

**ORDINANCE**

**MASTER OF PHYSICAL EDUCATION AND SPORTS**

**DEPARTMENT OF HUMANITIES AND SCIENCE**

**TWO YEAR PROGRAMME**



**HIMALAYAN GARHWAL UNIVERSITY UTTARAKHAND**

<http://www.hgu.ac.in>

**HIMALAYAN GARHWAL UNIVERSITY**  
**UTTARAKHAND**

**COURSE STRUCTURE FOR**

**Master of Physical Education & Sports**

**(M.P.E.S)**

**SEMESTER SYSTEM**



## **Master Physical Education & Sports (M.P.E.S.)**

### **Title:**

The title of the course shall be **Master of Physical Education and Sports (M.P.E.S.)**

### **Objective:**

The main aim of the Master of Physical Education and Sports (M.P.E.S.) programme is to train the students with the knowledge and skills necessary to provide future generations with the opportunity to improve their physical and mental well-being through the programs of athletics, sports and recreation which will result out in a physically, mentally and emotionally developed and strong person in future.

### **Duration:**

The total duration of the course shall be of two years, spread over in four semesters.

### **Eligibility:**

Any graduate with three year degree in any stream shall be eligible for admission to the course.

### **Admission Policy:**

As per University norms.

### **Course Content:**

The curriculum will be divided in to two parts:

- Theory Papers
- Field Work Practicum

### **Theory Papers:**

There shall be four theory papers in each of the four semesters as per the details given below:

#### **Semester-1**

- Paper-1: Research Methodology in Physical Education and Sports
- Paper-2: Physiology of Exercise in Physical Education and Sports
- Paper-3: Education Technology in Physical education and Sports
- Paper-4: Health Education

#### **Semester – 2**

- Paper-1: Applied Statistics in Physical Education and Sports
- Paper-2: Biomechanics in Physical Education and sports
- Paper-3: Sports Psychology in Physical Education
- Paper-4: Professional preparation and curriculum design in Physical Education and Sports

### **Semester-3**

- Paper-1: Kinesiology in Physical Education and Sports
- Paper-2: Sports Management in Physical Education and Sports
- Paper-3: Test, Measurement and Evaluation in Physical Education and Sports
- Paper-4: Yoga Education

### **Semester-4**

- Paper-1: Scientific Principle of Sports Training in Physical Education and Sports
- Paper-2: Sports Sociology
- Paper-3: Sports Medicine
- Paper-4(a): Dissertation (OR)
- Paper-4(b): Organisation and Administration (Elective Paper)

### **Evaluation Pattern:**

In each paper shall be of 100 marks. (Internal Assessment-30+ Assessment -70)

### **Practical Course (Field Work):**

There shall be four field works in each semester

- (i) Track and Field Work
- (ii) Game specialization Field Work
- (iii) Teaching Lessons of track and field work and game specialisation work
- (iv) Officiating Lessons of track and field work and Game specialisation work

Track and Field Work will be done simultaneously with class-room teaching of theory papers from the very beginning of the session up to the preparation leave before the commencement of the examination. Each student will be required to go for track and field work (excluding holidays and Dashahara and winter vacations). Track and field work will be of 100 Marks in each semester.

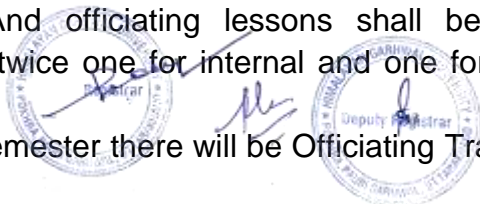
Game Specialization Field Work shall be done with the specific field chosen by the students and will be of 100 marks, each having 30 marks for internal and 70 marks for external for each semester.

There will be practical course for yoga in 1<sup>st</sup> semester which will be performed twice one for internal, and one for external. There will be Racket Sports and Indigenous Sports for 1<sup>st</sup> semester practical of which is divided again into two parts internal and external.

In 2<sup>nd</sup> semester there will be Teaching Lessons of Track and Field which includes 5 lessons and teaching lessons of Game specialisation having 5 lessons.

In 3<sup>rd</sup> semester there will be Internship of 100 marks that will be for external exam only. And officiating lessons shall be done of track & field and game specialisation twice one for internal and one for external having marks evaluation as above.

In 4<sup>th</sup> semester there will be Officiating Track & Field and game specialisation. A



project will be organised on any one event of athletics or game specialisation. A classroom teaching lesson will be done which includes 5 lessons.

Every student will be required to pass separately in theory papers, Field Work and General Viva-Voce Examination. In order to successfully pass, every student will be required to obtain at least 40% marks in the aggregate of Theory Papers, Field Work and General Viva-Voce Examination.

### **Project Report:**

Each student shall be required to prepare and submit a Project Report on the theme (to be decided in consultation with the Faculty) before the commencement of the Examination for the IV Semester.

### **Evaluation of Project Report:**

Evaluation of project report will be by the external examiner appointed by the controller of examination from the expert faculty members available at university database. If the student unable to get clear the examination, he/she has to appear for examination of project report modified or changed project report.

**Fee:** As per university norms



# Master of Physical Education & Sports (M.P.E.S.)

## SEMESTER- I

Part A: Theoretical Course				
Paper code	Title of the paper	Internal Marks	External Marks	Total Marks
MPSCC-101	Research Methods in Physical Education and Sports	30	70	100
MPSCC-102	Physiology of Exercise in Physical Education and Sports	30	70	100
MPSCC-103	Education Technology in physical education and sports	30	70	100
MPSCC-104	Health Education	30	70	100
<b>TOTAL</b>		<b>120</b>	<b>280</b>	<b>400</b>
Part B: Practical Course				
MPSPC-101	TRACK AND FIELD I: Sprints, Hurdles	30	70	100
MPSPC-102	GAME SPECIALISATION: Swimming/gymnastics/Shooting (Any one event)	30	70	100
MPSPC-103	YOGA: Performance in Asanas, Kriyas, Bandhas & pranayam	30	70	100
MPSPC-104	RACKET SPORTS: Badminton/table tennis/Squash/Lawn tennis(Any one) INDIGENOUS SPORTS: kabbadi/Malkhambh/kho-kho(Any one)	30	70	100
<b>TOTAL</b>		<b>240</b>	<b>560</b>	<b>800</b>

## SEMESTER- II

Part A: Theoretical Course				
Paper code	Title of the paper	Internal Marks	External Marks	Total Marks
MPSCC-201	Applied statistics in physical education and sports	30	70	100
MPSCC-202	Biomechanics in Physical Education and Sports	30	70	100
MPSCC-203	Sports Psychology in physical education and sports	30	70	100
MPSCC-204	Professional preparation and curriculum design in physical education and sports	30	70	100
<b>TOTAL</b>		<b>120</b>	<b>280</b>	<b>400</b>
Part B: Practical Course				
MPSPC-201	TRACK AND FIELD II: Throwing Events	30	70	100
MPSPC-202	GAME SPECIALISATION: Individual skills, game situation, officiating, lead up games in kabbadi/ kho-kho/ badminton/ table tennis/ Tennis/ Squash/ Baseball/ volleyball/ basketball/ cricket/ football/ handball/ netball/ softball (Any one event)	30	70	100
MPSPC-203	Teaching Lessons of Track and field(5 Lessons)	30	70	100
MPSPC-204	Teaching Lessons of Game Specialisation(5 Lessons)	30	70	100
<b>TOTAL</b>		<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER-III**

<b>Part A: Theoretical Course</b>				
<b>Paper code</b>	<b>Title of the paper</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
MPSCC-301	Kinesiology in physical education	30	70	100
MPSCC-302	Sports Management in Physical Education and Sports	30	70	100
MPSCC-303	Tests, Measurement and Evaluation in physical education and sports	30	70	100
MPSCC-304	Yoga Education	30	70	100
<b>TOTAL</b>		<b>120</b>	<b>280</b>	<b>400</b>
<b>Part B: Practical Course</b>				
MPSPC-301	TRACK AND FIELD III: Middle/Long Distance Steeplechase	30	70	100
MPSPC-302	TEAM GAME SPECIALISATION: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Basketball/ Handball/ Netball (Any one)	30	70	100
MPSPC-303	INTERNSHIP	-	100	100
MPSPC-304	OFFICIATING LESSONS: 1. Game specialisation 2. Track and Field	30	70	100
<b>TOTAL</b>		<b>210</b>	<b>590</b>	<b>800</b>

**SEMESTER-IV**

<b>Part A: Theoretical Course</b>				
<b>Paper code</b>	<b>Title of the paper</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
MPSCC-401	Scientific principles of sports training in physical education and sports	30	70	100
MPSCC-402	Sports Sociology	30	70	100
MPSCC-403	Sports Medicine	30	70	100
MPSCC-404(A) Or MPSCC-404(B)	1. Dissertation (or) 2. Organisation and administration (Elective Paper)	30	70	100
<b>TOTAL</b>		<b>120</b>	<b>280</b>	<b>400</b>
<b>Part B: Practical Course</b>				
MPSPC-401	TRACK AND FIELD IV Officiating: Middle/ Long Distance Race, High Jump, Triple Jump, Relay Race and Hammer throw, Shot put	30	70	100
MPSPC-402	GAME SPECIALISATION IV Officiating: Individual skills, Game situation, officiating, lead-up games in kabaddi/ kho-kho/ badminton/ table tennis/ tennis/ squash/ baseball/ volleyball/ basketball/ cricket/ football/ handball/ netball/ hockey/ softball.	30	70	100
MPSPC-403	PROJECT ORGANISED: Athletics/ Game specialisation	-	100	100
MPSPC-404	Classroom Teaching Lessons (5 Lessons)	30	70	100
<b>TOTAL</b>		<b>240</b>	<b>560</b>	<b>800</b>
<b>GRAND TOTAL</b>		<b>900</b>	<b>2300</b>	<b>3200</b>

**M.P.E.S. (SEMESTER- I)**  
**PAPER-I :- MPSCC 101-RESEARCH METHODS IN PHYSICAL EDUCATION & SPORTS**

**L T P**  
**Periods/Weeks:- 4 0 2**

**Objective:-** To study the main objective of the research methods in physical education and sports. To briefly study the concept of the research problem in the survey related to the literature.

**Unit-I**

1 Introduction

- 1.1. Definition of Research.
- 1.2. Need and importance of Research in Physical Education and Sports.
- 1.3. Scope of Research in Physical Education and Sports
- 1.4. Types of Research-Basic, Applied and Action Research.

2. Research Problem

- 2.1. Meaning of the term.
- 2.2. Location and criteria of Selection of Problem.
- 2.3. Formulation of a Research Problem.
- 2.4. Limitations and Delimitations.

**Unit-II**

3. Survey of Related Literature

- 3.1. Need for surveying related literature.
- 3.2. Literature Sources.
- 3.3. Library Reading.

4. Historical Research

- 4.1. Meaning and definition of Historical Research.
- 4.2. Historical Sources.
- 4.3. Evaluation of Historical data.

5. Survey Studies:

- 5.1. Meaning of Survey.
- 5.2. Tool of Survey Research.
  - 5.2.1. Questionnaire and Interview.
  - 5.2.2. Meaning of Questionnaire and Interview.



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**Unit-III**



5.2.3. Construction, Appearance and Development of Questionnaire.

5.2.4. Procedure of conducting interview.

5.2.5. Suggestions to enhance response.

6. Case Studies.

6.1. Meaning of Case Studies.

6.2. Objectives.

7. Normative Survey.

7.1. Meaning of Normative Survey.

7.2. Factors affecting Normative Survey.

#### **Unit-IV**

8. Philosophical Research.

8.1. Meaning of Philosophical Research.

8.2. Tool of Philosophical Research.

8.3. Steps in Critical Thinking.

9. Experiment Research

9.1. Meaning of Experiment Research.

9.2. Experimental Designs

9.2.1. Types of Designs.

9.2.2. Suitability of Designs.

10. Research Proposal

10.1. Meaning and Significance of Research Proposal.

10.2. Preparation of Research Proposal.

11. Research Report

11.1. Meaning of Research Report.

11.2. Qualities of a good Research Report.

11.3. Part of a Research Report.



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## References:-

1. Thomas Jerry R. and Nelson, Jack K. Research Process in Physical Activity: Human Kinetics, Champaign, Illinois
2. Baumgartner, Ted A. and Clinton H. Strong conduction and Reading Research in Health and Human Performance. Brown and Benchmark
3. Clarke, H.H. and Clarke. K. H Research Processes in Physical Education.
4. Yoginder Prasad Sharma. Physical Education and Research Methodology: Reliance publishing House.
5. Sharma, Sita Ram, Research Methodology in Physical education and sports: Book Enclave – Jaipur.
6. Kamlesh, M.L.Methodology of research in Physical Education and sport: Metropolitan New Delhi.

## PAPER-II:- MPSCC 102- PHYSIOLOGY OF EXERCISE IN PHYSICAL EDUCATION AND SPORTS

L T P

Periods/Weeks:- 4 0 2

**Objective:-** To understand the basic concept of the physiology of the exercise in physical education and sports. To briefly study the basic concept of the balanced diet under the theory of nutrition.

### Unit-I

1. Physiological aspects of Exercise and Sports.
  - 1.1. Concept of Physical Fitness and physical training, warming-up, conditioning and fatigue.
  - 1.2. Physiological aspects of development of strength, endurance, skill, speed, agility and coordination.

### Unit-II

2. Sports and Nutrition:
  - 2.1. Basic concept of a balanced diet.
  - 2.2. Appropriate diet before, during, and after athletic performance.
  - 2.3. The effect of alcohol drugs and smoking on athletic performance.
3. Energy cost of various sports activity:
  - 3.1. Definition of Energy cost
  - 3.2. Energy cost of various sports activities assessing them.

### Unit-III

4. Work and Environment:
  - 4.1. Work capacity under different environment.
  - 4.2. Conditions (Hot, humid, cold & high altitude).

### Unit-IV

5. Obesity and Wight Control:
  - 5.1. Definition of obesity.
  - 5.2. Measurement of body fat by various methods (under water weight and skin fold measurement)
  - 5.3. Body weight control
  - 5.4. Positive and negative energy balance.

### References:

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder company.
2. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company.
3. Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity.
4. Bourne, Geoffery H. The Strucrure and Functon of Muscles.
5. Astrand, P.O. and Rodahi. Karri. Text Book of work Physiology.
6. Mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics



**PAPER-III:- MPSCC 103-EDUCATION TECHNOLOGY IN PHY. EDUCATION AND SPORTS**

L T P  
Periods/Weeks:- 4 0 2

**Objective:-** To study the importance of management of class, its meaning and principles. And also have to study the principles for planning facilities as well as the need of the physical education.

**Unit-I**

1. Concept of Class Management: Meaning & Principles
  - 1.1 Specific Principles (Strength of Class, Place and Time of Class, Uniform Class Formation, Safety)
  - 1.2 Measures and Discipline
  - 1.3 Steps of Class Management
  - 1.4 Explanation of Different Teaching Methods for Presenting Material

**Unit-II**

2. Introduction, General and Specific Lesson Plan
  - 2.1 Principles of Lesson Plan
  - 2.2 Importance of Lesson Plan in Physical Education and Sports
  - 2.3 Meaning, Importance of Audio-Visual Aids.
  - 2.4 Steps of Audio-Visual Aids, Technology Devices in Physical Education and Sports (Adobe Premier,
  - 2.5 Underwater Camera, Various Measuring Tools, wind Gauges, Foul Indicators, Electronic Gadgets Adobe
  - 2.6 Photoshop, Microsoft Animation, Laser Beam, Technology, LCD Display) Power Point Presentation.

**Unit-III**

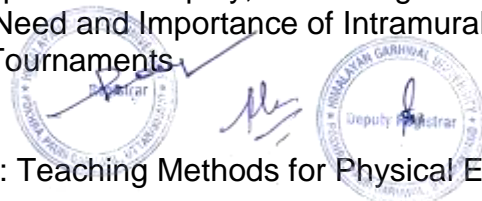
3. Introduction, Principles for Planning Facilities
  - 3.1. Types of Facilities
  - 3.2. Meaning and Types of Command
  - 3.3. Meaning, Need and Importance of Public Relation in Physical Education.
  - 3.4. Meaning, Objectives and Types of Budget
  - 3.5. Principles of Preparation of Budget

**Unit-IV**

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

**References:-**

1. Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.
2. Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karalkudi India).
3. Kamlesh M.L. & Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur.



4. Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur.
5. Wakharkar D.C. (1967), Manual of Physical Education, Pearl Publications, Bombay.
6. Dhakraborty S. Sports Management Delhi Sports Publications, 1998.

### **PAPER-IV: MPSCC 104- HEALTH EDUCATION**

**L T P**

**Periods/Weeks:- 4 0 2**

**Objectives:-** To understand the definition importance and scope of the school health programme and health environment. It is to study the importance of health organization and administration structures.

#### **Unit-I**

1. Concept of Health: Meaning, Definition and its Different Dimensions
  - 1.1 Characteristics of Healthy Individual
  - 1.2 Concept of Health Education
  - 1.3 Meaning, Need & Importance
  - 1.4 Health Education its Relation with General Education
  - 1.5 Method and Medium of Health Education
  - 1.6 Health during Camp & Travelling

#### **Unit-II**

2. School Health Programme and Health Environment
  - 2.1 Academic Programme and Healthy Programme
  - 2.2 Health Insurance
  - 2.3 Factors Affecting Health and Wellness

#### **Unit-III**

3. First Aid and Safety Measures
  - 3.1 Prevention of Communicable, Diseases
  - 3.2 Nutrition Macro and Micro Nutrients
  - 3.3 Weight Management/Obesity Control

#### **Unit-IV**

4. Substance Abuse (Smoking, Tobacco, Chewing etc.)
  - 4.1 Health Organization and Administration Structure
  - 4.2 Health Organizations: World Health Organization (WHO) Red-Cross Society National Aids Control
  - 4.3 Organization (NACO), Mental and Emotional Health, Sex Education.

#### **References:-**

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

**M.P.E.S. (SEMESTER- II)**

**PAPER-I: MPSCC 201- APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS**

**L T P**

**Periods/Weeks:- 4 0 2**

**Objective:-** To study the brief structure of the research measures of statistics. To understand the sampling and normal curve of the applied statistics in physical education and sports.

**Unit-I**

1. What is statistics?
  - 1.1 Definition and use in physical and sports.
  - 1.2 Research measure of central tendency – Mean, Median, Mode, Definition meaning, characteristics, uses and computation from ungrouped and grouped data.
  - 1.3 Percentiles and quartiles – Meaning, importance, computing percentile from grouped data.
  - 1.4 Measures of Variability – Range, Quartile deviation, standard deviation, Meaning, computation from grouped and ungrouped data. Use and characteristics of measures of Variability.

**Unit-II**

2. Normal Curve –
  - 2.1 Definition and Principles of normal curve, relation between binominal and normal curve, properties of normal curve, Skewness, Kurtosis, Standard Scale –Z, T, 6 sigma, 7 sigma.
  - 2.2 Statistics Inference: Reliability validity limits, factors affecting reliability, T, F and Z statistics,
  - 2.3 Null hypothesis, Type 1 and type II errors, Two and one tailed tests, significance level.

**Unit-III**

3. Sampling – Sample and stratified random sampling, standard error, sampling errors.
4. Correlation- Meaning , magnitude, computing Product Moment Method (Ungrouped and grouped data), rank difference method, level of significance for correlation coefficients.



## Unit-IV

5. One way and two way analysis of variance (introduction),
  - 5.1 LSD and Scheffer's test Research proposal and preparation of Research Report.
  - 5.2 Brief Introduction to Computer application

### References:

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd.
2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, recreation and Health, Englewood Cliffs, New Jersey Prentice Hall Inc.
3. Calrke H. Harrison, the Application of Measurement in Heal and Physical Education New York, prentice Hall Inc.
4. Good V. Caster and Scates douglas e., Methods of research Application-Century, New York.
5. Mauly George J., The science of Educational Research, New Delhi Eurasia Publishing Hours.
6. Robson M Brar T.S. and Uppal A.K. Thesis format, Gwalior, LNCPE.

### PAPER-II: MPSCC 202- BIOMECHANICS IN PHYSICAL EDUCATION & SPORTS

L T P

Periods/Weeks:- 4 0 2

**Objective:-** To be familiar with the basic of biomechanics in physical education and sports in our life. Its importance and role in physical education and sports.

#### UNIT-I

1. Introduction to Bio-mechanics
  - 1.1 Meaning and Concept of Biomechanics
  - 1.2 Importance of Biomechanics in Phy. Education & Sports.
  - 1.3 Approaches for Studying Movement.
2. Concept of Motion & Its types
  - 2.1 Distance and Displacement, Speed, Velocity and Uniform Acceleration, Force and Momentum, Pressure, Mass and Weight, Gravity and Centre of Gravity, Work, Power, Energy.

#### UNIT-II

3. Body Balance and Stability Control
  - 3.1 Balance, Equilibrium and stability
  - 3.2 Controlling Balance in Static Positions

- 3.3 Controlling Balance during Movements.
- 4. Structural of Motor Action and Bio-mechanical Principles:
- 5. Spin & its types
  - 5.1 Effect of Spin on speed of the ball on the surface
  - 5.2 Effect of Spin on speed of the ball in flight
  - 5.3 Magnus effect : its application in sports





### Unit-III

6. Newton's Law of Motion
  - 6.1 Law of Inertia – (Linear motion)
  - 6.2 Law of Moment of Inertia (Angular Motion)
  - 6.3 Law of Momentum (Linear Motion)
  - 6.4 Law of Angular Momentum (Angular Motion)
  - 6.5 Law of Action and Reaction (Linear Motion)
  - 6.6 Law of Action and Reaction (Angular Motion)
7. Aerodynamic drag forces
  - 7.1 Skin Friction
  - 7.2 Profile Drag
  - 7.3 Effect of Stream line on drag
  - 7.4 Terminal Velocity

### Unit-IV

8. Forces and Movements
  - 8.1 Forces Action on a System
  - 8.2 Reaction Force
  - 8.3 Friction Forces
  - 8.4 Centripetal and Centrifugal Forces
  - 8.5 Elastic Force
  - 8.6 Internal & External Forces
  - 8.7 Lever, Types of Lever and their Mechanical Advantage and Disadvantage with Special Reference to Physical Education and Sports
  - 8.8 Projectile of Motion:-Projecting for Horizontal and Vertical Distance

### References:-

1. Gowitzke, BA and Milner M., Scientific Basis of human movement
2. Hay. J., The Bio-Mechanics of Sports Techniques 2nd Edition Englewood Cliffs: Prentice Hall
3. Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan.
4. Mood S.D. Beyond Biomechanics-New York – Taylor
5. Hall, S.J. Basic Biomechanics, London, Mosy
6. Hay, J & Reid., The Anatomical and Mechanical Basis of Human Motion.

**PAPER-III : MPSCC 203- SPORTS PSYCHOLOGY IN PHYSICAL EDUCATION AND**  
**SPORTS**

L T P

Periods/Weeks:- 4 0 2

**Objectives:-** To study and analyse the sports psychology and the role of its development in physical education. To understand the psychological aspects of regulation, its meaning and characteristics.

**Unit-I**

1. Introduction of Sports Psychology:
  - 1.1 Meaning of Sports Psychology
  - 1.2 Scope of Sports Psychology
  - 1.3 Development of Sports Psychology
  - 1.4 Relationship of Sports Psychology with other Sports Sciences.
  - 1.5 Importance of Sports Psychology for Physical Education and Coaches

**Unit-II**

2. Cognitive Processes in Physical Activities:
  - 2.1 Meaning of Cognition
  - 2.2 Characteristics of cognitive processes in Sports
3. Sensation & Perception
  - 3.1 Thinking
  - 3.2 Imagination

**Unit-III**

4. Memory
  - 4.1 Mental activity of athlete
  - 4.2 Mental activity and sports related goals.
5. Attention –
  - 5.1 Meaning
  - 5.2 Dimension
  - 5.3 Distractibility in Attention
  - 5.4 Strategies to develop Attention
6. Motor Learning
  - 6.1 Meaning of Motor Learning
  - 6.2 Factors Affecting Motor Learning
  - 6.3 Motor development in various periods of childhood & adolescence.



## Unit-IV

7. Psychological aspects of Regulation
  - 7.1 Meaning of Action Regulation.
  - 7.2 Psychological Characteristics of Physical Activities
  - 7.3 Action programme in different games and sports
  - 7.4 Importance of action regulation
8. Personality - Meaning of personality
  - 8.1 Personality traits of sports persons
  - 8.2 Relationship of personality to sports performance
  - 8.3 Personality differences among various sports group

### References:

1. Alderman, R.B. Psychological Behaviour in Sports
2. But Susan Dorcas, Psychology of Spors Edn.
3. Cratty Brayant, J. Movement Behaviour and Motor Learning.
4. Craty Bryant, j Psychology and Physical activity
5. Cratty Bryant, J. Psychological Proportion and Athletics Excellence
6. Gold Stejn and Joffery J. (Ed.) Sports Games and Play Social and Psychological view points

## **PAPER-IV: MPSCC 204- PROFESSIONAL PREPARATION AND CURRICULUM DESIGN IN PHYSICAL EDUCATION AND SPORTS**

L T P  
Periods/Weeks:- 4 0 2

**Objective:-** To give the brief study to the concept of the physical education, its meaning and definition. Also to analyze the force and factors effecting educational policies and programmes. To understand the concept of curriculum design and development, its meaning ,need and basic principles.

### Unit-I

1. Concept of Physical Education – Meaning and Definition
  - 1.1 Foundations of Professional Preparation, Features of Indian Democracy with regard to Contribution of Physical Education & Sports
  - 1.2 Understanding of Foundations of Physical Education and Sports
  - 1.3 Meaning of Profession, Preparation, Curriculum and Design.
  - 1.4 Basis of Professional Preparation in Physical Education and Sports Sciences

## Unit-II

2. Forces and Factors Affecting Educational Policies and Programmes
  - 2.1 Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.
  - 2.2 Professional Courses, Advancement Schemes of UGC and Professional Programmes,
  - 2.3 Role of Government and Institutes for Professional Preparation of in – Service
  - 2.4 Training Programmes in Physical Education & Sports Coaching.

## Unit-III

3. In-Service Education of Professional Personnel Nature & Scope of Responsibility for in service training programme.
  - 3.1 Concept of Evaluation in Professional Preparation Programmes: Meaning, Importance, Process and its Applications.

## Unit-IV

4. Concept of Curriculum Design and Development: Meaning, Need and Basic Principles.
  - 4.1 Factors Influences the Physical Education Curriculum Design.
  - 4.2 Conceptual Understanding of Physical Education Curriculum & Design.
  - 4.3 Historical Review of Professional Preparation in India, Japan & China.
  - 4.4 Concept of Curriculum Contents in Physical Education.
  - 4.5 Professional Preparation Curricular Programme.

## References:-

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation & Curriculum Design in Physical Education.
2. Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publishers.
3. Bhatia, K. K. Kadian, K S Chanda, PC and Sharma. Contemporary Problem of Indian Education, Jalandhar Prakash Brothers Educational Publishers.
4. Graily, J. Byrant Career Potentials in Physical Activity New Jery, Prentice Hall in Englowood

## M.P.E.S. (SEMESTER III)

### PAPER-I: MPSCC 301-KINESIOLOGY IN PHYSICAL EDUCATION AND SPORTS

L T P  
Periods/Weeks:- 4 0 2

**Objectives:-** To understand the importance and concept of Kinesiology in physical education and sports. To give a brief study to the classification and characteristics of the skeleton muscles, Diarthrosis joints and Ligamentous enforcement.

#### **Unit-I**

1. Concept, Scope and Role of Kinesiology in Physical Education and Sports
  - 1.1 Anatomical Body Position
  - 1.2 Meaning and Factors Affecting the Range of Motion
  - 1.3 Characteristics of Skillful Performance
  - 1.4 Fundamental Movements of Joints and their Terminology
  - 1.5 Meaning of Planes, Aims and their Types
  - 1.6 Axis and Planes involved in Joints Movements
  - 1.7 Types of Muscular Contractions.

#### **Unit-II**

2. Structural Classification of Skelton Muscles
  - 2.1 Functional Classification of Skelton Muscles
  - 2.2 Slow & Fast Twitch Muscle Fibres
  - 2.3 Methods of Studying the Action of Muscles
  - 2.4 Tendon Action of two Joints Muscles
  - 2.5 Body Deformities and their Remedies
    - (a) Kyphosis (b) Lordosis (c) Scolosis (d) Knock-knee (e) Flat-foot

#### **Unit-III**

3. Classification & Characteristics of Diarthrosis joints
  - 3.1 Structure & Ligamentous enforcement of shoulders Girdle and shoulder, Elbow and Ankle Joints
  - 3.2 The Attachment and Action of the Muscles of following Joints:
    - A) Shoulder Girdle and Shoulder:- Trapezius, Levator scapulae, Rhomboid, serratus anterior, Pactorlis minor and major, Deltoid, Supra spinatus, Teres major, Infra and Teres minor, Spinatus and Biceps.
    - B) Elbow Joint: Biceps Brachii, Pronator teres, Supinator, Triceps brachii, Brachialis, Pronator quadratus,
    - C) Ankle and Foot: - Gastrocnemius, Soleus, Tibialls Anterior and Posterior, Extensor Digitorum Longus, Extensor & Flexour Hallucis Longus,

#### **Unit-IV**

4. Structure & Ligamentous enforcement of Hip, Knee and Spinal Column joints
5. The Attachment and Action of the following muscles:
  - 5.1 HIP Joint: Iliopseas, Pectineus, Rectusfemoris, Sartorius, Tensor fasciae latae, Glteus maximus, minimous and medius; Adductor Magnus, Longus and Brevis.

- 5.2 KNEE JOINT: Quadriceps-Rectus Femoris, Vastus Lateralis, Vastus Intermedius and vastus medialis, Hamstring Group- Biceps Femoris, Semimembranosus Semitendinosus, Sartorius, Gastrocnemius and Popliteus.
- 5.3 SPINAL COLUMN: Levator scapula; Rectus abdominis; Sternocleidomastoid; Obliquus Internus and externus abdominis.

**References:-**

1. Zatsiorsky V.M., Kinematic of Human Motion
2. Kelly DL, Kinesiology, Fundamental of Motion
3. Lattiganus K.Others, Kinesiology Scientific Basis of Human Motion
4. Jenson, C.R. & Schult, G.W., Applied Kinesiology: The Scientific study of human performance, New York MC Graw-Hill.
5. Hawley, G., The Kinesiology of Corrective Exercise, Philadelphia Lea and Febiger,

**PAPER-II: MPSCC 302- SPORTS MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS**

**L T P  
Periods/Weeks:- 4 0 2**

**Objectives:-** To understand the basic of the sports management, its concept and role. To analyze the brief study of the concept of supervision and planning. To study the role of manager in physical education and sports.

**Unit-I**

1. Concept of Sports Management: Meaning, Definition and Importance
  - 1.1 Nature and Scope of Sports Management
  - 1.2 Aims and Objectives of Sports Management
  - 1.3 Guiding Principles of Sports Management
  - 1.4 Types of Management in Sports

**Unit-II**

2. Role of Manager in Physical Education and Sports
3. Skills of Management :Technical Skill, Human Skills, Conceptual Skills, Personal Skill
4. Qualities and Qualifications of Manager in Physical Education & Sports.
5. Layout of Play Field and Out Door Sports Area, Care and Maintenance of Play Field.
6. Need, Importance and Types of Sports Equipment
  - 6.1 Disposal of Sports Equipment

**Unit-III**

7. Concept of Supervision: Meaning, Need and Guiding Principles
8. Qualities of a Good Supervisor
  - 8.1 Techniques of Supervision
  - 8.2 Aims and Objectives of Supervision
  - 8.3 Types of Facilities and their Maintenance



#### Unit-IV

9. Concept of Planning: Meaning, Definition, Need & Importance
10. Principles of Planning Facility
  - 10.1 Steps Involved in Planning Process
  - 10.2 Role of Planning for Betterment in Physical Education & Sports
  - 10.3 Records & Registers: Meaning, Types, Importance and Maintenance
  - 10.4 Role of Physical Education Teacher in Maintaining Records and Register.

#### References

1. Kannp Clydo & E: Teaching Methods for Physical Education MC Graw Hill Book Co. Inc.
2. Tirunurayana, C&S Hariharjan: Method in Physical Education (South India Press Karalkudi India).
3. Kamlesh M.L. & Sangra, M.S: Methods in Physical Education Praksh Brothers, Jullundur.
4. Two experienced Professors: Organization and Administration and Recreation in Physical Education, Prakash Brothers, and Jullundur.
5. Wakharkar D.C. Manual of Physical Education, Pearl Publications, Bombay,

### **PAPER-III: MPSCC 303- TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS**

L T P

Periods/Weeks:- 4 0 2

**Objectives:-** To analyze and perform the test, measurement and evaluation in physical education and sports. To understand the perspectives of the measurement of the different format and postures in physical education and sports.

#### Unit-1

1. Measurement of Strength and Skill.
  - 1.1. Kraus-Weber test and muscular fitness.
  - 1.2. Instrument for measuring strength.
  - 1.3. Roger's physical fitness index and suggested changes in the PFI Test.
  - 1.4. Volleyball - Brady volleyball, Russell and Lange test.
  - 1.5. Basketball - Johnson test, Knox test.
  - 1.6. Soccer - McDonald test and Johnson test.
  - 1.7. Badminton – Mille Volley test, Lockhart McPherson test.

1.8. Field Hockey Dribbling and Goal Shooting test, Mehrotra test battery in Hockey.

### **Unit-II**

2. Measures of Posture and Anthropometry
  - 2.1. Measure of Posture - IOWA Posture Test (Curelonh's)
  - 2.2. Anthropometrics Measurements
    - 2.2.1. Girth Measurements – upper arm, fore arm, calf, chest.
    - 2.2.2. Width Measurements – Biacromial chest, Illiocreatal, Bieficondylar (Femur and Humerus). Height Measurement – Stature and sitting height.
    - 2.2.3. Somatotype – Scheldon's Technique an Inroduction.

### **Unit-III**

3. Measurement of Social efficiency and Psychological Factors
  - 3.1. Social Efficiency and Attitude Scales:
    - 3.1.1. Cook socio-metric status index.
    - 3.1.2. Edgerton Attitude Scale for high school Freshman Boys.
    - 3.1.3. McMohan Sportsmanship Questionnaire.
  - 3.2. Psychological Factors:
    - 3.2.1. Anxiety Scale-SCAI (Marten and Others)
    - 3.2.2. Cattell's 16-PF Personality Questionnaire and Sybil B. G.
    - 3.2.3. Self Motivation Inventory ( SMF).

### **Unit-IV**

4. Medical Examination
  - 4.1. Testing personnel, Time and testing, Economy of testing, test records.
  - 4.2. Preparation of report.
  - 4.3. Construction of table groups.
  - 4.4. Purpose of reporting justification and Particular phases of the Programme, worth of a change Methodology.

**References:-**





1. Barrow M. Harold and McGhee, Rosemary. A Practical approach to Measurement in Physical Education.
2. Bosco S. James and Gustafson F. William, Measurement and Evaluation in Physical Fitness and Sports.
3. Clarks, H. David and Clarke Hanison. H. Application of Measurement of Physical Education.
4. Hubbard W. Alfred (Ed.) Research method in health Physical Education and Recreation 3rd revised Edn. (Washington: D.C. American Association of Health, Physical Education and Recreation.
5. Johnson L. Barry and Nelson K. Jack, Practical measurement for Evaluation in physical education.

#### **PAPER-IV: MPSCC 304- YOGA EDUCATION**

L T P  
Periods/Weeks:- 4 0 2

**Objectives:-** To understand the concept of the Yoga, its meaning and types. To study briefly the importance of yoga in our daily routine, physical education and sports. To percept the yoga as a career in physical education.

#### **Unit-I**

1. Concept of Yoga: Meaning, Definition and Types of Yoga
  - 1.1 History and Development of Yoga in India
  - 1.2 Concept of Yoga in Modern World
  - 1.3 Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on following Diseases: Asthma, Jaundice & Blood Pressure

#### **Unit-II**

2. Rules & Principles of Yoga
  - 2.1 Personal & Social Rules of Yoga (Yam & Niyam) Yogic Diet.
  - 2.2 Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on the following : Diabetes, Low Back Pain, Arthritis, and Stress.

#### **Unit-III**

3. Astang Yoga: Types and Steps
4. Eight Paths of Yoga,
  - (i). Yam
  - (ii). Niyam
  - (iii). Asans
  - (iv). Pranayam
  - (v). Partihar
  - (vi). Dhyan
  - (vii). Dharma



(viii). Samadhi (Internal & External System of Yoga and their Effect)

#### Unit-IV

#### 5. Yogic Methods

5.1. Sat Karmas/Yogic Methods of Personal Hygiene/Six Methods of Purification or

cleaning process and their effects.

- (a) Neti: Sutra Neti, Jal Neti, Dugad Neti, Ghee Neti, Rubber Neti.
- (b) Dhوتي: Jal Dhوتي, Vastra Dhوتي, Dand Dhوتي, Kunnjal and Gajkarni
- (c) Basti: Susak Basti, Jal Basti
- (d) Nauli: Dakshin Nauli, Paschim Nauli, Madhya Nauli
- (e) Kapal Bhati
- (f) Taratak

#### References

1. Asana and Pranayam by Swami Kuvlayanand
2. Yoga for Health Happiness and peace by Yoga Acharya Prakash Dev.
3. Yoga Method of Re-integration by Alain Dawal
4. Yoga Personal hygiene by Shri Yogendra.
5. Yoga for everyman by demands Dubey.
6. Message and Medical Gymnastics by Marg vilace.
7. Water curve by Kellage
8. Message and remedials Gymnastics by trely.
9. Yog Shiksha/Yog Education by Dr. S.K. Mangal, Dr. Uma Mangal and SK Mana

**M.P.E.S. (SEMESTER- IV)**

**PAPER-I: MPSCC 401- SCIENTIFIC PRINCIPLE OF SPORTS TRAINING IN  
PHYSICALEDUCATION AND SPORTS**

**L T P**

**Periods/Weeks:- 4 0 2**

**Objective:-** To study the basic of the scientific principle of sports and education in physical education and sports. And to analyze the perspectives of training load and adaptation in physical education.

**Unit-I**

1. Introduction

- 1.1 Definition, aims and characteristics of sports training.
- 1.2. Principles of sports training specificity, overload, and reversibility.
- 1.3. Massed and distributed practice.

**Unit-II**

2. Training load and adaptation

- 2.1. Loading – Definition, internal and external load.
- 2.2. Components of load – Intensity of loading density of loading, duration and extent.
- 2.3. Progressive and fluctuation method of load.
- 2.4. Over load – Symptoms, causes and remedies.

3. Motor Fitness Variable

- 3.1. Physical Fitness Components – Definition, importance, classification and determining factors of speed, Endurance, Basic Endurance, Flexibility and Coordinative abilities.
- 3.2. Fitness and training.
- 3.3. Basic types of training – resistance training, circuit training, interval training, fartlek training, pressure training, poly metrics, pressure training.

**Unit-IV**

4. Technical and Tactical Training

- 4.1. Definition of techniques and tactics.
- 4.2. Aims of technical training.
- 4.3. Classification of technique.
- 4.4. Training tactics.
- 4.5. Principles of tactical preparation.



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## References:-

1. Hardayal, Singh, Science of sports Training, New Delhi : D.V.S. Publications,
2. Dick, Frank , Science of Sports training, London : Henry Kimpton Publisher Ltd.
3. Fox, Edward, Richard, Boners and merie foss. The Physiological basis for exercise and sport, U.S.A. : WCB, Brown and benchmark Publisher
4. Uppal, A.K. Principles of sports training friends.
5. Bompa, Tudor, Periodisation of strength.
6. Paish, Wilf, Complete Manual of sports science, London.
7. Bompa, Tudor, O. periodization: Theory and methodology of training Champaign HumanKinetics

## PAPER-II: MPSCC 402- SPORTS SOCIOLOGY

L T P

Periods/Weeks:- 4 0 2

**Objectives:-** To study briefly the concept of the sports and micro- social system. To analyze the sports culture and macro social system.

### Unit-I

1. Introduction
  - 1.1 Definition, Meaning, Nature, and scope of sports sociology.
  - 1.2 Sports as a social Phenomenon.
  - 1.3 Sociological analysis of sport and sport sociology as an academic discipline.
  - 1.4 Social factors (appearance, sociability, aspiration level and audience) and their influences on participation and performance in sports.

### Unit-II

2. Sports and Micro Social System.
  - 2.1 Study of Sports groups. Group interaction, competition & co-operation.
  - 2.2 Behaviour, characteristics, qualities and role of sports leaders.
  - 2.3 Sports and Culture.

### Unit-III

3. Sports and Macro-Social System
  - 3.1 Relationship between sport and socializing institution (Family, School and educational System)
  - 3.2 Inter-relationship between and regulating instauration (Politics and economy).
  - 3.3 Sports and cultural institutions (religion and art).
  - 3.4 Socialization through games and sports.

### Unit-IV

4. Sports and Culture
  - 4.1 Sports as a Social Institution.
  - 4.2 Sports as an element of Culture and a cultural product.
  - 4.3 Manipulative Socialization.
  - 4.4 Relationship between sport and culture.



## Unit-V

5. Social Factors Concerning Sports in Society
  - 5.1 Social stratification in sport and Sports as a stratification system.
  - 5.2 Discrimination and democratization in sport with special reference to socio-economic classes and women.
  - 5.3 Sports and aggression, violence in sports.
  - 5.4 Problem regarding professionalization and children in sports.

### Reference:-

1. Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, “**Sports Culture and Society**”.
2. Ball, Donald W. and Low John W “**Sport and Social order contribution to the sociology of sport**”.
3. Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, “**Sport and Social System**”.

## PAPER-III: MPSCC 403- SPORTS MEDICINE

L T P

Periods/Weeks:- 4 0 2

**Objective:-** To briefly understand the basic concept of the sports medicine and sports injuries. To study and analyze the physiology of exercise and socio- psychological factors to improve the performance in sports.

### Unit- I

1. Introduction
  - 1.1 Concept of Sports medicine
  - 1.2 Scope of sports medicine for Physical Educators and Coaches.
  - 1.3 Sports medicine in India.
  - 1.4 Prevention of sports injuries
  - 1.5 Role of Physical Educators and Coaches in prevention of sports injuries.
  - 1.6 Pre conditioning injury prevention.
  - 1.7 Exercise and drives Static, Stretching exercise.
  - 1.8 Therapeutic exercise and their classification Special pre-conditioning exercise for knee, ankle, shoulders and thigh.

### Unit-II

2. Sports Injuries
  - 2.1 Terminology and classification of common injuries
  - 2.2 Pathological changes in sprain, strain and contusion.
  - 2.3 Regional injuries and their management, injuries of head, eye, ear, nose, back, shoulder, elbow, hand, abdomen, thigh, knee, leg, and ankle.
  - 2.4 Rehabilitation procedure of sports injuries, principle of rehabilitation of sports injuries, Cyro-therapy, pressure bandage, hydrotherapy, electrotherapy, massage, therapeutic massage.

### Unit- III

3. Physiology of exercise, short and long term effect of exercise on muscular tissues.
  - 3.1 Physiological principle of development of strength, endurance, speed and flexibility.
  - 3.2 Heart role and exercise.

- 3.3 Threshold for training, effect on heart, the cardiac reserve capacity.
- 3.4 Blood pressure and exercise, long ventilation during rest and exercise.
- 3.5 Change in lig diffusion in muscular activity.

#### **Unit- IV**

- 4. Socio- psychological factors to improve performance in sports, stress and sports competition.
  - 4.1 Socio- psychological stress and human performance in sports. The seley's theory of stress and its implication.
  - 4.2 The psychology and physiology of stress.
  - 4.3 Measurement of stress- Over training stress syndromes, psycho – physiological training for stress and psycho- somatic fitness.
  - 4.4 Yoga therapy for psycho- physiological ailments.
  - 4.5 Yoga and psycho- physiological training of games and sports. Drug abuse and doping in sports and its effect on performance.

#### **References:-**

- 1. Textbook of sports medicine:- Michael Kjaer, Michael Krogsgaard, Peter Magnusson, Lars Engebresten
- 2. Manual of sports medicine:- Marc R. Safran, Douglas B. McKeag, Steven P. Van Camp
- 3. Athletic Training and sports medicine:- Robert C. Schenck, Jr, MD
- 4. Sports medicine:- Anthony A. Schepsis, Brand D Busconi
- 5. Essentials of sports medicine:- Robert sallis, Ferdy Massimino

#### **PAPER-IV:**

#### **MPSCC 404(A) -DISSERTATION (ELECTIVE)**

**(OR)**

#### **MPSCC 404(B) -ORGANZATION AND ADMINISTRATION IN PHYSICAL EUCAION**

**L T P**

**Periods/Weeks:- 4 0 2**

**Objectives:-** To briefly understand the basic concept of the organisation and administration in physical education and sports. To get familiar with the perspectives of the office management, facilities and time table management.

#### **Unit-I**

- 1. Organization and administration
  - 1.1 Meaning and importance of Organization and Administration in physical education
  - 1.2 Qualification and Responsibilities of Physical Education teacher and pupil leader
  - 1.3 Planning and their basic principles,
  - 1.4 Program planning: Meaning, Importance, Principles of program planning in physical education.
  - 1.5 Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

#### **Unit- II**

- 2. Office Management, Record, Register & Budget
  - 2.1 Office Management: Meaning, definition, functions and kinds of office management
  - 2.2 Records and Registers: Maintenance of attendance Register, stock register, cash register,

- physical efficiency record, Medical examination Record.
- 2.3 Budget: Meaning, Importance of Budget making,
- 2.4 Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

### Unit-III

3. Facilities, & Time-Table Management
- 3.1 Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- 3.2 Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- 3.3 Equipment: Need, importance, purchase, care and maintenance.
- 3.4 Time Table Management: Meaning, Need, Importance and Factor affecting time table.

### Unit-IV

4. Competition Organization
- 4.1 Importance of Tournament
- 4.2 Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- 4.3 Organization structure of Athletic Meet
- 4.4 Sports Event Intramurals & Extramural Tournament planning

### References:

1. Broyles, F. J. & Rober, H. D. Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
  2. Bucher, C. A. Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co
  3. Kozman, H.C. Cassidy, R. & Jackson, C. Methods in Physical Education. London: W.B. Saunders Co.
  4. Pandey, L.K. Methods in Physical Education. Delhi: Metropolitan Book Depot.
  5. Sharma, V.M. & Tiwari, R.H.: Teaching Methods in Physical Education. Amaravati: Shakti Publication.
- Thomas, J. P. Organization & administration of Physical Education. Madras: Gyanodayal Press.
- Tirunaryanan, C. & Hariharan, S. Methods in Physical Education. Karaikudi: South India Press.



**PRACTICAL COURSE**  
**M.P.E.S. (SEMESTER I AND II)**

L T P  
Periods/Weeks:- 0 0 2

**Track and Field: Track and Field II: Officiating**

**Running Events**

- Starting techniques: standing start and couch start and its variations, proper use of blocks.
- Finishing techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Markings, Rules and Officiating

**Hurdles:**

- Fundamental skills: Starting, clearance and landing techniques
- Types of Hurdles
- Ground Marking and Officiating

**Athletics: Jumping, Pole-Vault vents**

- Approach Run
- Take off
- Clearance over the Bar
- Landing

**Javelin and Discus Throw**

- Fundamental skills: Throwing Techniques
- Types of throwing
- Ground Marking and Officiating

**Gymnastics**

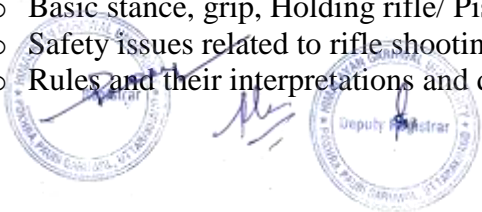
- Floor Exercise
- Forward Roll, Backward Roll, sideward Roll, different kind of scales, Leg split, Dancing steps, Head stand, Jumps leap, Scissors leap.
- Vaulting Horse
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault

**Swimming**

- Fundamental skills: Entry into the pool
- Developing water balance and confidence
- Water fear removing drills
- Floating – mushroom and jelly fish etc.
- Gliding with and without kickboard.
- Introduction to various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

**Shooting Fundamental Skills**

- Basic stance, grip, Holding rifle/ Pistol, aiming target
- Safety issues related to rifle shooting
- Rules and their interpretations and duties of officials





## **Yoga:**

- Surya Namaskara,
- Pranayams
- Corrective Asanas
- Kriyas
- Asanas
- Sitting
- Standing
- Laying Prone Position,
- Laying Spine Position

## **Indigenous sports:**

### **Kabaddi: Fundamental Skills**

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defence.
- Ground Marking, Rules and Officiating

### **Kho Kho:**

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-zig-zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

### **Malkhambh and Light Apparatus:**

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

### **Badminton: Fundamental Skills**

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.

- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

#### **Table Tennis: Fundamental Skills**

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

#### **Squash Fundamental Skills**

- Service- Under hand and Over hand
- Service Reception
- Shot- Down the line, Cross Court
- Drop
- Half Volley
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

#### **Tennis: Fundamental Skills.**

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

#### **Games Specialization**

##### **Kabaddi: Fundamental Skills**

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.

- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defence.
- Ground Marking, Rules and Officiating

##### **Kho Kho:**

- General skills of the game-Running, chasing, Dodging, Faking etc.



- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

#### **Badminton: Fundamental Skills**

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

#### **Table Tennis: Fundamental Skills**

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

#### **Squash Fundamental Skills**

- Service- Under hand and Over hand
- Service Reception
- Shot- Down the line, Cross Court
- Drop
- Half Volley
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

#### **Tennis: Fundamental Skills.**

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game Rules and their interpretations and duties of officials.

#### **Base Ball Fundamental Skills**

- Player Stances – walking, extending walking, L stance, cat stance.
- Grip – standard grip, choke grip,
- Batting – swing and bunt.
- Pitching –

- Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball,
  - Softball: windmill, sling shot,
  - Starting position: wind up, set.
  - Fielding –
  - Catching: basics to catch fly hits, rolling hits,
  - Throwing: over arm, side arm.
  - Base running –
  - Base running: single, double, triple, home run,
  - Sliding: bent leg slide, hook slide, head first slide.
  - Rules and their interpretations and duties of officials.
- 
- Catching: one handed, two handed, with feet grounded, in flight.
  - Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
  - Footwork: landing on one foot; landing on two feet; pivot; running pass.
  - Shooting: one hand; two hands; forward step shot; backward step shot.
  - Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
  - Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
  - Intercepting: pass; shot.
  - The toss-up.
  - Role of individual players
  - Rules and their interpretations and duties of officials.
- 
- Batting-Forward and backward defensive stroke
  - Bowling-Simple bowling techniques
  - Fielding-Defensive and offensive fielding
  - Catching-High catching and Slip catching
  - Stopping and throwing techniques
  - Wicket keeping techniques
- 
- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
  - Trapping-trapping rolling the ball, trapping bouncing ball with sole
  - Dribbling-With instep, inside and outer instep of the foot.
  - Heading-From standing, running and jumping.
  - Throw in
  - Feinting-With the lower limb and upper part of the body.
  - Tackling-Simple tackling, Slide tackling.
  - Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

### **Hockey: Fundamental Skills**

- Player stance & Grip
- Rolling the ball
- Dribbling
- Push
- Stopping
- Hit
- Flick



*[Handwritten signature]*



- Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- Reverse hit
- Dodging
- Goal keeping – Hand defence, foot defence
- Positional play in attack and defense.
- Rules and their interpretations and duties of officials.
- Rules and their interpretations and duties of officials.
- Ground Marking.

### **Softball Fundamental Skills**

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

### **Volleyball: Fundamental Skills**

- Players Stance-Receiving the ball and passing to the team mates,
- The Volley (Over head pass),
- The Dig(Under hand pass).
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Rules and their interpretations and duties of officials.

### **Hand Ball: Fundamental Skills**

- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
- Rules and their interpretations and duties of officials.

### **Basket ball: Fundamental Skills**

- Player stance and ball handling
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.



- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of the officials.

### TEACHING LESSON OF TRACK & FIELD

05 Lesson (4 Internal 1 external).

### TEACHING LESSON GAMES SPECIALIZATION

**The Candidate has choice to select any one of the following games as the Specialization-II (Second best) in 2nd Semester.**

(kabaddi/ kho-kho/badminton/ table tennis/ tennis/ squash/ baseball/ volleyball/basketball/ cricket/ football/ handball/ hockey/ netball/ softball, etc) 05 Lesson ( 4 Internal 1 external)

### M.P.E.S. (SEMESTER- III AND IV)

L T P  
Periods/Weeks:- 0 0 2

#### **Track and Field: Track and Field II: Officiating Running Event**

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Marking, Rules and Officiating

#### **Relays: Fundamental Skills**

- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Ground Marking
- Interpretation of Rules and Officiating.

#### **Athletics: Jumping, Pole-vault Events**

- Approach Run,
- Take off
- Clearance over the bar.
- Landing

- Fundamental Skills- throwing Techniques.
- Types of throwing
- Ground Marking and Officiating.

#### **Team Games and Games of Specialization Same as semester –I & II**

#### **INTERNSHIP 4 WEEK**

#### **PROJECT ORGANIZED**

- A) Maximum 4 students in one Athletic Event (Semester I & III) OR Any one game (Semester I & III)
- B) Athletic (any one event)  
Games Specialization (any one Game)



## OFFICIATING LESSON OF TRACK & FIELD & GAMES SPECIALIZATION

05 Lesson each (4 Internal 1 external)

### CLASS ROOM TEACHING PRACTICES:

- Teaching Practice Lessons - 05 lessons in class room (4 Internal, 1 External)  
Teaching lessons as per selected topics of B.P.E.D level. The duration of the lessons to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

