

ಮೈಸೂರು



ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಕಾರ್ಯಸೌಧ
ಕ್ರಾಫರ್ಡ್ ಭವನ, ಮೈಸೂರು-5

ದಿನಾಂಕ 21-01-2020

ಸಂಖ್ಯೆ:ಯುಎ.2/379(6)/2016-2017

ಗೆ:

ದೈಹಿಕ ಶಿಕ್ಷಣ ಅಧ್ಯಯನ ಮಂಡಳಿ(ಸಂಯುಕ್ತ)ಯ
ಅಧ್ಯಕ್ಷರು ಮತ್ತು ಸದಸ್ಯರುಗಳಿಗೆ.

ಮಾನ್ಯರೇ,

ವಿಷಯ: ದಿನಾಂಕ 08-01-2020ರಂದು ನಡೆದ ದೈಹಿಕ ಶಿಕ್ಷಣ ಅಧ್ಯಯನ
ಮಂಡಳಿ (ಸಂಯುಕ್ತ)ಯ ವಾರ್ಷಿಕ ಸಭೆಯ ನಡವಳಿಯನ್ನು
ಕಳುಹಿಸುತ್ತಿರುವ ಬಗ್ಗೆ.

* * * * *

ದಿನಾಂಕ 08-01-2020ರಂದು ನಡೆದ ದೈಹಿಕ ಶಿಕ್ಷಣ ಅಧ್ಯಯನ ಮಂಡಳಿ(ಸಂಯುಕ್ತ)ಯ
ವಾರ್ಷಿಕ ಸಭೆಯ ನಡವಳಿಯನ್ನು ಈ ಪತ್ರದ ಜೊತೆ ಲಗತ್ತಿಸಿ ಕಳುಹಿಸಲಾಗಿದೆ.

ವಿಶೇಷಾಧಿಕಾರಿಗಳು (ಪ್ರಾಧಿಕಾರ)

ಪ್ರತಿ:

1. ಅಧ್ಯಕ್ಷರು, ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು
2. ಡಾ.ಎಸ್.ಮದಿಅಳಗನ್, ಡೀನರು, ಶಿಕ್ಷಣ ನಿಕಾಯ, ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು
3. ಕುಲಸಚಿವ(ಪರೀಕ್ಷಾಂಗ), ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು.
4. ಉಪಕುಲಸಚಿವರು (ಶೈಕ್ಷಣಿಕ), ಆಡಳಿತ ವಿಭಾಗ, ಮೈವಿವಿ ನಿಲಯ, ಮೈಸೂರು-ಅಧ್ಯಯನ ಮಂಡಳಿಯು ಶಿಫಾರಸ್ಸು ಮಾಡಿರುವಂತೆ ಸೂಕ್ತ ಕ್ರಮಕೈಗೊಳ್ಳಬೇಕಾಗಿ ಕೋರಿದೆ.
5. ಸಹಾಯಕ ಕುಲಸಚಿವರು/ಅಧೀಕ್ಷಕರು (ಶೈಕ್ಷಣಿಕ), ಆಡಳಿತವಿಭಾಗ, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು
6. ಕುಲಪತಿ/ಕುಲಸಚಿವ/ಕುಲಸಚಿವ(ಪರೀಕ್ಷಾಂಗ) ಅವರ ಆಪ್ತ ಸಹಾಯಕರು, ಮೈವಿವಿ ನಿಲಯ, ಮೈಸೂರು.
7. ಕಾರ್ಯನಿರ್ವಾಹಕರು, ಎಸಿ6, ಆಡಳಿತ ವಿಭಾಗ, ಮೈವಿವಿ ನಿಲಯ, ಮೈಸೂರು.



ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ

DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES

ಸ್ಪೋರ್ಟ್ಸ್ ಪವಿಲಿಯನ್, ಮೈಸೂರು-570 005, Sports Pavilion, Mysuru-570 005

No.DOSPES/ 315 /2019-20

Date/ ದಿನಾಂಕ: 09-01-2020

Dr.S Madialagan
BOS Chairman

To:
The Registrar
University of Mysore
Mysore

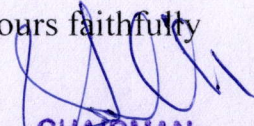
Sir,

Sub : Proceedings of BOS meeting in Physical Education
Ref : Ref:- Letter No.UA2/379/2016-17 Dated : 27-11-2019

I am here with sending the proceedings of BOS Meeting in Physical education which was held on 08-01-2020 in the chambers of the chairman Department of Physical Education and Sports Sciences for your kind needful.


Thanking you

Yours faithfully


CHAIRMAN
Department of Studies
in Physical Education & Sports Science
Sports Pavilion
University of Mysore
MYSORE-570 005

Enclosure :

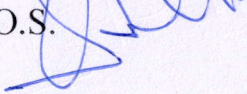
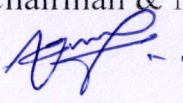
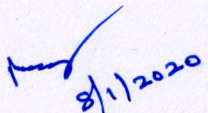
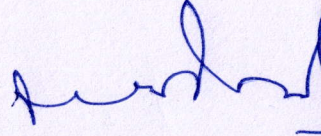
1. Proceedings
2. Annexure:1- B.P.Ed & M.P.Ed Regulations
- 2 - B.P.Ed & M.P.Ed Part - B Practical Course
- 3 - B.P.Ed & M.P.Ed Panel of Examiners(Combined Board)
- 4 - Ph.D Panel of Examiners.
- 5 - Approval of Physical Education Syllabus for Under Graduate Course


UNIVERSITY OF MYSORE

**Department of Studies in Physical Education and Spots Science,
Sports Pavilion, Mysore-5.**

**PROCEEDINGS OF THE B.O.S. MEETING IN PHYSICAL EDUCATION HELD ON
08th JANUARY 2020 AT 11.00AM IN THE CHAMBERS OF THE CHAIRMAN,
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES,
UNIVERSITY OF MYSORE, MYSORE.**

MEMBERS PRESENT:

- 01 Dr. S. Madialagan - Chairman, B.O.S. 
Associate Professor
DOS in Physical Education & Sports Sciences
University of Mysore, Mysore.
- 02 Dr. C. Venkatesh - Dept. Chairman & Member 
Associate Professor
DOS in Physical Education & Sports Sciences
University of Mysore, Mysore.
- 03 Prof. P.C.Krishnaswamy - Member 
University College of Physical Education
Bangalore University,
Bangalore.
- 04 Dr. M. S. Pasodi, - Member 
Director,
Dept. of Physical Education Jnana Ganga,
Gulbarga University,
Gulbarga

MEMBERS NOT PRESENT:

05. Dr. C K Kishore Kumar - Member
Director,
Department of Physical Education
Mangalore University, Konagi.
Mangalore
06. Prof. K.K. Amarnath, - Member
University College of Physical Education
Bangalore University,
Bangalore

Agenda : 1. Modification of Syllabi and regulations concerning PG/UG(M.P.Ed & B.P.Ed) Courses for the Year 2020-21

B.P.Ed Regulation: 1.d. Admission to the course under In-service category

The Board decided to bring clarity with in-service admission which is enclosed under Annexure -1

M.P.Ed Regulation: 1.4. Admission to the course under In-service category

The Board decided to bring clarity with in-service admission which is enclosed under Annexure -1

B.P.Ed Part –B Practical Course:

NCTE Practical units were followed as it is and there was a need for change depending upon local needs and availability of infrastructure, so the board felt to bring inter-changes in Practical units of all the four semesters (which is enclosed under Annexure -2

M.P.Ed Part –B Practical Course:

NCTE Practical units were followed as it is and there was a need for change depending upon local needs and availability of infrastructure, so the board felt to bring inter-changes in Practical units of all the four semesters(which is enclosed under Annexure 2

Agenda : 2 Preparing Panel of examiners for B.P.Ed / M.P.Ed Combined Board and Ph.D approval.

The board prepared the Panel of examiners for B.P.Ed / M.P.Ed Combined Board and Ph.D and the Chairman was authorized to send the same to The Registrar Evaluation University of Mysore, Mysore enclosed in Annexure - 3 and 4

Any other Subject with permission of the Chairman

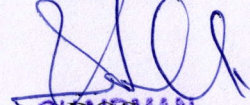
1. Approval of Physical Education Syllabus for Under Graduate Course

The Board approved Physical Education Syllabus for Under Graduate Course

Enclosed in Annexure -5

Chairman proposed Vote of Thanks to all the Members of BOS

Chairman



CHAIRMAN

Department of Studies

in Physical Education & Sports Science

Sports Pavilion

University of Mysore

MYSORE-570 005

Annexure -1

B.P.Ed Regulation: 1.d. Admission to the course under In-service category

Old Regulation 2019-20 :

In case of in-service candidates (**Trained Physical Education Teachers and Coaches**), age may be relaxed up to 35 years, subject to the condition that they are medically fit. All candidates shall produce a Medical Fitness Certificate issued by the Medical Officer of not less than the rank of District Surgeon. Candidates shall be selected on the basis of merit. Merit shall be determined on the basis of candidate's performance in the qualifying Examination, besides representation and achievement in sports. However, other procedure for admission will be similar as applied to regular students as in rule 1.c.

Note: In-service candidates shall be working on a regular basis and shall have put in a **minimum of three (03) years** of completed service in a recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/ appointing authority.

New Regulation -2020-21

1.d. Admission to the course under In-service category - (Only five (05) seats under In-service quota for admission is provided to University Departments only.)

In case of in-service candidates (**Trained Physical Education Teachers and Coaches**), age may be relaxed up to 35 years, subject to the condition that they are medically fit. All candidates shall produce a Medical Fitness Certificate issued by the Medical Officer of not less than the rank of District Surgeon. Candidates shall be selected on the basis of merit. Merit shall be determined on the basis of candidate's performance in the qualifying Examination, besides representation and achievement in sports. However, other procedure for admission will be similar as applied to regular students as in rule 1.c.

Note: In-service candidates shall be working on a regular basis and shall have put in a **minimum of three (03) years** of completed service in a recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/ appointing authority.

Admission to the course under in-service category seat shall be allotted as follows:

- i) Candidates who are graduates of the University of Mysore who working in Government and Aided Schools shall be given consideration.
- ii) Candidates who are graduates of the University of Mysore who working in Private schools shall be given consideration.
- iii) In case of tie the percentage of marks in the qualifying examination and Length of continuous service of the candidates shall be considered.

M.P.Ed Regulation: 1.4. Admission to the course under In-service category

Old Regulation 2019-20 :

1.4. Admission to the course under In-service category

In case of in-service candidates (**Trained Physical Education Teachers and Coaches**), age may be relaxed up to 35 years, subject to the condition that they are medically fit. All candidates shall produce a Medical Fitness Certificate issued by the Medical Officer of not less than the rank of District Surgeon. Candidates shall be selected on the basis of merit. Merit shall be determined on the basis of candidate's performance in the qualifying Examination, besides representation and achievement in sports. However, other procedure for admission will be similar as applied to regular students as in rule 1(iii).

Note: In-service candidates shall be working on a regular basis and shall have put in a **minimum of three (03) years** of completed service in a recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/ appointing authority

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- i) Candidates who are graduates of the University of Mysore who working in Government and Aided Schools shall be given consideration.

- ii) Candidates who are graduates of the University of Mysore who working in Private schools shall be given consideration.
- iii) In case of tie the percentage of marks in the qualifying examination and Length of continuous service of the candidates shall be considered.

New Regulation 2019-20 :

1.4. Admission to the course under In-service category - (Only five (05) seats under In-service quota for admission is provided to University Departments only.)

In case of in-service candidates (**Trained Physical Education Teachers and Coaches**), age may be relaxed up to 35 years, subject to the condition that they are medically fit. All candidates shall produce a Medical Fitness Certificate issued by the Medical Officer of not less than the rank of District Surgeon. Candidates shall be selected on the basis of merit. Merit shall be determined on the basis of candidate's performance in the qualifying Examination, besides representation and achievement in sports However, other procedure for admission will be similar as applied to regular students as in rule 1.3.

Note: In-service candidates shall be working on a regular basis and shall have put in a **minimum of three (03) years** of completed service in a recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/ appointing authority.

Admission to the course under in-service category seat shall be allotted as follows:

- i) Candidates who are graduates of the University of Mysore who working in Government and Aided Schools shall be given consideration.
- ii) Candidates who are graduates of the University of Mysore who working in Private schools shall be given consideration.
- iii) In case of tie the percentage of marks in the qualifying examination and Length of continuous service of the candidates shall be considered.

Annexure -2

B.P.Ed Course :

Old Part –B Practical Course: 2019-20 I Semester

| PART-B: Practical Course | | | | | | | | |
|--------------------------|---|-----------|-----------|-----------|-----------|-----------|------------|------------|
| PC-101 | Track and Field - I | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PC-102 | Handball and Softball | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PC-103 | Kabaddi and Kho-Kho | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PC 104 | Mass Demonstration Activities: Drill & Marching/ Mass P.T/ Table Card / Wands / Hoops / Dumbbells/ Lezium / Minor Games / Aerobics | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| TOTAL | | 12 | 04 | 08 | 24 | 36 | 240 | 560 |

New Part –B Practical Course: 2020-21

| PART-B: Practical Course | | | | | | | | | |
|--------------------------|---|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|
| PC-101 | Track and Field - I | 00 | 01 | 02 | 03 | 06 | 30 | 70 | 100 |
| PC-102 | Handball and Softball | 00 | 01 | 02 | 03 | 06 | 30 | 70 | 100 |
| PC-103 | Kabaddi and Kho-Kho | 00 | 01 | 02 | 03 | 06 | 30 | 70 | 100 |
| PC 104 | Mass Demonstration Activities: Drill & Marching / Mass P.T /Table Card/ Wands / Hoops / Dumbbells /Lezium /Minor Games /Aerobics | 00 | 01 | 02 | 03 | 06 | 30 | 70 | 100 |
| TOTAL | | 12 | 04 | 08 | 24 | 36 | 240 | 560 | 800 |

Old Part –B Practical Course: 2019-20 II Semester

| PART-B: Practical Course | | | | | | | | |
|--------------------------|---|-----------|-----------|-----------|-----------|-----------|------------|------------|
| PC-201 | Track and Field - II | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PC-202 | Wrestling and Karate | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PC-203 | Badminton and Lawn Tennis | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| TP -201 | Teaching Practice: (05 lessons in class room, Teaching and 05 lessons in outdoor activities) | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| TOTAL | | 12 | 04 | 08 | 24 | 36 | 240 | 560 |

New Part –B & C Practical Course: 2020-21 II Semester

| PART-B: Practical Course | | | | | | | | | |
|----------------------------|--|----------|----------|----------|-----------|-----------|------------|------------|------------|
| BPED PC-201 | Track and Field - II | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| BPED PC-202 | Wrestling and Karate | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| BPED PC-203 | Badminton and Lawn Tennis | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| PART-C: Teaching Practices | | | | | | | | | |
| BPED TP-201 | Teaching Practices: Class Room and Mass Demonstration Activities | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| TOTAL | | 8 | 8 | 8 | 24 | 36 | 240 | 560 | 800 |

Old Part –B & C Practical Course: 2019-20 III Semester

| PART-B: Practical Course | | | | | | | | |
|----------------------------|---------------------------|----|----|----|----|----|----|----|
| PC-301 | Swimming and Gymnastics | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PC-302 | Yoga and Cricket | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PC-303 | Volleyball and Basketball | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| PART-C: Teaching Practices | | | | | | | | |

| | | | | | | | | |
|--------------|--|-----------|-----------|-----------|-----------|-----------|------------|------------|
| TP-301 | Teaching Practice: (Teaching Lesson Plans for Racket Sport/Team Games/ Indigenous Sports) (Out of 10 lessons 5 Internal and 5 External at practicing school) | 00 | 01 | 02 | 03 | 06 | 30 | 70 |
| TOTAL | | 12 | 04 | 08 | 24 | 36 | 240 | 560 |

New Part –B & C Practical Course: 2020-21 III Semester

| PART-B: Practical Course | | | | | | | | | |
|-----------------------------------|--|----------|----------|----------|-----------|-----------|------------|------------|------------|
| BPED PC-301 | Swimming and Gymnastics | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| BPED PC-302 | Yoga and Cricket | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| BPED PC-303 | Volleyball and Basketball | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| PART-C: Teaching Practices | | | | | | | | | |
| BPED TP-301 | Teaching Practice: Sports and Games Skills | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| TOTAL | | 8 | 8 | 8 | 24 | 36 | 240 | 560 | 800 |

Old Part –B & C Practical Course: 2019-20 IV Semester

| PART-B: Practical Course | | | | | | | | | |
|-----------------------------------|--|-----------|-----------|-----------|-----------|------------|------------|-------------|--|
| PC-401 | Specialization: Track & Field / Swimming / Gymnastics | 00 | 01 | 02 | 03 | 06 | 30 | 70 | |
| PC-402 | Football and Hockey | 00 | 01 | 02 | 03 | 06 | 30 | 70 | |
| PART-C: Teaching Practices | | | | | | | | | |
| TP-401 | Sports Specialization: Coaching lesson Plans (One for Sports 5 lessons) | 00 | 01 | 02 | 03 | 06 | 30 | 70 | |
| TP-402 | Games Specialization: Coaching lesson Plans (One for Games 5 lessons) | 00 | 01 | 02 | 03 | 06 | 30 | 70 | |
| TOTAL | | 12 | 04 | 08 | 24 | 36 | 240 | 560 | |
| GRAND TOTAL | | 48 | 16 | 32 | 96 | 144 | 960 | 1240 | |

New Part –B & C Practical Course: 2020-21 IV Semester

| PART-B: Practical Course | | | | | | | | |
|--|----|----|----|----|-----|-----|------|------|
| Specialization: Track & Field / Swimming / Gymnastics | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| Football and Hockey | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| Table Tennis and Throwball & Tennikoit | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| PART-C: Teaching Practices | | | | | | | | |
| Sports and Games Coaching Lessons | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| TOTAL | 8 | 8 | 8 | 24 | 36 | 240 | 560 | 800 |
| GRAND TOTAL | 32 | 32 | 32 | 96 | 144 | 960 | 1240 | 3200 |

M.P.Ed Course :

Old Part –B Practical Course: Semester – I

| Part A :Theoretical Course | | | | | | |
|---------------------------------|--|-----------|-----------|------------|------------|------------|
| Course | Title of the Papers | Total | Credits | Internal | External | Total |
| Core Course | | | | | | |
| MPED CC-101 | Foundations and Principles of Physical Education | 3 | 3 | 30 | 70 | 100 |
| MPED CC-102 | Sports Bio- Mechanics & Kinesiology | 3 | 3 | 30 | 70 | 100 |
| MPED CC-103 | Information & Communication Technology (ICT) in Physical Education | 3 | 3 | 30 | 70 | 100 |
| Elective Course (Anyone) | | | | | | |
| MPED EC-101 | Yogic Sciences | 3 | 3 | 30 | 70 | 100 |
| MPED EC-102 | Sports Journalism and Mass Media | | | | | |
| Part –B Practical | | | | | | |
| MPED PC-101 | Track and Field Running, Hurdles Relay and Steeple Chase Events *Gymnastics *Swimming (*Any one) (External & Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-102 | (Any one game) Game Specialization- Kabaddi/ Badminton/Squash/ Volleyball/ Basketball/Handball (External & Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-103 | Yoga *Aerobics/ Self Defense Techniques- Martial Arts/Shooting (*Any One activity + Yoga) (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-104 | Adventure Activities/ Mass demonstration Activities (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| Total | | 36 | 24 | 240 | 560 | 800 |

SEMESTER – I

| Part A :Theoretical Course | | | | | | | | | |
|---------------------------------|--|----------|----------|----------|-----------|-------------|----------------|------------|-------------|
| Course Code | Title of the Papers | L | T | P | Credits | Total Hours | Internal Marks | Exam Marks | Total Marks |
| Core Course | | | | | | | | | |
| MPED CC-101 | Foundations and Principles of Physical Education | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| MPED CC- 102 | Scientific Principles of Sports Training | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| MPED CC-103 | Information & Communication Technology (ICT) in Physical Education | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| Elective Course (Anyone) | | | | | | | | | |
| MPED | Yogic Sciences | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| MPED EC- 102 | Sports Journalism and Mass Media | | | | | | | | |
| Part–B Practical Course | | | | | | | | | |
| MPED PC-101 | Track and Field I: Running, Hurdles, Relay, Steeple Chase and Combined Events (External & Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-102 | *Gymnastics-I *Swimming-I (*Any one) (External & Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-103 | Sports and Game Specialization-1: Kho-kho / Kabaddi / Wrestling *Any one game (External & Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-104 | *Aerobics and Self Defense Techniques: Karate/ Martial Arts (Only Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| Total | | 8 | 8 | 8 | 24 | 36 | 240 | 560 | 800 |

Old Part –B Practical Course: 2020-21 II Semester

| Part–B Practical Course | | | | | | |
|-------------------------|--|-----------|-----------|------------|------------|------------|
| MPED PC-201 | Track and Field II: Throwing Events *Gymnastics *Swimming (*Any one) (External &Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-202 | Laboratory Practicals: (Two practicals for each subject) Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology, Test & Measurement & ICT (External &Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-203 | Teaching Lessons of Indigenous Activities & Sports - 5 Lessons (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-204 | Class room Teaching Lessons on theory of different Sports & Games- 5 Lessons (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| Total | | 36 | 24 | 240 | 560 | 800 |

New Part –B Practical Course: 2020-21 II Semester

| Part–B Practical Course | | | | | | | | | |
|-------------------------|---|----------|----------|----------|-----------|-----------|------------|------------|------------|
| MPED PC-201 | Track and Field II: Throwing Events (External &Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-202 | * Gymnastics-II * Swimming-II (*Any one) (External &Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-203 | Sports and Game Specialization-2: Badminton / Table Tennis / Lawn Tennis (*Any one game) (External &Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-204 | Laboratory Practicals (Only Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| Total | | 8 | 8 | 8 | 24 | 36 | 240 | 560 | 800 |

Old Part –B Practical Course: 2019-20

Semester - III

| Part A: Theoretical Course | | | | | | |
|---------------------------------|--|-----------|-----------|------------|------------|------------|
| Course | Title of the Papers | Total | Credits | Internal | External | Total |
| Core Course | | | | | | |
| MPED CC-301 | Physiology of Exercise. | 3 | 3 | 30 | 70 | 100 |
| MPED CC-302 | Research Process in Physical Education & Sports Sciences-II | 3 | 3 | 30 | 70 | 100 |
| MPED CC-303 | Scientific Principles of Sports Training | 3 | 3 | 30 | 70 | 100 |
| Elective Course (Anyone) | | | | | | |
| MPED EC-301 | Value and Environmental Education | 3 | 3 | 30 | 70 | 100 |
| MPED | Sports Technology | | | | | |
| Part–B Practical Course | | | | | | |
| MPED PC-301 | Track and Field III: Jumping events *Gymnastics *Swimming (*Any one) (External & Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-302 | (Any one game) Game Specialization- Boxing / Judo/ Karate/ Wrestling/ (External & Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-303 | Coaching Lessons of Track and Field/ Gymnastics/ Swimming - 5 Lessons (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-304 | Coaching Lessons of Game Specialization –5 Lessons (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| Total | | 36 | 24 | 240 | 560 | 800 |

New Part –B Practical Course: 2020-21

SEMESTER - III

| Part A: Theoretical Course | | | | | | | | | |
|----------------------------|--|----------|----------|----------|-----------|------------|----------------|------------|-------------|
| Course Code | Title of the paper | L | T | P | Credits | Total Hour | Internal Marks | Exam Marks | Total Marks |
| Core Course | | | | | | | | | |
| MPED CC-301 | Physiology of Exercise. | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| MPED CC-302 | Research Process in Physical Education & Sports Sciences-II | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| MPED CC-303 | Sports Bio- Mechanics & Kinesiology | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| Elective Course (Anyone) | | | | | | | | | |
| MPED EC-301 | Value and Environmental Education | 2 | 1 | 0 | 3 | 3 | 30 | 70 | 100 |
| MPED | Sports Technology | | | | | | | | |
| Part–B Practical Course | | | | | | | | | |
| MPED PC-301 | Track and Field III: Jumping Events | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-302 | Sports and Game Specialization-3: Volleyball /Cricket /Fencing *Any one game (External &Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-303 | Sports and Game Specialization-4: Handball /Football /Hockey *Any one game (External &Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC-304 | Coaching Lessons: 5 Lessons (Only Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| Total | | 8 | 8 | 8 | 24 | 36 | 240 | 560 | 800 |

Old Part –B Practical Course: IV Semester

| Part–B Practical Course | | | | | | |
|-------------------------|---|---|---|----|----|-----|
| MPED PC-401 | Track and Field IV: Introduction of Heptathlon & Decathlon event | 6 | 3 | 30 | 70 | 100 |
| | *Gymnastics *Swimming (*any one) (External &Internal Examination) | | | | | |
| MPED PC-402 | (Any one game) Game Specialization- Kho-Kho/ Table Tennis/Tennis /Basketball/Netball/ Softball (External &Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-403 | Officiating Lessons of Track and Field/ Gymnastic/ Swimming – 5 Lessons (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |
| MPED PC-404 | Officiating Lessons of Game Specializations - 5 Lessons (Only Internal Examination) | 6 | 3 | 30 | 70 | 100 |

New Part –B Practical Course: IV Semester

| Part–B Practical Course | | | | | | | | | |
|-------------------------|--|-----------|-----------|-----------|-----------|------------|------------|-------------|-------------|
| MPED PC- 401 | Yoga: Asanas, Pranayama, Kriyas, Bhandas, Mudras, Dhyana and competition format | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC- 402 | Sports and Game Specialization-5: Basketball /Netball/ Softball *Any one game (External &Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC- 403 | Class Room Teaching : 5 Lessons (Only Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| MPED PC- 404 | Officiating Lessons: 5 Lessons (Only Internal Examination) | 0 | 1 | 2 | 3 | 6 | 30 | 70 | 100 |
| TOTAL | | 8 | 8 | 8 | 24 | 36 | 240 | 560 | 800 |
| GRAND TOTAL | | 32 | 32 | 32 | 96 | 144 | 960 | 2240 | 3200 |

UNIVERSITY  OF MYSORE

**DOS IN PHYSICAL EDUCATION
AND SPORTS SCIENCES**

**PANEL OF EXAMINERS
FOR PHYSICAL EDUCATION
(UG/PG - B.P.Ed./M.P.Ed.)
EXAMINATIONS
FOR THE YEAR 2020-21**

PHYSICAL EDUCATION AND SPORTS SCIENCE
SYLLABUS FOR UNDER GRADUATE COLLEGES OF MYSOR UNIVERSITY

THEORY:

Unit -1- PHYSICAL EDUCATION PHYSICAL FITNESS:

- a) Physical Education & Sports Science: Meaning, Definition of Physical Education , History of Physical Education, Aim and Objection of Physical Education, Need and Importance of Physical Education
- b) Physical Fitness: Meaning, Concept of Physical Fitness, Components of Physical Fitness.

(Lecture 6 hrs)

Unit -2-SPORTS & RECREATION:

- a) Sports: Meaning, Definition, Importance. Qualities of Sports person.
- b) Recreation: Meaning, Types of Recreation, Importance of Recreation
- c) Adventure Sports: Meaning, Objectives of Adventure Sports,
- d) Type of activities- Camping, Rock Climbing, Trekking River rafting and Mountaineering.

(Lecture 6 hrs)

Unit -3-HEALTH, WELLNESS & LIFE STYLE:

- a) Health: Meaning, Definition, Different dimension of Health & Personal Hygiene
- b) Need, Objectives & Importance of Health Education
- c) Meaning & Importance of Wellness & style, Components of Wellness, Components of Lifestyle.

(Lecture 6 hrs)

Unit – 4-FOOD & NUTRITION:

- a) Food and Nutrition
- b) Meaning of Food
- c) Components of Food
- d) Balance Diet
- e) Importance of Balance Diet

(Lecture 4 hrs)

Unit-5 – SPORTS INJURIES, FIRST AID:

- a) Sports injuries: Classification, Causes and Prevention.
- b) First Aid: Meaning, Definition & importance of First Aid in Physical Education and Sports.

(Lecture 6hrs)

Unit-6 –EROGENIC AIDS & POSTURE:

- a) Ergogenic Aids, Effects of Drugs on Sports Performance, Drug Abuse and Law.
- b) Posture: Concept and advantages of correct posture, Causes of Bad posture, Common Postural Deformities, Corrective measures for postural deformities, like Kyphosis, Lordosis, Scoliosis, Flat foot, Nocked Knee & Bow Leg.

(Lecture 6 hrs)

Unit-7- YOGA, PRANAYAMA & MEDITATION

- a) Meaning & Importance of Yoga
- b) Yoga as an Indian Heritage.
- c) Elements of Yoga.
- d) Introduction to Asanas, Pranayama, Meditation.
- e) Physiological benefits of Asanas, Pranayama & Meditation.
- f) Prevention & Management of Common Life Style Diseases: Obesity, Diabetes, Hyper-tension, Back Pain, Asthma.

(Lecture 16 hrs)

INTERNAL ASSIGNMENT & TEST

History & Origin, Development of Games & Sports, Fundamental Skills, Advance Skills, Rules and Regulations of Indoor and Out Door Games, Organization & Administration of Intramural and Extramural competitions.

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11. B K S. Iyengar : Light on Yoga, Harper Collins Publishers 2010,
12. Dr.PrethiRishilal : Hand Book of Sports Nutrition: Friends Publications New Delhi. 2009,
13. Brahma Kumari : Practical Meditation:, Litratione Dept. Brahama Kumari Ishwari vidhyala. 1996,
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15. B.K.S. Iyengar Light On Astanga Yoga: Alchemy Publishers2008
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