

PROGRAMME GUIDE

MASTER OF PHYSICAL EDUCATION & SPORTS (M.P.E.S)

- *Scheme of Examination (CBCS/ELECTIVE)
- *Detailed Structure of Syllabus



DR. C.V.RAMAN UNIVERSITY
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MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)

Duration: 24 Months (2 Year) Eligibility: BP. Ed, BPE, BPES

COURSE STRUCTURE OF MPES SEMESTER Ist													
Course Details				External Assessment		Internal Assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
6EMPE101	Core Course	Research Process in Physical Education & Sports Sciences	100	50	17	20	08	30	12	4	-	-	4
6EMPE102	Core Course	Physiology of Exercises	100	50	17	20	08	30	12	4	-	-	4
6EMPE103	Core Course	Sports Management	100	50	17	20	08	30	12	4	-	-	4
6EMPE104	Core Course	Tests, Measurement and Evaluation in Phy. Ed.	100	50	17	20	08	30	12	4	-	-	4
Practical Group				Term End Practical Exam				Sessional					
6EMPE105	Practical Course	Practical	100	50	17			50	17	-	-	4	4
	Grand Total		500							16	-	4	20

Minimum Passing Marks are equivalent to Graded

L- Lectures T- Tutorials P-Practical

Major- Term End Theory Exam Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

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COURSE STRUCTURE OF MPES SEMESTER II													
Course Details				External Assessment		Internal Assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
6EMPE201	Core Course	Applied Statistics in Physical Education and Sports	100	50	17	20	08	30	12	4	-	-	4
6EMPE202	Core Course	Sports Biomechanics and Kinesiology	100	50	17	20	08	30	12	4	-	-	4
6EMPE203	Core Course	Professional preparation & curriculum design in Phy. Ed.	100	50	17	20	08	30	12	4	-	-	4
6EMPE204	Core Course	Health Education and Sports Nutrition	100	50	17	20	08	30	12	4	-	-	4
Practical Group				Term End Practical Exam				Sessional					
6EMPE205	Practical Course	Practical	100	50	17			50	17	-	-	4	4
Skill Course								Sessional					
*	Skill Enhancement	Skill Enhancement Elective Course-1	50	-	-	-	-	50	20	1	-	1	2
	Grand Total		550							17	-	5	22

Minimum Passing Marks are equivalent to Graded Practical

L- Lectures T- Tutorials P-

Major- Term End Theory Exam/ Practical Exam Minor- Pre University Test.

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

Skill Elective I – Any other course being offered in this semester as per the list given at the end of course structure.

Compulsory Project/Dissertation with choice in any Disciplinary specific elective. Compulsory Project report along with one paper presentation certificate to be attached in report in related discipline.

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COURSE STRUCTURE OF MPES SEMESTER III													
Course Details				External Assessment		Internal Assessment				Credit Distribution			Allotted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
Theory Group													
6EMPE301	Core Course	Scientific principle of Sports training	100	50	17	20	08	30	12	4	-	-	4
6EMPE302	Core Course	Officiating and coaching	100	50	17	20	08	30	12	4	-	-	4
6EMPE303	Core Course	Sports Journalism	100	50	17	20	08	30	12	4	-	-	4
***	Discipline Specific Elective	Elective – I	100	50	17	20	08	30	12	4	-	-	4
Practical Group				Term End Practical Exam				Sessional					
6EMPE306	Practical Course	Practical	100	50	17			50	17	-	-	4	4
Skill Courses								Sessional					
*	Skill Enhancement	Skill Enhancement Elective Course-II	50	-	-	-	-	50	20	1	-	1	2
	Grand Total		550							17	-	5	22

Minimum Passing Marks are equivalent to Graded Practical

L- Lectures T- Tutorials P- Practical

Major- Term End Theory Exam/ Practical Exam Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

Skill Elective I – Any other course being offered in this semester as per the list given at the end of course structure.

Compulsory Project/Dissertation with choice in any Disciplinary specific elective. Compulsory Project report along with one paper presentation certificate to be attached in report in related discipline.

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COURSE STRUCTURE OF MPES SEMESTER IV														
Course Details				External Assessment		Internal Assessment				Credit Distribution			Allotted Credits	
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution	
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks					
Theory Group														
6EMPE401	Core Course	Sports Psychology	100	50	17	20	08	30	12	4	-	-	4	
6EMPE402	Core Course	Sports medicine	100	50	17	20	08	30	12	4	-	-	4	
6EMPE403	Core Course	Physical Fitness and Wellness	100	50	17	20	08	30	12	4	-	-	4	
	Discipline Specific Elective	Elective - II	100	50	17	20	08	30	12	4	-	-	4	
Practical Group				Term End Practical Exam		Sessional								
6PRPE401	Project/Dissertation/Internships & Viva Voce	Project/Dissertation/Internship & Viva Voce	200	100	33	-	-	100	40	-	-	8	8	
Grand Total			600							16	-	8	24	

Minimum Passing Marks are equivalent to Grade D Practical

L- Lectures T- Tutorials P-

Major- Term End Theory Exam/ Practical Exam

Minor- Pre University Test

Sessional weightage – Attendance 50%, Three Class Tests/Assignments 50%

Compulsory Project/Dissertation & Viva Voce in Disciplinary specific elective. Compulsory one paper presentation certificate in related discipline.

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LIST OF ELECTIVES

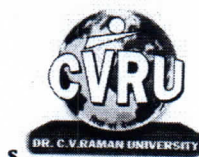
***Note** - Students need to select one paper from each elective for fifth & sixth semester.

Elective Paper Third Semester			Elective Paper Fourth Semester		
Codes	Nature of the Course	List of Electives	Codes	Nature of the Course	List of Electives
Elective -I			Elective -II		
6EMPE304	Discipline Specific	Computer application and use of SPSS in Physical Education	6EMPE404	Discipline Specific	Sports technology
6EMPE305	Discipline Specific	Athletic Care and Rehabilitation	6EMPE405	Discipline Specific	Yoga Science


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SEMESTAR- 1ST

Course- Master of Physical education & Sports (MPES) Theory

Subject- Research process in Physical Education and Sports

Subject Code :6EMPE101

Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: The objective of the course is understand the modern concept of research. This course will enable students to understand statistics in physical education and sports. It aims to develop understanding about the need and importance of research in physical education and sports, research problem, survey of related literature

UNIT - I

Introduction

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

UNIT - II

Methods of Research

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

UNIT - III

Experimental Research

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

UNIT - IV

Sampling

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

OUTCOMES:

- understand the basic framework of research process.
- understand the classification of research.
- describe the research process.
- identify various sources of information for literature review and data collection.
- know how to organize, manage, and present data.
- use and apply a wide variety of specific statistical methods.
- Formulate research problem. .
- search literature reviews.
- understand statistical models used in physical education and sports

REFERENCE :


Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc


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- 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
- Sherlekar, S.A. (2010). Marketing Management. Himalaya Publishing House, 13th Revised Edition, 2010


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SEMESTAR- 1ST

Course- Master of Physical education & Sports (MPES) Theory
Subject- Physiology of Exercise

Subject Code : 6EMPE102

Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: Objective of the course the enable students to understand the physiological aspect of athlete during exercise or performance.

Enable the students to understand climatic condition and sports performance. Enable the students to understand metabolism and energy transfer during exercise or performance.

UNIT - I

Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, sTypes of Muscle fiber .Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT - II

Cardiovascular System and Exercise

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

UNIT - III

Respiratory System and Exercise

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

UNIT - IV

Metabolism and Energy Transfer

Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity 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, Stimulants and sports performance.

OUTCOMES: •

understand how react different systems of human body during exercise and games.


- Understand how body acclimatized after altitude training.
- understand the physiological effects of the exercise on different systems of human body.
- measure the bodily functions such as blood pressure, pulse/heart rate, different lung volume, gaseous exchange, capacity, amount of lactic acid etc.


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REFERENCE

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- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
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- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company


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SEMESTAR- 1ST

Course- Master of Physical education & Sports (MPES)
Subject- Sports Management

Subject Code :6EMPE103

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: This course will enable students to understand the management of organization

UNIT - I

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 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

Management of performance:

Evaluation and its techniques in physical education. Sports competition and its system, Training structure & performance. Injury management, Ethics of sports.

UNIT - V

Management of finance and Facilities:

Financial administration in sports and physical education, Sources of funds in sports, Budgeting in sports and games, purpose and principles of budgeting. Facility (outdoor and indoor) Planning, Construction and maintenance of sports facilities.

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OUTCOMES: •

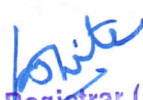
- understand the managerial function of sports management.
- understand the importance of Management in Physical Education and Sports.
- describe the public relation and media management.


Reference:

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SEMESTAR- 1ST

Course- Master of Physical education & Sports (MPES)

Subject- Test Measurement and Evaluation in Physical Education

Subject Code : 6EMPE104

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.

UNIT - I

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

UNIT - IV

Anthropometric and Aerobic-Anaerobic Tests

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

UNIT - V

Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliffe Cricket test. sRussel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

OUTCOMES: •

- understand the need & importance of test, measurement and evaluation in physical education.
- describe the criteria, classification and administration of test.
- develop concepts related to test, measurement & evaluation.
- construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
- explain different physical fitness and skill tests.

Reference:

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
Awasure, Vivek G. & Joshi, A.R. (2015) Test, Measurement & Evaluation in Physical Education, Nagpur : Amit Brothers Publications
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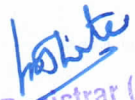
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SEMESTAR- 1st

Course- Master of Physical education & Sports (MPES)
Subject-Practical

Subject Code : 6EMPE105

Theory Max. Marks : 100

Theory Min. Marks : 50

PART – II PRACTICE OF TEACHING

Note: The candidate will be evaluated by the examiners in the following contents

A. TRACK AND FIELD (COMPULSORY)

80 Marks

* Sprint * Relay Races * Middle Distance * Race Walking .

a) Teaching Lesson

20 Marks

b) Marking of Track Events

20 Marks

c) Officiating and Specifications

20 Marks

d) Note Book

20 Marks

B. GAME

80 Marks

Student Shall Choose One among the Following Games for Semester-I

1) Football

2) Volleyball

3) Cricket

a) Teaching Lesson

20 Marks

b) Field/Court /Floor Marking

20 Marks

c) Specifications of Equipments

20 Marks

d) Note Book

20 Marks

PART – III SKILL AND PROWESS 40 Marks

Note: Candidates will be evaluated in skill and prowess out of 20 Marks each in Track and Field and Game

A) TRACK AND FIELD

20 marks

(1) Sprints (2) Relay Races (3) Middle Distance (4) Race Walking

B) GAME

20 Marks

1) Football

2) Volleyball

3) Cricket

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SEMESTAR- 2nd

Course- Master of Physical education & Sports (MPES)

Subject- Applied Statistics in Physical Education and Sports

Subject Code : 6EMPE201

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: This course will enable students to understand the modern concept of research and statistics in physical education and sports. It aims to develop understanding and analysis capability of raw data.

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.

OUTCOMES: •

- understand the basic framework of research process.
- understand the calculation of raw data.
- describe the research analysis.

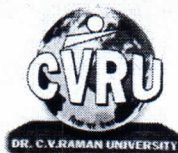
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Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
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SEMESTAR- 2nd

Course- Master of Physical education & Sports (MPES)

Subject- Sports Biomechanics and Kinesiology

Subject Code : 6EMPE202

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: Knowledge of Biomechanics and Kinesiology is important for understanding the human movement, including those involved in sports and games. This course begins with an overview of Biomechanics and Sports Kinesiology followed by fundamental concepts, mechanical concepts, kinematics and kinetics of human movement

UNIT I

Introduction

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

UNIT II

Muscle Action

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

UNIT III

Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components .Force applied at an angle -pressure -friction - Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV

Projectile and Lever

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

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

UNIT V

Movement Analysis

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

OUTCOMES:

- define and describe the term kinesiology and biomechanics.
- explain mechanical concepts (force, lever, Newton's laws of motion and Projectile).
- develop the knowledge and appreciation of the importance of the study of kinesiology as a foundation for further studies in biomechanics and performance analysis.
- develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.
- identify the goals of exercise and sports biomechanics.
- describe the methods used to achieve the goals of exercise and sports biomechanics.
- analyse sport movements and design movement-oriented exercise prescriptions

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Choudhary, S., Awasare, V., Datarkar, V., Bhadra, T.(2015) Kinesiology/Biomechanics made Easy. Sholapur (M.S.)

Deshpande S.H.(2002). ManavKriyaVigyan – Kinesiology (Hindi Edition)Amravati :HanumanVyayamPrasarakMandal.

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SEMESTAR- 2nd

Course- Master of Physical education & Sports (MPES)
Subject-Professional preparation in Physical Education

Subject Code : 6EMPE203**Theory Max. Marks : 50****Theory Min. Marks : 17****OBJECTIVE: .**

This course will enable students to understand the professional preparation in physical education in India. It aims to develop understanding about the field of physical education and curriculum design.

UNIT - I

Foundation of professional preparation

1. Ideals of Indian Democracy: Contribution of Physical Education.
2. Forces and factor effecting Education Policies and programmes – social, religious, economic and political. Education and professional preparation in physical education in India with those in USA, USSR and UK. 1. Under graduate preparation of professional areas of health education, physical education and recreation. Purpose of under graduate preparation

UNIT - II

1. Under graduate preparation of professional areas of health education, physical education and recreation. Purpose of under graduate preparation

Administration, curriculum, laboratory experiences, field experiences, Laboratory Experiences, Field Experiences, Teaching Practice and Professional competences to be developed. Facilities and special resources for Library.

2. Post Graduate preparation of professional personnel: Purposes of post graduate studies, admission requirements, sports, curriculum, area of specialization and concentration on core areas, Research requirement, Methods of instruction.

3. In service education of professional personnel: Nature and scope of in service education; Responsibility for in service training, Role of administration, Physical Education Training Institute, Supervisors, the professional, and in – service training programmes. In service through individual efforts, apprenticeship on the job projects. Survey and reports, critical appraisal of existing types of post graduate programs

UNIT - III

1. Importance of Curriculum Development Factors affecting curriculum, changing needs of student, national and professional policies

2. The Role of the teacher in curriculum development.

3. Principles of Planning: Understanding the capacity characteristics and needs of the learner. Evaluation and follow up

4. selecting material for instruction – classification of activities for different age group and sexes. Progress in cariculum. Cultural influences in the choice of activities flexibility of programme material.

UNIT - IV

Selecting methods of teaching

1. Grouping of students for instruction, lecture, projects, activities, demonstration, Selecting methods of teaching

2. Block of period, total time allotment do a given activity, teaching aids, conditioning

3. Special gadgets to concentrate on development of particular skills or activity, provision for individual differences. Development program for different levels of education: Kindergarden, elementary school, Middle School, High School and Higher Secondary School, College and University, Special institution (Technical School & orphan hostel) special days, national days etc.

UNIT - V

1. Co-education in physical education – Interrelating the Programs for boys and girls. Activities suitable for co-education, levels at which co-education is desirable, spcial provision for development of girls programme.

2. Evaluation and follow up process in physical education – nature, importance and procedure for evaluation in physical education, follow- up: curriculum followed in colleges of physical education – BPE, MPed, BPed.

3. In physical Education, M. Phil. Etc. committees recommendation: NCE – CBSE, UGC recommendation on

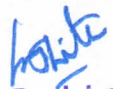
curriculum for schools and colleges. Semester I: Paper II Test Measurement and Evaluation in Physical Education

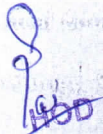
OUTCOMES:

- understand the preparation in graduate level.
- understand the preparation in post graduate level ..
- Understand about curriculum design.
- Student are enable to understand evaluation process in physical education.

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- Adams William c. foundation of physical education exercise and sports sciences, Philadelphia, 1991.
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- Hoover. Kenneth H., The Professional Teacher's Handbook, Bosten, Aliyn and Bacoan. 1972.
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- Sandhu Kiran, Professional Preparation and career development in Physical Education. New Delhi, Friends publication 2004.
- SsnahuKiram. Trends and development in Professional preparation in physical education , New Delhi, friends publication 2006.
- Wessel Janet A and Kelly Luke, Achievement based curriculum development in Physical Education, Philadepia, Lea and Febiger, 1986.
- ZeKjter E.F. Professional and Scholarly foundation of physical education and kinesiology. Sports Educational Technologies 2007.


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SEMESTAR- 2nd

Course- Master of Physical education & Sports (MPES)

Subject- Health Education and Sports Nutrition

Subject Code : 6EMPE204

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE: .

This course will enable students to understand the modern concept of Health education and nutrition. It aims to develop understanding about the Health problem, Hygiene, weight management etc.

UNIT - I

Introduction

1. Concept of health, meaning, definition and scope of health education.
2. Objective of health education.
3. Principles of health education.
4. Need and significance of health education.

UNIT - II

Health Problems in India

Communicable and Non Communicable Diseases

Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population,

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 nutritional guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein, Fat), Role of Carbohydrate, Protein, Fat during exercise.

UNIT - V

Nutrition and Weight Management

Concept of BMI, Obesity and its hazards, Dieting versus exercise for weight control, Maintaining a healthy life style, Weight management program for sports child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

OUTCOMES:

- understand the concept of health and hygiene training.
- Plan nutritional plan.
- Understand about health problem in India.
- Student are enable to understand weight management

REFERENCE :

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

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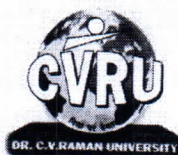
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Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

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SEMESTAR- 2nd

Course- Master of Physical education & Sports (MPES)

Subject- Practical

Subject Code : 6EMPE205

Max. Marks : 100

Min. Marks : 50

PART - II PRACTICE OF TEACHING

Note: The candidate will be evaluated by the examiners in the following contents

A. TRACK AND FIELD (COMPULSORY)

80 Marks

*Javelin Throw * Discus Throw * Shot Put *Hammer Throw

a) Teaching Lesson

20 Marks

b) Marking of Track Events

20 Marks

c) Officiating and Specifications

20 Marks

d) Note Book

20 Marks

B. GAME

80 Marks

Student Shall Choose One among the Following Games for Semester-I

1) Hockey

2) Basketball

3) Badminton

a) Teaching Lesson

20 Marks

(b) Field/Court /Floor Marking

20 Marks

(c) Specifications of Equipments

20 Marks

(d) Note Book

20 Marks

PART - III SKILL AND PROWESS 40 Marks

Note: Candidates will be evaluated in skill and prowess out of 20 Marks each in Track and Field and Game

A TRACK AND FIELD

20 Marks

(1) Javelin Throw (2) Discus Throw (3) Shot Put (4) Hammer Throw

B) GAME

20 Marks

1) Hockey

2) Basketball

3) Badminton

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SEMESTAR- 3rd

Course- Master of Physical education & Sports (MPES)

Subject-Scientific Principle of Sports Training

Subject Code : 6EMPE301

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the modern concept of sports training. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.

UNIT - I

Meaning, definition, aim and objectives of sports training, Characteristics of sports training.
Principles of sports training, Concept of warming up and cooling down, its use and importance.
Concept of training load, adaptation and recovery : Definition of load and training load.
Types of load, Symptoms, causes and measures to overcome overload.
Meaning, definition and benefits of adaptation.
Meaning, definition and benefits of recovery.

UNIT - II

Meaning and definition of physical fitness and its components :

a. **Speed** - Definition . Forms of speed . Factors determining speed . Load parameters to develop speed .
Methods to develop speed abilities . Physiological characteristics of speed .

b. **Strength** - Types of strength, Factors affecting strength .Methods of strength : training maximum strength
explosive strength and strength endurance .

c. **Endurance**- Definition and significance of endurance ,Factors affecting endurance .

Forms of endurance ,Methods to develop endurance , Load factors in relation to endurance training

d. **Flexibility** -Definition , Factors affecting flexibility , Types of flexibility , Methods used to develop flexibility

e. **Co-ordinative ability/agility** -Definition ,Classification of coordinative abilities , Methods used to develop coordinative abilities

UNIT - III

Meaning and definition of technique, skill and style.

Implications of technical training in various phases.

Stages of technical training.

Meaning and definition of tactical training.

Methodology of tactical training, strategy and tactics.

Relationship between technical training and tactical training.

UNIT - IV

Definition of planning

Need and importance in planning - Principles of planning , Types of plan (training conception macro , micro and training session plan).

Periodization - Need of periodization ,Top form and periodization, Aims and contents of various periods of periodization, Types of periodization.

Competition - The number and frequency of competition , Preparation for competition .

UNIT - V

Talent identifications and its importance, Deputy Registrar (Academic)

Phases of talent identification, Dr. C.V. Raman University

Guidelines for talent identification , Kota, Bilaspur (C.G.)

Stages of growth and development , general behavioral patterns,

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OUTCOMES:

- understand the modern concept of sports training.
- describe the principles of sports training.
- evaluate and develop system of sports training – basic performance, intermediate performance and high performance training.
- plan training sessions.
- realize and apply the Methods of Technique Training.
- design different training program for Training Components.
- explain Periodization and its types.
- identify talents.

REFERENCE :

"Fundamentals of sports training, progress publishers", Moscow, 1977.

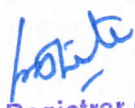
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Buwn J. "Scientific Principles of coaching." Prentice Hall


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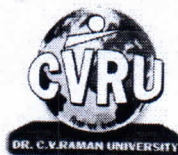
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Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana Second revised addition 2008.


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SEMESTAR- 3rd

Course- Master of Physical education & Sports (MPES)

Subject-Officiating and Coaching

Subject Code : 6EMPE302

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the principle of officiating and coaching. Knowledge about officials duties, responsibilities, qualities of good coach coaching concept.

UNIT - I

Introduction of officiating and coaching.

Concept of officiating and caching

Importance and principles of officiating

Relation of official and coach with management ,players and spectators

Measures of improving the standards of officiating and caching

UNIT - II

Coach as m mentor

Duties of coach in general ,pre, during and post game .

Philosophy of coaching

Responsibilities of a coach on and off the field.

Psychology of competition and coaching.

UNIT - III

Duties of coach in general ,pre, during and post game .

Philosophy of officiating.

Mechanics of officiating -Position , singles and Movement etc.

Ethics of officiating.

UNIT - IV

Qualities and qualification of coach and official

General rules of games and sports

Eligibility rules of intercollegiate and Inter University tournaments ,Preparation of TA.DA bills.

Integrity and values of sports.

UNIT - V

Coaching of Games

History, values and present status of the games,

Fundamentals skills of the games, teaching training and testing of them

Various playing position in the game

Tactics - offence, defense, special situation for them.

Officiating rules, signals, positional play.

Major games - Kho-Kho, Kabaddi, Volleyball, Basketball, Football, Hockey, Softball, Cricket, Netball, Judo, Badminton

OUTCOMES:

- understand the concept of officiating and coaching. training
- Coach and officials duties.
- rules regulations of various tournaments.

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Reference Books:


Bunn, J.W,(1968) .the art of officiating sports .Englewood cliffs N.J. Prentice

Hall. Bunn. J.W. (1972). Scientific Principles of coaching .Englewood cliffs N.J. practice Hall. Dyson, G.H. of Physical Education
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SEMESTAR- 3rd

Course- Master of Physical education & Sports (MPES)

Subject-Sports Journalism

Subject Code : 6EMPE303

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the mass media, growth of sports communication Journalistic technique, ethics of writing, roll of public relation etc.

UNIT - I

Introduction to Mass Media.

Purpose of Mass Media for the propagation/promotion of sports.

Growth of sports communication.

Coverage of sports:

- In daily newspapers.
- General magazines and sports magazines.
- Radio and Television.

UNIT - II

Space allocation for sports sections in a daily news paper.

News agency.

Magazine office.

Sports personalities, their pictures and thumbnail sketches in news papers

UNIT - III

Journalistic techniques:

- News writing and news story.
- Reporting various schemes.
- Editing and headings of news.
- Picture section and editing sports page makeup

Characteristics of News

Writing a sports features:

- Types of sports features.
- Exclusive picture features.

UNIT - IV

Ethics of Sports writing.

Sportsman gratitudes.

Amateurism V/S Professionalism

Invasion of private life

Sports for charity.

Writing a weekly or fortnightly common.

Writing sports editorials.

UNIT - V

Role of Public Relations, Promotion and Advertising Press Release, Press Conference, Exhibitions, Event Management

Sports coverage of special events: Olympics, World Cups, Asian Games etc. Relevance of research in sports: computer assisted reporting, importance of statistics and records. Ethics and responsibilities of sports journalists

OUTCOMES:

- describe the role of sports Journalism for promotion of sports .
- apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children.
- describe the general ethics of writing.
- describe the role of public relations in

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Woodward, S: Sports page Simon a and Schuster, New York, 1949.
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"Sports" by Bholu Singh Thakur (pp 1124) in the Indain reports Guide by Richard Critchfield, Allied Pacific Pvt. Ltd. Bombay, 1962.
Nea, Robest," News Gathering and new writing, New York, Prentice Hall, inc., 1949.

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SEMESTAR- 3rd (Elective – I)

Course- Master of Physical education &Sports (MPES)

Subject-Computer application and use of SPSS in Physical Education

Subject Code :

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the importance of information and communication technology (ICT) and use of SPSS in the field of Physical Education. It aims to develop understanding about the components of computer, application software used in Physical Education and sports, format and editing features of MS word, MS excel and MS power point.

UNIT – I

INTRODUCTION TO COMPUTERS

Computer, Types of Computers

Function and components of computer

Input and Output Devices

Software and Hardware , Storage devices

Types of Networks: LAN and WAN

UNIT – II

INTRODUCTION TO MS WORD AND EXCEL

MS WORD

Opening documents and creating documents

Formatting and Editing, Features

Drawing table, page setup,

Paragraph alignment, spelling grammar check

Printing documents, Graph, footnote and notes, finding and replacing text

MS EXCEL

Creating, saving and opening a spreadsheet

Formatting and Editing Features

Creating formulas, adjusting columns width and row height

Understanding charts

UNIT – III

MS POWERPOINT

Creating, saving and opening a ppt file

Formatting and editing features

Slide show, design

Inserting slide number, Picture, graph and table

Hyperlink

UNIT – IV

INTERNET AND MULTIMEDIA

Application of internet and multimedia in Physical Education and sports

Search Engines in Physical Education and Sports

E-mail and mailing basics

World Wide Web (WWW)

Computer application in physical education and sports

UNIT – V

SPSS PACKAGE IN PHYSICAL EDUCATION

Introduction of SPSS

Application of SPSS in physical education and sports

Creating and saving a SPSS data file

Data entry and analysis of:

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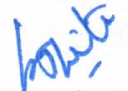
Descriptive Statistics
Dependent and independent t -test
One way and two Way ANOVA
Correlation

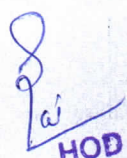
OUTCOMES:

- understand the application of computers in Physical Education.
- describe the importance of information and communication technology (ICT).
- understand how use SPSS software.
- Recognize and use application software used in Physical Education and sports.
- Create, format and edit features of MS word, MS excel and MS power point

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Eric, L. Einspruch, AN Introductory Guide to SPSS for Windows, Sage. 2005.
Kilman, Shin. *SPPS GUIDE* Mc Graw - Hill Higher Education, 1995.
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SEMESTAR – 3rd(Elective - II)

Course- Master of Physical education & Sports (MPES)

Subject- Athletic Care and Rehabilitation

Subject Code :

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the modern concept of sports medicine. It aims to develop understanding about the aim and objectives of sports medicine, athletes care and rehabilitation, prevention of injuries in sports, guiding principles of therapeutic modalities.

UNIT – I

Corrective Physical Education

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

UNIT – II

Posture

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

UNIT – III

Rehabilitation Exercises

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

UNIT – IV

Massage

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

UNIT – V

Sports Injuries Care, Treatment and Support

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

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

OUTCOMES:

- Outline the objectives of sports medicine and rehabilitation in athletic performance.
- take care of the preventive and curative aspect of sports injuries.
- Apply the concept of rehabilitation exercise in post injury care.
- realize and apply different modalities of therapy.

REFERENCE :

- Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
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McOoyand 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

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SEMESTAR- 3rd
Course- Master of Physical education &Sports (MPES)
Subject- Practical

Subject Code ; 6EMPE306
Max. Marks : 100
Min. Marks : 50

PART – II PRACTICE OF TEACHING

Note: The candidate will be evaluated by the examiners in the following contents

A. TRACK AND FIELD (COMPULSORY)

80 Marks

*High Jump *Long Jump * Triple Jump

a) Teaching Lesson

20 Marks

b) Marking of Track Events

20 Marks

c) Officiating and Specifications

20 Marks

d) Note Book

20 Marks

B. GAME

80 Marks

Student Shall Choose One among the Following Games for Semester-I

(1) Judo

2) Handball

3) Netball

a) Teaching Lesson

20 Marks

b) Field/Court /Floor Marking

20 Marks

c) Specifications of Equipments

20 Marks

d) Note Book

20 Marks

PART – III SKILL AND PROWESS 40 Marks

Note: Candidates will be evaluated in skill and prowess out of 20 Marks each in Track and Field and Game

A TRACK AND FIELD

20 Marks

(1) High Jump

(2) Long Jump

(3) Triple Jump

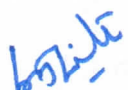
B) GAME



20 Marks

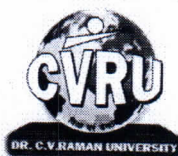
1) Judo

2) Handball

3) Netball


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SEMESTAR- 4th

Course- Master of Physical education&Sports (MPES)
Subject-Sports Psychology

Subject Code : 6EMPE401

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs, tradition and socialization through physical education.

UNIT - I

Meaning, definition, scope and importance Sports Psychology.
Relationship of sports psychology with other sports sciences.
Development of sports psychology in India.
Psychological factors effecting physical performance.
Utility of sports psychology in the field of physical education and sports.

UNIT - II

Concept of growth and development.
Physical, mental, social, intellectual and emotional development in infancy, later childhood and adolescence stages.
Learning: meaning, definition and nature of learning.
Laws of learning and learning curve.
Theories of learning.

UNIT - III

Meaning and definition of motivation.
Types of motivation and motivation in learning.
Individual differences its type and nature.
Intelligence, its meaning and types.

UNIT - IV

Meaning, definition and characteristics of personality.
Types of personality.
Factors affecting personality development.
Role of Physical Education and sports in the development of personality.
Description of Important psychological terms: - Anxiety, Stress Self, Confidence, Group, Dynamic, Group Cohesion.

UNIT - V

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

OUTCOMES:

- describe the role of sports psychology for athletes and in their performance.
- apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children.
- describe the general characteristics of various stages of growth and development.
- describe the personality and its characteristics
- Develop skill proficiency in psychological assessment.
- Develop programs and strategies to enhance athletic participation among school children.


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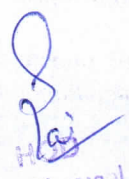
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- understand the psycho-sociological aspects of human behavior in relation to physical education and sports
- understand socialization through participation in Physical Education and sports activities
- Understand the culture and its effect on life style of people

REFERENCE :

1. "Educational Psychology", Little Field Adms OC. 1979.
2. Cratty B.J., "Psychology in contemporary sports", Prentice Hall, Englewood Cliffs
3. Kamlesh M.L., "Psychology of Physical Education and sports", Metropolitan Book Co. (P) Ltd. New Delhi 1983.
4. Sharma Y.P., "Psychology in Physical Education and sports", Reliance Publishing House New Delhi 2000.
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SEMESTAR- 4th

Course- Master of Physical education & Sports (MPES)

Subject- Sports Medicine

Subject Code : 6EMPE402

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the concept, dimensions, spectrum and determinants of Sports medicine and rehabilitation. It aims to understanding sports related injuries in related sports and games its causes and prevention, rehabilitation through corrective exercise and rehabilitation.

UNIT - I

Introduction

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

UNIT - II

Basic Rehabilitation

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

UNIT - III

Spine Injuries and Exercise

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

UNIT - IV

Upper Extremity Injuries and Exercise

Upper limb and Thorax injuries : Shoulder : Sprain, Strain, Dislocation and Strapping. Elbow : Sprain, Strain, Strapping. Wrist and Fingers : Sprain, Strain, Strapping. Thorax, Rib fracture, Breathing exercise, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for Shoulder, Elbow, Wrist and Hand. Supporting and adding techniques and equipments for Upper Limb and Thorax Injuries.

UNIT - V

Lower Extremity Injuries and Exercise

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises - Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injuries.

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

OUTCOMES:

- understand about the concept of Sports medicine.
- understand the injuries related to specific body part or game.
- understand about corrective exercise and rehabilitation process,

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REFERENCE :

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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.

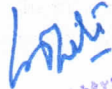
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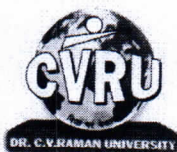
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The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel
Blackwell Scientific publications.
Practical: Anthropometric Measurements,


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SEMESTAR- 4th

Course- Master of Physical education & Sports (MPES)

Subject-Physical Fitness and Wellness

Subject Code : 6EMPE403

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the modern concept of physical fitness and wellness. It aims to develop understanding about the concept of physical education and fitness, principles of exercise program, safety education and fitness promotion, and modern lifestyle.

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.

OUTCOMES:

- understand the modern concept of physical fitness and wellness.
- employ the knowledge about concept of holistic health through fitness and wellness.
- orient students toward the approach of positive life style.
- develop competencies for profile development, exercise guidelines adherence.
- apply the holistic concept of health and wellness.
- realize and apply the fitness and wellness management techniques.
- acquaint towards contemporary health issues and its interventions.
- design different fitness training program for different age group.
- explain common injuries and their management

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REFERENCE :

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

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SEMESTAR- 4th (Elective – I)
Course- Master of Physical education & Sports (MPES)
Subject-Sports Technology

Subject Code :
Theory Max. Marks : 50
Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the concept about sports technique. It aims to develop understanding about instrumentation, sports material, playing surface, playing equipments, training gadgets etc.

UNIT – I

Sports Technology

Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

UNIT – II

Science of Sports Materials

Adhesives- Nano glue, nanomoulding technology, Nano turf. Foot wear production, Factors and application in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closedcell and open-cell foams, Neoprene, Foam. Smart Materials - Shape Memory Alloy (SMA), Thermo chromic film, High-density modelling foam.

UNIT – III

Surfaces of Playfields

Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials - synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern playequipments. Use of computer and software in Match Analysis and Coaching.

UNIT – IV

Modern equipment

Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipments: Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages

UNIT – V

Training Gadgets

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

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

OUTCOMES:

- Understand the purpose advantages and uses of sports technology.
- differentiate between various playing surface material.
- Students are capable to maintain different playing fiel .
- students are able to use and understand training and coaching gadgets.

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REFERENCE :


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SEMESTAR- 4th (Elective - II)

Course- Master of Physical education & Sports (MPES)

Subject-Yogic science

Subject Code :

Theory Max. Marks : 50

Theory Min. Marks : 17

OBJECTIVE OF THE COURSE

This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle. The student will also conceptualize and practice astanga yoga, various asanas and pranayama with reference to wellness.

UNIT - I

Introduction

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

UNIT - II

Aasanas and Pranayam

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

UNIT - III

Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti - Dharti - Kapalabhati - 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, Asamyuktahastam, Samyuktahastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation - Passive and active, Saguna Meditation and Nirguna Meditation.

UNIT - V

Yoga and Sports

Yoga supplemental exercise - Yoga compensation exercise - Power Yoga, Role of Yoga in psychological preparation of athlete: Mental wellbeing, Anxiety, Depression, Concentration, Self Actualization. Effect of Yoga on Physiological system: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory system.

Note: Laboratory practical be designed and arranged internally

OUTCOMES:

- Understand the yoga and its historical development.
- differentiate between various stages of astanga yoga.
- demonstrate different asanas, pranayamas and kriyas.
- apply and demonstrate various benefits of yoga to be applied in the field of sports.
- relate yoga with health and wellness.
- develop yogic programs/schedules.

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REFERENCE :

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- Gore, (1990), Anatomy and Physiology of Yoga Practices. Lonavata: Kanchan Prakashan.
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SEMESTAR- 4th

Course- Master of Physical education &Sports (MPES)

Subject- Practical

Subject Code 6EMPE401

Max. Marks : 200

Min. Marks : 100

PART - II PRACTICE OF TEACHING

Note: The candidate will be evaluated by the examiners in the following contents

A. TRACK AND FIELD (COMPULSORY)

80 Marks

*Running * Jumping * Throwing (any one)

a) Teaching Lesson

20 Marks

b) Marking of Track Events

20 Marks

c) Officiating and Specifications

20 Marks

d) Note Book

20 Marks

B. GAME

80 Marks

Student Shall Choose any one Game which he/she studied in earlier semester as a Major Game.

a) Teaching Lesson

20 Marks

b) Field/Court /Floor Marking

20 Marks

c) Specifications of Equipments

20 Marks

d) Note Book

20 Marks

PART - III SKILL AND PROWESS 40 Marks

Note: Candidates will be evaluated in skill and prowess out of 20 Marks each in Track and Field and Game

A TRACK AND FIELD

20 Marks

* Running * Jumping * Throwing (any one)

B) GAME

20 Marks

* Major Game

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