



**Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education**

(An Autonomous College Re-accredited with 'B' by NAAC,
Affiliated to the Tamil Nadu Physical Education &
Sports University, Chennai)

COIMBATORE - 641 020.



SYLLABUS

**Master of Physical Education (MPed)
2017-2019**

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**MASTER OF PHYSICAL EDUCATION (MPED)
Syllabus 2017-2019**

Duration: Two Years

REGULATIONS:

I Eligibility for admission

1. The Candidate for admission to the Master of Physical Education (M.P.Ed.,) degree programme should have passed B.P.Ed., examination from any recognized University with minimum of 50%marks and it should be approved by the syndicate of Tamilnadu Physical Education and Sports University, Chennai.
2. Age limit:
 - a. The candidates should not have completed 35 years age as on 1st July however, relaxation of three years may be given for SC/ ST.
 - b. Ex – Service man / Experienced Physical Education Teachers shall be given relaxation of six years of age.
3. The candidate should be medically fit and free from any physical deformities. They should submit application form along with medical certificate issued by a Government Doctor not below the rank of Civil Surgeon to the effect that the candidate is fit to undergo strenuous activities.
4. Admission is made based on the following:

Qualifying Examination (B.P.Ed.)	- 25 Marks
Games and Sports Participation	- 25 Marks
* Games and Sports Skill Test	- 50 Marks
Written Test	- 35 Marks
Personal Interview	- 15 Marks
Total	- 150 Marks

*(The candidate has to perform skill tests in any one of the following games or athletic events. Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho - Kho, Tennis and Volleyball)

5. The candidates will be selected on the basis of merit following the reservation of seats as prescribed by the Government of Tamil Nadu.

II. COURSE OF STUDY

- a. Duration of the Course of the study is for two academic years, consisting of four semesters. The total working days shall be not less than 200 days in an academic year, each semester consists of not less than 100 days excluding examination days. Each working day shall consist of four hours of practical work (morning and evening two (2) hours each session) and three (3) hours of theory.
- b. The course of study shall consist of two parts i.e Part I- Theory Part II- Practicum as indicated below

PART I – THEORY

First Semester			
S. No	Paper Type	Paper Code	Title of the Paper
1	Core Papers	1MC1	Research Methods in Physical Education
		1MC2	Scientific Principles of Training and Coaching
		1MC3	Measurement and Evaluation in Physical Education
2	Elective Papers	1MEA	Exercise Physiology (or)
		1MEB	Applied Kinesiology
3	Supportive Paper	1MS1	Advanced Communication Skills
Second Semester			
4	Core Papers	2MC1	Sports management and Curriculum Design
		2MC2	Officiating and Coaching in Specialization Game – I
		2MC3	Theories of Track and Field

5	Elective Papers	2MEA	Adapted Physical Education (or)
		2MEB	Fitness for Special Population
6	Supportive Paper	2MS1	Applications of Computer
Third Semester			
7	Core Papers	3MC1	Sports Psychology and Sports Sociology
		3MC2	Statistical Application in Physical Education
		3MC3	Experimental Technique in Laboratories
8	Elective Papers	3MEA	Fitness and Wellness (or)
		3MEB	Yogic therapy
9	Supportive Paper	3MS1	Value Education
Fourth Semester			
10	Core Papers	4MC1	Sports Medicine
		4MC2	Officiating and Coaching in Specialization Game – II
		4MC3	Project
11	Elective Papers	4MEA	Sports Nutrition (or)
		4MEB	Applied Biomechanics
12	Supportive Paper	4MS1	Sports Technology

PART II – PRACTICUM FIRST YEAR

1. COACHING

The student has to undergo coaching programme in nearby institutions.

2. TRACK AND FIELD

The student has to specialize in Track and Field during first year in the following events: i) Sprint, ii) Middle and Long Distance Running, iii) Long Jump, iv) Triple Jump, v) Pole

Vault, vi) High Jump, vii) Shot Put, viii) Discus Throw, ix) Javelin Throw, x) Hammer Throw, xi) Hurdles, xii) Combined Events and xiii) Relay Races.

3. SPECIALIZATION

In the first year the candidate has to select any one of the following games as specialization: Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Tennis, and Volleyball.

4. PRACTICUM

Students should undergo practical examination and submit a record book for the following:

First Semester

- i) Measurement and Evaluation
- ii) Advanced Communication skills
- iii) Care and Maintenance of play fields Part-I
- iv) Project sports meet Part-I

Second Semester

- i. Adapted Physical Education / Fitness for Special Population
- ii Applications of computer
- iii Track and field
- iv Specialization Game-I
- v Coaching and Project sports meet Part-II
- vi Care and Maintenance of play fields Part-II

SECOND YEAR

1. SPECIALIZATION

In the second year the candidate has to select any one of the following games as specialization: Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Tennis, and Volleyball.

2. SPECIAL GAMES/ACTIVITIES

The student has to undergo practical in the following: Kalari, Aerobics, Table Tennis, and Bharathiam.

3. PRACTICUM

Students should undergo practical examination and submit a record book for the following:

THIRD SEMESTER

- a) Fitness and Wellness /Yogic Therapy (Also to submit record book)
- b) Experimental Technique in Laboratories: Exercise Physiology, Kinesiology and Biomechanics, Sports Physiotherapy, Sports Psychology. (Also to submit record book)
- c) Value Education
- d) Laying and Marking of play fields and report of tournaments Part-I (Basketball, Cricket, Kabaddi, Football & Kho-kho)
- e) Care and Maintenance of play fields Part-III
- f) Project sports meet Part-III
- g) Internship Coaching

FOURTH SEMESTER

- i) Sports technology
- ii) Specialization Game-II (Also to submit record book)
- iii) Special Games/Activity
- iv) Laying and Marking of play fields and report of tournaments Part-II (Handball, Hockey, Tennis, Volleyball, Badminton)
- v) Care and Maintenance of play fields-Part-IV
- vi) Project sports meet Part-IV

SCHEME OF EXAMINATION Semester – I

Part A :Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
1MCC1	Research Process in Physical Education & Sports Sciences	4	4	30	70	100
1MCC2	Physiology of Exercise.	4	4	30	70	100
1MCC3	Tests, Measurement and Evaluation in Physical Education	4	4	30	70	100
Elective Course (Anyone)						
1MECA	Adapted Physical Education	4	4	30	70	100
1MECB	Sports Technology & Sports Engineering					
Part-B Practicum						
1MPC1	Track and Field - I Running Events	3	2	50	-	50
1MPC2	Gymnastics (Floor Exercises)	3	2	50	-	50
1MPC3	Game of Specialization- I (Second Best) Basketball/ Badminton/Cricket/ Football/Handball/Hockey/ Kabaddi/ Kho-Kho/Tennis/ Volleyball (Any one game)	6	4	100	-	100
1MPC4	Aerobics: Touch out, V Step, A Step, Jump on the Spot, Knee Curl, Front Kick, Knee and Arm Lift, Side Kick	3	2	50	-	50

Part-C Internship						
1MIC1	Field / Laboratory Work-I: Test, Measurement & Evaluation, Sports Psychology & Physiology of Exercises Laboratory	3	2	50	-	50
1MIC2	Class Room Teaching-I: Five lessons on theory subjects, Organisation & Participation in Project Sports Meet, Intramural & Extramural Tournaments	3	2	50	-	50
1MIC3	Teaching / Coaching / Officiating: At schools/ colleges/ Institutions	3	2	50	-	50
Total		40	32	520	280	800

Note: Total number of hours required to earn 4 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester – II

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
2MCC1	Applied Statistics in Physical Education & Sports	4	4	30	70	100
2MCC2	Sports Biomechanics & Kinesiology	4	4	30	70	100
2MCC3	Athletic Care and Rehabilitation	4	4	30	70	100

Elective Course (Anyone)						
2MECA	Yogic Science	4	4	30	70	100
2MECB	Sports Management and Curriculum Designs in Physical Education					
Part-B Practicum						
2MPC1	Track and Field II: Jumping events & Hurdles	3	2	50	-	50
2MPC2	Yoga: – Asanas, Pranayama, Kriyas, Bandhas, Mudras, Suryanamaskar	3	2	50	-	50
2MPC3	Games of Specialization-I Basketball/Badminton/ Cricket/ Football/Handball/ Hockey/ Kabaddi/ Kho-Kho/ Tennis/Volleyball (Any one game)	3	2	50	-	50
Part-C Internship						
2MIC1	Teaching / Coaching /Officiating: Track and Field I & II	6	4	50	50	100
2MIC2	Teaching / Coaching and Officiating: Game of Specialization II (Second Best)	6	4	50	50	100
2MIC3	Class Room Teaching – II Five lessons on theory subjects, Project Sports Meet. Participation in Intramural and Extramural Tournaments	3	2	50	-	50
Total		40	32	420	380	800

Note: Total number of hours required to earn 4 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester – III

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
3MCC1	Scientific Principles of Sports Training	4	4	30	70	100
3MCC2	Theories of Track and Field	4	4	30	70	100
3MCC3	Dissertation	4	4	30	70	100
Elective Course (Anyone)						
3MECA	Health Education and Sports Nutrition	4	4	30	70	100
3MECB	Physical Fitness and Wellness					
Part-B Practicum						
3MPC1	Track and Field III: Throwing Events	3	2	50	-	50
3MPC2	Gymnastics (With Apparatus)	3	2	50	-	50
3MPC3	Combative Sports – Boxing/ Fencing/Judo/ Taekwondo/ Karate/Kalari (Any one)	3	2	50	-	50
3MPC4	Fitness Training : Conditioning Exercises: General and Specific Training Methods: Weight Training (Free Weights and Machine Weights) – Circuit Training – Interval Training – Fartlek Training – Plyometrics, Swiss Ball Training – Medicine Ball Training – Core Board Training – Cross Training	3	2	50	-	50

3MPC5	Games of Specialization–II Basketball/Badminton/ Cricket/ Football/Handball/ Hockey/Kabaddi/ Kho- Kho/Tennis/Volleyball (Any one game) (First Best)	3	2	50	-	50
Part-C Internship						
3MIC1	Field / Laboratory Work II: Athletic Care, Physiotherapy and Rehabilitation, Sports Medicine and Kinesiology and Biomechanics Laboratory	3	2	50	-	50
3MIC2	Class Room Teaching III: Five Lessons on Theory Subjects, Organisation & Participa- tion in Project Sports Meet, Intramural and Extramural Tournaments	3	2	50	-	50
3MIC3	Coaching Lessons of Specialization Games: Internship at Schools / Colleges	3	2	50	-	50
Total		40	32	520	280	800

Note: Total number of hours required to earn 4 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester – IV

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
4MCC1	Information & Communication Technology (ICT) and Education Technology in Physical Education	4	4	30	70	100
4MCC2	Sports Psychology & Sports Sociology	4	4	30	70	100
4MCC3	Theories of Specialization Game	4	4	30	70	100
Elective Course (Anyone)						
4MECA	Value and Environmental Education	4	4	30	70	100
4MECB	Sports Journalism and Mass Media					
Part-B Practicum						
4MPC1	Track and Field - IV Combined Events	3	2	50	-	50
4MPC2	Game of Specialization – I (First Best)	3	2	50	-	50
Part-C Internship						
4MIC1	Teaching / Coaching / Officiating in Track & Field events III & IV	6	4	50	50	100
4MIC2	Teaching / Coaching / Officiating in Game of Specialization (First Best)	6	4	50	50	100

4MIC3	Officiating, Organisation & Participation in Project Sports Meet, Intramural and Extramural Tournaments	3	2	50	-	50
4MIC4	Coaching in the Game of Specialization / Track and Field events	3	2	50	-	50
Total		40	32	420	380	800

Note: Total number of hours required to earn 4 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester	Credits	Internal marks	External Marks	Total marks
I	32	520	280	800
II	32	420	380	800
III	32	520	280	800
IV	32	420	380	800
	128	1880	1320	3200

Semester	Part A: Theory Courses		Part B: Practicum		Part C: Internship	
	Credit	Marks	Credit	Marks	Credit	Marks
I	16	400	12	300	4	100
II	16	400	4	100	12	300
III	16	400	10	250	6	150
IV	16	400	4	100	12	300
Total	64	1600	30	750	34	850

**SEMESTER I –
THEORY COURSES**

**1MCC1 - RESEARCH PROCESSES IN PHYSICAL EDUCATION
AND SPORTS SCIENCES (CORE)**

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, Experimental Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III - Experimental Design

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

1MCC2 - PHYSIOLOGY OF EXERCISE (CORE)

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 Cardiovascular 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.

REFERENCE :

- 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. (1 996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

1MCC3 - TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (CORE)

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 male and female. Anaerobic Capacity: Margaria Kalamon test, Wingate Anaerobic Test, Anthropometric Measurements: Measuring Height: Standing Height, Sitting Height. Measuring Circumference: Arm, Waist, Hip, Thigh. Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

UNIT V - Skill Tests

Specific Spots Skill Test: Badminton: Poole Long Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Henry Friedel Field Hockey Test, Harbinder Singh Shooting Ability 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: Hewitt 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 Publishing 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

- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

1MECA – ADAPTED PHYSICAL EDUCATION (ELECTIVE)

UNIT I: Introduction to Adapted Physical Education:

Definition, aim and objectives of adapted physical education- Definition of Disabling Conditions - Physical Education for Persons with Disabilities - Benefits of Physical Education for persons with Disabilities - Recreational Sports Opportunities, Competition Opportunities- Special Olympics, Paralympics and Deaflympics.

UNIT II: Adapted Physical Education Program:

Organization and Administration - Guiding Principles of Adapted Physical Education - Interaction with Regular Physical Education Personnel - Communication with Parents - Nature of the Home Program, Parents as Teachers, Parent Involvement, Parent - Teacher Association, Parent Advisory Committee - Interpreting the Program, Unified Sports - models - recreation - player development and competition.

UNIT III: Classification of Disability:

Visual impairment - hearing impairment - neuromuscular impairment - orthopaedic impairment - cardiovascular impairment and respiratory impairment - intellectual impairment and emotional impairment - Adapted Physical Education Activities - Specific Guidelines - Visual Impairment, Hearing Impairment, intellectually challenged, Orthopaedically Handicapped.

UNIT IV: Facilities and Equipments:

Orientation on Facilities and Equipments - Facilities for Elementary Schools, Secondary Schools and Colleges - Types of Equipments - Minimum

equipment, Additional Equipment, Evaluation Equipment facilities - Leisure, Recreation and Sports Facilities for persons with disabilities.

UNIT V: Physical Fitness and Motor Development:

Definition - Physical fitness, motor fitness - Values of Physical Fitness - Physical Fitness through Life Long Activity - Factors Contributing to Poor Fitness - Evaluating Physical and Motor Fitness - Types of Physical Fitness Tests - Modification of the Physical Fitness Training System - Selected Fitness Problems. (Malnutrition and obesity)

REFERENCES:

- Auxter, D. (1993). Principles and Methods of Adapted Physical Education. Mosby Publications.
- Chapman, F. M. (1960). Recreation Activities for the Handicapped. New York: The Ronald Press Company.
- Daniel, R. C. (1982). Games Sports and Exercises for the Physically Handicapped. Philadelphia
- Jain, A. (2003). Adapted Physical Education. Delhi: Sports Publication.
- Lau, D. S. (2001). Physical Education for the Physically Handicapped. Delhi: Khel Sahitya Kendra.
- Schiffer, M. (1971). The Therapeutic Play Group. London: George Allen and Unwin Ltd.
- Sharma, D. (2006), Adapted Physical Education. New Delhi: Friends Publication.
- Sullivan, G. M. (1982), Teaching Physical Activities to Impaired Youth: An Approach to Mainstreaming. USA: Jhon Wilkey and Sons.
- Thind, M. N. (2010), Special Olympics Bharat Trainer Manuel. New Delhi: Special Olympics Bharat.

1MECB - SPORTS TECHNOLOGY & SPORTS ENGINEERING (ELECTIVE)

Unit I - Sports Technology

Definition, purpose, Need and Importance – Benefits of Sports Technology - Technology and Athletic Performance - Advantages and Criticism – Science Resources, Technological Impacts on Sports. Use of Computer and Software in Match Analysis and Coaching.

Unit II - Surfaces of Playfields

Modern surfaces for playfields, Construction installation and Maintenance of Sports Surfaces. Types of Materials - Synthetic, Wood, Polyurethane. Artificial Turf. Modern Technology in the Construction of Indoor and Outdoor Facilities.

Unit III – Modern Technology Equipments

Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring Equipments: Throwing and Jumping Events. Protective Equipments: Types, Materials and Advantages. Sports Equipments with Nano Technology and its Advantages.

Unit IV - Training Gadgets

Badminton: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Tennis Ball Feeding Machine, Mechanism and Advantages, Table Tennis: Table Tennis Ball Feeding Machine, Mechanism and Advantages. Lighting Facilities: Method of Erecting Flood Light and

Luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live Coverage of Sporting Events.

Unit V – Building and Maintenance

Sports Infrastructure – Gymnasium, Pavilion, Swimming Pool, Indoor – Outdoor Stadium- Play Park – Academic Block, Administrative Block, Research Block, Library, Sports Hostels – Gates for Free Movement People – Fire Exit – Emergency Providing for Lighting. Requirements: Air Ventilation, Day Light, Lighting Arrangement, Galleries, Store Rooms, Drinking Water, Sewage and Water Disposal System, Sound Systems – Echo Friendly and Disability Friendly.

Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.

REFERENCE:

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
- Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
- John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group. Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
- Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
- Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

Semester II

Theory Courses

2MCC1 - APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS (CORE)

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.

2MCC2 - SPORTS BIOMECHANICS AND KINESIOLOGY (CORE)

UNIT I - Introduction

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

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, Glutius, Psoas and 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, Walking and Running Gait.

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.

2MCC3 - ATHLETIC CARE AND REHABILITATION (CORE)

Unit I: Sports injuries:

Definition, Meaning, importance of sports medicine
- Sports Injuries: Causes – classification – prevention
- first aid: Definition – general first aid procedure (RICER, PRICER therapy) – Acute – sub acute – chronic injuries – dressing – bandages – types of bandages.

Unit II: Athletic Care I

Wound – classification – basic sports injuries (terminologies) – care and treatment of exposed and unexposed injuries – Hydrotherapy: definition – types – thermotherapy – Cryotherapy – electrotherapy: definition – ultrasound therapy – short wave diathermy

Unit III: Athletic Care II

Massage – definition – points to be considered – physiological and psychological effects of massage – indications for massage – classification – stroking manipulation – types and application – pressure manipulation – types of application – percussion manipulation – types and manipulation – shaking manipulation – types of application.

Unit IV: Rehabilitation I

Definition – meaning – principles – active exercises – passive exercises – stretching – definition – types – PNF stretching – manual muscle grading – assisted – resisted exercises – supporting and aiding techniques for upperlimb – lowerlimb – upper back – lowerback – chest – abdomen.

Unit V: Rehabilitation II

Protective equipments – classification – sports specific equipments – principles and procedure – therapeutic exercises – coordination exercises – balance exercises –strengthening exercises – gait training – medicine ball exercises – swizz ball exercises – posture – definition – deviations in posture – causes – exercises.

Note: Submission of physiotherapy record, lab practical and visit to physiotherapy centre. Observation injury management (assessed internally)

REFERENCES:

- Dohenty. J. Meno.Wetb, 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.
- Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.
- Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.
- Christopher M. Norris. (1993). Sports Injures 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,

Australia: Tittel Blackwell Scientific publications.

Practical: Anthropometric Measurements

2MECA – YOGIC SCIENCES (ELECTIVE)

Unit I - Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, 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 - Inverted asana - 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 Chakaras- Benefits of clearing and balancing Chakras.

Unit III - Kriyas

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

Unit IV - Mudras

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

Unit V – Yogic Therapy

Yogic therapy –Concept of Yogic Therapy, Role of Yoga Therapist, Yoga Therapy for Arthritis – Diabetes – Obesity – Constipation - Stress –Hyper and Hypo Tension – Asthma – Sinusitis - Yoga for women.

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.

Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A
Divine Life Society Publication.

Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai:
The Parkar Publication.

Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.

2MECB - SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (ELECTIVE)

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.

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.
- Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
- Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.

- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
- John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
- McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge
- NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
- NCERT (2005). National Curriculum Framework, 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

3MCC1 - SCIENTIFIC PRINCIPLES OF SPORTS TRAINING (CORE)

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 – Development of Fitness Components

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 – Development of Fitness Components

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Hyper Mobility. 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.

UNIT V – Coaching

Identification of Talent: Pre Requisites and Conditions for (13 Hrs.) Developing Talent - Early Recognition – Screening and Selection with Performance Factors - Specific Characteristics: Anthropometric - Physiological - Psychological - Motor Development of Children.

REFERENCES :

- 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. Mosphy 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
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
- Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
- Yograj Thani (2003), Sports Training, Delhi : Sports Publications

3MCC2 - THEORIES OF TRACK AND FIELD (CORE)

- UNIT I :** Planning, Construction and Marking of Standard and Non- Standard Track (200 m, 400m) – Computation of RDR and CDR – Stagger Distance and Diagonal Excess – Marking of Relays (4x100 m, 4x400 m) – Starting for all Track Events. Arc Start, Double Arc Start and Stagger Start.
- UNIT II :** Duties of Management Officials – Duties of Competition Officials – Additional Officials – Officials and their Duties for Track Events – Field Events and Combined Events. International Association of Athletic Federation (IAAF), Tamil Nadu Athletic Association (TNAA).
- UNIT III :** Rules and their Interpretations of Track Events - Sprint, Middle and Long Distance Events (100m, 200m, 400m, 110m Hurdles, 100m Hurdles, Relays, 800m, 1500m, 3000m, 5000m, 10000m and Marathon Race).
- UNIT IV:** **Marking, Rules and their Interpretations:** Throwing and Combined Events -Shot put – Discus, Javelin and Hammer Throw – Heptathlon and Decathlon
- UNIT V:** **Marking, Rules and their Interpretations:** Jumping Events - Long Jump, High Jump, Triple Jump and Pole Vault – Records of all Events in National and International Level

REFERENCES:

- American Sports Education Program. (2008). Coaching Youth Track and Field, Human Kinetics.
- Kamlesh. (2010). Field Manual of Sports and Games. Meerut: Nageen Prakashan Pvt. Ltd.
- Edmondson and Burn up. (1979). Basic Athletics. London: Bell and Hyman.

- Ekta Gothi. (2000). Manual of Track and Field. Delhi: Sports Publication.
- George Immanuel. Track and Field Event Layout and Marking. IAAF Rules Book.
- H.C. Buck. (1992). Rules of Games and Sports, Madras: Y.M.C.A. Publications.
- Harold Abranoms and Jack Crump. (1958). Athletics. Kings wood Surrey: The Naloret Press.
- Anand. (1990). Play Field Manual. Patiala: NIS Publication.
- Thani. V. (2003). Encyclopedia of Track and Field. New Delhi: Khel Sahitya Kendra.
- Vivek Thani. (1996). New Encyclopedia of Track and Field. Delhi: Khel Sahitya Kendra.

3MCC3 – DISSERTATION

A candidate shall have dissertation for M.P.Ed. - III Semester and must submit his Synopsis and get it approved by the Principal on the recommendation of R.C. (Research Committee).

A candidate selecting dissertation must submit his dissertation not less than one week before the beginning of the IIIrd Semester Examination.

The candidate has to face the Viva-Voce conducted by the Research Committee.

3MEA - HEALTH EDUCATION AND SPORTS NUTRITION (ELECTIVE)

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".

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. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.

Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

3MECB - PHYSICAL FITNESS AND WELLNESS (ELECTIVE)

Unit I - Introduction

Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness.

Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit II - Nutrition

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs

Unit III - Aerobic Exercise

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

Unit IV - Anaerobic Exercise

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training

Unit V - Flexibility Exercise

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

Reference:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Difcore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
- Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990. Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

Semester IV
Theory Courses

**4MCC1 - INFORMATION &
COMMUNICATION TECHNOLOGY (ICT) AND
EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION
(CORE)**

- 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 & E-Learning**
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 – GMS (Games Management System)

MS Power Point: Preparation of Slides with Multimedia Effects

E-Learning

Unit IV – 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 V - Instructional Design

Instructional Design: Concept, Views. Process and stages of Development of Instructional Design. Audio-visual media - meaning, importance and various forms Audio/Radio: Broadcast and audio recordings - strengths and Limitations, Audio Conferencing, Use of Television and CCTV in instruction and Training, Video Conferencing, Webinar

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 & 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

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.)

4MCC2 - SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY (CORE)

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Scenario 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: At least 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 Jersey: Prenticce Hall Inc.

- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman.,. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

4MCC3 – THEORIES OF SPECIALIZATION GAMES (CORE) BASKETBALL

- UNIT I:** Origin, History and Development of Basketball: Introduction Origin and Development of the Game in and around the world and India – International and National level association and its affiliated units - International and National Tournaments - Awards.
- UNIT II:** Fundamental Skills and Drills: Basic Body Movements - Advanced Body Control - Ball Handling Skills - Shooting Skills - Defensive Skills – Rebounding - Team Defense and Offense - Drills and Lead- up Activity and drills.
- UNIT III:** Tactics and Strategies: Defensive and Offensive Tactics in Basketball – Strategy – Offensive formation – Pivot Play – Post Play – Screening – Fast break – Give and Go – Defensive formation – Man-to-Man – Zone defensive – Full court press – Combination of Man-to-Man defensive.
- UNIT IV:** Rules and Regulations: Rules of the Game - Interpretation of the Rules - Duties of the Officials – Court Officials – Table Officials - System of Officiating – Signals - Terminology - Layout and marking of play field, surfaces.
- UNIT V:** Training and Skill evaluation: Philosophy of Coaching - Coaching Plan - Preparation of Coaching Schedules for Various Levels - Psychological Preparation. Basketball Skill Tests – Johnson Basketball Test – Knox Basketball Test – Team selection – Scouting – Organization of Tournaments – training aids.

REFERENCES:

- Clair Bee. and Ken Norton. (1959). Basketball Fundamentals and Techniques, New York: the Ronald Press Company.
- Clair Bee. and Ken Norton. (1959). Individual and Team Basketball Drills. New York: The Ronald Press Company.
- Clair Bee. and Ken Norton. (1959). Man -to - Man Defense and Attack, New York: TRPC.
- Clair Bee. (1950). Winning Basketball Plays. New York: The Ronald Press Company.
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- Lewis Cole. (1978). A Loose Game: The Sport and Business of Basketball. New York: The Bobbs Merrill Company.
- Moontasir Abbas. (1979). Principles of Basketball. Bombay: Skanda Publishers.
- Mukesh Kumar. (2008). Rules and Measurements in Sports. New Delhi: Sports Publication.
- NBA Power Conditioning. (1997). National Basketball Conditioning Coaches Association.USA: Human Kinetics Publishers.

BADMINTON

- UNIT I:** History: Origin, History and Development of Badminton around the World and in India - Badminton World Federation - Badminton Association of India, Tamil Nadu Badminton Association; Tournaments: World Championship, Olympic Games, Commonwealth Games, Asian Games and Other International and Domestic Tournaments.
- UNIT II:** Fundamental skills, drills: grips (forehand grip, back hand grip) - footwork - serve (high serve, low serve, flick serve and drive serve) - clear (overhead clear and underarm clear) - drop shots (forehand drop shot, backhand drop shot, around the head drop shot) - smash (forehand smash, backhand smash, around the head smash) - drive (forehand drive, backhand drive) - net play (net shots, net kill, net lift).
- UNIT III:** Tactics and Strategy: Singles strategy - Playing systems and Singles strategies- Playing systems and doubles strategies-Playing systems and mixed doubles strategies - Attacking formation - side- by-side formation - movement pattern of offence and defensive skills.
- UNIT IV:** Rules and regulations: Preparation and maintenance of various badminton courts - court markings - specification of post, net, racket, cock and players kit - officiating (mechanism of officiating, duties and power of officials, official signals) - rules of badminton singles, doubles and their interpretation - terminology.
- UNIT V:** Training and skill evaluation: Preparation of coaching schedule- periodization - utilization of training aids - training plan for various levels - talent identification - selection of players - various skill tests in badminton - different surfaces.

REFERENCES:

- Anujain. (2005). Badminton coaching manual. Delhi: Sports Publication.
- Barrow Harold, M., & McGee Rosemary. (1989). Practical Measurement in Physical Education and Sports. Philadelphia: Lea and Febiger.
- Bill Form. (2001). High-performance sports conditioning. USA: Human kinetics.
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- Jain D. (2005). Badminton Skills and Rules. USA: AAHPER Publication.
- Priyanka Narang. (2007). Teach Yourself Badminton. New Delhi: Sports Publication.
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- Singh, M.K. (2006). A to Z Badminton. New Delhi: Friends Publications.
- Wilmore, Jack H. & Costill, David, C. (1994). Physiology of Sport and Exercise. USA: Human Kinetics Publishers Inc.

CRICKET

- UNIT I:** Origin and History: History of Cricket in India, ICC, BCCI, TNCA. Tournaments: Test Matches - Ashes Series, Border - Gavaskar Trophy, ODI - World Cup, Champions Trophy, T20 –World T20, IPL
- UNIT II:** Fundamental Skills: Batting: Grip, Stance, Back Lift, Front Foot Defence, Back Foot Defence, Drives: Off-Drive, Cover-Drive, On- Drive and Straight Drive, Pull Shot, Hook Shot and Sweep Shot; Bowling: Basic Bowling Action, Pace Bowling: Out- swing, In-swing; Off-cutter, Leg-cutter, Spin: Off-spin, Leg-spin, Googly, Chinaman, Top-spin; Fielding: Catching, Long Barrier, Orthodox, Offensive Fielding, Defensive Fielding; Wicket-keeping: Stance, Receiving the Throws and Stumping.
- UNIT III:** Tactics: in Batting - in Bowling – Field placements for various types of bowling (out swing, in swing, off spin, leg spin, short pitch delivery, etc.,) strategies in batting, bowling, fielding and wicket keeping.
- UNIT IV:** Measurement of the pitch within creases, umpiring signals, ways of making batsman out – scoring – rules of unfair play.
- UNIT V:** General preparation of a cricket player – Specific training for pace bowlers, spinners, batsman, fielding, wicket – keeping. Types of training schedule for various level. Skill test – batting, bowling, fielding and wicket keeping

REFERENCES:

Anantharaman. Know Cricket Play Cricket. Bangalore: Sura Books Ltd.,

- Jack Fingleton. (1958). Master of Cricket, 1st Published by William Heine-Mann Led Capetown Auckland.
- Lan Merrison. (1999). Play the Game Cricket, London: Award Lock Book.
- MCC Joint Committee. (1955). Cricket on Non-Pitches.
- Mudar Patherya., and Barry O'brien. (1988). The Penguin Book of Cricket Lists, 1st Published by Penguin Books India Ltd.
- Ram Mohan Majumdar. (2009). Cricket Rule Book 2009. New Delhi: Sports Publication.
- The Cricket-Bat and how to use it, by an Old cricketer. (2011). General Books Publishers.

FOOTBALL

UNIT I: History: Origin and development of the game Football in the world and in India – National and International organization and its affiliated units – FIFA, AIFF, TNFA – National and International Tournaments Durand Cup, Rovers Cup, Nehru Cup – Merdeka Cup, World Cup, All England championship.

UNIT II: Fundamental skills and drills: Dribbling, passing, kicking, heading, trapping, throw in, volleying – Goal keeping, Drills to develop the skills – lead up activities.

UNIT III: Tactics and strategies: Individual and team tactics – offensive and defensive tactics – Dodging, Shooting, Shoulder change, tackling – Man to man defense – Funnel defense – Covering – Interchange – 5-3-2-1, 4-2-4-1, 4-3-3 – formations – Tactical preparation

UNIT IV: Rules and Regulations: Laws of the game – Interpretation of rules – officials – signals – system of officiating – Layout and Maintenance of play field

UNIT V: Training and skill evaluation: Training methods of football players – training schedule – training plan for various levels – talent identification – selection of players – scouting – various skill tests in football.

REFERENCES:

Alex Welsh. (1998). The Soccer Goal Keeping Hand Book. UK:A and C Black Publication.

Anil Kumar Vanaik. (2005). Playing Fields Manual. Friends Publication.

David Brenner. (1979). Soccer Tactics. UK: Albany Books,

Fillen Davis, and Kelly. (1949). Teaching Posture and Body Mechanics. New York: The Ronald Press Company.

- Hank Nuwer. (1983). *Strategies of Great Football Coaches, USA*: Moffa Press.
- HTA Whiting. (1975). *Concept in Skill Learning*. Lapus Books.
- Marry A. Danaher. (1938). *The Commemorative Coinage of Modern Sports*. UK: AS. Barnes and Company.
- Maurice Golesworthy. (1959). *The Encyclopaedia of Association Football*. Bristol Publication.
- Mike Ditch. (1988). *Filed, Coaching Soccer: The Progressive Way*, Prentice Hall.
- Thomas Reilly. (1996). *Science and Soccer*, UK: Eand FN Span Publishers.

HANDBALL

UNIT I: Origin, History and Development of Handball: Introduction - Origin and Development of the Game in and around the world and India - - International and National Tournaments – Awards – FIH, IHF and its affiliated units.

UNIT II: Fundamental Skills in Handball: Dribbling, Passing, Shooting, Goal Keeping, Feinting, Blocking and Screening - Team Defensive skill – offensive skill - Drills for the Skills - Lead up Games.

UNIT III: Tactics and strategies: Defensive and Offensive Tactics in Handball – Individual - Group and Team- Strategy in Handball – Defensive System of Play – Offensive System of Play.

UNIT IV: Rules and Regulations: Rules and their interpretation - Officials in Handball - Officiating - Mechanism of Officiating - Qualities of Officials - Duties of the Scorer - Time Keeper - Court Referee and Goal Line Referee - Personal Preparation of the Officials - Role of Officials in Competition.

UNIT V: Training and Evaluation: Training Aids - Periodization - Coaching Plan – Coaching Schedule - Psychological Preparation of Players for Various Seasons - Talent Identification – scouting - Selection of Players – Various Skill Tests in Handball – training aids.

REFERENCES:

Canadian Team Federation, Canadian Team Handball Federation Coaching-Volume II.

Christan, Menschcl/Hans/Gert Stein/ Lothar Fahrman (1987). Handball, Democratic Republic Sportverlag Berlin, Germany.

- Clanton,R.(1997). Team Handball: Steps to Success. USA: Human Kinetics.
- Fritz (1979). Handball (Technique-Tactics-Rules). Falken Verlag Erich Sicker KG.
- I.H.F (1994). Mini-A Pamphlet of the European Handball Federation and the International Handball Federation (IHF).
- I.H.F (1998). International Handball Federation - Handbook. Lange Gasse - 10, Switzerland.
- I.H.F (2005). Rules of the Game-Indoor Handball. IHF.
- Lindsay Pennycook/Robin Sykes (1980). Olympic Handball (The Complete Training Guide for Teachers and Coaches). Great Britain. Redwood Dura Limited Troebridge and Esher.
- Marezinka, Z. (1993). Playing Handball. Hungary: Trio Budapest Publishing Company.
- Tross, H. D. (1988), Handball (Training-Technique- Tactics). Germany: Rowchlt Tashenbuch Verlag Company.

HOCKEY

- UNIT I:** History: Origin and development of the game hockey in the world and in India – National and International level organizations and its affiliated units – International hockey federation (FIH), Indian hockey association – National and International tournaments – World cup – Aslansah hockey tournament – Agakhan Cup – Beighton cup – Nationals.
- UNIT II:** Fundamental skills and drills: a) Rolling, b) Dribbling, c) Push – Straight Push, Reverse push, wrong foot push, d) Stopping – Right step, left step, reverse step, e) Hit – Straight hit, reverse hit, wrong foot hit, turn around and hit, f) Flick – Straight flick, reverse flick, wrong foot flick, g) Scoop – Straight scoop, push scoop, Drills to develop the skill and lead up activities, h) Goal keeping.
- UNIT III:** Tactics and Strategies: Individual and team tactics – offensive and defensive tactics – tackling – shadow tackling, lunge tackling – feinting tackling, tackling and retreat – Dodging – Dodging right, dodging left – Passing – Parallel pass, through pass, return pass, back pass, cross pass, over head pass – Set players – Penalty corner, Penalty stroke, Corner, Positional play, system of play – Pyramid formation, 4-2-3-1-1, 4-2-4-1.
- UNIT IV:** Rules and regulations: Rules of the game and their interpretation – officials, duties of officials – signals – system of officiating – layout of play field and their maintenance – various playing surface.
- UNIT V:** Training and evaluation: Training methods for hockey players – Training plan for various levels – Training schedule – Talent identification – Selection of players – various skill tests in hockey – Henry Friedel field Hockey test, schimithal – French filed hockey test,

Harbinder Singh Shooting Ability Test – SAI hockey skill test battery.

REFERENCES:

Barrow, Harold M. Rosemany (1964), A Physical Approach to Measurement in Physical Education. Philadelphia, Lea and Febilger.

Bovarrd John F. Freederich W. Haggmann (1949), Patricia E., Test and Measurement in Physical Education, Philadelphia, W.B. Saunders Company.

Jake Maddox (2011), Field Hockey Firsts, Capstone Press (MN).

Jennifer Hurtig (2006), For the Love of Field Hockey, Weigl Publishers.

Katrin Barth (2007), Training Field Hockey, Meyer and Meyer Fachverlag and Buchhandel Gamb H Publishers.

LLC Books (2011), Field Hockey by Country - Australia, Canada, India and Germany.

R.G Goel, Encyclopedia of Sports and Games, Vikas Publication. New Delhi

Wein, Horst the Science of Hockey, S. Chand Company Limited. New Delhi

KABADDI

- UNIT I:** Origin, History and Development of Kabaddi: Introduction, Origin, Forms of Kabaddi, (Amar, Gemini, Sanjeevani), the Game's History, Development of the Game (Unproductive Raid Rule, Time out System and Bonus Line Game). National Level Association and its Affiliated Units - Tournaments - State Level, National Level, International Level.
- UNIT II:** Fundamentals of Offensive Skills: the Raid and its Mechanism - Analysis of a Raid - Pre- Considerations of a Raid (Cant, Entry, Settling Nad Path of Attack, Foot Work, Skills, Tactics and, Retreat- Footwork - Types of Footwork - Drills for Footwork - Changing Direction During Raid - Hand Touch - Types of Hand Touch - Toe Touch - Foot Touch (Sudden Leg Thrust and Squat Leg Thrust) - Drills for Leg Thrust- Kicking - Types of Kicking - Kicking Drills. Fundamentals of Defensive Skills - Pre- Requisites of a Defense Player - Positions of Play- Positions of Play (Right, Centre and Left Zone) - Systems of Play in Defense (Systems of Play When Seven, Six, Five, Four, Three Two Players in the Court)- Types of Holds and Drills: Ankle Hold, Drills for Ankle Hold, Thigh Hold, Types of Thigh Hold, Knee Hold, Waist Hold/Trunk Hold, Wrist Hold, Blocking, Types of Blocking.
- UNIT III:** Tactics and strategy: Escape Tactics (Turning out to Escape, Jumping over the Chain or Anti, Creating a Gap to Escape, Sliding the Anti to Escape, Breaking the chain) – Pursuit – Types of Pursuit – Baulk Line Raiding tactics – Defensive Tactics and Strategy - Fielding on the Bulk Line- Counter Action for Pursuit - Combination Holds - Types of Individual Combination Holds –

Advanced Offensive Skills: Escape from Ankle Hold, Trunk/Waist Hold - Advanced Defensive Skills: Types of Chain Hold - (Chain Hold by Center/Corner Zone Players, Running Chain Hold and Following Chain Hold).

UNIT IV: Rules and Regulations: Rules and their interpretation – Officials– officiating - Official Signals- Duties and Powers of Officials - Preparation and Maintenance of Kabaddi Court - Marking Methods - Lighting Arrangements surface – Rules and Regulations of Pro Kabaddi.

UNIT V: Training and skill evaluation: Warming - Up, Types of Warming - Up - Interval Training, Fartlek Training, Weight Training, Circuit Training - Planning and Periodization - Model Training Scheduler - Performance Analysis - Scouting - Tests to Evaluate Skills in Kabaddi: Footwork Test, Reaction Ability Test, Raiding Skill Test, Hand Touch Reach Test, Offensive Skill Test with Cant and Foot Touch Reach Test - Team Selection - Organization of Tournaments – training aids.

References:

Barrow, Harold M. Rosemary (1964), A Physical Approach to Measurement in Physical Education, Philadelphia, Lea and Febiger.

Hephaestus (2001), Articles on Sports Originating in South Asia - Kabaddi, Hephaestus Publishers.

Livres Group, Sports En Inde: Kabaddi (2007), LLC Books.

LLC Books (2011), Kabaddi Players By Nationality - Bangladesh, Pakistan, India.

LLC Books (2011), Traditional Sports of India: Kabaddi.

Meenu Syal (2004), Teach Yourself Kabaddi, Sports Publications.

Prasad Rao (2002), The Complete Handbook of Kabaddi, Jagadamba Publications, Tupakula Street, Vizianagaram - 531 202 India.

KHO - KHO

- UNIT I:** History: History of the game - Development of the game in India and the World – Kho-Kho federation of India, Tamil Nadu Kho-Kho Association – National and International tournaments – Awards.
- UNIT II:** Offensive skills in kho-kho: Sitting position (Parallel method - Bullet method) - Giving kho-kho- chain kho - Pole turn - Pole diving - Covering (moving in the cross line) and different methods- sudden attack and different methods - Diving (Sitting dive and running dive) - Lead up activities. Defensive skills in kho- kho: methods of entry from entry zone - 3-3-2 method - 1-3-1-1 method - 2-3-1 method - six single up method - combination methods- Ring game - Lead up activities.
- UNIT III:** Offensive strategies: Pole turn – Sitting pole turn – Running pole turn – fake & pole turn, pole dive – Sitting pole dive (1 step, 2 step, 3 step) – fake & pole dive – Direct pole dive. Defensive strategies: Entry procedures, combination of 3-3-2, 1-3-1-1 and 2-3-1 run, avoiding from sudden attack – avoiding from pole dive – avoid from judgment kho – avoid from direct pole dive – avoiding from third sitting attack.
- UNIT IV:** Rules and regulations: Officiating system - Mechanism of officiating -Qualities of officials- Duties of Referee, Umpire, Scorer, Time keeper, Assistant scorer - Score sheets- Marking methods - lighting arrangements.
- UNIT V:** Coaching: Philosophy of coaching - qualities and qualifications of coach - role of coach - Periodization- selection of players - Coaching plan - Model training schedule – Skill evaluation (subjective rating).

REFERENCES:

- Gauri Chakravarti (2001), Kho-kho Avlokan, Sports Publications.
- Hephaestus (2001), Articles on Sports Originating in South Asia - Kho- kho, Hephaestus Publishers.
- Livres Groupe, Sports En Inde: Kho-kho (2007), LLC Books.
- LLC Books (2011), Kho-kho - India Kho-khoTeam, Bangladesh National Kho-khoTeam.
- LLC Books (2011), Kho-kho Players By Nationality - Bangladesh, Pakistan, India.
- LLC Books (2011), Traditional Sports of India: Kho-kho.
- Meenu Syal (2004), Teach Yourself Kho-kho, Sports Publications.
- Selvaraj. V.N. (1998), Kho-kho, Teachers Publications, Coimbatore.

TENNIS

- UNIT I:** History: Origin and Development of the game around the world and in India – structure and setup of the Indian tennis – ATP-ITF- Davis cup – Olympics – Grand slam: Australian open – French open – Wimbledon – US open.
- UNIT II:** Fundamental Skills, Drills and lead up games: Services – Volley (Low volley, Medium volley, High volley and Drive volley) – Half volley (net play) – Fore hand and back hand (Base line shots – cross court shots – mid court shots, down the line shots) – Return of serve – lobbing – Smash – drop shot – slice shots.
- UNIT III:** Tactics and Strategy, Single strategy: Areas of the court – Tips for base line play – Forehand drill – Tips for mid court play – Tips for net play – Style of play – Counter stroking – Serve and volley – Doubles strategy: First serve in – Play down the middle – Server's responsibility – Receiver's responsibility – Parallel play (Tantom) – One up and one back – Both players back - Tactical Priorities (Height, Direction, Depth, Spin, Speed).
- UNIT IV:** Rules and regulations: Laying out Tennis Court (Single, Doubles), Permanent Fixtures, Ace, Faults in Service, Let, Scoring System, Role of court officials, Rules for Doubles game surface.
- UNIT V:** Training and evaluation: Plan: Definition and meaning – Principles and types: micro cycle – meso cycle – macro cycle (annual cycle) – periodisation – Olympics plan – Skill tests – Training aid – Scouting and organization of competition.

REFERENCES:

- Andy Durham (1987), *Play to win Tennis*, London, Octopus Books
- Ashit Paul (1985), *Tennis*, Calcutta: Thomson Press (India) Ltd.
- Bill Tilden (1950), *How to play better tennis*, New York: Rolls Offset Printing Co. Inc.,
- Chack Kriese (1989), *Total Tennis Training*, Philadelphia: W.B. Saunders Co.,
- Chef Murphy (1958), *Tennis for Beginners*, New York: The Ronald Press Company.
- Evelyn Dewhurst (2002), *Coaching successfully Tennis*, Delhi: Sports Publications.
- Jeff Savage (1997), *Andre Agassi*, Minnesota: Lerner Publications Company.
- John Feinstenis (1992), *Hard Courts*, New York: Villard Books.
- Peter Sherwood & Gray Alderdice. (1981). *The world's best tennis book ever*. England: EP publishing Ltd.
- Rick Chaver. (1996). *Teaching tennis*. Delhi: Surjeet Publishing.

VOLLEYBALL

- UNIT-I:** History: Origin, History and Development of Volleyball around the world and India – Federation of International Volleyball – Volleyball Federation of India, Tamil Nadu State Volleyball Association; Tournaments: World Championship, Olympic Games, Commonwealth Games, Asian Games and Other International and Domestic Tournaments.
- UNIT-II:** Fundamental Skills and Drills: Passing – Under Hand pass, Over Head pass, Service-Under Hand service, Over hand service, jump and serve, Attacking-Straight smash, tapping, Hard Driven spike, Blocking-Single block, (Double block and triple block) – Drills and lead up activity for fundamental skills – Mechanical principles of fundamental skills.
- UNIT-III:** Technical and Tactical Preparation: 'W' - Formation, Service reception - Double Triangle Formation- Formation without Block- Scattered Formation, Semicircular Formation - Formation with One Man Block: 1-1-4, 1-2-3, Formation with Two Man Block-2-4, 2-1-3, Offense: Types of attack. System of Defense-Inter Charge System, Over Load System, Rebound System, Self Defense System. Team Composition-6-0,5-1,4-2,3-3,2-4-General and Specific Warming up General and Specific Fitness Developments - Signals and Combination.
- UNIT-IV:** Rules and Regulations: Preparation and maintenance of volleyball court – court markings – specification of post, net, and players kit – officiating (mechanism of officiating, duties and power of officials, official signals) – rules of games and their interpretation – terminology.

UNIT-V: Training and Skill evaluation: Preparation of coaching schedule– periodization – utilization of training aids
– training plan for various levels – talent identification
– selection of players – various skill tests in volleyball
– different surfaces.

REFERENCES:

- Arora M (2005), Volleyball Coaching Manual. Delhi (India): Sports Publications.
- Behl R. (2010). Volleyball Quiz, New Delhi (India): Sports Educational Technology Company, C.B (2010). The A to Z of sports and Games (Rules & Skills). Meerut: Mini Books (An Imprint of Chaudhary Book Company).
- Gregory, B.K (2006). Volleyball steps to success. USA Human Kinetics.
- India, N.C (2009). Book of Rules of Games and Sports. New Delhi: W.I. Judson.
- Kamesh D.M. (2010). Field Manual of Sports and Games. Meerut: Nageen Prakashan Pvt., Ltd.,
- Kumar V.C (2009). Volleyball players' Handbook. Delhi(India): Friends Publications
- Mishra, D.C (2007) Teach yourself Volleyball. Delhi (India): Sports Publications
- Nieder R.C. (1982). Teaching Volleyball. Delhi (India). Sujith Publications
- Programe A.S (2007) Coaching youth volleyball. USA: Human Kinetics
- Seidel, B.F (1975). Sports skills. Dubuque WM C. Brown company publishers.
- Shewan K.K (1999). Beach volleyball. USA: Human Kinetics.

4MECA - VALUE AND ENVIRONMENTAL EDUCATION

(ELECTIVE)

UNIT I - Introduction to Value Education

Values: Meaning, Definition, Concepts of Values.
Value Education: Need, Importance and Objectives.
Moral Values: Definition and Need, Theories of Values.
Classification of Values: Basic Values of Religion.

UNIT II - Value Systems

Meaning and Definition, Personal and Communal Values, Consistency, consistent, inconsistent, Judging Value System, Commitment, Commitment to values.

Unit- III - Environmental Education

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

Unit - IV Rural Sanitation and Urban Health

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

Unit - V Natural Resources and related environmental issues:

Water resources, food resources and Land resources, Definition, effects and control measures of: Air Pollution,

Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution Management of environment and Govt. policies, Role of pollution control board.

REFERENCE:

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.

Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987

Townsend C. and others, Essentials of Ecology (Black well Science)

Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.

Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.

Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996.

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

4MECB - SPORTS JOURNALISM AND MASS MEDIA (ELECTIVE)

UNIT I Introduction

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

UNIT II Sports Bulletin

Concept of Sports Bulletin: Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Types of bulletin - Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting.

UNIT III Mass Media

Mass Media in Journalism: Radio and T.V. Commentary - Running commentary on the radio - Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing - Publishing.

UNIT IV Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT -V Journalism

Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach. Practical

assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.

REFERENCE:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.

Semester I

Practicum Course

TRACK AND FIELD I: RUNNING EVENTS / GYMNASTICS.

Running

- ▲ 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

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

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

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

AEROBICS

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

Appendix VIII:

Semester I Practicum Course

1 MPC1: TRACK AND FIELD I: RUNNING EVENTS

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

1MPC2: GYMNASTICS (Floor Exercises)

1MPC3: GAME OF SPECIALIZATION – II (Second Best)

The Candidate has choice to select any one of the following games as the Specialization - II (Second best).

(Badminton/Basketball/Cricket/Football/Handball/Hockey/
Kabaddi/Kho-kho/ Tennis/ Volleyball)

1MPC4: AEROBICS

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

1MIC1: FIELD / LABORATORY WORK

Student has to undergo the following and has to prepare a record and submit to the staff. Test, Measurement & Evaluation / Fitness Training, Sports Psychology & Physiology of Exercises Laboratory

1MIC2: CLASS ROOM TEACHING

Student has to undergo five lessons on theory subjects, Organisation & Participation in Project Sports Meet, Intramural & Extramural Tournaments

1MIC3: TEACHING / COACHING / OFFICIATING: AT SCHOOLS / COLLEGES / INSTITUTIONS

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 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

2MPC1: TRACK AND FIELD II:

JUMPING EVENTS AND HURDLES

2MPC2: YOGA

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

2MPC3: GAME OF SPECIALIZATION II

The Candidate has choice to select any one of the following games as the Specialization - II (Second best)

(Badminton/Basketball/Cricket/Football/Handball/Hockey/Kabaddi/Kho-kho/ Tennis/Volleyball)

2MIC1: TEACHING / COACHING / OFFICIATING: TRACK AND FIELD I & II

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

**2MIC2: TEACHING / COACHING / OFFICIATING:
GAME OF SPECIALIZATION II (Second Best)**

Student has to undergo Teaching / Coaching / Officiating in their game of specialization (second best) and a lesson has to be conducted in the faculty premises which will be evaluated.

**2MIC3: CLASS ROOM TEACHING – 5 LESSONS ON THEORY
SUBJECTS, PROJECT SPORTS MEET, PARTICIPATION IN
INTRAMURAL AND EXTRAMURAL TOURNAMENTS**

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. The faculty members will evaluate the organization and participation capabilities of the students.

Semester III

Practicum Course

3MPC1: TRACK AND FIELD III:

THROWING EVENTS

Course contents in throwing events should be chalked out internally considering advance level of students. Practical Skill Test to be conducted after completion of syllabus

3MPC2: GYMNASTICS: (With apparatus)

Course contents in Gymnastics should be chalked out internally considering advance level of students and suitable to their age and gender. Practical Skill Test to be conducted after completion of syllabus

3MPC3: COMBATIVE SPORTS: (BOXING/ FENCING/ JUDO/ KARATE/ TAEKWONDO)

The students of M.P.Ed - III Semester need to be 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.

3MPC4: FITNESS TRAINING

Conditioning Exercises: General and Specific Training Methods: Weight Training (Free Weights and Machine Weights) – Circuit Training – Interval Training – Fartlek Training – Plyometrics, Swiss Ball Training – Medicine Ball Training – Core Board Training – Cross Training.

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.

3MPC5: GAME OF SPECIALIZATION FIRST BEST:

The students of M.P.Ed - III Semester need to be 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 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.

3MIC1: FIELD / LABORATORY WORK:

Athletic Care, Physiotherapy and Rehabilitation, Sports Medicine and Kinesiology and Biomechanics Laboratory

3MIC2: CLASS ROOM TEACHING:

Five Lessons on Theory Subjects, Organisation & Participation in Project Sports Meet, Intramural and Extramural Tournaments

3MIC3: COACHING LESSONS OF SPECIALIZATION GAMES:

Internship at Schools / Colleges / institutions

Semester IV

Practicum Course

4MPC1: TRACK AND FIELD IV: COMBINED EVENTS

Course contents in combined events should be chalked out internally considering advance level of students. Practical Skill Test to be conducted after completion of syllabus

4MPC2: GAMES SPECIALIZATION I: (FIRST BEST)

The Candidate has choice to select any one of the following games as the Specialization - I (first best). This specialization will be chalked out internally considering advance level of students. Practical skill test any two.

(Badminton/Basketball/Cricket/Football/Handball/Hockey/
Kabaddi/Kho-kho/Tennis/ Volleyball)

4MIC1: TEACHING / COACHING / OFFICIATING: TRACK & FIELD EVENTS III & IV

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.

4MIC2: TEACHING / COACHING / OFFICIATING:

GAME OF SPECIALIZATION I (FIRST BEST)

The students of M.P.Ed - IV Semester need to be develop proficiency in taking officiating lesson on selected game specializa- tion. 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 super- vised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

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

4MIC3: OFFICIATING, ORGANIZATION AND PARTICIPATION: PROJECT SPORTS MEET, INTRAMURAL AND EXTRAMURAL TOURNAMENT

The students of M.P.Ed - II Semester need to develop pro- ficiency 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. The faculty members will evaluate the organiza- tion and participation capabilities of the students.

4MIC4: COACHING IN THE GAME OF SPECIALIZATION / TRACK AND FIELD EVENTS

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. The faculty members will evaluate the organization and participation capabilities of the students.

