

MAHARSHI DAYANAND UNIVERSITY ROHTAK

DEPARTMENT OF PHYSICAL EDUCATION

Scheme of examination for M.P.Ed. Under CBCS w.e.f. Session 2016-17

M.P.ED 1st Semester

Paper Code	Nomenclature	Contact hours (L+T+P)	Credits	Max. marks
16MPE21C1	Scientific Principles of Sports Training	(4: 1: 0)	05	80+20
16MPE21C2	Research Process in Physical Education	(4: 1: 0)	05	80+20
16MPE21C3	Sports Medicine	(4: 1: 0)	05	80+20
16MPE21C4	Sports Psychology	(4: 1: 0)	05	80+20
16MPE21C5	Teaching lesson – Games	(0: 0: 6)	03	100
16MPE21C6	Teaching Lesson- Athletics	(0: 0: 6)	03	100

Total Credit= 26

Activities to be taken up during 1st Semester

A. Games: - Basketball, Korfball, Hockey, Handball, Swimming and Judo.

B .Athletics: - Sprints, Long Jump, Pole-vault, Hurdles, Javelin & Discus-throw.

Note: - The practical classes shall be held as per the scheme & Schedule of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester. Minimum Five students must opt an optional paper to run the options.

M.P.ED 2nd Semester

Paper Code	Nomenclature	Contact hours (L+T+P)	Credits	Max. Marks (External+Internal)
16MPE22C1	Applied Statistics in Physical Education and Sports	(4: 1: 0)	05	80+20
16MPE22C2	Sports Bio-Mechanics and Kinesiology	(4: 1: 0)	05	80+20
16MPE22C3	Physiology of Exercise	(4: 1: 0)	05	80+20

16MPE22C4	Teaching lesson – Games	(0: 0: 6)	03	100
16MPE22C5	Teaching Lesson- Athletics	(0: 0: 6)	03	100
	Paper is to be chosen from the basket of open elective papers provided by the University		03	
	Paper is to be chosen from the basket of foundation elective papers provided by the University		02	

Total Credit= 26

Activities to be taken up during 2nd Semester

A- Games:- Volleyball, Kabaddi, Football, Boxing, & Wrestling.

B- Athletics: - Middle/Long Distance Race, High Jump, Triple -Jump, Relay Race and Hammer throw.

Distribution of marks for Practicals to be conducted by the External & Internal Examiners Semester 1st & 2nd (Teaching Lessons) 100 MARKS

(A)Teaching Lesson in Game/Athletics (Demonstration, Presentation,

Fault Correction & Use of Teaching Aids) 40 marks

(B) Viva (Marking, Rules and Regulations and Officiating) 40 marks

(C) Final Lesson Plan 10 marks

(D) Note-book of Lesson Plan 10 marks

Note: - The practical classes shall be held as per the scheme & Schedule of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

M.P.ED 3rd Semester

Paper Code	Nomenclature	Contact hours (L+T+P)	Credits	Max. marks
16MPE23C1	Curriculum Design in Physical Education	(4: 1: 0)	05	80+20
16MPE23C2	Test, Measurement & Evaluation in Physical Education	(4: 1: 0)	05	80+20
16MPE23C3	Science of Coaching - Athletics	(4: 1: 0)	05	80+20
16MPE23D1	(Any One) Science of Coaching –Games : Basket Ball	(4: 1: 0)	05	80+20
16MPE23D2	Science of Coaching Boxing			
16MPE23D3	Science of Coaching –Games : Hockey			
16MPE23D4	Science of Coaching –Games : Kabaddi			
16MPE23D5	Science of Coaching –Games : Handball			
16MPE23D6	Science of Coaching –Games : Korfball			
16MPE23D7	Science of Coaching –Games :Wrestling			
16MPE23D8	Science of Coaching –Games : Volleyball			
16MPE23C4	Coaching lesson –Games	(0: 0:6)	03	100
16MPE23C5	Coaching Lesson-Athletics	(0: 0: 6)	03	100
	Paper is to be chosen from the basket of open elective papers provided by the University		03	

Total Credit=29

- In Optional Paper students will opt one game for his/her specialization.

M.P.ED 4th Semester

Code	Nomenclature	Contact hours (L+T+P)	Credits	Max. marks
16MPE24C1	Physical Fitness and Wellness	(4: 1: 0)	05	80+20
16MPE24C2	Educational Technology in Physical Education	(4: 1: 0)	05	80+20
16MPE24DA1	(Any Two) Sports Journalism and Mass Media	(4: 1: 0) each	05 each i.e.=10	80+20 each
16MPE24DA2	Health Education and Sports Nutrition			
16MPE24DA3	Athletic Care and Rehabilitation			
16MPE24C3	Coaching lesson –Games	(0: 0 : 6)	03	100
16MPE24C4	Coaching Lesson- Athletics	(0: 0: 6)	03	100
16MPE24DB1	Dissertation and Viva-Voce Examination.		05	100
16MPE24DB2	or Field Work Training for Officiating and Coaching of Inter-Collegiate level Tournaments.			

Total Credit = 31

Total Credit Point for the Course of M.P.Ed. = 112

Activities to be taken up during 3rd & 4th Semesters

The students will choose any one game as their specialization out of HOCKEY, BOXING, WRESTLING, HANDBALL, BASKETBALL, VOLLEYBALL, KABADDI and KORFBALL. Minimum 05 students must opt for a Game to run the option. Athletics will be compulsory for all students.

In case of M.P.Ed. 3rd & 4th Semesters for specialized games and athletics, the Coaching Skills will be divided by the teacher concerned and the same will be informed to the Department and the students. The students will be evaluated at the end of 3rd & 4th semester accordingly.

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

Note: - The workload of the teacher supervising dissertation will be equal to any other optional paper given in paper XXIV above. To start the optional paper, minimum five

students must opt for an optional paper. Distribution of marks for Practical to be conducted by the External & Internal Examiners

Semester 3rd & 4th (Coaching Lessons)	100 marks
(a) Coaching Lesson in Game/Athletics (Fault detection, Removal of Fault, Corrective Exercise, Teaching Aids for Corrective Exercise)	40 marks
(b) Viva (Marking, Rules and Regulations and Officiating)	40 marks
(c) Final Lesson Plan	10 marks
(d) Note-book of Lesson Plan	10 marks

Note:- 1. Activities to be taken up during 3rd & 4th Semesters

The students will choose any one game as their specialization out of HOCKEY, BOXING, WRESTLING, HANDBALL, BASKETBALL, VOLLEYBALL, KABADDI and KORFBALL. Minimum 05 students must opt for a Game to run the option. Athletics will be compulsory for all students.

In case of M.P.Ed. 3rd & 4th Semesters for specialized games and athletics, the Coaching Skills will be divided by the teacher concerned and the same will be informed to the Department and the students. The students will be evaluated at the end of 3rd & 4th semester accordingly.

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

1. Practical groups of each semester will consist of 15 students. In case of Tutorial the group will be of 20 students.
- 2.. Each candidate will be evaluated in one Skill given under various heads i.e. Games & Athletics in each semester.
3. The Draw of skill will be drawn seven days before the practical examination.
4. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 12 hours per week must be devoted to the practical lessons of teaching/coaching, out of which two and half hours will be for teaching/coaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory teaching/coaching lesson in each of the activities given under Games & Athletics.
5. The Chairperson/HOD will certify on the student's note-book that all requirements pertaining to teaching/coaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.

6. The student is free to choose any one of the events for the examination lesson i.e Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.

7. Duration of Practical examination will be 3 hours per group followed by Viva-voce.

8. Final lesson for practical examination will be prepared on a separate chart.

9. For M.P.Ed. Semester 3rd & 4th the students will prepare five coaching lessons in their specialized game and Athletics of different Games/Athletic skills in each semester.

10. Each & every student will take part in the intra-mural activities and have the following dress-code for practicals/Intra murals. The colour for different courses will be different:

a) For Theory classes:- Trouser & Shirt (Summer Season), Trouser, Shirt, Tie & Blazer (Winter-season)

b) For Practical classes:- T-Shirt & shorts/lowers (Summer Season) T-Shirt with track-suits (Winter Season)

11. All practical external examiners for the examinations to be conducted will be appointed by the University out of the panel recommended by the PGBOS. However, internal examiners for these practicals will be appointed by the Chairperson PGBOS.

12. Since the swimming pool is closed in winter, this event will not be the part of draw conducted for practical examination at the end of 1st semester.

13. **Note 1** : The Criteria for awarding internal assessment of 20 marks shall be as under:

A) Class test	:	10 marks.
B) Assignment & Presentation	:	5 marks
C) Attendance	:	5 marks
<i>Less than 65%</i>		<i>: 0 marks</i>
<i>Upto 70%</i>	:	<i>2 marks</i>
<i>Upto 75%</i>	:	<i>3 marks</i>
<i>Upto 80%</i>	:	<i>4 marks</i>
<i>Above 80%</i>	:	<i>5 marks</i>

Syllabus of M.P.Ed. under CBCS

M.P.Ed. (Semester 1st)

Paper – 16MPE21C1 **Scientific Principles of Sports Training**

Time – 3 hours

Max. Marks = 100

External Marks: 80
internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit-I Training load

- Load: Meaning. Factors and Parameters
- Judgement of Load
- Load and Adaptation
- Relationship between Load and Recovery
- Factors affecting Pace of Recovery Means of Recovery
- Overload
- Causes and Symptoms of Overload
- Tackling of Overload

Unit – II Talent identification and motor development

- Meaning and importance of sports talent.
- Steps for talent identification
- Steps for talent promotion
- Principles of talent identification

Motor development

- Aspects of motor development
- Stages of motor development

UNIT- III Technique Training

- Meaning of Technique, Skill and Style
- Aim of Technique Training in Different Sports
- Technique Training, its Characteristics and Implication in Various Phases
- Methods Employed for Technique Training

- Causes of Technical Faults and their Correction.

Tactics

- Meaning of Tactics
- Aim of Tactics in Sports
- Training for Tactics
- Principles of Tactical Preparation

UNIT – IV Planning

- Meaning, definition and types of planning
- Principles of planning
- Planning training session

Competition

- Types of Competition,
- Importance and Frequency of Competition
- Competition cycle
- Preparation for Competition (General Guidelines, Psychological Preparation and Direct Preparation)

Suggested Readings

1. Hoeger (2005), “Principles and Labs in Fitness & Wellness”.
2. Jenson, C.R. Fisher, A.G. 1992 Scientific Basic of Athletic Conditioning, Lea and Febiger, Philadelphia.
3. Jones, J. Jones, Wells, L. Jannet, Peters, Rachael E., Johnson, Dewayne J., (1982) Effective Coaching (Principles & Practice). Allyn & Bacon, Massachusetts, USA, 1982.
4. Katch, F.L. & Mc. Ardle, W.O. (1989), “Nutrition, Weight Control and Exercises” 3rd ed. (Philadelphia: Lea & Febiger.
5. Lee, E. Brown & Vance A. Ferrigna (2005) (editors): Training for speed, Agility and Quickness, Human Kinetics, Champaign. Llc. USA.
6. Marney, B. Simon & Steren R. Levisohn (1987) The Athlete within A Personal Guide To total Fitness, Little Brown Company, Boston,
7. Matveyew, L.P. (1991) Fundamentals of Sports Training (translation from Russian) Mir. Publishers, Moscow.
8. Novich, Max M. & Taylorm (1983) Buddy Training Conditioning of Athletes, Lea & Febiger, Phildelphia,
9. Roy. J. Shephard (1994), “*Aerobic Fitness and Health*” (Human Kinetics Publishers).
10. Singh, H., (1991) Science of Sports Training, Delhi: D.V.S. Publisher.
11. Thani, Yograj, (2003) Sports Training, Delhi: Sports.
12. Uppal, A.K. and Gautam, (2001) Principles of Sports Training, Delhi: Friends.
13. Vivian H. Heyward (1991), “*Advanced Fitness Assessment and Exercise Prescription*” 2nd ed. (Human Kinetics Publishers).
14. Willmore, J.H. (1987) Athletic Training and Physical Fitness. Allyand Bacon, Inc. Sydney.
15. Scott. K. Powers, Stephen L. Dodd. (1999) Total Fitness: Exercise, Nutrition and Wellness, Allyn & Bacon, United States of America.

M.P.Ed- Semester 1st
Paper – 16MPE21C2
Research Process in Physical Education

Time –3Hours

Max. Marks = 100

External marks: 80

Internal marks: 20

NOTE:-

(a)For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b)for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT: I

- Research literature: Location of the research material,- Index, Books, Bibliography, Note- taking, Scanning and Skimming
- Hypothesis: significance, meaning, types, importance and sources
- Sampling: meaning, definition, types of sampling, techniques of sampling
- Characteristics of good sampling, sampling errors.

Unit-II

- Tools of data collection: Collection of data through questionnaires and observation, Collection of data through schedule
- Guidelines for constructing questionnaires/Schedule
- Guidelines for successful interviewing

Unit-III

- Historical Research: meaning, values, scope, characteristics, steps, primary and secondary sources
- Internal and external criticism
- Research Design: features of good research design, types of research design, some examples- Historical design, descriptive design and experimental design
- Experimental research: meaning and characteristics, steps,
- Types of experimental research(single, parallel, repeated and rotational)

Unit-IV

- Organization of research report, Types of reports
- Precautions for writing research reports
- Main division (parts) of research reports, Preliminary material, Main body of the thesis, Supplementary material
- Evaluation of research report

Suggested Readings

1. Best J.W. (1982) Research in Education, Prentice Hall Inc. : Delhi.
2. Clarke, H.David., (1985) Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.
3. Thomas Jerry R. and Nelson Jack K., (1996) Research Methods, Physical Activity. Human Kinetics Champaign.
4. Weimer, Jon, (1994) Research Techniques in Human Engineering. Prentice Hall: New Jersey.
5. C.V.Good : (1954) Methods of Research , Appleton Century Crofts Inc., New York.
6. W.R.Mouly: (1975) Educational Research Introduction, David Making CO. Inc. New York,
7. J.W.Best (1980) Research in Education, Prentice Hall.
8. D.H. Clarke (1970) : Research Processes in Physical Education, Recreation and Health , Prentice Hall,

M.P.Ed- Semester 1st

Paper – 16MPE21C3

Sports Medicine

Time – 3 hours

Max. Marks = 100

External marks:- 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit-I

- Concept of Sports Medicine- Meaning, Need & its Scope in Physical Education & Sports.
- History of sports Medicine in India
- Role of sports medicine in Physical Education and Sports
- History of doping and anti-doping
- Role of IOC and WADA
- World Anti-doping code
- Definition- Classes and Methods of Doping
- Harmful effect of Doping

Unit-II

- Prevention of Injury: - Mechanisms of sports trauma
- Characteristics of sports trauma
- Role of Pre- participation medical examination, Method of medical examination
- Effect of proper conditioning and training; avoiding over training
- Protective sports equipments addressing acute injuries – Bandaging and taping
- First-Aid box and its requirements on the play fields, First – Aid management of following injuries: Fracture, Dislocation, Laceration, Abrasion, Sprain and Strain

Unit-III

- Injury and Body parts – Sports injuries to specific regions
- Injuries to part of the body and their management
- Injuries to foot, ankle and lower leg, knee, thigh
- Injuries to hip and pelvis, thorax and abdomen
- Injuries to head and neck
- Injuries to shoulder complex, elbow, forearm, wrist, hand and fingers, spin

Unit- IV.

- Injury and sport types – Injuries related to Specific Game\Sport
- Injuries in running, jumping, swimming
- Injuries in throws and weightlifting
- Injuries in combat sports
- Injuries in team games
- Injuries in racket sports
- Thermal injuries – Heat, Cold and Altitude illness and prevention
- Common Drugs and Medications commonly used in Sports and Games

Suggested Readings

1. Armstrong and Tuckler (1964) : Injuries in Sports, London, Staples Press.
2. Bolan, J.P. Rasch, P.J. (1967): Treatment and Prevention of Athletic Injuries. The Inter-State Printers and Publishers, 1967.
3. Morehouse, L.E and (1963) : Sports Medicine for Trainers, Philadelphia, W.B.
4. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
5. Morchouse & Miller : Physiology of Exercise
6. Falls : Exercise Physiology
7. Karpovitch : Physiology of Muscular activity
8. Pande, P.K. “ Know How Sports Medicine?” AP Publications, Jalandhar
9. Marry Irland, (2003) The female athlete, W.B. Saunder CO.

M.P.Ed. (Semester- 1st)
Paper – 16MPE21C4
Sports Psychology

Time: 3 hours

Maximum Marks: 100

Internal Marks: 20

External Marks: 80

NOTE:- (a) For Paper Setter 1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. 2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

2. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates 1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT - I

INTRODUCTION

- Sports Psychology - Meaning, Definition and Nature. Scope & Importance of Psychology in Physical Education and sports.
- Major perspectives within Sports Psychology- (Bio –Psychological, Psychodynamic, Behavioural, Cognitive, Humanistic)
- Methods of Psychological research: Naturalistic observation- case study-surveys- Correlation studies- experimentation

UNIT - II

Emotions

- Meaning, Definitions and types.
- Theories: James Lange Theory, Cannon Brand Theory and Schachter- Singer Theory of Emotions.
- Psychological manifestations, influence of Emotions (success and failure) on level of Aspirations and Achievements.

Aggression

- Concept of Aggression. Physiological and psychological constructs of Aggression.
- Role of Media in Aggression. Theories of Aggression. Steps to control Aggression.
- Effect of Aggression on Sports Performance

UNIT – III

Anxiety

- Concept of Anxiety: Meaning, Definition, Causes and Symptoms.
- Nature and Kinds, Dimension and Evaluation. Role of Anxiety in Sports. Strategies to manage Anxiety

Stress

- Concept of Stress: Meaning, Definition, Causes and Symptoms.
- Types of Stress, Physiology of Stress, Causes of Stress and Stress related to sports and exercise, Stress management techniques.

UNIT - IV

Psychological Factors

- Psychological Demands of Sports Activity,
- Basis of psychological preparation.
- Psychological preparation for sports competition.
- Psychological Factors Affecting Sports Performance

Leadership

- Group dynamics and leadership, nature and concept of Groups, Team Cohesion, Characteristics of good leader. Theories of Leadership.

Suggested Readings

1. Bhatia, Hans Raj, (2003) Test Book of Education Psychology, Delhi: Macmillan.
2. Rouben.B.Frost : Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co.London.
3. Dridge & Hung : Psychological foundations of Education. Harper and Row Publishers.
4. Jain, D. (2003) ,Introduction to Psychology, New Delhi: K.S.K.
5. Kamlesh, M.L (2006). Education Sports Psychology, New Delhi, Friends Pub.
6. Kamlesh,M.L (2007).,Key Ideas in Sport Psychology, New Delhi, Friends Pub.
Kutty, S.K (2004) Foundations of Sports & Exercise Psychology, New Delhi: Sports.
7. Robert.S.Weinberg - Foundations of Sports and Exercise Psychology (Third Edition)
Daniel Gould
8. Jack H.Liewellyn - Psychology of Coaching : Theory and Application (Surjeet
Publisher New Judy A. Blucker Delhi)
9. Jashwant Kaur Virk (2008) - Psychology of Teaching and Learning (Twenty First
Century Publication Pardeep Kumar Sahu Patiala.

M.P.Ed- Semester 2nd

Paper – 16MPE22C1

Applied Statistics in Physical Education and Sports

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit. –I

- Meaning of “Data”, Methods of Organizing Data through Frequency Distribution.
- Meaning of Variability, Measures of Variability and Dispersion – Range, Average Deviation and Standard Deviation.
- Meaning of Percentile Rank, Computation of Percentile Rank.

Unit – II

- Meaning of Normal Probability Curve,
- Characteristics and Properties of Normal Curve.
- Application of Normal Probability Curve,
- Meaning of Skewness and Kurtosis.

UNIT-III

- Meaning and Types of Correlation , Linear Correlation
- Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.

- Meaning of Norm. Construction of norms.
- Methods of preparation of norms.

Unit – IV

- Meaning of two Tailed and one Tailed Test of Significance,
- Computing Significance of Difference Between two Means with t – Test (Independent Samples).
- Calculation of Various Combination of Heads and Tails
- Analysis of Variance and Co-variance
- Chi-square; t – Score

REFERENCES

1. Clarke.HH. (1992) The Application of Measurement in Health and Physical Education.
2. Clarke,David H.and Clake H.Hares N. (1986) Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.
3. Shaw. Dhananjay (2007) Fundamental statistics in Physical Education & Sports sciences, sports publication.
4. Margaret J. Safrit (1998) Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronte Bosion (2Nd. Edition.
5. Morey E. Garrett : Statistics in Psychology and Educated, David Meka Company Inc.
6. Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.

M.P.Ed. (Semester- 2nd)
Paper – 16MPE22C2
Sports Bio-Mechanics and Kinesiology

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents:

UNIT-I

- Concept, Scope and Role of Kinesiology in Physical Education and Sports
- Anatomical Body Position
- Meaning of Planes, Aims and their Types
- Classification & Characteristics of Diarthrosis Joints
- Structure & Ligamentous enforcement of shoulders Girdle and shoulder, Elbow and Ankle Joints
- The Attachment and Action of the Muscles of following Joints:
- A) Shoulder Girdle and shoulder: - Trapezius, Rhomboid, Pectoralis minor and major, Deltoid, Supra spinatus, and Biceps.
- B) Elbow Joints: Biceps Brachii, Pronator teres, Supinator, Triceps brachii, Brachialis, Pronator quadrates.
- C) Ankle and Foot: - Gastrocnemius, Soleus, Tibialis anterior and Posterior, Extensor Digitorum Longus, Extensor & Flexor Hallucis Longus.

UNIT-II

- Structural Classification of Skelton Muscles
- Functional Classification of Skelton Muscles
- Methods of Studying the Action of Muscles
- Structure & Ligamentous enforcement of Hip, Knee and Spinal Column joints, The Attachment and Action of the following muscles:
- HIP Joint: Rectus femoris, Sartorius, Gluteus maximus, minimus and medius; Adductor Magnus, Longus and Brevis.
- KNEE JOINT: Quadriceps-Rectus Femoris, Vastus Lateralis, Vastus Intermedius and vastus medialis, Hamstring Group-Biceps Femoris, Semimembranosus Semitendinosus, Sartorius, Gastrocnemius.
- SPINAL COLUMN: Levator scapula; Rectus abdominis; Sternocleidomastoid; Obliquus Internus and externus abdominis.

UNIT-III

- Meaning and Concept of Biomechanics
- Importance of Biomechanics in Phy. Education & Sports.
- Concept of Motion & Its types
- Distance and Displacement, Speed, Velocity and Uniform Acceleration, Force and Momentum, Pressure, Mass and Weight, Gravity and Centre of Gravity, Work, Power, Energy.
- Balance, Equilibrium and stability
- Controlling Balance in Static Positions
- Controlling Balance during Movements.
- Spin & its types
- Effect of Spin on speed of the ball on the surface
- Effect of Spin on speed of the ball in flight
- Magnus effect : its application in sports

UNIT-IV

Newton's Law of Motion

- Law of Inertia – (Linear motion)
- Law of Moment of Inertia (Angular Motion)
- Law of Momentum (Linear Motion)
- Law of Angular Momentum (Angular Motion)
- Law of Action and Reaction (Linear Motion)
- Law of Action and Reaction (Angular Motion)
- Aerodynamic drag forces
- Skin Friction
- Profile Drag
- Effect of Stream line on drag
- Terminal Velocity

Forces and Movements

- Forces Action on a System
- Reaction Forces
- Friction Forces
- Centripetal and Centrifugal Forces
- Elastic force
- Internal & External Force
- Lever, Types of lever and their Mechanical Advantage and Disadvantage
- Mechanical Analysis of Walking and Running

Suggested Readings: -

1. Zatsiorsky V.M. (1998), Kinematic of Human Motion
2. Kelly DL (1971), Kinesiology, Fundamental of Motion
3. Lattignus K. Others, Kinesiology () Scientific Basic of Human Motion
4. Jenson, C. R. & Schult, G. W., Applied Kinesiology: The Scientific study of human performance (2nd edition) (1977), New York MC Grah.
5. Hawley, G. (1937), The Kinesiology of Corrective Exercise, Philadelphia Lea Anno Febiger.
6. Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3rd Edition)
7. Hay. J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition Englewood Cliffs: Prentice Hall
8. Kreighbaum & Bartheles, Bio-Mechanics, Ny: Macmillan 1985.
9. Hall, S. J. Basic Biomechanics, London, Mosy 1991
10. Mood S.D. Beyond Biomechanics-New York – Taylor (1996)
11. Hay, J & Reid (1982) The Anatomical and Mechanical Basic of Human Motion.

M.P.Ed Semester 2nd
Paper – 16MPE22C3
Physiology of Exercise

Time – 3 hours

Max. Marks =100

External marks: 80

Internal marks: 20

Note:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit: I.

- Exercise Physiology – Historical development
- Scope, Importance; Application in Competitive sports, Recreation sports, Medical rehabilitation
- System physiology – structure and function of various system in brief; Give a table with pictures

Unit: II.

- Physiology of Cardio-respiratory changes – Circulation through heart (cardiac cycle); the heart – size, Heart Volume, weight variations.
- Heart rate – resting and working, basal HR, max HR, MHRR, Cardiac cost, recovery cost
- Changes in heart rate – continuous activity, steady state, graded exercise, factor affected Heart Rate
- Systemic circulation – blood distribution during rest & exercise, Stroke Volume, Cardiac output, Blood Pressure
- Gases exchange, Transport of oxygen and Carbon Dioxide, Respiratory volume and ratio – VC, MVV, TV, PV, VO₂, RQ
- Regulation of heart, circulation and respiration in brief
- Changes in cardio-respiratory system in exercise & recovery
- Using heart rate in sports training – identification training load, recovery, HR during sports activity

Unit: III.

- Bioenergetics: Metabolism – basic pathways
- Energy systems Anaerobic and Aerobic, Energy for Cellular Activity; ATP Production
- Energy expenditure at rest and during exercise
- Cause of fatigue and methods of recovery

Unit: IV.

- Exercise, Successfully Ageing, Disease Prevention
- Physical Activity, Health & Ageing
- Lactate threshold, anaerobic threshold
- Threshold training, glycogen loading, heart rate training zones
- Exercise and training in females; effect of weight training; Physiological changes following training
- Gynecological considerations Menstruation, Pregnancy; Guidelines for females participation in sports

Suggested Readings

1. Armstrong and Tuckler (1964) : Injuries in Sports, London, Staples Press.
2. Bolan, J.P. : Treatment and Prevention of Athletic Injuries. The Rasch, P.J (1967) Inter-state Printers and Publishers.
3. Morehouse, L.E and : Sports Medicine for Trainers, Philadelphia, W.B. Saunders CO.,1963
Rasch, P.J.
4. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
5. Morehouse & Miller : Physiology of Exercise
6. Falls : Exercise Physiology
7. Karpovitch : Physiology of Muscular activity
8. Pande, P.K. " Know How Sports Medicine?" AP Publications, Jalandhar

M.P.Ed. Semester-3rd
Paper – 16MPE23C1
Curriculum Design in Physical Education

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Physical Education – Meaning and Definition
- Foundations of Professional Preparation, Features of Indian Democracy with regard to Contribution of Physical Education & Sports
- History and Principles of Physical Education
- Meaning of Profession, Preparation, Curriculum and Design.
- Basis of Professional Preparation in Physical Education and Sports Sciences.
- Forces and Factors Affecting Educational Policies and Programmes
- Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

UNIT-II

- Contribution, Aims and Purposes of General Education in the Professional Preparation of Physical Education and Sports,
- Graduate Level Professional Preparation, Purposes, Admission Area, Curriculum, Field Experience, Teaching Practice, Facilities and Special Resources for Library, Laboratory and Research.
- Postgraduate Professional Preparation, Purposes, Admission, Professional Avenues, Area of Specialization and Research Requirements.

UNIT-III

- In-Service Professional Preparation Programmes in Physical Education Concept: Meaning, Importance Process and its Applications.
- Professional Courses, Advancement Schemes of UGC and Professional Programmes,
- Role of Government and Institutes for Professional Preparation of in – Service
- Training Programmes in Physical Education & Sports Coaching.
- In-Service Education of Professional Personnel Nature & Scope of Responsibility for in -Service Training Programme.

Unit-IV

- Concept of Evaluation in Professional Preparation Programmes: Meaning, importance, Process and its Applications.
- Concept of Curriculum Design and Development: Meaning, Need and Basic Principles.
- Factors Influences the Physical Education Curriculum Design.
- Conceptual Understanding of Physical Education Curriculum & Design.
- Developmental games – Modified games, Dance and Gymnastics

Suggested Readings

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation and Curriculum Design in Physical Education
2. Batia, K.K. and Narang, (1991) Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publisher,
3. Bhatia, K.K.Kadian, K.S.Chanda, PC and Sharma (1990) Contemporary problem of Indian Education, Jalandhar Prakash Brother Educational Publishers,..
4. Graily, J.Byrant, Career Potentials in Physical Activity (1990) New Jersey, Prentice Hall in Englewood cliffs USA.

M.P.Ed- Semester 3rd
Paper – 16MPE23C2

Test, Measurement and Evaluation in Physical Education

Time 3.00 hour

Max. Marks = 100

External marks: 80

Internal marks: 20

Note:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit -I

- Meaning of Measurement and evaluation
- Principle, need and importance of Measurement and evaluation in Physical Education.
- Relationship between test and test Measurement and evaluation.
- Classification of Test : Standardized and Teacher Made Test (Objective & Subjective Test)
- Construction of Test: Knowledge Test (Written Test) and Skill Test (Psychomotor test)

Unit – II

- Administration of test and Measurement Technique
- Organizing and administering the testing programme
- Defining the problem, selecting test, scoring the test, determination of validity and reliability of test
- Meaning of physical fitness and motor fitness: Krausweber test, Roger's Strength Test, Macloy Strength Test,

Unit – III

- Nature of Motor ability tests; Philip's JCR Test, Indian Motor fitness Test, AAHPER Youth Fitness Test, Barrow Motor Ability Test, Scott Motor Ability Test,
- Cardiovascular Test – Tuttle Pulse Ratio Test, Harvard Step Test/Queen's College Test, Copper's 12 minute run walk test

UNIT – IV

- Test of Specific Sports Skill:
- Badminton - French Short Serve and Clear Test, Miller Wall Volley Test
- Basket Ball – Johnson Basketball Test, Knox basketball Test, AAPHERD Basketball Test
- Hockey – Schmithals – French Field Hockey Test- Friedel Field Hockey Test
- Soccer – Warner Soccer Test, McDonald Soccer Skill Test, Johnson Soccer Test, AAPHERD Football Skill Test
- Tennis – Dyer Tennis Test, Broer-Miller forhand-backhand Drive Test, Petry volleyball Serve Test.
- Volleyball – Brady Volleyball Test, Russel-Launge volleyball Test
- Handball – Cornish Handball Test
- Lowa Posture Test

Suggested Readings

1. Cohen, R.J.and M.E Swerdhik, (1999) Psychological Testing and Assessment: An Introduction to Test and Measurement.
2. Kansal, D.K.Text Book of Test, (2008) Measurement, Evaluation and sports selection for all sports and spiritual sciences Publication, New Delhi.
3. Lacy, A.C.and Douglas N. Hastad, (2003) Measurement & Evaluation in Physical Education and Exercise Science.
4. Tritschler, K.a, Barrow & McGee's, (2000) Practical Measurement and Assessment.

M.P.Ed Semester 3rd
Paper – 16MPE23C3
Science of Coaching -Athletics

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks. *Course Contents*

UNIT-I

- History of Athletics in India & Olympics
- Teaching, Training and Coaching of Athletes
- Selection of an Athlete
- Organization and Administration of Athletic Meet.

UNIT-II

- Track and Field Marking with Layout of Field Events
- Rules and Regulations of Track and Field Events
- Duties and Powers of Officials.

UNIT-III

- Concept of Warming-UP Meaning, Types, its Significance and Factors Affecting Warming Up, Cool Down & its Significance
- Definition of following Athletic Terminology -(i) Jogging (i) Striding (iii) Second Wind (iv) Soreness of Muscles (v) speed Play or Fartlek (vi) Stitch in the Side (vii) Sprinting
- Training Methods -Components and Significance: (i) Interval training (ii) Acceleration Sprints (iii) Continuous Running (iv) Hollow Sprints (v) Repetition Running (vi) Sprints (vii) Fartlek or Speed Play (viii) Circuit Training

UNIT-IV

- Physical Requirements & Mechanics involved in the techniques at different stages of :
 - a) Sprinting (Crouch Start: Supporting Phase, Driving Phase, Recovery Phase, Finish)
 - b) Hurdles (Approach, Take off, Flight, Landing, Stride in between Hurdles)
 - c) High Jump (Approach Run, Take off, Bar Clearance, Landing)
 - d) Javelin Throw (Holding & Carrying, Approach Run, Transitional Steps, Throwing Stance, Release and Recovery)
 - e) Long Jumps (Approach Run, Take off, Flight, Landing)
 - f) Hammer Throw: (Handhold, Starting Position, Preliminary Swing, Turns, Release and Recovery)

PERIODIZATION

- Concept of Periodization: Meaning, Types and Objectives
- Division of Training Aspects for Different Events for Different Periods of Training.
- Preparation of a Weekly Training Programme for -a) Track Events (b) Jumps (c) Throws

Suggested Readings

1. Vidyasagar; (1979) Training systematic in throwing NS NIS Patiala, India 2. Gerry A. Can (1995) : Fundamentals of Track and field Theodore b Rangansa, 62 A Gokhale Road Dada, Bombay, India. 3. Fox L. Edward: The Physiological Basis of Physical Education and Athletics, Web. Wme Brown Publishers Debuque Iowa 4th Edition.

4. Ketluy Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.

MP Ed Semester 3rd
Paper – 16MPE23D1
Science of Coaching games -Basketball

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Origin and development of the game; recent status of the game in India; comparative study of Techniques adopted by Nations leading in the game
- Various Tournaments – International, National, State, District level; Development of the rules of the games.

UNIT-II

- Fundamental skills; List of skills related to attack and defense – teaching procedure for each skill
- Analysis of each skill in relation to Mechanical Principles
- Specific exercises for each skill; various drills related to the fundamental skills; Lead – up games

UNIT-III

- Rules of the game – current interpretations; new changes in the game.
- Evaluation of skills of the players; Evaluation of the performance of the players
- Judges rating – Preparation of profiles for players

UNIT-IV

- Coaching – Philosophy of coaching – needs and values of coaching – coaching as a profession
- Code of ethics – Professional preparation of coaches – personal qualification
- Team Tactics; Different system of play related to attack and defence
- Training Methods to develop team tactics; Coaching plan – preparation of Training schedules
- Warm up and conditioning exercise – Skill Training

REFERENCE

1. The complete handbook of individual skills: Robert Fox
2. Handbook of official Basketball rules-BFI
3. Complete Book of Basketball – Theory Balron be

M.P.Ed Semester 3rd
Paper – 16MPE23D2
Science of Coaching games- Boxing

Max. Marks: 100

External marks: 80

Internal marks: 20

Time: 3 hours

NOTE:- (a) For paper setter 1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.
(b) for candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course content

UNIT-I

- Historical Development of Boxing in India and Olympics
- Rules and Regulations and their interpretations
- Terminologies used in Boxing
- Selection of a boxer or boxing squad

UNIT-II

- Organizing and management of boxing competitions
- Duties and powers of referee, judge, jury, time keeper and doctor
- Target area in Boxing, Scoring Blows, decisions in Boxing
- Boxer dress and boxing equipments
- Draws, Weight in, Medical in Boxing Men/Women

UNIT-III

- Psychological preparation of a boxer at competition site, before and after bout
- Preparation of Maneuver boxer, knockout boxer, tempo boxer, universal boxer
- Weight control, mean and methods of control
- Role of a Coach/teacher at the competition sites
- Role of seconds before, during and after the bout

UNIT-IV

- Individual skill (teaching and analysis)
- Straight punches to head and Straight punches to body
- Hooks to head and Hooks to body
- Uppercuts to head, Uppercuts to Body
- Combination of punches
- Long term plan
- Short duration plan
- Weekly and daily plan
- Individual training plan

REFERENCES

1. Indian Boxing year-by year -Clary Miller
2. Boxing Skills for fun and fitness-David James
3. Boxing the Inside Story- Gilbert Odd 4.Nava IBoxing US

MP Ed Semester 3rd

Paper – 16MPE23D3 Science of Coaching games-Hockey

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:- (a) For paper setter 1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I History and Development of Hockey in Asia and Olympic

- Teaching Training and Coaching of Hockey
- Selection of Hockey Team
- Organizing Hockey Tournament

UNIT-II

- Layout of Hockey Ground and its Dimension
- Rules and Regulations of Hockey
- Duties and Powers of Officials
- Size and weight of Equipments
- Protective Equipments

UNIT-III

- Importance of Warming Up and Cool Down
- Preparation of Team, Before During and After the Game
- Technical and Tactical Preparation of Different Position
- Team Tactics, Formation of Attack and Defence System of Play

PERIODISATION OF TRAINING

- Annual Training Plan
- Training During Competition Period
- Training During Preparatory Period
- Training During Transitional
- Weekly Training Plan

UNIT-IV

A -Individual Skills: Teaching and Analysis i) Hitting (ii) Dribbling, (iii) Stopping (iv) Reverse flick (v) Pushing (vi) Dodging (vii) Scoping (viii) Hitting on the Wrong Foot

B -Passes: i) Forward Pass (ii) Back Pass (iii) Side Pass (iv) Cross Pass (v) Through Pass (vi) Scoop Pass (vii) Deflected Pass (viii) Flick Pass

Suggested Readings:

1. Horst Wein (1973) Transferred by: The Science of Hockey Devid Belchamber. M.A.
2. Lokesh Thani (1995): Skill in Tectics Hockey
3. Matin Khan: To Hell with Hockey (1982) the life story of Lympian Aslam Sher Khan
4. Jan Taylor with David Viar: (1988) Taylor on Hockey

M.P.Ed Semester 3rd

Paper – 16MPE23D4
Science of Coaching games-Kabaddi

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Define Kabaddi, Types of Kabaddi, Style and Formation of Kabaddi-Origin of Kabaddi.
- History of Kabaddi in India and Abroad, Origin of Kabaddi in Modern Time and Ancient Time.
- Scope of Kabaddi in India, Asian Games, World Championship, Common Wealth and Olympic Games.
- Kabaddi Tournament in India.
- Selection of Kabaddi Team. Methods for Selection of Kabaddi Team.

UNIT-II

- Dimension of Kabaddi Ground/Court and its Measurement in Different Style/Types/Kinds.
- Methods and Techniques to Formation of the Kabaddi Ground/Court
- Official and Formation of Kabaddi to Conduct the good Competition/Tournaments of Championship and Duties & Uses of all the Official.
- Responsibility & Duties of the Team Manager, Coach and Captain of the Kabaddi Team During, After and Before the Competition

UNIT-III

- Rule and Regulation of Kabaddi
- Duration, Time and Period of the Kabaddi Matches in Men, Women, Junior & Sub Junior Level.
- Famous Kabaddi Players, Teams, Arjuna Awardee, Trophies etc.
- Uniform, Diet Special Training & Coaching for Outstanding Kabaddi Players/Team
- Daily Training Schedule/Time Table of Kabaddi Team

UNIT-IV

- Training & Coaching, Describe Specific Trg. And General Training & Coaching for Kabaddi Players.
- Technique of Training, Tactic & Skill of Training of Kabaddi
- Defensive & Offensive Kabaddi Technique
- Describe in Details About the Specific Training for Kabaddi Team.

Suggested Readings

1. John W. Dann: Scientific Principle of Coaching
2. Prentice Hall eglewood Clifs, JJ.
3. VN.Rao: Kabaddi.

M P Ed Semester 3rd
Paper – 16MPE23D5
Science of Coaching games-Handball

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(B) For candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Handball in Haryana, India, Asia and Olympic
- Requirements of Handball: Playing Court, Playing Time, Time Out, The Ball, The Team Substitution and Equipments.
- Rules and their Interpretation and their Application in the Game of Handball.
- Officials and their Duties: Referees, The Time Keeper and the Score Keeper.

UNIT-II Attack and defensive techniques:

- Passes: Over Arm, Under Arm, Wrist Pass, Back Hand, Chest Pass, Jump Pass and Lower Pass.
- Bouncing/Dribbling:- Low and High
- Faking-Body Fake, Arm Swing Fake, Rotation Fake, Passing Fake and Shooting Fake.
- Goal Shooting-Over Arm, Under Arm, Jump, Falling and Dive Shots
- Checking on the Ground and in the Air
- Defensive Blocking of:- Over Arm, Under Arm, Curved and Jump Shots

UNIT-III Attacking and Defensive Tactics:-

- The Counter Attack: Simple, Extended and Complete Fast Break
- Organization of Attack: (a) Individual: Winger, Pivot, Back Court and Centre Back Player, (b) Group:- Parallel Thrust, Waving, Changing Position/Crossing and Blocking/Freeing Oneself. (c) Attack Against Different Defense Systems- Against Man to Man, against Zone and Against Combined Defense.
- Delaying the Attack and Moving Back Quickly
- Man to man Defense Full and Half Court Processing

UNIT-IV Different Kind of Defense

- One Defense: 6:0, 5:1, 4:2, 3:3, 3:2:1
- Combined Defense:-
- 5+1 and 1+5 Defense
- 4+2 and 2+4 Defense
- Preparation, Observation and Evaluation of Handball Game
- Periodization of Handball Training- Competitive, Preparatory and Transitional Period.
- Planning: Annual Training Plan and Weekly Training Plan.

Suggested Readings

1. ix Rules of the Game, International Handball Federation Post Box 312 Ch 4020 Basel, Switzerland
2. Playing Handball by Zoltan MARCZINKA (1993) a COMPREHENSIVE Study of the Game International Handball Federation, Tirio Budapest-Publishing Company.
3. Study Material Handball, German College of Physical Education Culture Leipzig Germany
4. Team Handball, Steps to Success (1997) Reita E. Clanton and Mary Phyl Dright Human Kinetics

M.P.Ed Semester 3rd
Paper – 16MPE23D6
Science of Coaching games-Korfball

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Origin and development of the game; recent status of the game in India and Europe.
- Various Tournaments – International, National, State, District level; Development of the rules of Korfball.

UNIT-II

- Fundamental skills: Passing, Shooting, Guard, Assist and teaching procedure for each skill.
- Specific exercises for each skill; various drills related to the fundamental skills; Lead – up games

UNIT-III

- Rules of the game – current interpretations; new changes in the game, marking of the ground/Court of Korfball.
- Evaluation of the performance of the players

UNIT-IV

- Warm up and cool down in Korfball, Selection procedure for Korfball players, team tactics – Different system of play related to attack and defence.
- Coaching- philosophy of coaching-needs and values of coaching, coaching as a profession.

REFERENCE

- The complete handbook of individual skills: John Swan.
- Official rule book of Korfball-IKF

MP Ed Semester 3rd
Paper – 16MPE23D7
Science of Coaching games-Wrestling

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Origin of Wrestling in Modern & Ancient Time
- Role of UWW (United World Wrestling)
- Wrestling Federation of India (WFI)
- Define meaning of Olympic Wrestling
- Types of Olympic Wrestling Styles
- Scope of Wrestling in India
- Achievement of India in Asian, Commonwealth, World Championship & Olympic games
- Wrestling Tournaments in India.

UNIT-II

- Structure of Wrestling Mat and Platform
- Officials in Wrestling, Officials Dress
- Competition Procedures, Drawing of lots

- General Duties of Mat Chairman, Referee, Judge and Jury of Appeal
- Medical, Weighting, Wrestler/Competitors Dress
- Duties of a Coach in Wrestling Bout
- Age and Weight Categories (Male & Female)

UNIT-III

- Rules & regulations and their interpretation
- Duration of Wrestling bout for Junior, Sub-junior and Seniors (Free Style & Greco Roman)
- Famous Wrestlers of India
- List of Arjun Awardee, Padam Shree, Rajiv Gandhi Khel Ratan & Bhim Awardee
- Famous Dronacharya Awardee, Coach in India

UNIT-IV

- Point for Action & Holds
- Evaluation of Importance of the Action & Holds
- Danger position & fall
- Prohibitions and illegal holds
- Basic Vocabulary
- Preparation of Score Sheet in Free Style & Greco-roman Styles
- Diet of a Wrestler
- Training & Coaching in Wrestling
- Teaching Techniques, Tactics and Skill of Wrestling
- Defensive & Offensive Wrestling
- Importance of Warming up and Cooling down in Wrestling

REFERENCE BOOK

1. International Wrestling Rules- FILA
2. Training & Coaching-FILA

M.P.Ed Semester 3rd

Paper – 16MPE23D8

Science of Teaching & Coaching games-Volleyball

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:- (a) For paper setter 1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Origin of Game
- History of Volley Ball
- Ancient History of Volley Ball
- Haryana History of Volley Ball
- Role of Haryana's People for the Development of Volley Ball Game.

UNIT-II

- Length and Width of Volley Ball Court.
- Height of Volley Ball Net
- Length and Width of Volley Ball Net
- Total Number of Volley Ball Players
- Interpretation of Rules

UNIT-III

- Smash (ii) Blocking (iii) Lifting (iv) Underhand (v) Upper Hand Service

Strategy and Tactics

- Rotation
- Placing of Libero
- Placing of Players
- Dropping

UNIT-IV Duties and Power of Officials

- Number of referee
- Duties of referee
- Duties of Lineman
- Technical Officials

Suggested Readings 1. Keith Nichollos: (1967-76) Modern Volley Ball

2. S.K. Sagar: Play Better Volley Ball

3. S.K.Sagar: Skill & Tests

4. Deepak Jain: Teaching and Coaching Volley Ball Science of Teaching and Coaching.

M P Ed Semester 4th
Paper – 16MPE24C1
PHYSICAL FITNESS AND WELLNESS

Time – 3 hours

Max. Marks =100

External marks: 80

Internal marks: 20

Note:-

(c) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(d) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course content

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

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 III

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 IV

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

Reference:

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. 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

M.P.Ed. (Semester-4th)
Paper – 16MPE24C2
Education Technology in Physical Education

Max. Marks: 100
External Marks: 80
Internal Marks: 20

Time: 3 hours

NOTE:- For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

For Candidates 1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

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

UNIT-II

Concept of Class Management: Meaning & Principles
Specific Principles (Strength of Class, Place and Time of Class, Uniform Class Formation, Safety Measures and Discipline
Steps of Class Management
Explanation of Different Teaching Methods for Presenting Material

UNIT-III

- Introduction, Principles for Planning Facilities
- Types of Facilities
- Meaning and Types of Command
- Meaning, Need and Importance of Public Relation in Physical Education.
- Meaning, Objectives and Types of Budget
- Principles of Preparation of Budget

UNIT-IV

- The Need for Office for Physical Education Teacher, its Location and Set Up.
- Handling and Communication-Office Writing, Circulars, Notification and Invitation
- Writing Reports and display, Monitoring
- Concept, Need and Importance of Intramural and Extra Murals
- Types of Tournaments

REFERENCES:-1. K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
2. Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.
3. Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karalkudi India).

4. Kamlesh M.L. & Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur.
5. Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur

M.P.Ed- Semester 4th

Paper – 16MPE24DA1

PAPER -SPORTS JOURNALISM AND MASS MEDIA

Time – 3 hours

Max. Marks =100

External marks: 80

Internal marks: 20

Note:-

(e) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(f) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course content

UNIT I

-Introduction Meaning and Definition of Journalism, Ethics of Journalism

– Canons of journalism- Sports Ethics and Sportsmanship

-Journalism Sports organization and Sports Journalism

– 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

– 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.

-Interview with and elite Player and Coach.

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.

-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.

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

M.P.Ed- Semester 4th
Paper – 16MPE24DA2
Health Education and Sports Nutrition

Time – 3 hours

Max. Marks = 100

External marks:- 80

Internal marks:-20

NOTE:-

(c) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(d) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit-I

- Concept of Health: Meaning, definition and its different dimensions.
- Characteristics of healthy individual.
- Concept of Health Education: meaning, need and importance.
- School Health Programme and Health Environment.
- Health during camp and travelling.
- Factor affecting health and wellness.

Unit II

- Communicable disease: Symptoms and preventions (HIV/Aids, Tuberculosis, Malaria, Rabies).
- Substance abuse: Smoking, Tobacco, Alcohol and its effects on sports performance.

Unit-III

- Meaning of nutrition, Nutrition and Physical performance
- Carbohydrate: importance in performance, quantity to be consumed before, during and after exercise.
- Role of Protein in performance, its requirements in strength, endurance, muscle building and in weight loss
- Effect of exercise on Protein requirement
- Fat, types of fat (simple fat, saturated fat, unsaturated fat and compound fat)
- Role of fat in exercise performance (specially in long duration events)

Unit – IV

- Concept of balance diet
- Meaning of the terms – body composition, obesity, overweight, lean body mass
- Principles of weight control, weight management techniques
- Fluids – dehydration, danger of dehydration, importance of fluids

Suggested Readings

1. Daimple: Foundation of Health
2. Dehl: Healthful living, Mcgraw Hill
3. Physical Education and Health (Dr. A.K. Upple, Dr. Gautam)
4. Physical and Health Education (Mr.V.D. Sharma & Granth Singh)

M.P.Ed. (Semester-4th)
Paper – 16MPE24DA3

Athletes care and rehabilitation

Time – 3 hours

Max. Marks =100
External marks: 80
Internal marks: 20

Note:-

(g) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(h) for candidates

1. Attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Safety appliances in sports and their uses
- Principles of safety education; Provision of safety rules in competitive sports
- Meaning and definition of Rehabilitation; Concepts of Rehabilitation
- Objective and scope of Rehabilitation; Principle of care and rehabilitation

UNIT-II

- Meaning and types of therapeutic modalities
- Shortwave Diathermy
- Microwave Diathermy
- Ultra Sound
- Cryotherapy; Contrast bath
- T.E.N.S; I.F.T
- Introduced to aquatic rehabilitation; definition; equipment for aquatic exercise; Aqua workout station;
- Rehabilitative role and importance of aquatic activity; Benefits of exercise in water

UNIT-III

- Meaning, definition and concept; Good posture and its value; Bad posture, cause and its drawbacks
- Posture deformities; Kyphosis, Lordosis, Scoliosis, Knock-knee, bow legs, Flat foot and Corrective Exercise

UNIT-IV

- Introduction, meaning and definition; Scope of therapeutic exercise in sports injuries and rehabilitation; Exercise programme to strengthen the injury
- Classification, effects and use of following types of therapeutic exercise;

Active Exercise (Free, Assisted, Resisted); Passive Exercise (Relaxed, Passive and stretching)

- Introduction, meaning and definition of massage; Brief history of massage
- Precautions\contraindication; Physical and mental benefits of massage therapy; Role of massage in relation with sports competitions
- Effects of massage on major systems of body; Type of massage
- Techniques of massage; Effleurage; Kneading; Petrissage; Friction; Shaking and Vibration; Percussion Movements (Hacking, Clapping, Beating, Pounding)