

NATIONAL EDUCATION POLICY-2020
SYLLABUS FOR M S D STATE UNIVERSITY
AZAMGARH

SYLLABUS



SEMESTER-WISE TITLES OF THE PAPERS IN
M.P.ED PHYSICAL EDUCATION

2022

सेवा में

कुल सचिव
महाराजा सुहेल देव राज्य विश्वविद्यालय आजमगढ़
उत्तर प्रदेश

विषय :- M.P.ED पाठ्यक्रम के सम्बन्ध में।

महोदय,

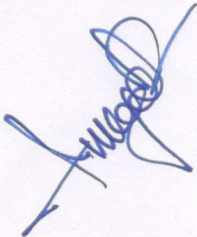
आप के द्वारा M.P.ED पाठ्यक्रम बनाने के लिय कहा गया था जो आप की सेवा में प्रस्तुत हे।

कृपया अवगत हो।

सादर

Vipin Chandra Pathan
संयोजक

अध्ययन परिषद्
डॉ० विपिन चन्द अस्थाना
शारीरिक शिक्षा
डी०ए०वी० पी०जी० कॉलेज आजमगढ़



MSDSU AZAMGARH

Semester – I

M.P. Ed

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practic al Marks	Total Marks
Core Course						
MPCC – 101	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
MPCC – 102	Value and Environmental Education In Physical Education	3	3	30	70	100
MPCC – 103	Tests, Measurements and Evaluation in Physical Education	3	3	30	70	100
Elective Course						
MPEC – 104	Yogic Science	3	3	30	70	100
	Sports Journalism and Mass Media					
MPEC – 105						
Part - B : Practical Course						
MPPC – 106	Track & Field: All Track Events and Marathons	6	3	30	70	100
MPPC – 107	Sports Specialization – I (Skill Proficiency) Badminton/Basketball/Cricket/Footbal l/Gymnastics/Handball/Hockey/Kabad di&Kho-Kho/Lawn Tennis/Volleyball/Yoga (Any One)	6	3	30	70	100
MPPC – 108	Rules, Officiating & Project Book of Sports Specialization - I	6	3	30	70	100
MPPC – 109	Adventure Activities/ Educational Tour(Adventure Tour)/ Mass Demonstration Activities	6	3	30	70	100
Total		36	24	240	560	800

Semester - II

Part - A : Theoretical Course							
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks	
Core Course							
MPCC - 201	Applied Statistics in Physical Education & Sports	3	3	30	70	100	
MPCC - 202	Sports Biomechanics & Kinesiology	3	3	30	70	100	
MPCC - 203	Athletic Care & Rehabilitation	3	3	30	70	100	
Elective Course							
MPEC -204	Sports Management and Curriculum Designs in Physical Education	3	3	30	70	100	
MPEC - 205	Sports Technology						
Part - B : Practical Course							
MPPC - 206	Track & Field: All Field Events and Combined Events	6	3	30	70	100	
MPPC - 207	Sports Specialization - I Badminton/Basketball/Cricket/ Football/Gymnastics/Handball/ Hockey/Kabaddi&Kho-Kho/Lawn Tennis/Volleyball/Yoga (Any One)	6	3	30	70	100	
MPPC - 208	Teaching/Coaching Lessons Sports Specialization - I : 5 (4 Internal & 1 External)	6	3	30	70	100	
MPPC - 209	Class room Teaching Lessons on Theory of different Sports & Games - 5 Lessons (4 Internal & 1 External)	6	3	30	70	100	
Total		36	24	240	560	800	

Semester - III

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course						
MPCC – 301	Scientific Principles of Sports Training	3	3	30	70	100
MPCC – 302	Sports Medicine	3	3	30	70	100
MPCC – 303	Health Education and Sports Nutrition	3	3	30	70	100
Elective Course						
MPEC – 304	Education Technology in Physical Education	3	3	30	70	100
MPEC – 305	Sports Engineering					
Part - B : Practical Course						
MPPC – 306	Aerobics & Callisthenics	6	3	30	70	100
MPPC – 307	Sports Specialization – II (Skill Proficiency) Athletics/Badminton/Basketball/Cricket/ Football/Gymnastics/Handball/Hockey/ Kabaddi&Kho-Kho/Lawn Tennis/ Volleyball/Yoga (Any One)	6	3	30	70	100
MPPC – 308	Rules, Officiating & Project Book of Sports Specialization - II	6	3	30	70	100
MPPC – 309	Laboratory Practical: Sports Biomechanics & Kinesiology and Health Education(4 Practical for Each Subject)	6	3	30	70	100
Total		36	24	240	560	800

Semester - IV

Part - A : Theoretical Course						
Course Code	Title of the Papers	Total Hours /Week	Credit	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course						
MPCC -401	Sports Psychology	3	3	30	70	100
MPCC – 402	Physiology of Exercise	3	3	30	70	100
MPCC – 403	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
Elective Course						
MPEC – 404	Dissertation	3	3	30	70	100
MPEC – 405	Physical Fitness and Wellness					
Part - B : Practical Course						
MPPC -406	Indigenous Activities & Self Defense Techniques	6	3	30	70	100
MPPC – 407	Sports Specialization – II (Skill Proficiency) Athletics/Badminton/Basketball/Cricket/ Football/Gymnastics/Handball/Hockey/ Kabaddi&Kho-Kho/Lawn Tennis/ Volleyball/Yoga (Any One)	6	3	30	70	100
MPPC – 408	Coaching Lessons of Sports Specialization – II: - 5 (4 Internal & 1 External)	6	3	30	70	100
MPPC – 409	Laboratory Practical: Sports Psychology, Physiology of Exercise (4 Practicals for each Subject)	6	3	30	70	100
Total		36	24	240	560	800

Part - A : Theoretical Course				
Course Code	Title of the Papers	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course				
MPCC – 301	Scientific Principles of Sports Training	30	70	100
MPCC – 302	Sports Medicine	30	70	100
MPCC – 303	Health Education and Sports Nutrition	30	70	100
Elective Course				
MPEC – 304	Education Technology in Physical Education	30	70	100
MPEC – 305	Sports Engineering			
Part - B : Practical Course				
MPPC – 306	Aerobics & Callisthenics	30	70	100
MPPC – 307	Sports Specialization – II (Skill Proficiency) Athletics/Badminton/Basketball/Cricket/ Football/Gymnastics/Handball/Hockey/ Kabaddi&Kho-Kho/Lawn Tennis/ Volleyball/Yoga (Any One)	30	70	100
MPPC – 308	Rules, Officiating & Project Book of Sports Specialization - II	30	70	100
MPPC – 309	Laboratory Practical: Sports Biomechanics & Kinesiology and Health Education(4 Practical for Each Subject)	30	70	100
Total		240	560	800

Part - A : Theoretical Course				
Course Code	Title of the Papers	Sessional Marks	Theory/ Practical Marks	Total Marks
Core Course				
MPCC – 401	Sports Psychology	30	70	100
MPCC – 402	Physiology of Exercise	30	70	100
MPCC – 403	Information & Communication Technology (ICT) in Physical Education	30	70	100
Elective Course				
MPEC – 404	Dissertation	30	70	100
MPEC – 405	Physical Fitness and Wellness			
Part - B : Practical Course				
MPPC – 406	Indigenous Activities & Self Defense Techniques	30	70	100
MPPC – 407	Sports Specialization – II (Skill Proficiency) Athletics/Badminton/Basketball/Cricket/ Football/Gymnastics/Handball/Hockey/ Kabaddi&Kho-Kho/Lawn Tennis/ Volleyball/Yoga (Any One)	30	70	100
MPPC – 408	Coaching Lessons of Sports Specialization – II: - 5 (4 Internal & 1 External)	30	70	100
MPPC – 409	Laboratory Practical: Sports Psychology, Physiology of Exercise (4 Practicals for each Subject)	30	70	100
Total		240	560	800

Semester I
Theory Courses
MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS
SCIENCES

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

UNIT-I Introduction

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

UNIT-II Methods of Research

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

UNIT-III Experimental Research

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

UNIT IV- Sampling

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

UNITV- Research Proposal and Report

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

Semester I
Theory Courses
MPCC-102 VALUE AND ENVIRONMENTAL EDUCATION IN PHYSICAL
EDUCATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

UNIT-I Concept of Human Values, Value Education towards Personal Development

- Aim of education and value education; Evolution of value oriented education
- Concept of Human values; types of values; Components of value education, Judging Value System.
- **Personal Development**
 - Self-analysis and introspection; sensitization towards gender equality, physically challenged, intellectually challenged. Respect to - age, experience, maturity, family members, neighbours, co-workers.
- **Character Formation Towards Positive Personality:**
 - Truthfulness, Constructivity, Sacrifice, Sincerity, Self-Control, Altruism, Tolerance, Scientific Vision.

UNIT-II Value Education towards National and Global Development National and International Values

- **Constitutional or national values** - Democracy, socialism, secularism, equality, justice, liberty, freedom and fraternity.
- **Social Values** - Pity and probity, self-control, universal brotherhood.
- **Professional Values** - Knowledge thirst, sincerity in profession, regularity, punctuality and faith.
- **Religious Values** - Tolerance, wisdom, character.
- **Aesthetic values** - Love and appreciation of literature and fine arts and respect for the same. National Integration and international understanding.

UNIT-III Therapeutic Measures

- **Control of the mind through**
 - Simplified physical exercise
 - Meditation – Objectives, types, effect on body, mind and soul
 - Activities:

Unit-IV Environmental Education , Rural and Urban Sanitation

- Definition, Scope, Need and Importance of environmental studies
- Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, sustainable development, Pollution free eco- system.

Unit- V Natural Resources and Related Environmental Issues

- Resources: - Water, food and Land resources.
- Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution.
- Management of environment and Govt. policies.

Semester I
Theory Courses
MPCC-103 TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Introduction

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

Unit II – Physical Fitness

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

Unit-III Motor Fitness Test

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

Unit-IV Anthropometric and Aerobic-Anaerobic Tests

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

Unit-V Skill Tests

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

Practicum:

- Practical Exposure to Any Two Physical Fitness Test
- Two Motor Fitness Test
- Aerobic & Anaerobic Test
- Anthropometric Measurements
- Sports Skill Test

Semester I
Theory Courses
MPEC-104 Yogic Science (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Introduction

- Yogic Concept of Health: Meaning and definitions
- Personal and Social Discipline through five Yamas (don'ts) and five Niyama (do's).
- Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- Therapeutic importance of Dinacharya and Ritucarya,
- Concept of Aahara, Vihara, Aacharan and Vichara

Unit-II Scientific aspect

- Significance of Yogasana & Pranayama
- Basics of Therapeutic approaches of Hatha Yoga Practices given in different Hatha Yoga Texts (Hathapradipika, Gheranda Samhita, Shiva Samhita and Vasistha Samhita)
- Intermediate and Advance Group of Asanas: Types , Techniques & Benefit
- Pranayama, Nadi & Chakras: Types- Methods and benefits.
- Knowledge of vital parameters to assess general state: Measurement of Blood Pressure, Respiratory Rate, Pulse Rate and Body Temperature

Unit-III Yogic Concept for Management of Diseases

- Musculo-Skeletal Disorders
- Respiratory Disorders
- Cardiovascular Disorders
- Endocrine & Metabolic Disorders:
- Psychological and Psychiatric Disorder

Unit-V Yogic Diet

- Concept of diet in Traditional Yogic Texts
- Types of diet in Traditional Yogic Text
- Role of Yogic diet in health and disease.
- Preparation of Therapeutic charts
- Assessment of Nutritional status

Semester I

Theory Courses

MPEC-105 SPORTS JOURNALISM AND MASS MEDIA (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

UNIT-I Introduction

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

UNIT-II Sports Bulletin

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

UNIT-III Mass Media

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

UNIT-IV Report Writing on Sports

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

UNIT-V Journalism

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

Practicum:

- Preparation of Album of news paper cuttings of sports news
- Assignments to observe the live matches and prepare headlines, report, photographs and news of the same
- Review article of tournament/ championship and prepare report and news of the same with detailed sources
- Visit to News Paper office and TV Centre to know various departments and their working

Semester II
Theory Courses
MPCC-201 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

UNIT I – Introduction

- Meaning and Definition of Statistics.
- Functions, need and importance of Statistics.
- Types of Statistics: Parametric and non-parametric statistics.
- Meaning of the terms, Population, Sample, Data, types of data.
- Variables; Discrete, Continuous.

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

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

UNIT-III Measures of Dispersions and Scale

- Meaning, Purpose, Calculation of Range, Quartile deviation, Mean Deviation, Standard Deviation,
- Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, t. scale etc.

UNIT-IV Probability Distributions and Graphs

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

UNIT V – Inferential and Comparative Statistics

- Tests of significance; Sample t. Test, Independent t. Test, Dependent t. Test,
- Chi – Square test, level of confidence and interpretation of data.
- Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method.
- Concept of ANOVA and ANCOVA.

Semester II
Theory Courses
MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

UNIT-I Introduction

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

UNIT- II Muscle Action

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

UNIT- III Motion and Force

- Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion.
- Principles related to the law of Inertia, Law of acceleration, and law of counter force.
- Meaning and definition of force- Sources of force -Force components. Force applied at an angle - pressure -friction -Buoyancy, Spin -Centripetal force - Centrifugal force.
- Freely falling bodies -Projectiles -Equation of projectiles, Concept of stability, Equilibrium and balance, Principle of Equilibrium, influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application, Mechanical Advantage of Lever. Water resistance - Air resistance -Aerodynamics.

UNIT-V Movement Analyst

- **Analysis of Movement:** Types of analysis: Kinesiological, Biomechanical and Mechanical. **Cinematographic. Methods** of analysis — Qualitative (Pre Requisite Information Basic Step, Observation Method, Identification of Faults, Instructions), Quantitative (Creation of Model, Video Recording with accuracy, Experimental Videography Procedure (Two dimensional recording procedure), Vertex Digitization, Draw Trajectory of Vertex, Stick Figure), Predictive

Practicum:

- Calculation of Center of Gravity by Segmentation Method
- Surface Marking of origin and insertion of Major muscles of the body
- Identification of Joint of Upper and Lower Extremity by Palpation Method
- Use of Reflective markers, Location of Joint for placing markers
- Biomechanical analysis of a Sports technique.)Qualitative(
- Electromyography Procedure for Static Movement
- Calculation of Force using Force platform

Semester II
Theory Courses
MPCC-203 ATHLETIC CARE AND REHABILITATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Corrective Physical Education

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

Unit-II Posture

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

Unit-III Rehabilitation Exercises

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

Unit-IV Massage

- Brief history of massage – Massage as an aid for relaxation – Points to be considered in giving massage – Physiological , Chemical, Psychological effects of massage– Indication/Contraindication of Massage

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Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage-Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

Unit-V Sports Injuries Care, Treatment and Support

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

Practicum:

- The student will practice massage techniques in the laboratories.
- The student will practice different strapping techniques.
- Student will practice First Aid and PRICE.
- Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.

Semester II
Theory Courses
MPEC-204 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN
PHYSICAL EDUCATION (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

UNIT-I Introduction to Sports Management

- Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Personal Policies, Role of Personal Manager in an organization, Personnel recruitment and selection.

UNIT-II Programme and Event Management

- Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Major Professional Steps for Event management, Competitive Sports Programs, Benefits, Management Guidelines for School, Colleges Sports Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program.

UNIT- III Facility Management, Equipments and Public Relation and Sports marketing

- Management guidelines and principles for Facility Planning and Design, Administration, Operations, Marketing, Budgeting, Legally approach, and final Processing.
- Purchase and Care of Supplies of Equipment, Guidelines for selection of Equipments and Supplies, Purchase of equipments and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipments.
- Public Relations in Sports: Planning the Public Relation Program Facility Management – Principles of Public Relation – Public Relations in School and Communities – Public Relation and the Media.
- Sports marketing- Steps in strategic marketing management, various career paths under sports marketing –Sports agent, Sports Marketing Project manager, Sports Good sales Representative.

UNIT-IV Curriculum

- Meaning and Definition of Curriculum. The role of teacher in curriculum development. Principles of Curriculum Construction: Students centered, Activity cent ered, Community centered, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality.

UNIT-V Curriculum Sources

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

Semester II
Theory Courses
MPEC-205 SPORTS TECHNOLOGY (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Sports Technology

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

Unit-II Science of Sports Materials

- Adhesives Nanoglue, nanomoulding technology, Nanoturf. Footwear production, Factors and application in sports, constraints. Foams-Polyurethane, Polystyrene, Styrofoam, closed- cell and open-cellfoams, Neoprene, Foam. Smart Materials-Shape Memory Alloy (SMA), Thermo chromic film, High-density modeling foam.

Unit-III Surfaces of Playfields

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

Unit-IV Modern Equipment

- Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipments: Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nanotechnology, Advantages.
- Unit-V Training Gadgets
 - Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

Practicum:

- Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop
- Visit sports technology factory/ sports goods manufactures.

Semester - III
Theory Course
MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Introduction

- **Sports Training:** Definition – Aim and Objectives, Characteristics, Principles of Sports Training, Training Means and its types
- **Load:** Definition, Features of Training Load, Principles of Load, Judgement of Load, Adoption Process and Condition of Adoption, Super Compensation, Over- load – Causes and Symptoms, Tackling of Overload

Unit-II Components of Physical Fitness

- **Strength:** Forms and Characteristics of Strength, Factors Determining Strength, Means, Methods and Principles of Strength training, Strength training for Women and Children.
- **Speed:** Forms and Characteristics of Speed, Factors Determining Speed, Means, Methods and Principles of Speed training.
- **Endurance:** Forms and Characteristics of Endurance, Factors Determining Endurance, Means, Methods and Principles of Endurance training.
- **Flexibility:** Forms and Characteristics of Flexibility, Factors Determining Flexibility, Means, Methods and Principles of Flexibility training.
- **Coordinative Abilities:** Characteristics, Classification and Importance of Coordinative abilities, Training Means and Methods.

Unit III Technique and Tactics Training

- **Technique:** Definition of Technique, Skill and Style, Aim of Technique, Rational Technique, Characteristics of Technique, Motor learning and different Phases of skill acquisition, Interference and transfer in motor learning, Methods of technique training, causes and correction of faults.
- **Tactics:** Definition of tactics and strategy, Basic Tactical concepts – Offensive, Defensive and High Performance, Methods of Tactical Training, Control of tactical knowledge.

Unit IV: - Planning and Organization of training

- **Planning:** Meaning, Importance and Principles of Planning, Systems of Planning, Types of Training Plans, Top Form, Periodisation and its types, Contents for various periods of training and formulation of training plan, Training Session and its structure. Preparation of training plan.
- **Competition Planning and Preparation:** Importance of competitions, Competition frequency, Types of Competitions, Main and Build-up Competitions, Direct Preparation for an important competition, Psychological preparation of sportsman for competition, preparation of competition plan.

Unit V: Regulation of Training and Doping

- **Regulation of Training:** Contents of evaluation program, Teas and Control – Sports and Motor (Strength, Speed, Endurance, Flexibility & Coordination) tests,

Semester III
Theory Courses
MPCC-302 SPORTS MEDICINE

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

UNIT-I Introduction

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

UNIT-II Basic Rehabilitation

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

UNIT-III Spine Injuries and Exercise

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

UNIT-IV Upper Extremity Injuries and Exercise

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

UNIT-V Lower Extremity Injuries and Exercise

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

Semester III
Theory Courses
MPCC-303 HEALTH EDUCATION AND SPORTS NURTITION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit -I Health Education

- Concept, Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education, Health Instruction, Health Supervision; Aim, objective and Principles of Health Education, instruction in personal hygiene and Environmental hygiene

Unit -II Health Problems in India

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

Unit-III Hygiene and Health

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

Unit-IV Introduction to Sports Nutrition

- Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise. Role of Vitamins and Minerals.

Unit-V Nutrition and Weight Management

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

Practicum:

- First Aid for Injuries
- BMI Calculation
- Schedule for diet plan

Semester III
Theory Courses
MPEC-304 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND
SPORTS (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Nature and Scope

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

Unit-II Systems Approach to Physical Education and Communication

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

Unit-III Instructional Design

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

Unit-IV Audio Visual Media in Physical Education

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

Unit-V New Horizons of Educational Technology

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

Practicum:

- Create and implement Innovative lessons
- Analyzing progression of lesson plans and assessment of performance of students

Semester III
Theory Courses
MPEC-305 SPORTS ENGINEERING (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Introduction to Sports Engineering and Technology

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

Unit- II Mechanics of engineering materials

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

Unit- III Sports Dynamics

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

Unit- IV Building and Maintenance:

- **Sports Infrastructure**–Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Outdoor Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.
- **Requirements:** Air ventilation, Daylight, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration.
- **Building process**- design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurbish, demolish.
- **Maintenance policy**, preventive maintenance, corrective maintenance, record and register for maintenance.

Unit–V Facility life cycle costing

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

Practicum:

- Students should be encouraged to design and manufacture improvised sports equipment prototype in the laboratory/workshop

Semester - IV
Theory Course
MPCC-401 Sports Psychology

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit –I Introduction to Sports Psychology:

- Meaning, History, Scope, Need and Importance of Sports Psychology.
- Present status of Sports Psychology in India.
- Relationship of Sports Psychology with other Sports Sciences.
- **Personality:** Meaning and definition of personality.
 - Personality traits of sportspersons.
 - Effect of personality on Sports Performance
 - Personality differences among various sports group.

Unit –II Cognitive Process and Motor Learning

- **Cognitive Process:** Meaning and Characteristics of Cognitive process in sports. Sensation, Perception, Thinking, Imagination, Memory.
- **Attention-**
 - Dimensions of Attention,
 - Distractibility in Attention,
 - Strategies to develop Attention.
- **Motor Learning:** Meaning of Motor Learning.
 - Factors Affecting Motor Learning.
 - Motor development in various periods of childhood and adolescence.

Unit - III Psychological Consideration of Young Athletes

- Psychological peculiarities of young athletes with reference to pre- adolescence and adolescence –Psychomotor, Cognitive and Social Dimension.
- Interplay of Heredity and Environment with sports performance, Heredity Principles and Environment.
- Role of Family, School and Society in Participation of children in sports.
- Psychological problems of Young Athletes.
- Individual differences and their implications in sports.

Unit- IV Motivation and Emotion in Physical Activities

- **Motivation:** Meaning and definition of Motivation–Motive, Need and Drive.
 - Types of Motivation, Relationship between intrinsic and extrinsic motivation, Technique of Motivation.
 - Role of Motivation in Sports Performance, Achievement Motivation.
- **Emotions:** Meaning and definition of Emotion.
 - Types of emotion.
 - Influence of Emotion on Sports Performance, Anxiety, Fear and Aggression.

Unit- V Psychological Preparation and Evaluation Process

- **Psychological Aspects of Competition:**
 - Definition of Competition.
 - Psychological aspects of Long and Short term preparation for competition.

Semester IV
Theory Courses
MPCC-403 INFORMATION & COMMUNICATION TECHNOLOGY (ICT)
IN PHYSICAL EDUCATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Understanding ICT in Physical Education

- Concept, Elements, Process & Types of Communication
- Concept, Meaning and Characteristics of ICT in Physical Education
- Need and Importance of ICT in Physical Education
- Scope of ICT in Physical Education: Teaching Learning Process, Publication, Evaluation, dissemination, Research and Administration
- Opportunities and Challenges in Integrating ICT in Physical Education
- Transformation of Education due to ICT based Teaching Learning Process in context to Curriculum, Role of Teacher, Role of Student, Methods of Teaching, Classroom Environment (Infrastructure and Resources) and Assessment

Unit-II Fundamentals of Computers

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

Unit-III MS Office Applications

- MS Word: Main Features & its Uses in Physical Education
- MS Excel: Main Features & its Applications in Physical Education
- MS Access: Creating a Database, Creating a Table, Forms & Reports on Tables and its Uses in Physical Education
- MS Power Point: Preparation of Slides with Multimedia Effects
- MS Publisher: Newsletter & Brochure

Unit-IV ICT Integration in Teaching Learning Process

- Approaches to Integrate ICT in Teaching Learning Process
- Project Based Learning
- Co-Operative Learning
- Collaborative Learning
- ICT and Constructivism: A Pedagogical Dimension

Unit-V E-Learning & Web Based Learning

- E-Learning, Mobile Learning, Online Learning
- Web Based Learning
- Visual Classroom, Smart Classroom

Semester IV
Theory Courses
MPCC-402 PHYSIOLOGY OF EXERCISE

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

COURSE CONTENT

Unit-I Introduction

- Definition of Physiology and Exercise Physiology
- Need and importance of Exercise Physiology in the field of Physical Education and sports.
- Scope of Exercise Physiology

Unit-II Bioenergetics of Muscle Contraction

- Energy production, structure and function of ATP.
- Meaning and concept of Aerobic and Anaerobic Energy Metabolism.
- Chemical composition of skeletal muscle, Microscopic structure of skeletal muscles, muscle fiber types
- Sliding filament theory of Muscle contraction.

Unit-III Neuro-muscular junction and Co-ordination of Muscular Activity

- Neuron , Motor unit, Synapse, Bio-electric potentials
- Neuro-muscular junction and transmission of nerve impulse across it.

Unit-IV Work & Environment; Physiological changes due to Exercise

- Work capacity under different environmental conditions (Hot, Humid, Cold and High Altitude).
- Effect of exercise/training on various systems of body: Cardio-respiratory, muscular and thermo-regulatory systems
- Oxygen Debt, Second Wind.

Unit-V Sports Nutrition, Obesity and Weight control

- Basic concept of a balanced diet, appropriate diet before, during and after athletic performance.
- Ergogenic aids and Doping in sports
- Definition of obesity, measurement of body fat by various methods, Body weight control.

Practicum:

- Measurement of Heart rate: Radial pulse, Basal and post exercise.
- Measurement of Target heart rate
- Measuring Body Mass Index
- Assessment of body composition using skin fold measurement
- Assessment of Anthropometric measurements (skin fold, girth, width etc.)

Semester IV
Theory Course (Elective)
MPEC-404 DISSERTATION

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

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

Semester IV
Theory Course
MPEC-405 PHYSICAL FITNESS AND WELLNESS (Elective)

Hours/Week	Credit	Internal Assessment	Semester Exam	Total Marks
3	3	30	70	100

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 Nutrition

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

Unit-III Aerobic Exercise

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

Unit IV – Anaerobic Exercise

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

Unit V – Flexibility Exercises

- 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.

Practicum:

- Construction of Indian food choices menu (based categories - local food choices, social food choices, economic food choices, and cultural food choices)
- Structure of warm-up, cool and limbering down
- Aerobic and resistance exercise techniques and safety measures