

No.AC6/56/2024-25

Notification

Sub:- Modification of M.P.Ed.Syllabus and Regulations for the Academic year 2024-25.

Ref:- 1. Decision of Board of Studies of Physical Education (PG) meeting held on 08.06.2024
2. Decision of the Faculty of Education meeting held on 14.06.2024.
3. Decision of the Academic Council meeting held on 28.06.2024.

The Board of Studies in Physical Education (PG) which met on 08.06.2024 has approved the modified M.P.Ed. Syllabus and Regulations for the Academic year 2024-25.

The Faculty of Education and Academic Council at their meetings held on 14.06.2024 and 28.06.2024 respectively has also approved the above said modified Syllabus and Regulations hence it is hereby notified.

The Syllabus and scheme of Examinations pattern contents may be downloaded from the University website i.e., www.uni-mysore.ac.in

DRAFT APPROVED BY THE REGISTRAR

Deputy Registrar (Academic)
Deputy Registrar (Academic)
University of Mysore
Mysore-570 005

To;

1. The Registrar (Evaluation), University of Mysore, Mysuru.
2. The Chairman, BOS/DOS in Physical Education and Sports Sciences, University of Mysore, Mysore.
3. The Dean, Faculty of Education, in Physical Education and Sports Sciences, University of Mysore, Mysore.
4. The Director, Distance Education Programme, Moulya Bhavan, Manasagangothri, Mysuru.
5. The Director, PMEB, Manasagangothri, Mysore.

P.T.O.

6. Director, College Development Council, Manasagangothri, Mysore.
7. The Deputy Registrar/Assistant Registrar/Superintendent, Administrative Branch and Examination Branch, University of Mysore, Mysuru.
8. The PA to Vice-Chancellor/ Registrar/ Registrar (Evaluation), University of Mysore, Mysuru.
9. Office Copy.

UNIVERSITY  OF MYSORE

**DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION
AND SPORTS SCIENCES**

M.P.Ed. COURSE-2024-25

- **REGULATIONS**
- **SYLLABI**
- **SCHEME OF EXAMINATION**

UNIVERSITY OF MYSORE
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES
REGULATIONS, SCHEME OF EXAMINATION AND SYLLABI GOVERNING DEGREE
OF MASTERS OF PHYSICAL EDUCATION (M.P.Ed.) TWO YEARS COURSE
UNDER –CBCS SCHEME 2024-25

Preamble:

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

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

Definitions of the CBCS System:

Course (Theory Paper/ Activity/Specialization): Every course offered will have three components associated with the teaching-learning process of the course, namely (i) Lecture – L (ii) Tutorial- T (iii) Practical's - P, where

L stands Lecture session. **T** stands Tutorial session consisting participatory discussion / self study/ desk work/ brief seminar presentations by students and such other novel methods that make a student to absorb and assimilate more effectively the contents delivered in the Lecture classes.

P stands Practice session and it consists of Hands on experience / Laboratory Experiments / Field Studies / Case studies that equip students to acquire the much required skill component.

In terms of credits, every one hour session of L amounts to 1 credit per semester and a minimum of two hour session of T or P amounts to 1 credit per semester, over a period of one semester of 16 weeks for teaching-learning process. However for work load calculation one hour of theory or one hour of practical is equivalent to one hour. The total duration of a semester is 17-20 weeks inclusive of semester-end examination.

A course shall have either or all the three components. That means a course may have only lecture component, or only practical component or combination of any two or all the three components. The total credits earned by a student at the end of the semester upon successfully completing the course are L+T+P. The credit pattern of the course is indicated as L:T:P.

Core Course

A course which should compulsorily be studied by a candidate as a core-requirement is termed as a Core course.

A Core course may be a **Soft Core** if there is a choice or an option for the candidate to choose a course from a pool of courses from the main discipline / subject of study or from a sister/related discipline / subject which supports the main discipline / subject. In contrast to the phrase Soft Core, a compulsory core course is called a **Hard Core** Course.

Elective Course

Generally a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline / subject of study or which provides an extended scope or which enables an exposure to some other discipline / subject/domain or nurtures the candidate's proficiency/ skill is called an Elective Course. Elective courses may be offered by the main discipline / subject of study or by sister / related discipline / subject of study. A Soft Core course may also be considered as an elective.

An elective course chosen generally from an unrelated discipline / subject, with an intention to seek exposure is called an **open elective**.

An elective course designed to acquire a special/advanced knowledge, such as supplement study/support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher is called a **Self Study Elective**.

A core course offered in a discipline / subject may be treated as an elective by other discipline / subject and vice versa.

A Dissertation work is a special course involving application of knowledge in solving / analyzing /exploring a real life situation / difficult problem. A Dissertation work is of 3 credits.

M.P.Ed. Courses of Programme:

<u>Theory</u>	<u>Practicum</u>
Core Course	Compulsory Course (Track and Field)
Elective Course	Elective Course
	Teaching/Coaching Practices
	Internship

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

1.1. Intake: The Intake is as per the norms and standards of NCTE as adopted by University of Mysore from time to time.

1.2. Eligibility:

- 1.2.1. Candidates with a pass in Bachelor of Physical Education (B.P.Ed.) degree Course of University of Mysore or of any other University recognized as equivalent thereto, securing at least **50%** of marks are eligible for Admission (In case of SC/ST candidates, percentage shall be relaxed up to 5%)
- 1.2.2. Candidates with a pass in Four (04) years integrated B.P.Ed. degree course of any other University recognized as equivalent thereto, securing at least **50%** of marks are eligible for Admission (In case of SC/ST candidates, percentage shall be relaxed up to 5%)
- 1.2.3. The age of the candidates seeking admission to the M.P.Ed. Degree course should be below 28 years as on 1st July of the year of admission, extendable up to **30 years** for outstanding sportspersons. (Outstanding sportsperson means a candidate who has participated in recognized Inter-University / Inter-State / Inter-National Sports or Games competitions). This is 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.

1.3. Admission Procedure / Selection Procedure

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. The weightage will be as follows:

1.3.1. Weightage:

- a) Academic performance --- 30% - (Means 30% of the aggregate marks obtained in the qualifying degree examination. That is 30 points)
- b) Entrance Exam ----- 30% - (Means 30% of the aggregate marks obtained in the entrance examination. That is 30 points)
- c) Sports Achievement ----- 40% - Means 40 points. Total =100%

1.3.2. Award of Points for Achievement in Sports / Games:

Points will be awarded for achievement in sports as follows:

a. Representing the country ----- 40 points.

b. National Level (Representing the State)		c. All India Inter-University (Representing the University)		d. Inter-Collegiate Level (Representing the College)	
1 st Place	30 Points	1 st Place	20 Points	1 st Place	07 Points
2 nd Place	25 Points	2 nd Place	16 Points	2 nd Place	05 Points
3 rd Place	20 Points	3 rd Place	12 Points	3 rd Place	03 Points
Participation only	15 Points	Participation only	10 Points	Additional place won	02 Points
For each additional place won or representation 05 points will be awarded. However, the total shall not exceed 30 points.		For each additional place won or representation 04 points will be awarded. However, the total shall not exceed 20 points.		For each additional place won 02 points will be awarded. However, the total shall not exceed 07 points.	

Note:

- i. For award of points, participation and achievement at only one level (highest) will be Considered.
- ii. Points shall be awarded for positions only in **final** Inter-Collegiate competitions / Tournaments or the Inter-zonal **final** competitions organized by the Department of Physical Education of the University.
- iii. Points secured in a) Academic Performance b) Physical Fitness c) Sports Achievement shall be added to a maximum of 100 points.
- iv. The total points obtained by a candidate shall be the merit of the candidate. Selection shall be made on the basis of the merit as per the rules of the University.
- v. Points for achievement in sports shall be awarded for certificates issued by associations and federations recognized by AIU/IOA.
- vi. Allotment of seats will be governed by the roaster system as laid down by University.

1.4. Admission to the course under In-service category only five (05) seats are provided, only to permanent Government or Government Aided Physical Education Teachers/Coaches, and not for temporary private school Physical Education Teachers/Coaches. In-service quota admission is provided only to University Departments/Constitute colleges and not for private institutions/colleges)

In case of in-service candidates, 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 (**Permanent Government or Government Aided Physical Education Teachers / Coaches**) and shall have put in a **minimum of three (03) years of continuous service** in one recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/ appointing authority.

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

- i) Candidates who are graduates of the University of Mysore who working in Government and Government Aided Schools shall be given first preference.
- ii) Candidates who are graduates of other University, who working in Government and Government Aided Schools shall be given second preference.
- 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. 2. Duration:

M.P.Ed. program is of 4 semesters-two year's duration. A candidate can avail a maximum of **8 semesters – 4 years** (in one stretch) to complete Masters Degree (including blank semesters, if any). Whenever a candidate opts for blank semester(s)/DROP in a course or in courses or is compelled to DROP a course or courses as per the provisions of the regulation, he/she has to study the **prevailing courses** offered by the department **as per the prevailing scheme**, when he/she continues his/her study.

M.P.Ed.3. Semesters:

An academic year is divided into two semesters. Each semester will consist of **17-20** weeks of academic work equivalent to **90 actual** teaching days. The odd and even semester will be as per the academic calendar scheduled by the University of Mysore. The institution shall work for a minimum of **36 working hours** in a week (six days a week).

M.P.Ed.4. Working days:

There shall be at least **90+90** working days per year exclusive of admission and examination processes etc.

M.P.Ed.5. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching

(lecture) or two hours of practical (tutorial) work per week. However for work load calculation one hour of theory or one hour of practical is equivalent to one hour.

The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. Since M.P.Ed. course is a professional course, governed by NCTE, the total minimum credits, required for completing M.P.Ed. programme is **90 credits** and for each semester **24 credits**, but in **forth semester only 18 credits** shall be earned by candidates.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr.No.	Special Credits forte Extra Co-curricular Activities	Credit
1	(a) Sports Achievement at State level Competition (Medal Winner)	1
	(b) Sports Achievement at National level Competition (Medal Winner)	2
	(c) Sports participation at International level Competition	4
2	Inter-University Participation (Any one game)	2
3	Inter-Collegiate Participation (Minimum two games)	1
4	Blood donation / Cleanliness drive / Community services	2
5	News Reporting / Article Writing / Book writing / Progress report writing	1

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

M.P.Ed.6. Attendance:

A candidate has to put in a minimum **85%** attendance in each course. The candidates (C1+C2) marks will be awarded in case the candidate's attendance is less than **85%**, but the candidate will not be allowed to take up C3. Such candidates is said to have **DROPPED** that course.

M.P.Ed.7. Evaluation:

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

M.P.Ed.8. Continuous Assessment, Earning of Credits and Award of Grades:

The evaluation of the candidate shall be based on continuous assessment. The structure for evaluation is as follows:

8.1. Continuous Assessment:

8.1.1. Assessment and evaluation processes happen in a continuous mode. However, for reporting purposes, a semester is divided into 3 discrete components identified as C₁, C₂, and C₃.

8.1.2. The outline for continuous assessment activities for Component-I (C₁) and Component-II (C₂) will be proposed by the teacher(s) concerned before the commencement of the semester and will be discussed and decided in the respective Departmental Council. The students should be informed about the modalities well in advance. The evaluated courses/assignments during component I (C₁) and component II (C₂) of assessment are immediately returned to the candidates after obtaining acknowledgement in the register maintained by the concern teacher for

this purpose.

8.1.3. During the 18th -20th week of the semester, a semester-end examination of three (03) hours duration shall be conducted for each course. This forms the third/final component of assessment (C₃) and the maximum marks for the final component will be 70.

8.1.4. The performance of a candidate in a course will be assessed for a maximum of 100 marks as explained below.

8.1.5. The first component (C₁), of assessment is for 15 marks. This will be based on test, assignment and seminar/ professionalism in case of practicum events. During the first half of the semester, the first 50% of the syllabus will be completed. This shall be consolidated during the 8th week of the semester. Beyond 8th week, making changes in C₁ is not permitted.

8.1.6. The second component (C₂), of assessment is for 15 marks. This will be based on test, assignment, seminar / professionalism in case of practicum events. The continuous assessment and scores of second half of the semester will be consolidated during the 16th week of the semester. During the second half of the semester the remaining units in the course will be completed.

The candidate shall secure minimum 30% of marks in C₁ and C₂ put together in a course, failing which they are not permitted to appear for C₃ in that course.

The components for continuous assessment are:

Theory Course Assessment of marks shall be awarded on the basis of the following:

Sl. No.	Components	C1	C2	Total Marks
1	Assignment (Two)	5	5	10
2	Test (Two)	5	5	10
3	Seminar (Two)	5	5	10
	Total	15	15	30

Practicum Course Assessment of marks shall be awarded on the basis of Professionalism i.e. Active participation, Learning ability, Leadership quality, Discipline and Regularity.

Specialization: Evaluation in specialization shall be done by two examiners, one internal and one external as per the following scheme. The average of the two shall be credited. Components of evaluation are as follows.

- | | |
|---|----------|
| i) Demonstration of skills/techniques/Performance | 20 Marks |
| ii) Coaching ability | 20 Marks |
| iii) Specialization Record | 15 Marks |
| iv) Viva-Voce | 15 Marks |

Total = 70 Marks

Dissertation: A candidate shall choose area of research of his/her choice in consultation with the guide and submit the dissertation preferably, experimental/ quasi experimental, further he/she can make use of the pedagogy to collect the data required. He/ She should submit the dissertation to the office, before one month prior to the fourth semester examination. There shall be an internal Viva-voce for thirty marks for each to be conducted by the departmental council with

one external subject expert. Right from the initial stage of defining the problem, the candidate has to submit the progress reports periodically and also present his/her progress in the form of seminars in addition to the regular discussion with the guide. Components of evaluation are as follows.

Component – I(C₁): Periodic Progress and Progress Reports (15%)

Component – II(C₂): Results of Work and Draft Report (15%)

Component– III(C₃): Final Viva-voce and evaluation (70%). (The report evaluation is for 40% and The Viva-voce examination is for 30%)

Pedagogy: A candidate shall select the area of specialization of his/her choice keeping in mind the specialization opted in previous semester and shall select the school and preferably teacher training institutions B.Ed./ Degree colleges/ Government Institutions to coach and train the skills. Further he/she has to submit the workbook along with the satisfactory report from the head of the Institution. The duration of the pedagogy is as per the NCTE norms.

M.P.Ed.9. Setting question papers and evaluation of answer scripts.

9.1. Questions papers in three sets shall be set by the internal examiner for a course. Whenever there are no sufficient internal examiners, the chairman of BoE shall get the questions papers set by external examiners.

9.2. The Board of Examiners shall scrutinize and approve the question papers and scheme of valuation.

9.3. (i) There shall be single valuation for all theory papers by internal examiners. In case, the number of internal examiners falls short, external examiners may be invited.

(ii) The examination for Practical work/ Specialization work/ Dissertation will be conducted jointly by two examiners, one internal one external examiner. However the BoE on its discretion can also invite another internal examiner if external examiners are not available.

9.4. In case a candidate secures less than 30% in C₁ and C₂ put together in a course, the candidate is said to have DROPPED that course, and such a candidate is not allowed to appear for C₃ in that course.

In case a candidate's class attendance in a course is less than 75% or as stipulated by the University, the candidate is said to have DROPPED that course, and such a candidate is not allowed to appear for C₃ in that course.

Teachers offering the courses will place the above details in the Department Council meeting during the last week of the semester, before the commencement of C₃, and subsequently a notification pertaining to the above will be brought out by the Chairman of the Department before the commencement of C₃ examination. A copy of this notification shall also be sent to the office of the Registrar & Registrar (Evaluation).

9.5. In case a candidate secures less than 30% in C₃, he/she may choose DROP/MAKE-UP option.

In case a candidate secures more than or equal to 30% in C₃, but his/her grade (G)= 4, as per section 10.5 below, then he/she may be declared to have been conditionally successful in this course, provided that such a benefit of conditional clearance based on G=4 shall not be availed for more than 8 credits for the entire programme of Master's Degree of two years.

In case a candidate secures less than 30% in C₃, he/she may choose DROP/MAKE-UP option.

The candidate has to exercise his/her option to DROP immediately within 10 days from the date of notification of results.

A MAKE UP examination for odd semester courses will be conducted along with next regular odd semester examinations and for even semester courses along with a next regular even semester examinations. If a candidate is still unsuccessful, he/she may opt for DROP or again take up MAKE-UP examination; however, not exceeding double the duration norm in one stretch from the date of joining the course.

9.6. A candidate has to re-register for the DROPPED course when the course is offered again by the department if it is a hard core course. The candidate may choose the same or an alternate core/elective in case the dropped course is soft core / elective course. A candidate who is said to have DROPPED Dissertation has to re-register for the same subsequently within the stipulated period. **The details of any dropped course will not appear in the grade card.**

9.7. The tentative / provisional grade card will be issued by the Registrar (Evaluation) at the end of every semester indicating the courses completed successfully. This statement will not contain the list of DROPPED courses.

M.P.Ed.10. Challenge valuation

A student who desires to apply for challenge valuation shall obtain a Xerox copy of the answer script by paying the prescribed fee within 10 days after the announcement of the results. He / She can challenge the grade awarded to him/her by surrendering the grade card and by submitting an application along with the prescribed fee to the Registrar (Evaluation) within 15 days after the announcement of the results. This challenge valuation is only for C₃ component and for theory based examination.

The answer scripts for which challenge valuation is sought for shall be sent to another external examiner. **The marks awarded will be the higher of the marks obtained in the challenge valuation and in maiden valuation.**

10.1. If **X** is the marks scored by the candidate out of 70 in C₃ in theory examination, if **Y** is the marks scored by the candidate out of 70 in C₃ in Practical examination, and if **Z** is the marks scored by the candidate out of 70 in C₃ for a course of (L=0):T:(P=0) type that is entirely tutorial based course, then the final marks M in C₃ is decided as per the following table.

L.T.P distribution	Find mark M in C₃
L:T:P	$\frac{[(L+T)*X]+[(T+P)*Y]}{L+2T+P}$
L:(T=0):P	$\frac{(L*X)+(P*Y)}{L+P}$
L:T:(P=0)	X
L:(T=0):(P=0)	X
(L=0):T:P	Y
(L=0):(T=0):P	Y
(L=0):T:(P=0)	Z

10.2. The details of continuous assessment are summarized in the following Table.

C	Syllabus in a course	Weightage	Period of Continuous Assessment
C1	First 50% (2 units of total units)	15%	First half of the semester. To be consolidated by 8 th week
C2	Remaining 50% (Remaining units of the course)	15%	Second half of the semester. To be consolidated by 16 th week
C3	Semester-end examination (All units of the course)	70%	To be completed during 18 th - 20 th Week.
Final grades to be announced latest by 24th week			

10.3. A candidate's performance from all 3 components will be in terms of scores, and the sum of all three scores will be for a maximum of 100 marks (15 + 15 + 70).

10.4. Finally, awarding the grades should be completed latest by 24th week of the semester.

10.5. The grade and the grade point earned by the candidate in the subject will be as given below:

Marks	Grade	Grade Point (GP = V x G)
30-39	4	V*4
40-49	5	V*5
50-59	6	V*6
60-64	6.5	V*6.5
65-69	7	V*7
70-74	7.5	V*7.5
75-79	8	V*8
80-84	8.5	V*8.5
85-89	9	V*9
90-94	9.5	V*9.5
95-100	10	V*10

Here, P is the percentage of marks ($P = [(C_1 + C_2) + M]$) secured by a candidate in a course which is rounded to nearest integer. V is the credit value of course. G is the grade and GP is the grade point.

10.6. A candidate can withdraw any course within in ten days from the date of notification of final results. Whenever a candidate withdraws a paper, he/she has to register for the same course in case it is hard core course, the same course or an alternate course if it is soft core/open elective. A DROPPED course is automatically considered as a course withdrawn.

10.7. Overall cumulative grade point average (CGPA) of a candidate after successful completion the required number of credits (76) is given by

$$\text{CGPA} = \frac{\sum \text{GP}}{\text{Total number of credits}}$$

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

The final grade point (FGP) to be awarded to the student is based on CGPA secured by the candidate and is given as follows.

CGPA	FGP	
	Numerical Index	Qualitative Index
4 \leq CGPA < 5	5	SECOND CLASS
5 \leq CGPA < 6	6	
6 \leq CGPA < 7	7	FIRST CLASS
7 \leq CGPA < 8	8	
8 \leq CGPA < 9	9	DISTINCTION
9 \leq CGPA \leq 10	10	

Overall percentage=10*CGPA or is said to be 50% in case CGPA<5

M.P.Ed.12. Medium of Instruction

The medium of instruction shall be English. However, a candidate will be permitted to write the examinations either in English or in Kannada. This rule is not applicable to languages.

M.P.Ed.13. Provision for appeal

If a candidate is not satisfied with the evaluation of C1 and C2 components, he / she can approach the grievance cell with the written submission together with all facts, the assignments, test papers etc, which were evaluated. He/she can do so before the commencement of semester-end examination. The grievance cell is empowered to revise the marks if the case is genuine and is also empowered to levy penalty as prescribed by the university on the candidate if his/her submission is found to be baseless and unduly motivated. This cell may recommend taking disciplinary/corrective action on an evaluator if he/she is found guilty. The decision taken by the grievance cell is final.

For every program there will be one **grievance cell**. The composition of the grievance cell is as follows.

1. The Registrar (Evaluation) ex-officio Chairman / Convener
2. One senior faculty member (other than those concerned with the evaluation of the course concerned) drawn from the department/discipline and/or from the sister departments/sister disciplines.
3. One senior faculty members / subject experts drawn from outside the University department.

M.P.Ed.14. The norms of NCTE will be followed.

M.P.Ed.15. In any unforeseen situation arises the decision of the Vice-Chancellor will be final.

M.P.ED. SEMESTER – I

Part A :Theoretical Course									
Course Code	Title of the Papers	L	T	P	Credits	Total Hours	Internal Marks C1 & C2	Exam Marks C3	Total Marks
Core Course									
MPED CC-101	Foundations and Principles of Physical Education	3	0	0	3	3	30	70	100
MPED CC-102	Scientific Principles of Sports Training	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 I: Running, Hurdles, Relay, Steeple Chase and Combined Events (External &Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-102	*Gymnastics-I *Swimming-I (*Any one) (External &Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-103	Sports and Game Specialization-1: Kho-kho / Kabaddi / Wrestling *Any one game (External &Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-104	*Aerobics and Self Defense Techniques: Karate/ Martial Arts (Only Internal Examination)	0	0	3	3	6	30	70	100
Total		12	00	12	24	36	240	560	800

M.P.ED. SEMESTER - II

Part A: Theoretical Course									
Course Code	Title of the paper	L	T	P	Credits	Total Hours	Internal Marks C1 & C2	Exam Marks C3	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								
Part-B Practical Course									
MPED PC-201	Track and Field II: Throwing Events (External & Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-202	*Gymnastics-II *Swimming-II (*Any one) (External & Internal Examination)	0	0	3	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	0	3	3	6	30	70	100
MPED PC-204	Laboratory Practicals (Only Internal Examination)	0	0	3	3	6	30	70	100
Total		12	00	12	24	36	240	560	800

M.P.ED. SEMESTER - III

Part A: Theoretical Course									
Course Code	Title of the paper	L	T	P	Credits	Total Hours	Internal Marks C1 & C2	Exam Marks C3	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	Sports Bio- Mechanics & Kinesiology	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								
Part-B Practical Course									
MPED PC-301	Track and Field III: Jumping Events (External & Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-302	Sports and Game Specialization-3: Volleyball /Cricket /Fencing *Any one game (External & Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-303	Sports and Game Specialization-4: Handball /Football /Hockey *Any one game (External & Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-304	Yoga: Asanas, Pranayama, Kriyas, Bhandas, Mudras and Dhyana (External & Internal Examination)	0	0	3	3	6	30	70	100
Total		12	00	12	24	36	240	560	800

M.P.ED. SEMESTER - IV

Part A: Theoretical Course									
Course Code	Title of the Papers	L	T	P	Credits	Total Hour	Internal Marks C1 & C2	Exam Marks C3	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								
Part-B Practical Course									
MPED PC-401	Sports and Game Specialization-5: Basketball /Netball/ Softball *Any one game (External &Internal Examination)	0	0	3	3	6	30	70	100
MPED PC-402	Class Room Teaching : 5 Lessons on theory & practical (Only Internal Examination) Coaching & Officiating Lessons: 5 Lessons each (Only Internal Examination)	0	0	3	3	6	30	70	100
TOTAL		12	0	6	18	24	180	420	600
GRAND TOTAL		48	00	42	90	132	900	2100	3000

**SCHEME OF EXAMINATION
SEMESTER – I**

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
MPED CC-101	Foundations and Principles of Physical Education	30	70	100
MPED CC-102	Scientific Principles of Sports Training (Lab. Practicals – Tread mill, Bicycle ergometer, strength, endurance & fitness testing.)- Internal	30	70	100
MPED CC-103	Information & Communication Technology (ICT) in Physical Education	30	70	100
MPED EC-101/102	1. Yogic Sciences OR 2. Sports Journalism and Mass Media (Elective) - Anyone	30	70	100
PRACTICAL (400)				
MPED PC-101	Track and Field I: Running, Hurdles, Relay, Steeple chase and Combined Events, (External &Internal)	30	70	100
MPED PC-102	Gymnastics-I/Swimming-I (*Any one) (External &Internal)	30	70	100
MPED PC-103	Games Specialization- (Individual skills, game situation, officiating, lead-up games) (External &Internal)	30	70	100
MPED PC-104	Aerobics and Self Defense Techniques: Karate/ Martial Arts (Internal)	30	70	100
Total		240	560	800

SEMESTER -II

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
MPED CC-201	Tests, Measurement and Evaluation in Physical Education	30	70	100
MPED CC-202	Research Process in Physical Education & Sports Sciences- I	30	70	100
MPED CC-203	Applied Statistics in Physical Education & Sports	30	70	100
MPED EC 201/202	1. Physical Fitness and Wellness OR 2. Health Education and Sports Nutrition (Elective) - Anyone	30	70	100
PRACTICAL (400)				
MPED PC-201	Track and Field II: Shot Put, Discus Throw, Javelin Throw & Hammer Throw (External &Internal)	30	70	100
MPED PC-202	Gymnastics-II/Swimming-II (*Any one) (External &Internal)	30	70	100
MPED PC-203	Games Specialization- (Individual skills, game situation, officiating, lead-up games) (External &Internal)	30	70	100
MPED PC-204	Laboratory Practicals: In Theory & Practical (Two practicals for each subject) (Internal)	30	70	100
Total		240	560	800

SEMESTER –III

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
MPED CC-301	Physiology of Exercise	30	70	100
MPED CC-302	Research Process in Physical Education and Sports Sciences-II	30	70	100
MPED CC-303	Sports Bio- Mechanics & Kinesiology	30	70	100
MPED EC-301/302	1. Value and Environmental Education OR 2. Sports Technology (Elective) - Anyone	30	70	100
PRACTICAL (400)				
MPED PC-301	Track and Field III: Long Jump, High Jump Triple Jump, Pole Vault. (External &Internal)	30	70	100
MPED PC-302	Games Specialization-Individual skills, game situation, officiating, lead-up games (External &Internal)	30	70	100
MPED PC-303	Games Specialization-Individual skills, game situation, officiating, lead-up games (External &Internal)	30	70	100
MPED PC-304	Yoga: Performance in Asanas, Kriyas, Bandhas & Pranayama. (External &Internal)Coaching	30	70	100
Total		240	560	800

SEMESTER -IV

Paper	Subject	Internal	External	Total Marks
THEORY (400)				
MPED CC-401	Sports Psychology	30	70	100
MPED CC-402	Sports Management and Curriculum Designs in Physical Education	30	70	100
MPED CC-403	Dissertation	30	70	100
MPED EC-401/402	1. Sports Medicine (Lab Practicals)-Internal OR 2. Athletic Care and Rehabilitation (Elective) - Anyone	30	70	100
PRACTICAL (200)				
MPED PC-301	Games Specialization-Individual skills, game situation, officiating, lead-up games (External &Internal)	30	70	100
MPED PC-302	Coaching Lessons of Track and Field/ Sports/Games (Internal) Internship Class room Teaching Lessons on theory of different Sports & Games (Internal) Internship Officiating Lessons of Track & Field / Sports/Games (Internal) Internship	30	70	100
Total		180	420	600