

Dr. Rammanohar Lohia Avadh University, Faizabad



A PROPOSAL
OF
M.P.ED. FOUR SEMESTERS, CURRICULUM
As per
THE REGULATION OF NCTE
(A teachers training course)



गुरुर्गुरुतमो धाम
NCTE

NATIONAL COUNCIL FOR TEACHER EDUCATION
Hans Bhawan (Wing-II),
1, Bahadur Shah Zafar Marg,
New Delhi-110 002
www.ncte-india.org

**GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE
FOR M. P. ED. FOUR SEMESTERS (TWO YEARS) PROGRAMME**

ORDINANCE AND SYLLABUS

EFFECTIVE FROM SESSION 2018-19

**GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE
FOR TWO YEARS M. P. Ed.**

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PROGRAMME (FOUR SEMESTERS)

Preamble:

The Master of Physical Education (M.P.Ed.) two years (Four Semesters,) 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.

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

The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards.

M.P.Ed. Duration:

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

M.P.Ed. Courses of Programme:

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

- Theory
- Core Course
- Practicum
- Compulsory Course (Track and Field)
- Teaching/Coaching Practices
- Internship

M.P.Ed. Semesters Examination:

There shall be examination at the end of every semester. An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

M.P.Ed. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

Special marks for Extra Co-curricular Activities:

Sr. No.		Marks
01	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner) Sports participation	2
	International level Competition	3
02	Inter Uni. Participation (Any one game)	2
03	Inter College Participation (min. two games)	1
04	National Cadet Corps / National Service Scheme	2
05	Blood donation / Cleanliness drive / Community services /	2
06	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
07	News Reporting / Article Writing / book writing / progress report Writing	1
08	Research project	4

Students can earn maximum 06 marks in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department.

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M.P.Ed. Evaluation:

Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One test	10 marks
Assignments / Lab Practical	10 Marks
Attendance	5 Marks
Seminar	5 Marks
Total	30 Marks

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

M.P.Ed. External/Internal Assessment (30+70) marks :

Practical course of each semester to be evaluated by internal Examiner 30 Marks and 70 Marks evaluated by Internal and External examiners jointly.

M.P.Ed.- Minimum Passing Standard :

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50% i.e. marks out of 30 and 35 marks out of 70 marks for the practical courses.

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

For the purpose of declaring a candidate to have qualified for the degree of Master of physical Education in the First class/Second class/Third class or First class with Distinction.

PERCENTAGE	DIVISION
75% and above	Distinction
60% and above	First Division
45% and above	Second division
40% and above	Third class

M.P.Ed.- Grievance Redressal Committee :

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

M.P.ED : Fees

1st Semester 30000/-

2nd Semester 30000/-

3rd Semester 30000/- /-

4th Semester 30000/- -

Note: In addition to the above 5000/- (Five Thousand) shall be deposit in the first semester for sports kit, uniform, intramural, and excursion etc in direct department of physical education.

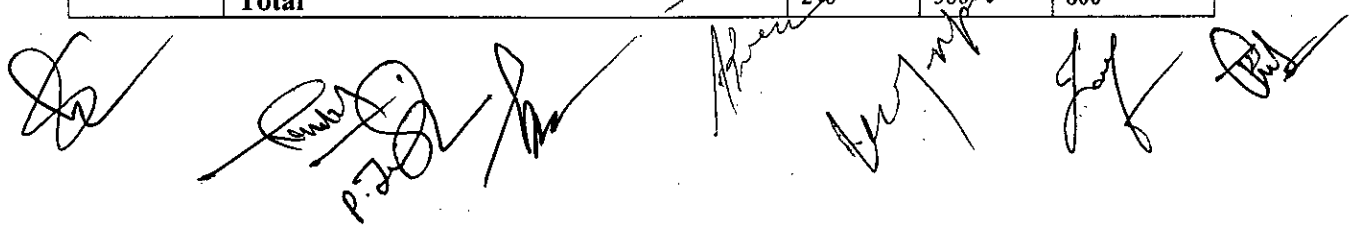
Note : The whole syllabus is applicable for university and its affiliated colleges.

**SCHEME OF EXAMINATION
(SEMESTER – I)**

Paper	Subject	Internal	External	Total Marks
	THEORY (400)			
MPCC-101	Research Process in Physical Education & Sports Sciences	30	70	100
MPCC-102	Physiology of Exercises	30	70	100
MPCC-103	Yogic Sciences	30	70	100
MPEC-104	Tests, Measurement and Evaluation in Physical	30	70	100
	PRACTICAL (400)			
MPPC-101	Track and Field I: Running Events (Sprint, Middle and Long Distance)	30	70	100
MPPC-102	Games Specialization- I (Second Best)	30	70	100
MPPC-103	Yoga	30	70	100
MPPC-104	Teaching Lessons Mass Demonstration Activities	30	70	100
	Total	240	560	800

SEMESTER-II

Paper	Subject	Internal	External	Total Marks
	THEORY (400)			
MPCC-201	Applied Statistics in Physical Education & Sports	30	70	100
MPCC-202	Sports Biomechanics & Kinesiology	30	70	100
MPCC-203	Athletic Care and Rehabilitation	30	70	100
MPCC-204	Sports Management and Curriculum Designs in Physical Education	30	70	100
	PRACTICAL (400)			
MPPC-201	Track and Field II: Throwing Events Shot Put, Discus Throw, Javelin Throw, Hammer Throw, (Performance in any two events)	30	70	100
MPPC-202	Games Specialization- II (Second Best) Individual skills, game situation, officiating, lead-up games)	30	70	100
MPPC-203	Teaching Lessons of Indigenous Activities and Sports	30	70	100
MPPC-204	Teaching Lessons of Game Specializations and Class Room Teaching	30	70	100
	Total	240	560	800

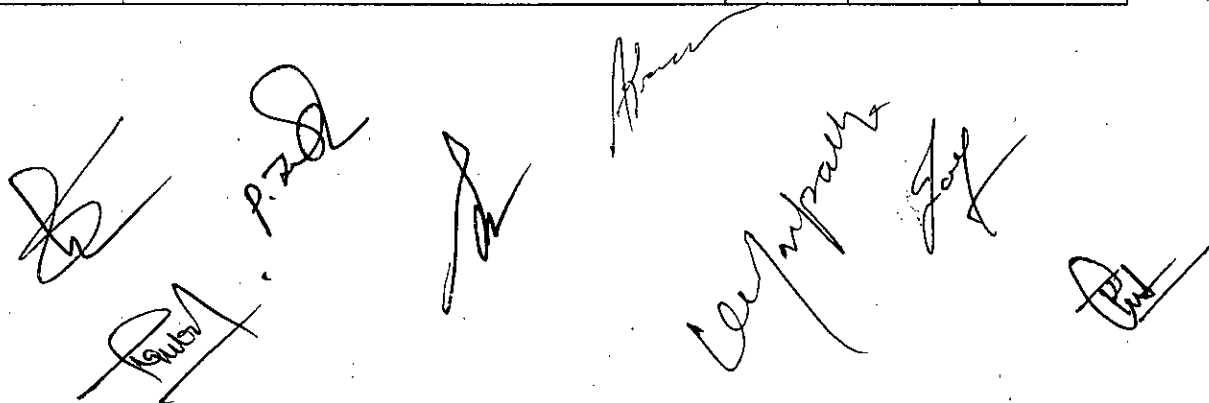


SEMESTER -III

Paper	Subject	Internal	External	Total Marks
	Theory (400)			
MPCC-301	Scientific Principles of Sports Training	30	70	100
MPCC-302	Sports Medicine	30	70	100
MPCC-303	Health Education and Sports Nutrition	30	70	100
MPCC-304	Sports Engineering	30	70	100
	PRACTICAL (400)			
MPPC-301	Track and Field III -Jumping events Triple Jump, Long Jump, High Jump, Pole Vault (Performance in any two events)	30	70	100
MPPC-302	Games Specialization- III (First Best)	30	70	100
MPPC-303	Coaching Lessons in Track and Field;	30	70	100
MPPC-304	Coaching Lesson in Game Specialization	30	70	100
	Total	240	560	800

SEMESTER -IV

Paper	Subject	Internal	External	Total
	THEORY (400)			
MPCC-401	Information & Communication Technology (ICT) in Physical Education	30	70	100
MPCC-402	Sports Psychology	30	70	100
MPCC-403	Education Technology In Physical Education	30	70	100
MPCC-404	Dissertation	30	70	100
	PRACTICAL (400)			
MPPC-401	Gymnastics	30	70	100
MPPC-402	Games Specialization- IV (First Best)	30	70	100
MPPC-403	Officiating Lessons of Track and Field	30	70	100
MPPC-404	Officiating Lessos of Games Specializations	30	70	100
	Total	240	560	800



Semester I
Theory Courses (Paper-I)

MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – Introduction

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research

Descriptive Methods of Research; Survey Study; Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV – Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

REFERENCE :

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clarke David, H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs; Prentice Hall, Inc
Subramanian, R, Thirumalai Kumar, S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

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Semester I

Theory Courses(Paper-II)

MPCC-102 PHYSIOLOGY OF EXERCISE

UNIT I – Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II – Cardiovascular System and Exercise

Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system.

UNIT III – Respiratory System and Exercise

Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system.

UNIT IV – Metabolism and Energy Transfer

Metabolism – ATP – PC, or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

UNIT V – Climatic conditions and sports performance and ergogenic aids

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone – on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance. Note: Laboratory Practicals in Physiology be designed and arranged internally.

REFERENCES:

- Amrit Kumar, R. Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

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Semester I

Theory Courses(Paper-III)

MPCC-103 Yogic Sciences

Unit I – Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing– Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing –Emptying the bowels – Stomach – Diet – No Straining – Age – Contra- Indication – Invertedasana – Sunbathing.

Unit II – Asanas and Pranayam

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakras, Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dhuti – Kapalapathi- Trataka –Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta hastam, Samyukta hastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

Unit V – Yoga and Sports

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

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

- George Feuerstein, (1975). Text Book of Yoga.-London: Motilal Bansaridass Publishers (P) Ltd.
Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan.
Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

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Semester I

Theory Courses(Paper-IV)

MPCC-104

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT I – Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

UNIT II – Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test - Motor Ability; Barrow Motor Ability Test - Newton Motor Ability Test - Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test.

UNIT III – Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test: Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

UNIT V – Skill Tests

Specific Sports Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliffe Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test, Tennis: Dyer Tennis Test.

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

REFERENCES :

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc
Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

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Semester II
Theory Courses(Paper-I)

MPCC-201 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT I – Introduction

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.

UNIT II – Data Classification, Tabulation and Measures of Central Tendency

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales

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 IV – Probability Distributions and Graphs

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

UNIT V – 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.

REFERENCE

- Best J. W. (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

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Semester II
Theory Courses(Paper-II)

MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I – Introduction

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

UNIT II – Muscle Action

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force.

Meaning and definition of force- Sources of force -Force components Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV – Projectile and Lever

Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance -Aerodynamics.

UNIT V – Movement Analysis

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:

- Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
- Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Mamta MP. Kinesiology (Friends Publication India 2004)
- Uppal, A (2004). Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Semester II
Theory Courses(Paper-III)

MPCC-203 ATHLETIC CARE AND REHABILITATION

Unit I – Corrective Physical Education

Definition and objectives of corrective physical Education. Posture and body mechanics, standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture. Posture test – Examination of the spine.

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Unit II – Posture

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

Unit III – Rehabilitation Exercises

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

Unit IV – Massage

Brief history of massage – Massage as an aid for relaxation – Points to be considered in giving massage – Physiological, Chemical, Psychological effects of massage – Indication /Contra indication of Massage – Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage – Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

Unit V – Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries – care and treatment of exposed and unexposed injuries in sports – Principles of apply cold and heat, infrared rays – Ultrasonic, Therapy – Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

REFERENCES:

- Doherty, J. Meno. Web, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
Naro, C. L. (1967) Manual of Massage and Movement, London: Febra and Febra Ltd.

Semester II

Theory Courses (Paper-IV)

MPCC-204 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN
PHYSICAL EDUCATION

UNIT I – Introduction to Sports Management

Definition, Importance, Basic Principles and Procedures of Sports Management, Functions of Sports Management, Personal Management: Objectives 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.

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UNIT IV – Curriculum

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.

UNIT V – Curriculum Sources

Factors that affecting curriculum: Sources of Curriculum materials–text books –Journals– Dictionaries, Encyclopaedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research–Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.

Reference:

- Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
- Arora, G.L. (1984). Reflections on Curriculum, New Delhi: NCERT.
- Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
- Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.) St. Louis: Mobsy Publishing Company.
- Carl, E. Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.
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- NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.
- Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.
- Yadvnider Singh, Sports Management, New Delhi: Lakshay Publication.

Semester III

Theory Courses(Paper-I)

MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

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

UNIT II – Components of Physical Fitness

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

UNIT III – Flexibility

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.

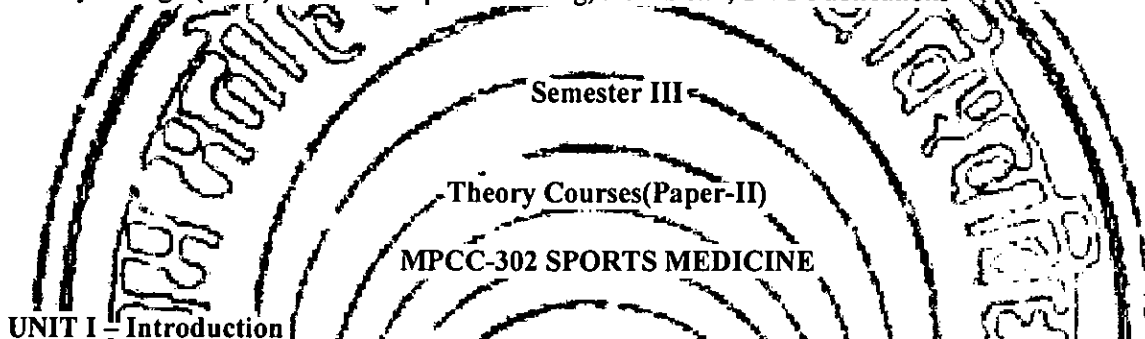
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UNIT V – Doping

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations : over-the-counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

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- Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company
Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby, Year Book
David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics
Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications



UNIT I – Introduction

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise. Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II – Basic Rehabilitation

Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

UNIT III – Spine Injuries and Exercise

Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT IV – Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain-Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

UNIT V – Lower Extremity Injuries and Exercise

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, 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 injuries.

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Practicals: Lab. Practicals and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, Visit to TV Centre etc. should be planned internally.

REFERENCES:

- Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra
The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine,

Semester III

Theory Courses(Paper-III)

MPCC-303 HEALTH EDUCATION AND SPORTS NUTRITION

Unit - I Health Education

Concept, Dimensions, Spectrum and Determinants of Health
Definition of Health, Health Education, Health Instruction, Health Supervision
Aim, objective and Principles of Health Education
Health Service and guidance instruction in personal hygiene

Unit - II Health Problems in India

Communicable and Non Communicable Diseases
Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population,
Personal and Environmental Hygiene for schools
Objective of school health service, Role of health education in schools
Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc.

Unit- III - Hygiene and Health

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

Unit - IV- Introduction to Sports Nutrition

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

Unit - V Nutrition and Weight Management

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control
Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

References:

- Bucher, Charles A. "Administration of Health and Physical Education Programme".
Delbert, Oberteuffer, et. al." The School Health Education".
Ghosh, B.N. "Treaties of Hygiene and Public Health".
Hanlon, John J. "Principles of Public Health Administration" 2003.
Turner, C.E. "The School Health and Health Education".

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Moss and et. At. "Health Education" (National Education Association of U.T.A.)
Nemir A. "The School Health Education" (Harber and Brothers, New York).
Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.

Semester III

Theory Courses(Paper-IV)

MPCC-304 SPORTS ENGINEERING

Unit - I Introduction to sports engineering and Technology

Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.

Unit - II Mechanics of engineering materials

Concept of internal force, axial force, shear force, bending moment, torsion, energy, method to find displacement of structure, strain energy. Biomechanics of daily and common activities - Gait, posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

Unit- III Sports Dynamics

Introduction to Dynamics, Kinematics to particles - rectilinear and plane curvilinear motion coordinate system. Kinetics of particles - Newton's laws of Motion, Work, Energy, Impulse and momentum.

Unit- IV Building and Maintenance:

Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding, Maintenance staff, financial consideration.

Building process: design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurbish, demolish.

Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.

Unit - V Facility life cycle costing

Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

Reference

Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)

Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)

Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)

Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)

Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)

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Semester IV

Theory Courses(Paper-I)

**MPCC-401 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN
PHYSICAL EDUCATION**

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication

Communication Barriers & Facilitators of communication

Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues

Unit III – MS Office Applications

MS Word: Main Features & its Uses in Physical Education

MS Excel: Main Features & its Applications in Physical Education

MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education

MS Power Point: Preparation of Slides with Multimedia Effects

MS Publisher: Newsletter & Brochure

Unit IV – ICT Integration in Teaching Learning Process

Approaches to Integrating ICT in Teaching Learning Process

Project Based Learning (PBL)

Co-Operative Learning

Collaborative Learning

ICT and Constructivism: A Pedagogical Dimension

Unit V – E-Learning & Web Based Learning

E-Learning

Web Based Learning

Visual Classroom

REFERENCES:

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006

Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001

Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005

Heidi Steel Low price Edition, Microsoft Office Word 2003-2004

ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006

Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006.

Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

Sanjay Saxena, Vikas Publication-House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

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Semester IV
Theory Courses(Paper-II)

MPCC-402 SPORTS PSYCHOLOGY

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning- Motor Perception - Factors Affecting Perception - Perceptual Mechanism. Personality: Meaning, Definition, Structure - Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety, Competitive Anxiety, and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

UNIT III - Goal Setting

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test - Tachistoscope - Reaction timer - Finger dexterity board - Depth perception box - Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT IV - Sports Sociology

Meaning and Definition - Sports and Socialization of Individual Sports as Social Institution. National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Leadership: Meaning, Definition, types, Leadership and Sports Performance.

UNIT V - Group Cohesion

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

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

REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education, Mc-Craw Seventh Ed.
John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc.

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Semester IV
Theory Courses(Paper-III)
**MPCC-403 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND
SPORTS**

Unit I – Nature and Scope

Educational technology-concept, Nature and Scope. Forms of educational technology: teaching technology, instructional technology, and behaviour technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stage; media application stage and computer application stage.

Unit II – Systems Approach to Physical Education and Communication

Systems Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation, Strategies, Instructional Strategies and Media for Instruction. Effectiveness of Communication in instructional system; Communication - Modes, Barriers and Process of Communication.

Unit III- Instructional Design

Instructional Design: Concept, Views, Process and stages of Development of Instructional Design. Overview of Models of Instructional Design; Instructional Design for Competency Based Teaching; Models for Development of Self Learning Material.

Unit IV – Audio Visual Media in Physical Education

Audio-visual media - meaning, importance and various forms Audio/Radio: Broadcast and audio recordings - strengths and Limitations, criteria for selection of instructional units, script writing, pre-production, post-production process and practices, Audio Conferencing and Interactive Radio Conference. Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CCTV in instruction and Training, Video Conferencing, SITE experiment, countrywide classroom project and Satellite-based instructions. Use of animation films for the development of children's imagination.

Unit V – New Horizons of Educational Technology

Recent innovations in the area of ET: interactive video - Hypertext, video-texts, optical fiber technology - laser disk, computer conferencing etc. Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities. Recent experiments in the third world countries and pointers for India with reference to Physical education. Recent trends of Research in Educational Technology and its future with reference to education.

REFERENCE:

- Amita Bhardwaj, New Media of Educational Planning, Sarup of Sons, New Delhi-2003
Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959.
Communication and Education, D. N. Dasgupta, Pointer Publishers
Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford
Page 68 of 71 IBH Publishing company, New Delhi
Essentials of Educational Technology, Madan Lal, Anmol Publications
K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology
(New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling
Publishers Pvt. Ltd.), 1982
Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders
Company, Philadelphia and London), 1952.

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Semester IV

Theory Courses(Paper-IV)

MPCC-404 DISSERTATION

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

Semester I

Practicum Course

MPPC- 101 TRACK AND FIELD I: RUNNING EVENTS

- Fundamental skills – Short and Middle distance.
 - Use of Starting blocks- stance on the blocks.
 - Body 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

Semester I

Practicum Course

MPPC- 102 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 dishonouring 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.



**Semester I
Practicum Course**

MPCC- 103 YOGA/ AEROBICS/ SELF DEFENCE TECHNIQUES

Yoga, Asanas prescribed by Maharshi 'Patanjali', Shudhi Kriyas, jalneti, sutraneti, dugdhaneti, kunjai, 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, top, back lunge, straddle, kick, front, travel s 11, kick side, corner, heel to left, shape, 'e' shape, shapew, shape, repeater left mode
Warm up and cool down
Being successful in exercise and adaptation to aerobic workout.

**Semester I
Practicum**

**MPCC-104 ADVENTURE ACTIVITIES/ MASS DEMONSTRATION ACTIVITIES LEZIM,
DUMB-BELL, UMBRELLA, TIPRI, WANDS, HOOPS/ MALKHAMBH**

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

MASS DEMONSTRATION ACTIVITIES- lezim, 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.

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**Semester II
Practicum Course**

MPPC- 201 TRACK AND FIELD II: THROWING EVENTS

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

**Semester II
Practicum Course**

MPPC-202 GAMES SPECIALIZATION II

The Candidate has choice to select any one of the following games as the Specialization – II (Second best) in 2nd Semester.

(Kabaddi, Kho-kho, Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball)

**Semester II
Practicum Course**

MPPC-203 TEACHING LESSONS OF INDIGENIOUS ACTIVITIES AND SPORTS

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 II
Practicum Course**

MPPC-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 lessons as per selected games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game 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 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 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 teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**Semester III
Practicum Course**

MPPC- 301 TRACK AND FIELD III: JUMPING EVENTS

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

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**Semester III
Practicum Course**

MPPC-302 GAMES SPECIALIZATION- III

(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**

MPPC-303 COACHING LESSONS OF TRACK AND FIELD

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. 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 III
Practicum Course**

MPPC-304 COACHING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson in selected game discipline. 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**

MPPC- 401 GYMNASTICS

(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

(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)

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**Semester IV
Practicum Course**

MPPC-403 OFFICIATING LESSONS OF TRACK AND FIELD

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected above discipline. 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.

**Semester IV
Practicum Course**

MPPC-404 OFFICIATING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of officiating in selected game specialization. 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 laborate skills by the competent bodies of local Universities/ Autonomous Colleges.

Note about Back paper -

Student held in any one paper of M.P.Ed Semester exam can appear in back paper exam along with next exam of that semester. In each semester if student held in any one paper can appeared in back paper exam. If student held in more than one paper in any semester can appeared in exam as Ex. student, every student has to pass M.P.Ed Exam necessarily in three years. Those student who failed in any one paper of first semester and has applied to appear in back paper exam, then he can appear in back paper exam of first semester along with third semester exam. In the same way, second semester student can appear in back paper exam along with fourth semester exam. Students eligible for back paper exam in third and fourth semester exam can appear in back paper exam along with exam of next batch of third and fourth semester. If any student held in back paper exam, then he will be appeared in exam as Ex student.

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