Sampling distributions.

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.
Garret, Harry E. and Goodworth R.S(1958) Statistics in Psychology and Dolucation, Bombay: Allied Pacific Private Ltd.
Guilford, J.P: Fundamental Statistics in Psychology Education(1956) New York: Megraw Hill Book Co. Inc.
Hubbard W. Allred(1979) Research Methods in Health Physical Education and recreation, 3rd Revised Edn. Washnigton : D.C.: Americas Association of Health Physical Education and Recreation.
Kamlesh,M.L(1999)Research Methodology in physical education & sports, New Delhi, Metropolitan,
Moorthy, A.M(2010) Research Methods in Physical Education, New Delhi, Friends publication.
Moses A.K(1995) Thesis writing Format, Chennai,Poompugar Pathippagam.
Rai, P. N(2001)Anusandhan Parichaya, Agra: Lakshmi Narayan Agarwal,

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

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

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

Semester I

Theory Courses

MPCC-102 PHYSIOLOGY OF EXERCISE

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., Englewood Cliffs
David. L Costill (2004) Physiology of Sports and Exercise Human Kinetics.
Fox, E L, and Mathews, D K (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
Guyton, A.C (1976) Textbook of Medical Physiology Philadelphia: W.B. Sanders co.
Richard. W Bowers (1989) Sports Physiology. WMC Brown Publishers.
Sandhya Tiwaji (1999) Exercise Physiology. Sports Publishers.
Shaver, L (1981). Essentials of Exercise Physiology New Delhi: Subject Publications
Vincent. T Murche. (2007). Elementary Physiology Hyderabad: Sports Publication.
William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia. Lippincott Williams and Wilkins Company.

Semester I

Theory Courses

MPEC-101 Yogic Sciences

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 Chakaras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dhati – 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, Techiques 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 athelete: Mental Welbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory Syste.
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 Yogac Practices. Lonavata: Kanchan Prkashan.
Helen Purperhart (2004), The Yoga Adventure for Children Netherlands: A Hunter House book.
Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
Karbelkar N.V.(1993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
Kuvalyananada Swami. & S.L. Vinekar. (1963), Yogic Therapy – Basic Principles and Methods. New Delhi. Govt. of India, Central Health Education and Bureau.
Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
Swami Kuvalayanda, (1998), Asanas. Lonavala. Kaivalyadhama
Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger. Bihar School of Yoga
Swami Satyananda Saraswathi (1984), Kundalini and Tantra, Bihar. Yoga Publications Trust.
Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.
Tiwari O.P. (1998), Asanas-Why and How Lonavala: Kaivalyadham.

Semester I
Theory Courses

MPEC-103

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

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 Fitnes 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 Ru test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingat Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standin 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: Johnso Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyba Test, Brady Volleyball Test Football. Mor-Christian General Soccer Ability Skill Tes Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

Note: Practicals of indoor 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 an Measurement (2nd edition) Lanham: Scarecrow Press

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

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

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

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

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

Vivian H Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3 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 Physica Education and Sports New Delhi. Friends Publications

Semester I
Theory Courses

MPEC-102 SPORTS TECHNOLOGY (Elective)

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 modelling 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 equipments Use of computer and software in Match Analysis and Coaching

Unit IV – Modern equipment
Playing Equipments Balls Types, Materials and Advantages, Bat/Stick/ Racquets Types, Materials and Advantages Clothing and shoes Types, Materials and Advantages Measuring equipments: Throwing and Jumping Events Protective equipments 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. Jaico Publisher

John Mongilo. (2001), "Nano Technology 101 "New York. Green wood publishing group

Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.

Kochar. S.K Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt Ltd). 1982

Semester II
Theory Courses

MPCC-201 PROFESSIONAL PREPARATION & CURRICULUM DESIGN IN PHYSICAL EDUCATION

UNIT I- Features of Indian Democracy with regards to Contribution of Physical Education & sports. Historical review of Professional preparations in India.
Role of the Government & non-official agencies in Accreditation / Certification, preparation and in improving professional preparation.
Aim & purposes in professional Preparation, Basic principles of curriculum construction. Organization in general education, Preparation of General Education, allied and foundational subject.

UNIT II- Physical Education Graduate & Post-graduate level Professional preparation Areas, Purposes, admissions, Curriculum, Laboratory experience, Field Experiences, Teaching Practice, area of specialization and concentration on core areas, Research requirement, Methods of instruction, Professional competencies, facilities and special resources for Library, Laboratory, Staff placement and follow-up.

UNIT III- Importance of Curriculum Development, factors affecting curriculum, changing needs of student, National and professional policies. The role of teacher in curriculum Development. Principles of planning Professional preparation, Evaluation and follow-up.
Selecting material for instruction-Calcinations of activities in Physical Education, Cultural influence in the in the choice of activities and flexibility of programme material.

UNIT IV- Selecting methods of teaching-Grouping of students for instruction, Lectures, Projects activities, demonstration, block of period, total time allotment for a given activity, teaching aids, conditioning special gadgets to concentrate on development of particular skills, bring up pre-requisites for learning a given skill or activity, provision for individual differences.
Development programme suitability of activities for different age groups and sexes, , for different levels of education-Kindergarten elementary school, middle school, 10 + 2 school, college and university, special institution (Technical school, orphan hostel & for challenged people) special days and national days etc.

UNIT V- Co-education in Physical Education - Integrating the programmes for boys and girls, activities suitable for co-education needs, level at which co-education is desirable, special provision for development of girls programme.
Committee recommendation – NCTE, NCERT, CBSE, UGC recommendations on curriculum for school and colleges curriculum followed in colleges of physical education CPEd,DPEd,BPE,B.Sc, BPEd,MPE,MPEd and M. Phil.

REFERENCES:

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
Gattu, J. Rryant,(1971) Career Potentials Physical Activity. New Jersey: Englewood Chiffs, Prentice Hall Inc.
Jrwin,W.Lestia(1984)Curriculum in Health & Physical Edu, St.Louis:The C.V.Mosby Company.
Pyke, Frank,S(1980) Towards better coaching. Australian Govt. Publishing Service Canberra.
Willgoose, E. Carl(1982) The curriculum in Physical Education, Edition 3,New Jersey Englewood Cliffs, Prentice Hall Inc.

Semester II
Theory Courses

MPCC-202 SPORTS BIOMECHANICS AND KINSESIOLOGY

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

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

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: Mc 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 II

Theory Courses

MPCC-203 ATHLETIC CARE AND REHABILITATION

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 bed 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:

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.

Semester II

Theory Courses

MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

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

Semester II

Theory Courses

MPEC-201 SPORTS MANAGEMENT (Elective)

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

UNIT II- Organisation:
Classical Principles, 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- Human resource management:
Definition & Aspect of HRM, Job analysis and its process. Human resource planning, Recruitments, Manpower Planning, Personal Management and its principles, Appraisals & Public Relation in physical education.

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

UNIT V- Management of finance, Facilities and material:
Financial administration in sports and physical education, Sources of funds in sports. Budgeting is 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. Administration of Physical Education and Athletic programs (London, The C.V. Mosby Co. 1987)
Chelladurai P. Sports Management Macro perspective (canada Sports Dynamics 1985)
Earle F. Zeigler & Grary W. Bowie: Management competency Development in sports and physical education philadephip: W. Leo and Febiger, 1993)
heph Bucher and Earnest Koerigeberg: Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. Ltd., 1968)
Morson James G and Jimpaul, Modern Sports Administration (Englewood Cliffs, NerJersey: Prentice Hall, Inc. 1988).
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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
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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.
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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
Yadvnider Singh Sports Management, New Delhi, Lakshay Publication

Semester III

Theory Courses

MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

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

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. Mosphy Company

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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

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,

Semester III

Theory Courses

MPCC-303 HEALTH EDUCATION AND SPORTS NURTITION

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, Healt appraisal. Health record, Healthful school environment, first- aid and emergency ca 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 SPORTS ENGINEERING (Elective).

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, refurnish, 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 III
Theory Courses

MPEC-302 PHYSICAL FITNESS AND WELLNESS (Elective)

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

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 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

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: *Atleast 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 Tesis. 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 IV

Theory Courses

MPEC-402 DISSERTATION

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.

Semester IV
Theory Courses

MPCC-403 SPORT SOCIOLOGY

Unit I- Introduction
Meaning, Nature, Scope and Method of Sports Sociology, Sports as a social phenomenon, Element of culture

Unit II- Sociological Analysis of Sports -
Sociological description (Concepts and classification), sociological discovery (Proposition and procedures), sociological explanation (theories and paradigms)

Unit III- Sport Group and Sport Organization
Group leadership and Organization leadership- composition and structure, process and performance
Sports and socializing Institutions -Role of family and educational system in sport, role of socialization, socialization via games & Sport
Regulative Institutions of Society -Interaction between sports and (a) Economic system, (b) Politics and (c) Religion

Unit IV- Sport and Social Stratification -
Extent and effect of racial and ethnic, gender, age & socioeconomic stratifications on participation and achievement in sport. Democratization in Sport
Social Dimensions of Physical Activity -Appearance, sociality competitiveness and cooperation, anxiety, audience, aspiration level.

Unit V- Trends and Issues concerning Sport in Society -Sport and aggression, violence in sport, professional sport, women and children in sport.

REFERENCE:

Ball and Loy - Sport and Social Order.
Coakley J.J. - Sport in Society.
Cratty B.J.- Social Dimensions Physical Activity.
Edwards - Sociology of Sports.
Loy and Kenyon- Sport Culture and Society.
Loy, Mepherson & Kenyon- Sport and Social Systems.

Semester IV
Theory Courses

MPEC-401 ADAPTED PHYSICAL EDUCATION

Unit I- Introduction to Adapted Physical Education
Meaning, definitionsAims, goals & objective
Need & importance of adapted Physical education
Historical review of adapted Physical education

Unit II- Classification of Disability
(a)Physical disabilities (b) Mental Retardation (c) Visual Impairment (d) Hearing Impairment
Their Causes, Characteristics and Functional Limitations.

Unit III- Adapted Physical Education Programme
Guiding principles for adapted physical education programme (AAPHERD Principle)
Physical Education program for disabled of Elementary school, Middle School, High School, College & University Level.

Unit IV- Co-curricular Activities for disabled
Outdoor, Rhythm and Dance activities.
Nature of Aquatic activity programme for Disabled: Importance of aquatics for the disabled,
Nature of aquatic activity programme based on types of various disabilities and Rehabilitative role and importance of aquatic activity.

Unit V- Rehabilitations
Aims and objectives of rehabilitations council of India
Meaning of functional and occupational rehabilitation.
Importance of Adapted programme in Rehabilitation and Functional Rehabilitation
Psychological Rehabilitation - Adjust mental, Environmental and Personality Development.
Government welfare Programme.

Note: Each student shall submit record of attending the clinic or centers observing the cases of disabled and their treatment ***procedure.*** *(To be assessed internally)*

REFERENCES :

Auxter, Byler, Howtting, "Adapted Physical Education and reactions". Morbey- St. Lauis Mirrauri.

Arther G. Miller & James, "Teaching Physical Activities to impaired youth" John Wilag & Sons Inc. Canada.

Ronald W. French, & Paul J. "Special Physical Education", Charies E. Merrics Publishing Co. Edinburgh, Ohio.

Arthur S. Daniels & Euilya, "Adapted Physical Education", Harpet & Row Publisher - New York.

Anoop Jain, "Adapted Physical Education" Sports Publication, Ashok Vihar delhi. 52

K. Park, "Preventive Social Medicine M/s. Banaridas Bhanot Publishers Prem Nagar Jabalpur.

Winnick JP. Adapted Physical Education and sport Human Kinetics USA, 2005

Shekar KC. Adapted Physical Education (Khel Sahitya Kendra: New Delhi.)

Table – 1: Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
I	16	24	00	40
II	16	18	6	40
III	16	18	6	40
IV	16	12	12	40
Total	64	72	24	160
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table – 2: Number of credits per semester

Semester	Theory	Practicum	Teaching practice	Total
I	16	16	00	32
II	16	12	04	32
III	16	12	04	32
IV	16	08	08	32
Total	64	48	16	128
Minimum of 36 teaching hours per week is required in five or six days in a week				