

# MAHARSHI DAYANAND UNIVERSITY ROHTAK

## DEPARTMENT OF PHYSICAL EDUCATION

### Program Specific Outcome

PSO 1: Promoting physical fitness as fun:-To include the interest of students for promoting the physical fitness level while taking physical activity as fun.

PSO 2: To develop the learn of Physical Education professional to cater the need of the society.

PSO 3: To familiarize the students about the techniques and tactics of different **individual** and team sports.

PSO 4: Sports Training: - To understand the basic principles of Sports Training and the ability to apply them in different category of sports person.

PSO 5: Sports Psychology: - Prepare the students for professional field of sports psychology and how to hurdle the stress of sports competition during tournament.

PSO 6: To aware the students about the research methodology in the field of Physical Education & Sports.

PSO 7: Developing, Team work, Sportsmanship and Co-operation:- Physical Education allows the students to experience healthy social interaction leading Co-operation through group activities and encouraging team work through identification as one part of the team.

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

#### **M.P.ED 1<sup>st</sup> 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 )	1.	80+20
16MPE21C5	Teaching lesson – Games	(0: 0: 6 )	40	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 2<sup>nd</sup> 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 )	1.	80+20
16MPE22C3	Physiology of Exercise	(4: 1: 0 )	2.	80+20

16MPE22C4	Teaching lesson – Games	( 0: 0: 6)	3	100
16MPE22C5	Teaching Lesson- Athletics	( 0: 0: 6)	3	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 16MPE24DA2 16MPE24DA3	(Any Two) Sports Journalism and Mass Media Health Education and Sports Nutrition Athletic Care and Rehabilitation	(4: 1: 0 ) each	05 each i.e.=10 each	80+20
16MPE24C3	Coaching lesson –Games	(0: 0 : 6)	03	100
16MPE24C4	Coaching Lesson- Athletics	( 0: 0: 6)	3	100
16MPE24DB1 16MPE24DB2	Dissertation and Viva-Voce Examination. Or Field Work Training for Officiating and Coaching of Inter-Collegiate level Tournaments.		5	100

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 1<sup>st</sup>)**

**Paper – 16MPE21C1**

**Scientific Principles of Sports Training**

Time – 3 hours

Max. Marks = 100

External Marks: 80

Internal marks: 20

**COURSE OUTCOMES**

CO 1: Students would be able to understand the meaning of training load Adaptation and overload.

CO 2: Students would be able to select a game according to their capabilities and talent.

CO 3: It will be helpful in making difference between technique, tactics, skill and style.

CO 4: Students would be able to know how to conduct a competition or prepare for competition.

It will be helpful to make a plan for better training.

**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 Kinetis, Champaign. Ll. 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 1<sup>st</sup>**

**Paper – 16MPE21C2**

**Research Process in Physical Education**

Time –3Hours

Max. Marks = 100

External marks: 80

Internal marks: 20

### **COURSE OUTCOMES**

CO 1. The students would be able to explain the meaning, definition, types of hypothesis and

sampling.

CO 2: The students would be able to explain the Tools of data collection.

CO 3: The students would be able to explain and illustrate constructing questionnaires

CO 4: The students would be able to explain the meaning, values, and scope, characteristics, steps, primary and secondary sources of historical research and Experimental research.

CO 5: The students would be able to explain the research report and research design features.

### **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 1<sup>st</sup>**  
**Paper – 16MPE21C3**  
**Sports Medicine**

Time – 3 hours

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

**COURSE OUTCOMES**

CO 1: The students would be able to know the Concept, History, Meaning, Need & Scope of Sports Medicine in Physical Education & Sports.

CO 2: The students would be able to understand the mean, methods and effects of Doping.

CO 3: The students would be able to understand the Mechanisms of sports trauma.

CO 4: The students would be able to know about the Common Drugs and Medications commonly used in Sports and Games.

CO 5: The students would be able to know about the Thermal injuries and Aid management of injuries.

**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- 1<sup>st</sup>)**  
**Paper – 16MPE21C4**  
**Sports Psychology**

Time: 3 hours

Maximum Marks: 100

Internal Marks: 20

**COURSE OUTCOMES**

CO 1: The students would be able to understand the meaning, Nature and Importance of Psychology in Physical Education and sports.

CO 2: The students would be able to clarify the meaning and Theories of Aggression and Emotions.

CO 3: The students would be able to know the effects of Stress, Anxiety and Aggression on Sports Performance.

CO 4: The students would be able to know the Psychological Demands and Psychological Preparation of Sports Activity and competition.

CO 5: The students would be able to find out the Characteristics of good leaders and theories of Leadership.

**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

#### **Leader ship**

- 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 2<sup>nd</sup>**

**Paper – 16MPE22C1**

**Applied Statistics in Physical Education and Sports**

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

**COURSE OUTCOMES**

CO 1: The students would be able to explain the meaning, Characteristics and Properties of Normal Probability Curve.

CO 2: The students would be able to explain the Meaning, Construction & Methods of preparation of norms.

CO 3: The students would be able to Explain & illustrate the concept, meaning and Types of Correlation

CO 4: The students would be able to differentiate between the T-Test and ANOVA.

CO 5: The students would be able to Analysis the Variance and Co-variance.

**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 (2<sup>nd</sup>. 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- 2<sup>nd</sup>)**  
**Paper – 16MPE22C2**  
**Sports Bio-Mechanics and Kinesiology**

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

**COURSE OUTCOMES**

- CO 1: The students would be able to explain the Concept, Scope and Role of Kinesiology and biomechanics in Physical Education and Sports.
- CO 2: The students would be able to explain the Attachment and Action of the Muscles of upper limbs and lower limbs Joints.
- CO 3: The students would be able to illustrate the concept of -Structural Classification, Functional Classification and Methods of Studying the Action of Muscles.
- CO 4: The students would be able to explain & illustrate the concept of Distance and Displacement, Speed, Velocity and Uniform Acceleration, Force and Momentum, Pressure, Mass and Weight, Gravity and Centre of Gravity, Work, Power, Energy.
- CO 5: The students would be able to Understand the concept of spin and Magnus effect: its application in sports

**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 (2<sup>nd</sup> 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 (3<sup>rd</sup> Edition)
7. Hay. J (1978) The Bio-Mechanics of Sports Techniques 2<sup>nd</sup> 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 2<sup>nd</sup>**  
**Paper – 16MPE22C3**  
**Physiology of Exercise**

Time – 3 hours

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

**COURSE OUTCOMES**

- CO 1: The students would be able to explain concept of Exercise Physiology in sport.  
CO 2: The students would be able to understand the concept of Physiology of Cardio-respiratory changes, exercise & recovery.  
CO 3: The students would be able to understand the concept of Metabolism, Energy systems Anaerobic, Aerobic & ATP Production.  
CO 4: The students would be able to know about the Physiological changes in training i.e Gynaecological considerations Menstruation & Pregnancy.  
CO 5: The students would be able to know and understand the Guidelines for female's participation in sports.

**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, VO<sub>2</sub>, 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. 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

**M.P.Ed. Semester-3<sup>rd</sup>**

### **Paper – 16MPE23C1**

**Curriculum Design in Physical Education**

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

### **COURSE OUTCOMES**

- CO 1: The student will gain the knowledge about the concept of physical education its meaning and definition.
- CO 2: The Students will understand the meaning of professional preparation and curriculum design.
- CO 3: The Students will understand the Professional Courses, Advancement Schemes of UGC and Professional Programmes.
- CO 4: The students will know the various Forces and Factors Affecting Educational Policies and Programmes.
- CO 5: The students will know the Purposes, Admission Area, Field Experience, Teaching Practice, Facilities and Research of undergraduate and postgraduate Level.

### **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 Prgorammes
- 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 Englowood cliffs USA.

**M.P.Ed- Semester 3<sup>rd</sup>**

**Paper – 16MPE23C2**

**Test, Measurement and Evaluation in Physical Education**

Time 3.00 hour

Max. Marks = 100

External marks: 80

Internal marks: 20

### **COURSE OUTCOMES**

CO 1: The student will be able to know the meaning, Principle, need and importance of Measurement and evaluation in Physical Education.

CO 2: The Students will be able to understand the Relationship between test and test Measurement and evaluation

CO 3: The Students will be able to know the Administration of test and Measurement Technique

CO 4: The Students will be able to know the Meaning of physical fitness and motor fitness

CO 5: The Students will be able to know the concept and Nature of Motor ability tests.

### **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 3<sup>rd</sup>**  
**Paper – 16MPE23C3**  
**Science of Coaching –Athletics**

**Time: 3 hours**

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

**COURSE OUTCOMES**

CO 1: The student will gain the knowledge about the Organization and Administration of Athletic Meet

CO 2: The Students will be able to know the History of Athletics in India & Olympics.

CO 3: The Students will be able to know about the Track and Field Marking with Layout of Field Events.

CO 4: The students will be able to know about the Rules and Regulations of Track and Field Events.

CO 5: The Students will understand the concept of Periodization, Warming Up, Cool Down & its Significance.

**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 4<sup>th</sup> Edition.
4. Ketluyn Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.

**M.P.Ed Semester 3<sup>rd</sup>**  
**Paper – 16MPE23D1**  
**Science of Coaching games -Basketball**

**Time: 3 hours**

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

**COURSE OUTCOMES**

CO 1: The student will be able to understand the concept of Various Tournaments – International, National, State, District level.

CO 2: The Students will be able to teach the students about each skill in relation to Mechanical Principles in basketball.

CO 3: The Students will be able to teach the students various drills related to the basketball fundamental skills and Lead – up games.

CO 4: The students will be able to explain the Rules and regulations of the basketball game.

CO 5: The Students will be able to teach the different Evaluation of skills of the players

**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 3<sup>rd</sup>**  
**Paper – 16MPE23D2**  
**Science of Coaching games- Boxing**

**Time: 3 hours**

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

**COURSE OUTCOMES**

CO 1: The student will be able to teach the Historical Development of Boxing in India and Olympics.

CO 2: The Students will be able to explain the boxing Rules and Regulations and their interpretations.

CO 3: The Students will be able to teach the students Organizing and management of boxing competitions

CO 4: The Students will be able to teach the students about Draws, Weight in, Medical in Boxing Men/Women.

CO 5: The students will be able to explain the Psychological preparation of a boxer at competition site, before and after bout.

**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
- Hocks to head and Hocks 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

**M.P.Ed Semester 3<sup>rd</sup>**  
**Paper – 16MPE23D3**  
**Science of Coaching games-Hockey**

**Time: 3 hours**

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

**COURSE OUTCOMES**

- CO 1: The student will be able to teach the Teaching, Training and Coaching of Hockey & Layout of Hockey Ground and its Dimension.
- CO 2: The Students will be able to explain the Organization of Hockey Tournament and concept of Protective Equipments
- CO 3: The students will be able to explain the concept of Preparation of Team, Before During and After the Game.
- CO 4: The Students will be able to explain the concept of Warming Up and Cool Down.
- CO 5: The Students will be able to understand and explain the concept of Annual Training Plan, Training During Competition Period, Training During Preparatory Period, Training During Transitional and Weekly Training Plan.

**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 Difference 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 3<sup>rd</sup>**

**Paper – 16MPE23D4**  
**Science of Coaching games-Kabaddi**

**Time: 3 hours**

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

**COURSE OUTCOMES**

- CO 1: The students will know the Definition, Types, Style and Formation of Kabaddi.  
CO 2: The students will be able to know about the the History of Kabaddi in India and Abroad  
CO 3: The students will be able to know about Dimension of Kabaddi Ground/Court and its Measurement in Different Style/Types/Kinds.  
CO 4: The students will be able to know the Responsibility & Duties of the Team Manager & the Rule and Regulation of Kabaddi.  
CO 5: The students will be able to know about the Defensive & Offensive Kabaddi Technique & Technique of Training, Tactic & Skill of Training of Kabaddi.

**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 3<sup>rd</sup>**  
**Paper – 16MPE23D5**  
**Science of Coaching games-Handball**

**Time: 3 hours**

**Max. Marks: 100**

**External marks: 80**

**Internal marks: 20**

**COURSE OUTCOMES**

CO 1: The students will know the Historical Development of Handball in Haryana, India, Asia and Olympic.

CO 2: The students will know the measurements of playfields, rules and Regulations of Handball game.

CO 3: The students will know the Officials and their duties appointed for Competition.

CO 4: The students will know the Training Plan and Periodization for Handball Training.

CO 5: The students will get the knowledge of various Training Plan and Periodization for Handball Training.

**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, Tiro 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 3<sup>rd</sup>**  
**Paper – 16MPE23D6**  
**Science of Coaching games-Korfball**

**Time: 3 hours**

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

## **COURSE OUTCOMES**

- CO 1: The students will be able to know and understand the Various Tournaments – International, National, State, District level; Development of the rules of Korfball.
- CO 2: The students will be able to teach the Fundamental skills like Passing, Shooting, Guard, Assist and teaching procedure for each skill..
- CO 3: The students will be able to learn and understand Rules of the game – current interpretations; new changes in the game, marking of the ground/Court of Korfball
- CO 4: The students will be able to know the philosophy of coaching-needs and values of coaching, coaching as a profession.

## **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 Korfbal-IKF

**MP Ed Semester 3<sup>rd</sup>**  
**Paper – 16MPE23D7**  
**Science of Coaching games-Wrestling**

Time: 3 hours

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

#### **COURSE OUTCOMES**

CO 1: It will be helpful to understand the background of wrestling in ancient and modern time.

CO 2: It will be helpful to understand the organization and role of wrestling federation of India and United world wrestling.

CO 3: It will be helpful to know the structure of wrestling mate general duties of technical officials.

CO 4: It will be helpful to understand the rule and regulation and their interpretation at national and international level.

CO 5: It will be helpful to understand the evaluation and importance of technical actions and holds in wrestling.

#### **Course Contents**

##### **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 3<sup>rd</sup>**

**Paper – 16MPE23D8**

**Science of Teaching & Coaching games-Volleyball**

**Time: 3 hours**

**Max. Marks: 100**

**External marks: 80**

**Internal marks: 20**

### **COURSE OUTCOMES**

CO 1: The students will be able to learn and know the Origin and History of Volley Ball.

CO 2: The students will be able to know about the Role of Haryana's People for the Development of Volley Ball Game

CO 3: The students will be able to learn and understand Rules of the game of volley ball.

CO 4: The students will be able to learn and understand the Strategy and Tactics in volley ball.

CO 5: The students will be able to learn and understand the Duties and Power of Officials.

### **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 empire
- 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 4<sup>th</sup> Paper – 16MPE24C1**

### **PHYSICAL FITNESS AND WELLNESS**

**Time: 3 hours**

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

### **COURSE OUTCOMES**

CO 1: The students would be able to teach the Introduction Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques

CO 2: The students would be able to know the Current trends in fitness and conditioning

CO 3: The students would be able to understand the Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels.

CO 4: The students would be able to know the principles and concepts of Weight training.

CO 5: The students would be able to learn the concept of aerobic and anaerobic activities.

The students would be able to know about the flexibility exercise program.

### **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

**COURSE OUTCOMES**

CO 1: The students would be able to understand the concept, nature and forms of Educational Technology.

CO 2: The students would be able to understand the Transactional usage of educational technology.

CO 3: The students would be able to understand the skill of framing educational objectives.

CO 4: The students would be able to understand the skill of designing instructional system.

CO 5: The students would be able to understand the Programme Learning and Educational Technology for improving teacher's behaviour.

**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 4<sup>th</sup>**

**Paper – 16MPE24DA1**

**PAPER -SPORTS JOURNALISM AND MASS MEDIA**

**Time: 3 hours**

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

**COURSE OUTCOMES**

- CO 1: The students would be able to know the Introduction, Meaning and Definition of Journalism and concept of Sports Ethics and Sportsmanship
- CO 2: The students would be able to know and understand the structure and Concept of Sports Bulletin and learn about the Report Writing on Sports, Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games.
- CO 3: The students would be able to understand the Role of Journalism in the Field of Physical Education.
- CO 4: The students would be able to know the concept of preparing report of an Annual Sports Meet for Publication in Newspaper.
- CO 5: The students would be able to understand the concept of Organization of Press Meet.

**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 4<sup>th</sup>**  
**Paper – 16MPE24DA2**  
**Health Education and Sports Nutrition**

Time – 3 hours

Max. Marks = 100

External marks:- 80

Internal marks:-20

**COURSE OUTCOMES**

CO 1: Students get the knowledge about health and health education.

CO 2: The student will learn about the causes symptoms and preventions of communicable disease.

CO 3: The students will know the bad effect of Smoking, Tobacco, Alcohol on health and performance.

CO 4: Students understand the nutrition, dehydration and balance diet.

CO 5: Student learns about body composition, overweight, lean body mass and obesity.

**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

**COURSE OUTCOMES**

CO 1: The students would be able to explain the Concept, Meaning and definition of Rehabilitation

CO 2: The students would be able to explain the Meaning and types of therapeutic modalities.

CO 3: The students would be able to Understand and illustrate the concept of - concept of aquatic rehabilitation

CO 4: The students would be able to explain & illustrate the concept of posture and postural deformity.

CO 5: The students would be able to understand the concept of massage and different techniques of massage.

**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)