

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.

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
UNIVERSITY OF MYSORE



Estd/ಸ್ಥಾಪನೆ: 1916

(Re-accredited by NAAC at "A" Grade with a CGPA of 3.47)

(Ranked 57th overall and 36th among University on NIRF ranking)

ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ

DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES

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

ದೂರವಾಣಿ ಸಂಖ್ಯೆ: 2419583

Telephone No: 2419583

No.DOSPES/ 315 /2019-20

Date/ ದಿನಾಂಕ: 09-01-2020

Dr.S Madialagan
BOS Chairman

To:
The Registrar
University of Mysore
Mysore

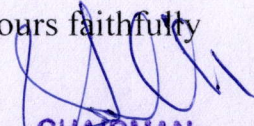
Sir,

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 :

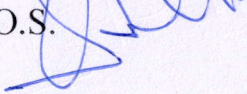
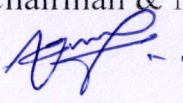
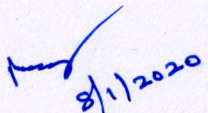
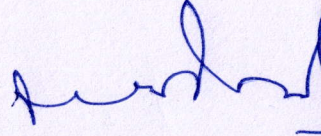
1. Proceedings
2. Annexure:1- B.P.Ed & M.P.Ed Regulations
 - 2 - B.P.Ed & M.P.Ed Part - B Practical Course
 - 3 - B.P.Ed & M.P.Ed Panel of Examiners(Combined Board)
 - 4 - Ph.D Panel of Examiners.
 - 5 - Approval of Physical Education Syllabus for Under Graduate Course


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

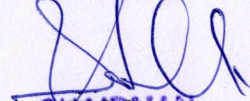
1. Approval of Physical Education Syllabus for Under Graduate Course

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.

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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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New Regulation 2019-20 :

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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:

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- 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

New Part –B Practical Course: 2020-21

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 EC-102	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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15. B.K.S. Iyengar Light On Astanga Yoga: Alchemy Publishers2008
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