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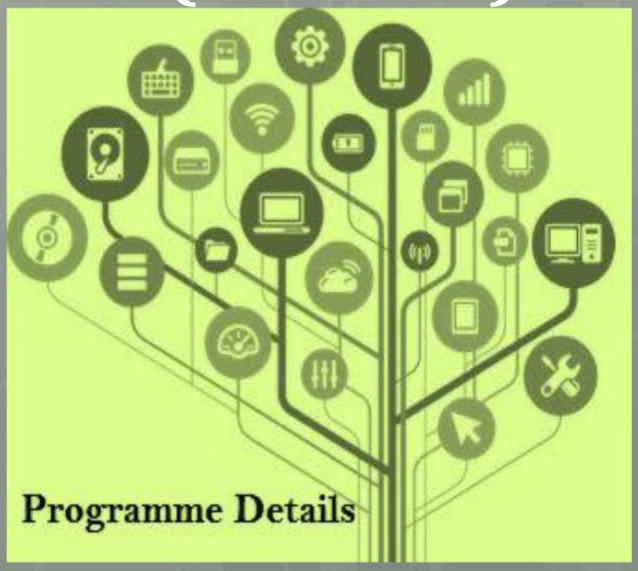
University of Mysore

(Estd.1916)

MASTER OF PHYSICAL EDUCATION (M. P. Ed.)

Choice Based Credit System (CBCS)



UNIVERSITY OF MYSORE

Department of Studies in Physical Education and Sports Science

Mysuru-570005

Regulations and Syllabus
Master of Physical Education (M. P. Ed.)
(Two-year semester scheme)

Under
Choice Based Credit System (CBCS)

Dr. S. MADIALAGAN
Associate Professor
Department of Studies
Physical Education & Sports Science
Sports Pavilion, University of Mysore
MYSORE-570 005

UNIVERSITY OF MYSORE

GUIDELINES AND REGULATIONS LEADING TO MASTER OF PHYSICAL EDUCATION (TWO - YEAR SEMESTER SCHEME UNDER CBCS)

Programme Details

Name of the Department	: Department of Studies in Physical Education and Sports Science
Subject	:Physical Education
Faculty	: Education
Name of the Programme	: Master of Physical Education (M. P. Ed.)
Duration of the Programme	:2 years divided into 4 semesters

Programme Outcomes

The M. P. Ed. programme is designed to integrate the study of Physical Education, subject knowledge, compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club, and communication skills.

Programme Specific Outcome

1. Provide strong foundation in the subject of Physical Education
2. Helps in 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.
3. Carry out research in research institutions or sports industries
4. Make a unique contribution to balanced development and living.
5. Movement being essential to be a human.

6. Learning focused on movement and students need to be engaged in it.
7. A medium for developing skills across diverse areas of endeavor.
8. Become entrepreneur and start their own company
9. Foster a pedagogy based around critical thought and action.

Pedagogy

- Class room teaching will be using black board and chalk, power point presentation and information and communications technology.
- One on one interaction or with small student numbers during tutorial classes.
- Student seminar/research paper presentation in each semester.
- Students will be tested for their writing abilities to answer precise and essay type questions.
- Every semester the students will be subjected to viva voce examinations by external examiners.
- Project work on various rules and regulations, court markings, maintains and officiating Literature review in the form of Dissertation.
- Invited talks from eminent scientists.
- Internship program.

M.P.ED. DEGREE COURSE STRUCTURE AND SYLLABUS

(CC- Core Course; EC- Elective Course; PC- Practical Course)

Semester – I

Part A :Theoretical Course									
Course Code	Title of the Papers	L	T	P	Total Hours	Credits	Internal Marks	External Marks	Total Marks
Core Course									
MPED CC-101	Foundations and Principles of Physical Education	3	0	0	3	3	30	70	100
MPED CC-102	Sports Bio- Mechanics & Kinesiology	3	0	0	3	3	30	70	100
MPED CC-103	Information & Communication Technology (ICT) in Physical Education	3	0	0	3	3	30	70	100
Elective Course (Anyone)									
MPED EC-101	Yogic Sciences	3	0	0	3	3	30	70	100
MPED EC-102	Sports Journalism and Mass Media								
Part–B Practical Course									
MPED PC-101	Track and Field Running, Hurdles Relay and Steeple Chase Events *Gymnastics *Swimming (*Any one) (External &Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-102	(Any one game) Game Specialization-Kabaddi/ Badminton/Squash/ Volleyball/ Basketball/Handball (External & Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-103	Yoga *Aerobics/ Self Defense Techniques- Martial Arts/Shooting (*Any One activity + Yoga) (Only Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-104	Adventure Activities/ Mass demonstration Activities (Only Internal Examination)	0	1	2	6	3	30	70	100
Total					36	24	240	560	800

Semester - II

Part A: Theoretical Course									
Course code	Title of the paper	L	T	P	Total Hours	Credits	Internal Marks	External Marks	Total Marks
Core Course									
MPED CC-201	Tests, Measurement and Evaluation in Physical Education	3	0	0	3	3	30	70	100
MPED CC-202	Research Process in Physical Education & Sports Sciences- I	3	0	0	3	3	30	70	100
MPED CC-203	Applied Statistics in Physical Education & Sports	3	0	0	3	3	30	70	100
Elective Course (Anyone)									
MPED EC-201	Physical Fitness and Wellness	3	0	0	3	3	30	70	100
MPED EC-202	Health Education and Sports Nutrition	3	0	0					
Open Elective									
OE1	Physical Education, Fitness and Wellness	3	0	0	3	3	30	70	100
Part–B Practical Course									
MPED PC-201	Track and Field II: Throwing Events *Gymnastics *Swimming (*Any one) (External &Internal Examination)	0	1	2	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)	0	1	2	6	3	30	70	100
MPED PC-203	Teaching Lessons of Indigenous Activities & Sports - 5 Lessons (Only Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-204	Class room Teaching Lessons on theory of different Sports & Games- 5 Lessons (Only Internal Examination)	0	1	2	6	3	30	70	100
	Total				36	24	240	560	800

Semester - III

Part A: Theoretical Course									
Course Code	Title of the Papers	L	T	P	Total Hours	Credits	Internal Marks	External Marks	Total Marks
Core Course									
MPED CC-301	Physiology of Exercise.	3	0	0	3	3	30	70	100
MPED CC-302	Research Process in Physical Education & Sports Sciences-II	3	0	0	3	3	30	70	100
MPED CC-303	Scientific Principles of Sports Training	3	0	0	3	3	30	70	100
Elective Course (Anyone)									
MPED EC-301	Value and Environmental Education	3	0	0	3	3	30	70	100
MPED EC-302	Sports Technology	3	0	0					
Part–B Practical Course									
MPED PC-301	Track and Field III: Jumping events *Gymnastics *Swimming (*Any one) (External &Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-302	(Any one game) Game Specialization- Boxing / Judo/ Karate/ Wrestling/ (External &Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-303	Coaching Lessons of Track and Field/ Gymnastics/ Swimming - 5 Lessons (Only Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-304	Coaching Lessons of Game Specialization –5 Lessons (Only Internal Examination)	0	1	2	6	3	30	70	100
Total					36	24	240	560	800

Semester - IV

Part A: Theoretical Course									
Course Code	Title of the Papers				Total Hours	Credits	Internal Marks	External Marks	Total Marks
Core Course									
MPED CC-401	Sports Psychology	3	0	0	3	3	30	70	100
MPED CC-402	Sports Management and Curriculum Designs in Physical Education	3	0	0	3	3	30	70	100
MPED CC-403	Dissertation	3	0	0	3	3	30	70	100
Elective Course (Anyone)									
MPED EC-401	Sports Medicine	3	0	0	3	3	30	70	100
MPED EC-402	Athletic Care and Rehabilitation								
OPEN ELECTIVE	Sociology of Sports	3	0	0	3	3	30	70	100
Part–B Practical Course									
MPED PC-401	Track and Field IV: Introduction of Heptathlon & Decathlon event *Gymnastics *Swimming (*any one) (External &Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-402	(Any one game) Game Specialization- Kho-Kho/ Table Tennis/Tennis /Basketball/Netball/ Softball (External &Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-403	Officiating Lessons of Track and Field/ Gymnastic/ Swimming – 5 Lessons (Only Internal Examination)	0	1	2	6	3	30	70	100
MPED PC-404	Officiating Lessons of Game Specializations - 5 Lessons (Only Internal Examination)	0	1	2	6	3	30	70	100
Total					36	24	240	560	800
					144	96	960	2240	3200

Semester I

Theory Courses

MPED CC-101 - FOUNDATIONS AND PRINCIPLES OF PHYSICAL EDUCATION

Course Outcome

On completion of the course the student shall

- Develop an understanding and appreciation of importance of physical education and values of physical education.
- Develop philosophical and scientific perspective of Physical Education.
- Develop an understanding of the Biological, psychological and sociological principles of physical education.
- Understand leadership and social values of Physical Education.
- Understand physical education as a Discipline and Profession.

Course Content:

UNIT I - Physical Education as a Discipline and Profession

Meaning and characteristics of a discipline. Conceptualizing sub-disciplines within the discipline of Physical Education. Physical Education as a profession. Characteristics of a profession. Need for professional preparation in Physical Education. Course Outcome of professional preparation. Accountability and professional ethics. Need and importance of Physical Education. Alternative careers open to Physical Educators.

UNIT II - Movement Education

Concept of movement Education. Origin of movement Education. Traditional approaches v/s movement education; schools of thought. The nature of movement education. Significance of Human movement. Historical determinants of Physical Education. Biological Values of Physical Education (Physical activity. Fitness the hidden health Factor.

UNIT III - Psychological & Sociological perspectives in Physical education

Need for study of Psychology in Physical Education. Theories of learning, Theories of transfer of training. Theories of Personality. Psychological values of Physical activity / Physical Education. Sociology of Physical Education and Sport. Physical Education and democracy. Leadership in Physical Education and Sport. Leadership styles. Social values of Physical education/physical activity, socialization.

UNIT IV - Selected considerations in physical education, sports and culture

Brief concept of Sports and Culture. Sports and human relations ; New life style through physical education, health education and recreation education; Educational values of physical education and sports; Aesthetics and sports. Brief concepts of : status of physical education is schools and colleges : Leadership challenges of physical educators; problems of physical educators and competencies needed by them; Need for extended professional preparation and Extended curricular programs .

REFERENCES:

1. Barrow, Harold M. Man and Movement: Principles of Physical Education. Philadelphia: Lea and Febiger, 1977.
2. Bookwalter, Karl E. and Harold J. Vaderzwaag. Foundations and Principles of Physical Education. Philadelphia: W.B. Saunders company, 1969.
3. Bucher, Charles A. Foundations of Physical Education. St.Louis: The C.V.Mosby Company, 1968.
4. Bucher, Charles A (Ed). Dimensions of Physical Education. 2nd Edition : Saint Louis: The C.V. Mosby Company, 1974.
5. Howell, Reet and Howell Maxwell. Foundations of Physical Education. Baroda: Friends Publication 1994.
6. Kamlesh, M.L. Principles and History of Physical Education. Ludhiana: Prakash Brothers, 1994.
7. Lockhart, Allene S. and Howard S. Slusher (Eds). Contemporary readings in Physical Education. 3rd Edition; Dubuque, IOWA : WMC Brown Company Publisher, 1974.
8. Mangan, J.A. (Ed). Physical Education and Sports: Sociological and Cultural Perspectives : Introductory Reader. Oxford: Babil Blackwell Company, 1973.
9. William, J.F. The Principles of Physical Education. Meerut: College Book House, 1994.

Semester I

Theory Courses

MPED CC-102 - SPORTS BIOMECHANICS AND KINSESIOLOGY

Course Outcome

On completion of the course the student shall understand the following concepts:

- Scope of Sports Biomechanics and Applied Kinesiology
- Action of muscle in movements
- Fundamental mechanical concepts and their application in sports
- Bio-mechanics of human skeletal Articulation
- Movement analysis and tools for human movement Analysis

Course Content:

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: Pectoral is 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 & Movement Analysis

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

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

REFERENCE:

1. Bunn, John W. Scientific principles of coaching. Englewood Cliffs, N.J : Prentice-Hall Inc. 1979.
2. David, A Dainty. Standarising Biomechanical Testing in sports : Champaign: Human kinetics publication, 1987.

3. Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati Hanuman Vyayam Prasarak Mandal.
4. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
5. James G.Hay and Reid J. Gavin. Anatomy, Mechanics and Human Motion. Englewood cliffs, N.J : Prentice Hall Inc. 1988.
6. Miller, Dorris I and Nelson, Richard C. Biomechanics of Sport. Philadelphia : Lea and Febiger, 1976.
7. Narlene J. Aerian and John M. Cooper. Biomechanics of Human Movement. New York : McGraw-Hill Publication, 1995.
8. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004).
9. Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
10. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Semester I

Theory Courses

MPED CC-103 - INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Course Outcome

On completion of the course the student shall understand the following concepts:

- Concept of Communication Technology
- Applications, Browsing and Management of Computers
- Knowledge of various computer applications
- ICT, Project and E learning process

Course Content:

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 & E-Learning & Web Based Learning

Approaches to Integrating ICT in Teaching Learning Process; Project Based Learning (PBL); Cooperative Learning; Collaborative Learning; ICT and Constructivism: A Pedagogical Dimension; E-Learning; Web Based Learning; Visual Classroom.

REFERENCES:

1. B
. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006.
2. B
rain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
3. D
ouglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005.

4. H
eidi Steel Low price Edition, Microsoft Office Word 2003- 2004
5. I
TL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006

Semester I

Theory Courses

MPED EC-101 - YOGIC SCIENCES (Electives)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Yoga and its technique
- Method of teaching Pranayama and Kriyas
- Procedure of doing Mudras and Meditation
- Relationship of yoga and physical activities

Course Content:

UNIT I – Introduction to Yoga & Aasanas

Meaning and Definition of Yoga.; Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, 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. Loosening exercise: Techniques and benefits. Asanas: Types - Techniques and Benefits, Surya Namaskar: Methods and benefits.

UNIT II –Pranayama and Kriyas

Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakaras- Benefits of clearing and balancing Chakras.

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 III – Mudras, Meditation and Yogic Shlokas

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. Yogic Shlokas- Meaning and importance

UNIT IV – Yoga and Sport

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

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

1. D
hanya kumar, Angai Sanjeevini, (Kannada), Harshitha Prakashana, K.R.Mohalla, Mysore, 2015.

2. George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
3. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
4. Karbelkar N.V.(1993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
5. Kuvalyananada Swami & S.L.Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
6. Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
7. Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
8. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.

Semester I

Theory Courses

MPEC EC-102 - SPORTS JOURNALISM AND MASS MEDIA (Electives)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Concept of journalism and procedure of reporting sports events
- Role of Mass media, in sports and Radio/TV commentary
- Procedure of reporting games and organizing press meet
- Evaluation of news and visiting method to media offices

Course Content:

UNIT I Introduction of Journalism

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

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. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

Note: 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:

1. A hiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications.

2. A hiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication.

3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication.

4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication.

5. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,

6. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication.

7. Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.

8. Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

Semester II

Theory Courses

MPEC CC-201 - TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Course Outcome

- To develop awareness in evaluation procedures.
- To develop awareness in physical fitness and motor fitness assessment.
- To develop awareness in assessment of sports skills and anthropometric measurements..
- To develop awareness of body types and remedial work.
- To develop awareness in measuring intangible qualities.

Course Content:

UNIT I - Meaning, Need and Criteria of Test and Measurement in Physical Education

Brief history of measurement in Physical Education, Meaning, Need and Uses of the Test, Measurement and Evaluation; Evaluation procedures; Criteria for selecting tests – Meaning, definition and Method of establishing Validity, Reliability, Objectivity, Norms, Directions, Administrative feasibility, Interpretability. Test Administration: Pre test duties (Advance preparation), During test duties, and Post test duties; Construction of performance tests and skill tests;

UNIT II - Physical Fitness Tests and Motor Fitness Tests

Physical Fitness Tests- Roger's Physical Fitness Index (P.F.I); Measurement of Cardiovascular endurance- Cooper's aerobic test, Harvard step test, Multi-stage fitness test (Beep test); Measurement of Flexibility – Sit and reach test, Extent flexibility and Dynamic flexibility.

Motor Fitness Tests- AAHPER youth fitness test, Indiana motor fitness test, JCR test; Agility tests – Right boomerang run, Quadrant jump; Reaction time - Nelson hand reaction test; Barrow Motor Ability Test; Motor Educability tests –Johnson test of Motor Educability;

UNIT III - Sports skill tests and Anthropometric Measurements

Uses of Sports Skill Tests; Basketball- AAHPER Basketball test; Badminton- French short service test, Cricket- Sutcliff Cricket test; Hockey: Friendel Field Hockey Test; Volleyball- Russel lange volleyball test; Football- Mc Donald soccer test, Tennis: Dyer Tennis Test.

Anthropometric Measurements: Anatomical land marks of human body, Girth Measurements, Width and length measurements, Biepicondylar measurements of femur and humerus. Skin folds: Triceps, Sub scapular, Suprailiac. Somatotypes– Primary components, Heath-Carter Somatotypes, Implication of somatotypes to physical education.

UNIT IV - Measurement in Remedial work and Measurement of Social Efficiency

Importance, Values of Posture, Tests of Antero-Posterior deviation of spine. Foot measurement - Pain on pressure test, Clark's foot print angle test; Sports Psychology- Eysenck's Personality Inventory (EPI), Intelligence test - Raven's Progressive Matrices (RPM). Measurement of Social Efficiency - Cowell's personal distance scale, Blanchard's behavior rating scale, Sociogram.

Note: Practicals of indoor and out-door tests be designed and arranged internally.

REFERENCE:

1. Clarke, H. Harrison and David H. Clarke. Application of Measurement to Physical Education. Englewood cliffs, NJ: prentice Hall Inc., 1987.
2. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and
3. Measurement (2nd edition) Lanham: Scarecrow Press
4. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby
5. Company
6. Jenson, Clayne R and Cynt ha, C. Hirst (1980) measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
7. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
8. McLoy, Charles Herald. Tests and Measurement in Health and Physical Education. New Delhi: Friends Publications, 2004.
9. Montoye, Henry J. An Introduction to Measurement in Physical Education. Sydney: ALLyn – Bacon Publishers, 1983.
10. Morrow, and others. Measurement and Evaluation in Human Performance. Chamaign Human Kinetics, 1995.
11. Nataraj, P. Manual of Experiments in Psychology. Mysore : Srinivasa Publications, 2002.
12. Sodhi, H.S. Sports Anthropometry: A Kinanthropometric Approach. Annova publications, 1991.
13. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
14. Willgoose, Carl E. Evaluation in Health Education and Physical Education. New York: McGraw-Hill Book Co. Inc, 1961.

Theory Courses

MPED CC-202 - RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES - I

Course Outcome

On completion of the course the student shall understand the following concepts:

- Need, Scope and importance of Research in Physical Education
- Locating and selecting a Research Problem
- Meaning, Definition and Types of variables
- Meaning, Need and Formulation of hypothesis

Course Content:

UNIT I – Introduction

Meaning and Definition of Research – Need and importance of Research in Physical Education. Scope of Research. Areas of Research in Physical Education-Fitness-Yoga-Sport Training - Sport Biomechanics- Exercise Physiology- Sport Psychology; Qualities and Qualifications of a good Researcher. Classification of Research - Descriptive Research- Constructive Research- Analytical Research.

UNIT II – Research Problem

Research problem- Need of research Problem - sources of Identification: Inductive reasoning – Deductive reasoning- Criteria for locating research problem. Selection of research problem: criteria for selection of research problem.

UNIT III – Variables

Variables: Meaning –Definition- Types of variables- Independent- Dependent _ extraneous variable date: Meaning- Quantitative data- Qualitative data- sample: Meaning – Need of sampling- Nature of sampling - Type of sampling : Random- stratified random- Systematic- Cluster-Quota – Probability – Applications of sampling.

UNIT IV – Hypothesis

Hypothesis: Meaning- Needs of hypothesis- Formulation of hypothesis- Types of hypothesis: Research Hypothesis – Null hypothesis- Research proposal: Meaning – Need of research proposal: Course Outcome of study- Statement of the problem- Hypothesis of study- Social relevance of the study- Delimitating and Limiting factors – reviews- Methodology: Stratified Samples- Tools- Collection of data- Stratified technique- Time schedule of study.

REFERENCE :

1. Best, John W. Research in Education. Englewood cliffs, New Jersey: Prentice-Hall Inc.,1971
2. Campbell, William G. Form and Style in thesis writing. Boston: Houghton Miffin Company., 1954
3. Clarke, David H. and Clarke H.Harrison. Research processes in Physical Education. 2nd edition; Englewood cliffs, New Jersey: Prentice-Hall Inc.,1984

4. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press
5. Kamalesh, M.L. Research Methodology in Physical Education and Sports. New Delhi: Metropolitan Book Co.,Pvt.Ltd.,1999
6. Kerlinger, Fred N. Foundations of Behavioral Research. 2nd edition; Delhi: Surjeet publication, 1983.
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8. Kothari, C.R. Research Methodology: Methods and Techniques. New Delhi: New age International Pvt. Ltd Publisher, 2004.
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Semester II

Theory Courses

MPED CC-203 - APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Course Outcome

On completion of the course the student shall understand the following concepts:

- Need for statistics in physical education and research
- Measures of Central Tendency and dispersion and their uses
- Meaning and importance of graphical representation of data
- Application of various statistical techniques

Course Content:

UNIT I – Introduction - Data Classification

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

UNIT II –Tabulation and Measures of Central Tendency, Measures of Dispersions and Scales

Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode. Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale.

UNIT III – Probability Distributions and Graphs

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

UNIT IV – Inferential and Comparative Statistics

Tests of significance; Independent "t" test, Dependent "t" test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

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

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Semester II

Theory Courses

MPEC EC-201 - PHYSICAL FITNESS AND WELLNESS (Elective)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Concept of physical fitness, Use of leisure time and current trend in fitness
- Basic Concepts in Nutrition.
- Knowledge of training aerobic and anaerobic qualities
- Knowledge of flexibility and its training and relaxation technique

Course Content:

UNIT I – Introduction

Meaning and Definition of Physical Fitness, Concepts and Components of Physical Fitness; Components of wellness. Interaction of wellness components. 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 labeling 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 and Anaerobic Exercise

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. Anaerobic Exercise- Resistance Training for Muscular Strength and Endurance; principles of resistance training, basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training.

UNIT IV – Flexibility Exercise

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

REFERENCE:

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

2. D
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Scott, K. Powers and Stephen L. Dodd. Total fitness: Exercise, nutrition and wellness. Boston: Allyn and Bacon , 1999.
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12. William, and others. Essentials of exercise physiology. Second Edition; New York: Lipincoff Williams and Wilkins, 2000.

Semester II
Theory Courses

MPED EC-202 - HEALTH EDUCATION AND SPORTS NURTITION (Elective)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Health, Hygiene and Health Education.
- Course Outcome and role of school health
- Basic Concepts in Nutrition and diet plan.
- Health hazards of modern age
- Nutrition, diet, exercise and weight control

Course Content:

UNIT I - Health Education and Health Problems in India

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. Communicable and Non Communicable Diseases; Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools.

UNIT II - School Health and Hygiene and Health

Objective of school health service, Role of health education in schools Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

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

UNIT III- Introduction to Sports Nutrition and

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

UNIT IV - 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:

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Fahey, Thomas D. and others. Fit and Well. 6th Edition; New York: McGraw Hill publishers, 2005.
3. Oberteuffer, et. al." The School Health Education".
4. Ghosh, B.N. "Treaties of Hygiene and Public Health".

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12. Scott, K. Powers and Stephen L. Dodd. Total fitness: Exercise, nutrition and wellness. Boston: Allyn and Bacon , 1999
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Semester III
Theory Courses
MPED CC-301 - PHYSIOLOGY OF EXERCISE

Course Outcome

The student shall be able to understand the concepts of exercise physiology as related to physical activity and sports performance in the following aspects:

- Detailed structure of skeletal muscle
- Cardiovascular adjustments to exercise and assessment of blood pressure, and heart rate.
- Cardio-respiratory adjustments to exercise and assessment of vital capacity, lung volumes and heart rate.
- Energy producing mechanism and Role of muscle fiber types and significance in sports performances.
- Knowledge of different environmental stresses to exercise and preventive measures.

Course Content:

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. Climatic conditions and sports performance - Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude.

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

REFERENCES:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.

2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.

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Semester III

Theory Courses

MPED CC-302 - RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES - II

Course Outcome

On completion of the course the student shall understand the following concepts:

- Methods and Types of research in Physical Education
- Various tools of research in Physical Education
- Various types of research design in Physical Education
- Method of writing research report

Course Content:

UNIT I – Introduction and Methods of research

Methods of research: Descriptive Study: Survey – Social survey- Comparative research – Correlation research. Historical research: Purpose- Sources of data: Primary – Secondary. Evaluation of data: Internal criticism – External criticism Experimental research: Meaning- Need- Nature. Quasi Experimental research. Philosophical research: Jhon Dewy five steps. Qualitative research: Case study- Ethnographic studies.

UNIT II – Tools of Research

Tools of research- Questionnaire: Scientific construction of Questionnaire. Interview: Types of interview- Tools used – Exercise physiology- Physiological Tools: Personality Test- Adjustment test – Intelligence Test- Measures of Anxiety – Motivation Psychomotor: Eye hand co-ordination- Reaction – Depth Perception; Sociological tools: Sociogram – cohesiveness- Leadership

UNIT III – Research Design

Research Design– Meaning – Salient features of research design – Types of research design: Comparative research design- Experimental research design : Static group- Equivalent group- Repeated measures – True experiment design – Quasi experiment design – Pre- Post random group experimental design- Factorial research design

UNIT IV – Research Report

Research Report: Meaning- Deference between research proposal and research report. Preparation of research report: Need of study-Theoretical constructs of research problem –Presentation of research studies – Methodology- selections of samples-Variables- Collections and Treatment of date – Results and Analysis – Testing Hypothesis – Discussion on Findings - Summary – Conclusions- Future work- Bibliography- Presentation of Bibliography

REFERENCE :

1. Best, John W. Research in Education. Englewood cliffs, New Jersey: Prentice-Hall Inc.,1971
2. Campbell, William G. Form and Style in thesis writing. Boston: Houghton Miffin Company., 1954

3. Clarke, David H. and Clarke H.Harrison. Research processes in Physical Education. 2nd edition; Englewood cliffs, New Jersey: Prentice-Hall Inc.,1984
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11. Thomas, Jerry R, and others. Research in Physical Activity. Sydney: Allyn-Bacon Publishers, 1983.

Semester III
Theory Courses
MPED CC-303 - SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Course Outcome

On completion of the course the student shall understand the following concepts:

- Scope, Aim, Task and Course Outcome of Sports Training and concept of load.
- Training Means and methods to develop Strength, Speed and Endurance
- Talent Identification in sports
- Planning in sports
- Concept of Coordinative abilities in sports
- Ethics in training

Course Content:

UNIT I – Introduction and Strength

Sports training: Definition – Aim, Characteristics, Principles of Sports Training, Concept of Load, Adaptation and Recovery, Super Compensation. Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures – Altitude Training – Cross Training.

UNIT II – Strength, Speed and Endurance

Classification of Exercises. 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 and Special Types Training

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 and Doping

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. Technique, Skill and Style. Designing effective training sessions and practice sessions; 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. 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 :

1. Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
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Semester III

Theory Courses

MPED EC-301 - VALUE AND ENVIRONMENTAL EDUCATION (Elective)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Need, Importance and Course Outcome Scope of Value Education
- Definition, Scope, Need, Importance and concept of environmental studies
- Knowledge of rural and urban health problems
- Knowledge of natural resources and types of pollutions

Course Content:

UNIT I – Introduction to Value Education and Value System

Values: Meaning, Definition, Concepts of Values. Value Education: Need, Importance and Course Outcome. Moral Values: Need and Theories of Values. Classification of Values: Basic Values of Religion, Classification of Values. Meaning and Definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, Judging Value System, Commitment, Commitment to values.

UNIT II – Environmental Education

Definition, Scope, Need and Importance of environmental studies., Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag / cover, Role of school in environmental conservation and sustainable development, Pollution free eco- system.

UNIT III - Rural Sanitation and Urban Health

Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

UNIT IV - Natural Resources and related environmental issues

Water resources, food resources and Land resources, Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution Management of environment and Govt. policies, Role of pollution control board.

REFERENCE:

1. M
iller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)
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Semester III

Theory Courses

MPED EC-302 - SPORTS TECHNOLOGY (Elective)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Meaning, definition, purpose, advantages and applications Sports Technology
- Knowledge of various surfaces of play fields
- Knowledge of latest equipments in the sports field
- Knowledge of various types of sports gadgets in the sports field

Course Content:

UNIT I – Sports Technology and Science of Sports Materials

Meaning, definition, purpose, advantages and applications Sports Technology, Technological impacts on sports. Adhesives- Nano glue, nano moulding technology, Nano turf. Foot wear production, Factors and application in sports, constraints. Thermo chromic film, High-density modeling foam. Modern technology in the construction of indoor and outdoor facilities.

UNIT II – Surfaces of Playfields and modern Equipments

Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials – synthetic, wood, polyurethane. Artificial turf. Technology in manufacture of modern play equipments. Use of computer and software in Match Analysis and Coaching.

UNIT III – 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 IV – 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:

1. C harles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
2. F inn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
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ochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982

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Semester IV

Theory Courses

MPED CC-401 - SPORTS PSYCHOLOGY

Course Outcome

On completion of the course the student shall understand the following concepts:

- Need and Importance of Sports Psychology and Psychology as a Science
- Components of psychology and method of assessment
- Knowledge of goal setting and types of psychological tests
- Knowledge of group cohesion and women in sports

Course Content:

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 – Group Cohesion

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

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

REFERENCES:

1. Alderman,R.B. Psychological Behavior in Sport. Philadelphia: W.B.Saunders Company, 1974.
2. Cox, Richard H. Sports Psychology: Concepts and Application. IOWA : W.M.C. Brown Publishers, 1985.
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5. John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
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17. 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

MPED CC-402 - SPORTS MANAGEMENT AND CURRICULUM DESIGNS IN PHYSICAL EDUCATION

Course Outcome

On completion of the course the student shall understand the following:

- Concepts of Management and personal management
- Steps in programme management applied to sports
- Purchase and Care of Supplies of Equipment
- Curriculum principles, factors and sources

Course Content:

UNIT I – Introduction to Sports Management

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

UNIT II – Program Management

Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Competitive Sports Programs, Benefits, Management Guidelines for School, Colleges Sports Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program.

UNIT III – Equipments and Public Relation

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

UNIT IV – Curriculum and Curriculum Sources

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centered, Activity centered, Community centered, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality.

Factors that affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines, Internet. Curriculum research, Course Outcome & Importance of Curriculum research. Evaluation of Curriculum.

REFERENCE:

1. Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.

2. A
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11. M
c Kernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge
12. N
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Semester IV

Theory Courses

MPED CC-403 - 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.

The student has to complete the Dissertation for the semester end examination/evaluation. The Dissertation work involves the following:

1. Identifying and selecting the problem. Defining the problem of Dissertation.
2. Making Specific and related Literature survey. (Collection of 20-30 abstracts in the area related to the study/problem)
3. Defining the procedure and developing a methodology of/ for the study on hand.
4. Designing the study and preparation of a proposal to be justified in the colloquium.
5. Formulation of Hypothesis.
6. Collection of Data, Analysis of data, Analysis of results, Discussion of results, Interpretation of results.
7. Drawing conclusion and making recommendations.
8. Writing of abstract.
9. Understanding the Format of writing dissertation.
10. Proposing a model of Research problem for further Researchers.

Note: Internal Assessment for C1 & C2 shall be awarded for 30 marks. The internal Assessment marks shall be awarded based on Attendance, Regularity and Attitude of the Student as well as the Progress Made by the Student in Dissertation work, along with performance of the student in internal viva-voce.

Semester end evaluation/Assessment/Examination (Component-3) shall be made by valuation of dissertation submitted by the candidate. Evaluation shall made by an internal and an external examiner, for 70 marks (External Examination).

Semester IV

Theory Courses

MPED EC-401 - SPORTS MEDICINE (Elective)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Scope and Importance of sports medicine
- Exercises and supporting aid to spinal injury
- Exercises and supporting aid to upper extremity injuries
- Exercises and supporting aid to lower extremity injuries

Course Content:

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 – 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 III – 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 IV – Lower Extremity Injuries and Exercise and Basic Rehabilitation

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:

1. Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. Dirix, A.H.G. Kunuttgen and Tittal. The Olympic Book of Sports Medicine. Vol. I, London :

Blackwell Scientific Publications, 1988James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

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4. G
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5. M
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6. M
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7. P
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8. S
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9. T
he Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

Semester IV

Theory Courses

MPED EC-402 - ATHLETIC CARE AND REHABILITATION (Elective)

Course Outcome

On completion of the course the student shall understand the following concepts:

- Definition and Course Outcome of corrective physical Education
- Resisted exercise for Rehabilitation and History of Massage
- Various techniques of massage
- Method of treatment for various types of injuries

Course Content:

UNIT I – Corrective Physical Education and Posture

Definition and Course Outcome 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.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 II – Rehabilitation Exercises and Massage

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

UNIT III – Types 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 IV – 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:

1. D ohenty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
2. L ace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
3. M c Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
4. N aro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.

5. Rathbome, J.l. (1965) Corrective Physical education, London: W.B. Saunders & Co.

6. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

Semester I

Practicum Course

MPED PC- 101 TRACK AND FIELD I : RUNNING, HURDLES, RELAY AND STEEPLE CHASE EVENTS AND GYMNASTICS/ SWIMMING (any one)

Fundamental skills –Short and Middle distance. Use of Starting blocks- stance on the blocks. position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.

Advanced Skills - Various techniques of sprint start: Bullet start, standing start, Active game practice. Relay techniques – Visual, non-visual, up sweep, down sweep, strategy and drills. Hurdling technique – sprint hurdling, 400mts hurdling and drills. Steeple chase – technique and drills.

For all events teach Technique, Errors, Reasons for errors and corrections. Method of Marking, rules and officiating for all the events in the syllabus

Semester I

Practicum Course

MPED PC-102 - GAMES SPECIALIZATION - I

The Candidate has choice to select any one of the following games as the Specialization – I in 1st Semester.

(Kabaddi / Badminton / Squash / Volleyball/ Basketball/ Handball/)

Semester I

Practicum Course

MPED PC- 103 - YOGA AND AEROBICS/ SELF DEFENSE TECHNIQUES- MARTIAL ARTS / SHOOTING

(Any One activity)

Yoga: Asanas prescribed by Maharshi 'Patanjali', Shudhi Kriyas, jalneti, sutraneti, dugdhaneti, kunjal, Nauli, Bhastika, shatkriya, Pranayams, Anulom-vilom, Kapalbhati,

Aerobics: Rhythmic Aerobics – dance; Low impact aerobics High impact aerobics Aerobics kick boxing Moves; March single, basics, side to side alternate, turn s/a ,double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11. kick side, corner, heel to reft, shape, 'e' shape, 'w'shape, shape, repeater left mode; Warm up and cool down; Being successful in exercise and adaptation to aerobic workout.

SELF DEFENCE TECHNIQUES- MARTIAL ARTS, TAEK-WON-DO/ SHOOTING/ ARCHERY

Semester I

Practicum

MPED PC-104 - ADVENTURE ACTIVITIES/ MASS DEMONSTRATION ACTIVITIES

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

MASS DEMONSTRATION ACTIVITIES: Lezium, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc.(Students are expected to learn and organize mass drill in school situation)

- o Apparatus/ Light apparatus Grip
- o Attention with apparatus/ Light apparatus
- o Stand – at – ease with apparatus/ light apparatus
- o Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count
- o Standing Exercise o Jumping Exercise o Moving Exercise
- o Combination of above all

MALKHAMB: Table of Exercises on Malkhamb should be prepared internally for teaching.

General out-line of the contents of teaching of theory of Games and Sports

Introduction of the game/sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport.

Warming-up- General free hand exercises, specific work out using equipment. Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

Semester II

Practicum Course

MPED PC-201 - TRACK AND FIELD II: THROWING EVENTS AND GYMNASTICS / SWIMMING (Any one)

(Course contents in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender).

For all events teach Technique, Errors, Reasons for errors and corrections. Method of Marking, rules and officiating for all the events in the syllabus.

Semester II

Practicum Course

MPED PC-202- LABORATORY PRACTICALS- SPORTS PSYCHOLOGY, PHYSIOLOGY OFEXERCISE, SPORTS BIOMECHANICS AND KINESIOLOGY, TEST & MEASUREMENT & ICT

(Two practicals for each subject)

Note: The activities for laboratory tests and other field tests will be selected according to the facilities / feasibility available in the concerned institution by the teacher in-charge. Guide line is given in page no.55.

Semester II

Practicum Course

MPED PC-203 - TEACHING LESSONS OF INDIGENIOUS ACTIVITIES AND SPORTS

AND

MPED PC-204 - CLASS ROOM TEACHING

(LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES)

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. 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 they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester III

Practicum Course

MPED PC-301 - TRACK AND FIELD III: JUMPING EVENTS AND GYMNASTICS / SWIMMING (Any one)

(Course contents in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender).

Semester III

Practicum Course

MPED PC-302 - GAMES SPECIALIZATION - II

BOXING/ JUDO/ KARATE/ WRESTLING (Any one)

(Course contents in the game of specialization should be chalked out internally considering advance level of students and suitable to their age and gender).

Semester III

Practicum Course

MPED PC-303 - COACHING LESSONS OF TRACK AND FIELD/ GYMNASTICS/ SWIMMING

AND

MPED PC-304 - COACHING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline or game specialization. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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, they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester IV

Practicum Course

MPED PC-401 - TRACK AND FIELD: INTRODUCTION OF HEPTATHLON & DECATHLON EVENTS AND GYMNASTICS /SWIMMING (Any one)

(Course contents in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender. Practical Skill Test any one out of these after completion of syllabus)

Semester IV

Practicum Course

MPPC-402 GAMES SPECIALIZATION - III

KHO-KHO/ TABLE TENNIS/ TENNIS/ BASKETBALL/ NETBALL/ SOFTBALL

(Any one game)

(Course contents in game or sport of specialization should be chalked out internally considering advance level of students and suitable to their age and gender .Practical skill test- any two)

Semester IV

Practicum Course

MPED PC-403 - OFFICIATING LESSONS OF TRACK AND FIELD/ GYMNASTICS/ SWIMMING

AND

MPED PC-404 - OFFICIATING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected above discipline or game specialization. In view of this, the students shall be provided with advance mechanism of officiating in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the

merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

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

FOR LABORATRORY AND PRACTICAL CLASSESS THE FOLLOWING GUIDELINES/ TESTS/ QUESTIONNAIRE MAY BE USED OR CAN BE DESIGNED AND ARRANGED INTERNALLY BY THE TEACHER IN-CHARGE

1. Flag Hoisting, March Past, Ceremonies Like Opening, Closing, Victory, (During Intra Murals Competitions) of Different Sports And Games/ Lead Up Games/ Minor Games/ Relay Games

National Flag: Meaning, concept and significance of National Flag, Symbolism of Tri-colour and Wheel. Code of hoisting or lowering of Flag, Dimensions of the Flag & tri-colour proportions. Honour of the Flag and its use. Penalty of misusing or dishonoring the Flag..

Opening and Closing Ceremonies: Schedule and formality of Opening Ceremony- Unfurling of Flag, Flame igniting, Oath, March-Past of players/teams, Salutation, Declaration of Opening of the Meet. Brief address by the guests, announcement of beginning of competition Victory & Prize distribution Ceremony- Planning of schedule for victory ceremony.

Closing Ceremony: Assembly of sports-persons, March-Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of Prizes/ Certificates, Vote of thanks, Ceremonial Flag-lowering, Flame extinguishing, Declaration of Closing of the Meet.

Practical of the organization of Sports / Athletic Meet during Intramural Programme should be arranged as a project by the students under the supervision of the faculty. Organization of Sports Festival, Play Day, Social Party games, etc. should be encouraged.

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

2. Lab practicals: Any two for each subject

a) Sport psychology: Personality tests; Reaction time tests; Relaxation techniques; Sports Competition Anxiety Test (SCAT), Sports Achievement Motivation Test (SAMT), Depth perception test, Intelligence tests; Social Efficiency Tests- Cowell's personal distance scale, Blanchard's behavior rating scale, Sociogram.

b) Physiology of Exercise: Types of Muscles; Measurement of Heart Rate and Blood Pressure (BP); Vital capacity; Different Ergogenic Aids.

c) Sports Biomechanics and Kinesiology: Meaning of Axis and planes; Major muscles Types of motion; Types of analysis; Types of Levers Origin; Insertion and actions of major muscles; Centripetal and centrifugal force;

d) Test and Measurement: Measurement of Body composition- Types of assessment, Skin fold and Anthropometric methods; Instrument Reliability and Validity; Physical fitness Tests; Motor fitness Test; Skill Tests.

e) I.C.T: Components of Computer; Power Point; Tables; Graphs; Pie diagrams:; Excel sheets.

f) Sports training: Components of physical fitness; Resistance training; Speed training; Endurance training; Training plan

g) Sports Medicine Strapping/Tapping; Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Types of stretching, Manual muscle grading.

SYLLABUS FOR SPECIALIZATION - M.P.Ed. –CBCS

1) Historical Background – India, Asia, World
   - Present development trends, awards, teaching, training, coaching of technical skills
   - Basic and advanced techniques
   - Tactics and strategies
   - Coaching drills
   - Coaching practice

2) Officiating
   - Terminologies
   - Rules, Regulations and Interpretation
   - Mechanics of officiating

3) Organization of tournaments / Competitions
   - Preparation, Marking and maintenance of courts / grounds /Arena.
   - Equipment and facilities.

4) Talent identification / Selection of players / Handling the team/Players during competition
   - Fitness – specific and competitive
   - Developing motor qualities with various forms of training
   - Tests and measurements – advanced, skill tests

SYLLABUS FOR SWIMMING SPECIALIZATION

1) Origin and development of swimming.
   - Science of swimming. General information on safety and sanitary rules.
   - Facilities and equipment. Getting accustomed to the water.

2) Teaching of basics skills
   - Free style, Back stroke, Breast stroke and Butter fly stroke, starts and Turns.
   - Techniques of competitive skills.

3) Basic principles of training. Fitness for competitive swimming.
- Strategies.
- Selection procedure.
- Organization of Competition

4) Rules and regulations.
- Nutrition.
- Common injuries and First Aid procedure.
- Life saving.
- Important meets and Awards.

References:

- Ron Ballatore, William Miller and Bob O'Connor. Swimming and Aquatics Today. New York: West Publishing Company, 1990.
- Colwin, Cecil M. Swimming in to the 21st century. Illinois: Leisure Press, 1992.
- Torney, John A. and Clayton Robert D. Teaching Aquatics. New Delhi. Surjeet Publications, 1990

SYLLABUS SPECIALIZATION: YOGA

1. Introduction to Yoga. Definitions and meaning of yoga. Types/classification of Yoga. Paths of Yoga. Ashtanga Yoga. Benefits of Yogic practices.
2. Yogic postures (asanas) and suryanamaskara. Classification of asanas/postures. Physical benefits of Asanas/ Therapeutic values of Asanas.
3. Pranayama. Different Types of Breathing Regulation. Nadis, Chakras and Bandhas. Therapeutic values of Pranayama.
4. Yoga Mudras. Kriyas and Meditation. Special and advanced Yogic techniques. Spiritual benefits of Yoga. Shlokas.

References:

- Iyengar, B.K.S. Light on Yoga: Yoga Deepika. New Delhi: Harper Collins Publishers, 2008.
- Iyengar, B.K.S. Light on Pranayama: Pranayama Deepika. New Delhi: Harper Collins Publishers, 2005.
- A.R. Seetharam. Yoga For Healthy Living. Mysore: Paramahamsa Yogashrama Publishers, 1996.

Table – 1: Semester wise distribution of hours per week

Semester	Theory	Practicum	Teaching practice	Total
I	12	18	6	36
II	12	12	12	36
III	12	12	12	36
IV	12	12	12	36

Total	48	54	42	144
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	12	09	03	24
II	12	06	06	24
III	12	06	06	24
IV	12	06	06	24
Total	48	27	21	96
Minimum of 36 teaching hours per week is required in five or six days in a week				

OPEN ELECTIVE SCHEME AND SYLLABUS

SCHEME OF EXAMINATION FOR OPEN ELECTIVE PAPERS OFFERED TO THE SECOND AND FOURTH SEMESTER STUDENTS OF OTHER POST GRADUATE DEPARTMENTS UNDER CBCS SCHEME

Semester	Title of the Papers	L	T	P	Total Hours	Credits	Internal Marks	External Marks	Total Marks
Second	Physical Education, Fitness and Wellness	3	0	0	3	3	30	70	100
Fourth	Sociology of Sports	3	0	0	3	3	30	70	100

Note: The scheme of evaluation- awarding internal assessment (components-1&2) and semester end examination (component-3) shall be as per university guidelines. The staff council shall decide the pattern of awarding internal assessment.

FOR SECOND SEMESTER STUDENTS OF OTHER POST-GRADUATE COURSES/DEPARTMENTS-UNDER CBCS SCHEME

PAPER : PHYSICAL EDUCATION, FITNESS AND WELLNESS (OPEN ELECTIVE)

	L	T	P
Credits-03	02hrs.	-	-

I. Physical Education: Historical determinants of Physical Education. Modern concept of Physical Education. Foundations and scope of Physical Education, Need and importance of Physical Education. Aim and Course Outcome of physical Education. Movement Education: Need for Movement Education. History of Movement Education. Nature of movement Education. Concept of movement Education. Need importance and Course Outcome of Health Education. Need importance and Course Outcome of Recreation Education.

II. Concept of Fitness, Physical Fitness, Motor fitness, Motor ability and Motor Educability. Health related and skill related physical fitness. Fitness Assessment and Evaluation. Concept of wellness, Factors in wellness. Components of wellness, Interaction of wellness components. Physical Fitness and wellness. Reaching wellness through lifestyle management.

III. Body composition. Assessment of Body Composition. Overweight and obesity and their health implications. Factors contributing to excess body fat. Approaches to overcoming weight problem; weight management. Ageing and cardiovascular health. Changes associated with ageing. Risk factors of Cardiovascular diseases. Forms Cardiovascular diseases. Meeting the challenges of ageing. physical activity and types of exercise. Health benefits of exercise training . Exercise prescription. General principles of Exercise Training.

IV. Stress: An overview of stress. Sources of stress. Effects of stress. Types of Stress. Assessment of stress. Stress and its management. Stress management and wellness. Principles of mental health and Hygiene. Yoga and meditation. Yoga in modern civilization. Impact of yoga on wellness.

References:

- Fahey, Thomas D. and others. Fit and Well. 6th Edition; New York: McGraw Hill publishers, 2005.
- Melwin H. William. Nutrition for health Fitness and Sports. New York: McGraw-hill company, 1995.

- Scott, K. Powers and Stephen L. Dodd. Total fitness: Exercise, nutrition and wellness. Boston: Allyn and Bacon , 1999.
- William, and others. Essentials of exercise physiology. Second Edition; New York: Lipincoff Williams and Wilkins, 2000.
- Strand N. Bradford, Ed Scantling and Martin Johnson. Fitness Education. Arizona : Gorsuch Scaris Brick, Publishers, 1997.
- Barrow, Harold M. Man and Movement : Principles of Physical Education. Philadelphia: Lea and Febiger, 1977.
- Bookwalter, Karl E. and Harold J. Vaderzwaag. Foundations and Principles of Physical Education. Philadelphia: W.B. Saunders company, 1969.
- Bucher, Charles A. Foundations of Physical Education. St.Louis: The C.V.Mosby Company, 1968.
- Kamlesh, M.L. Principles and History of Physical Education. Ludhiana: Prakash Brothers, 1994.
- Lockhart, Allene S. and Howard S. Slusher (Eds). Contemporary readings in Physical Education. 3rd Edition; Dubuque, IOWA : WMC Brown Company Publisher, 1974.
- William, J.F. The Principles of Physical Education. Meerut: College Book House, 1994.
- Barrow, Harold M. and Rose Mary McGee. A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger, 1979.
- Clarke, H. Harrison and David H. Clarke. Application of Measurement to Physical Education. Englewood cliffs, NJ: prentice Hall Inc., 1987.
- Johnson, L. Barry and Jack K. Nelson. Practical Measurement for Evaluation in Physical Education. Delhi: Surjeeth Publications, 1982.

PAPER FOR FOURTH SEMESTER STUDENTS OF OTHER POST-GRADUATE COURSES/DEPARTMENTS-UNDER CBCS SCHEME

PAPER: SOCIOLOGY OF SPORTS (OPEN ELECTIVE)

	L	T	P
Credits-03	02hrs.	-	-

I. Sociology as a field of study. Methods of sociology. Social structure and its meaning. Theories of socio-cultural change. Types of groups. Sociology of sport. Need for study of sport Sociology. Scope of sport sociology.

II. Sport and Culture. Sport as a reflection and transmitter of values. Educational implications of life-long participation in sports. Socialization. Sport and socialization. The Olympic ideal and the whole man. Excellence in sports as an indicator of social development.

III. Sport in Educational Institutions -- in schools and Colleges. Sport and Academic Achievement. Perceived athletic competency. Sport and Social competency. Social Mobility; Social stratification., Competition and co-operation.

IV. Leadership in Sport. Leadership styles. Leadership effectiveness model. Emerging dilemmas in the world of sports: Ethnic and political issues related to sport. Professionalization and commercialization. women and sports. Sports and Mass Media. Audience and aggression (violence) in sport.

References:

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