

RADHA GOVIND UNIVERSITY RAMGARH, JHARKHAND



SYLLABUS FOR M.A IN PHYSICAL EDUCATION

(Two Years Course)

**FACULTY OF PHYSICAL EDUCATION
RADHA GOVIND UNIVERSITY RAMGARH,
JHARKHAND**

TWO YEARS M.A (Physical Education) PROGRAMME (FOUR SEMESTER)

1. Eligibility and Admission Procedure:

A candidate for the admission of program at M.A in Physical Education must fulfill the eligibility criteria (norms & standards) directed by the NCTE, University and the directives of the Government of Jharkhand which may changes from time to time. However, a candidate passing Under Graduate Degree (i.e. B.P.E. 3yrs) and who was admitted in the course prior to this Regulation also eligible for admission of this degree course program.

2. Duration:

The M.A Physical Education programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

3. The CBCS System:

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. Course:

The term course usually referred to, as „papers“ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

5. Courses of Programme:

The M.A.(Physical Education) programme consists of a number of courses, the term „Course“ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the M.A(Physical Education) Programme.

- **Theory**
- **Core Course**
- **Practicum**
- **Compulsory Course (Track and Field)**
- **Teaching/Coaching Practices**
- **Internship**

6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work.

The institution shall work for a minimum of 40working hours in a week (five or six days a week).

7. Working days:

There shall be working days as per university rule and regulation.

8. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.A. (Physical Education) program is 90 credits and for each semester 20 credits.

9. Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
8	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above-mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

10. Condonation:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee.

Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate.

Students who have below 50% of attendance are not eligible to appear for the examination.

The student must apply to Head of the Institution giving the reason(s) for absence within 8days of the conduct of the examination along with the necessary documents and testimonials.

11. Pattern of Question Papers and its Nature:

A) Format of Question Paper for 5 Units -

Each Course Papers shall have five compulsory questions (with internal choice for each question) corresponding to five units of each theory course.

B) Nature of Semester End Examination -

- For each Course - 70 Marks
- Duration – 3.00 Hours
- Syllabus is framed into 5 units for each theory course.
- On each unit there shall be a question either long or short or Write notes type answer.
- Number of Questions to be set in each paper shall be in accordance with above information.
- Each theory paper shall have five compulsory questions with its internal choice.
- All the five questions shall have an alternative choice from the same unit in terms of Long or Short or Write notes type answer. However, there is no choice in a separated question.
- Division of marks between long and short answer type question shall be in ratio of 70:30.
- In case of write notes type question, division of marks may distribute equally.

12. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	10 Marks
Seminar	5 Marks
Assignments	5 Marks
Attendance	10 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

13. Minimum Standard of Passing Examinations:

The minimum passing standard for the CIA (Continuous-Internal-Assessment) & External examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 respectively for the theory courses. The minimum passing for both CIA and External examinations shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

14. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. M.A Physical Education 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA).

These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course in any semester; G_i is the Grade point obtained by the student for the course and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

15. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

16. Letter Grades and Grade Points:

- I. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre- determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

- II. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Grade	Description	Final Result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

Grade Point Calculation

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for M.

A. (Physical Education) Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

SEMESTER-1

Courses Code.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-101	3	65	A	6.5	19.5
MPCC-102	3	60	A	6	18
MPCC-103	3	62	A	6.2	18.6
MPCC- 104	3	57	B+	5.7	17.1
MPPC-101	3	55	B+	5.5	16.5
MPPC-102	3	72	A+	7.2	21.6
MPPC-103	3	66	A	6.6	19.8
MPPC – 104	3	72	A+	7.2	21.6
	24				152.7

Examples: Conversion of marks into grade points

MPCC-101 $65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$

MPCC-102 $60 = 6.0$

MPCC-103 $62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$

MPCC-104 $57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$

MPPC-101 $55 = 5.5$

MPPC-102 $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

MPPC-103 $66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$

MPPC – 104 $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points

$= 152.7/24 = 6.3625$

SGPA Sem. I = 6.3625

At the end of Semester-1 Total SGPA = 6.3625

Cumulative Grade Point Average (CGPA) = $6.3625/1 = 6.3625$ CGPA = 6.66875,

Grade = A, Class = First Class

SEMESTER-2

Courses No.	Credit	Marks out of 100(%)	Grade	GradePoint	Credit Gradepoint
MPCC-201	3	76	A+	7.6	22.8
MPCC-202	3	64	A	6.4	19.2
MPCC-203	3	59	B+	5.9	17.7
MPCC-204	3	80	A+	8	24
MPPC-201	3	49	C	4.9	14.7
MPPC-202	3	64	A	6.4	19.2
MPPC-203	3	55	B+	5.5	16.5
MPPC – 204	3	72	A+	7.2	21.6
	24				155.7

SGPA Sem. II = 6.4875

At the end of Semester-2

Total SGPA for two Semesters = 12.85

Cumulative Grade Point Average (CGPA) = $12.85/2 = 6.425$ CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-3

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-301	3	64	A	6.4	19.2
MPCC-302	3	64	A	6.4	19.2
MPCC-303	3	59	B+	5.9	17.7
MPEC-304	3	81	A+	8.1	24.3
MPPC-301	3	49	C	4.9	14.7
MPPC-302	3	64	A	6.4	19.2
MPPC-303	3	68	A	6.8	20.4
MPPC – 304	3	75	A+	7.5	22.5
	24				157.2

SGPA Sem. III = 6.55

At the end of Semester-3

Total SGPA for three Semesters = 19.4

Cumulative Grade Point Average (CGPA) = $19.4/3 = 6.466667$ CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-4

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
MPCC-401	3	83	A+	8.3	24.9
MPCC-402	3	76	A+	7.6	22.8
MPCC-403	3	59	B+	5.9	17.7
MPEC-404	3	81	A+	8.1	24.3
MPPC-401	3	49	C	4.9	14.7
MPPC-402	3	78	A+	7.8	23.4
MPPC-403	3	81	A+	8.1	24.3
MPPC-404	3	75	A+	7.5	22.5
	24				174.6

SGPA Sem. IV = 7.275

At the end of Semester-4

Total SGPA for all the four semesters = 26.675

Cumulative Grade Point Average (CGPA) = $26.675 / 4 = 6.66875$ CGPA = 6.66875,

Grade = A, Class = First Class

Note:

1. SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
2. CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
3. The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
4. For the award of the class, CGPA shall be calculated on the basis of:
5. Marks of each Semester End Assessment And
6. Marks of each Semester Continuous Internal Assessment for each course. The final Class for M.A Physical Education Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.
7. Grievance Redressal Committee:
8. The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

OBJECTIVES OF THE M. A. (Physical Education) PROGRAMME

1. To enable the Pupil-Teachers to understand the nature, purpose and philosophy of education and physical education at the higher secondary stage.
2. To prepare teachers of Physical Education with higher educational perspective.
3. To develop personnel, Professionals and Social competencies required in teaching profession of physical education at matured aged/gender.
4. To develop potential for planning and organizing Physical Education programmes and other play-activities for higher level students.
5. To empower Pupil-Teachers to inspire their students to actively participate in Physical and Yogic Exercises, Games and Sports with advance thoughts.
6. To enable teachers to develop personality, character, will power, and positives attitude towards life among their students through Physical Education and Sports sciences.
7. To make teachers capable of imparting basic knowledge about Health, Hygiene, Nutrition and Physical Fitness.
8. To develop skills and competencies to organize school and community games and sports.
9. To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
10. To promote appreciation and interest for indigenous games, sports and yogic practices among Pupil-Teacher.

Semester – I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
MPCC-101	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
MPCC-102	Physiology of Exercise.	3	3	30	70	100
MPCC-103	Yogic Sciences	3	3	30	70	100
MPCC-104	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
Part–B Practical Course						
MPPC-101	Track and Field 1. Running Events – 2. 100 Mts./200 Mts./400 Mts./800 Mts. Ru Hurdles/ Relay race Long Distance Running Walking events (Any Two)	6	3	30	70	100
MPPC-102	Specialization in Indian Games: Kabaddi Kho-kho 3. Malkhamb(Any One)	6	3	30	70	100
MPPC-103	Yoga Asana 2. Suryanamaskar 3.Kriya*/Pranayama*/Aerobic s*/Mudra*/Bandha* (* Any One)	6	3	30	70	100
MPPC-104	Teaching/Coaching Lesson Athletics (Track Event) 5 Lessons (4 Internal and 1 External)	6	3	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester – II

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External 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	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
MPCC-204	Sports Management and Curriculum Designs in Physical Education	3	3	30	70	100
Part–B Practical Course						
MPPC-201	Track and Field 1. Jumping Events (High Jump/Long Jump/Triple Jump) 2. Throwing Events (Shot-put/Discuss/ Javelin/Hammer Throw) (Any One from Each Group)	6	3	30	70	100
MPPC-202	Games Specialization Foreign Games: Volleyball, Base-Ball, Basketball, Football, Handball, Hockey, Cricket, Soft Ball (Any One Game)	6	3	30	70	100
MPPC-203	Practical ICT	6	3	30	70	100
MPPC-204	Teaching/Coaching Lesson Athletics (Field Event) 5 Lessons (4 Internal and 1 External)	6	3	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course

Semester – III

Part A: Theoretical Course						
CourseCode	Title of the Papers	Total Hours	Credit	Internal Marks	External 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
MPCC-304	Physical Fitness and Wellness	3	3	30	70	100
Part-B : Practical Course						
MPPC-301	Individual Game Specialization Badminton, Archery, TableTennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling,Swimming.	6	3	30	70	100
MPPC-302	Coaching Lesson IndigenousActivity and Yoga. 5Lessons (4Internal,1External)	6	3	30	70	100
MPPC-303	Classroom Teaching Lesson Lesson on theory of different Indigenous Activity and Yoga.5 Lessons (4 Internal and 1External)	6	3	30	70	100
MPPC-304	Internship	6	3	30	70	100
Total		36	24	240	560	800

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Semester - IV

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
MPCC-	Athletic Care and	3	3	30	70	100
MPCC-	Sports Psychology	3	3	30	70	100
MPCC	Value and Environmental Education	3	3	30	70	100
MPCC-	Dissertation	3	3	30	70	100
Part-B Practical Course						
MPPC-401	Laboratory Practical 1. Sports Psychology 2. Physiology of Exercise 3. Sports Biomechanics and Kinesiology (Two Practical for each subject)	6	3	30	70	100
MPPC-402	Project Practical (Management and Organization) Seminar, Conference, Debate, Class Formation, Flag hosting, Tournament, Play day, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour. (Note Book of Any Five and Conduct any one for Examination)	6	3	30	70	100
MPPC-403	Coaching Lesson Foreign Game. 5 Lessons (4 Internal and 1 External)	6	3	30	70	100
MPPC-404	Class Room Teaching Lesson Lesson on theory of different foreign games and sports. 5Lessons (4 Internal and 1 External)	6	3	30	70	100
Total		36	24	240	560	800
		144	96	960	2240	3200

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Syllabus prescribed for M.A (Physical Education)

Semester I

Theory Courses

MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – Introduction

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

UNIT II – Methods of Research

Descriptive Methods of Research; Survey Study, Meaning of Survey, Tools of Survey Research, Questionnaire, Construction of Questionnaire, Interview, Procedure of conducting interview, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

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

UNIT IV – Sampling

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

UNIT V – Research Proposal and Report

Chaptalization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

REFERENCE :

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi; Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs; Prentice Hall, Inc
Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

Semester I
Theory Courses
MPCC-102 PHYSIOLOGY OF EXERCISE

UNIT I – Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fiber. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II – Cardiovascular System and Exercise

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

UNIT III – Respiratory System and Exercise

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

UNIT IV – Metabolism and Energy Transfer

Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

UNIT V – Climatic conditions and sports performance and ergogenic aids

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

Note: Laboratory Practical in Physiology be designed and arranged internally.

REFERENCES:

- Amrit Kumar, R. Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Semester I
Theory Courses
MPCC-103 Yogic Sciences

Unit I – Introduction

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

Unit II – Aasanas and Pranayam

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

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam , Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

Unit V – Yoga and Sports

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

- George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.Gore, (1990),Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan.
Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
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Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background,Varanasi: BharataManishai.
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Semester I
Theory Courses
MPCC-104 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION

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 – Motor Fitness Tests

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

UNIT III – Physical Fitness Tests

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

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

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

UNIT V – Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, McDonald Volley Soccer Test. Tennis: Dyer Tennis Test.

Note: Practicals of indoor and out-door tests be designed and arranged internally.

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Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics

Semester I
Practicum Course
MPPC- 101 TRACK AND FIELD (TRACK EVENTS PERFORMANCE)

- Running Events – 100 Mts./200 Mts./400 Mts./800 Mts. Run
- Hurdles/ Relay race
- Long Distance Running
- Walking events (**Any Two**)
- Fundamental skills–Short and Middle distance.
- Use of Starting blocks- stance on the blocks.
- Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.
- Advanced Skills Various techniques of sprint start: Bullet start, standing start,
- Active game practice
- Distribution of marks for game Examination is given below:
- Performance of any two track events

Sl. No.	Roll No.	Event 1		Event 2		Project Report	Viva Voce	Total
		Performance	Style/ Technique	Performance	Style/ Technique			
		10	10	10	10	20	10	70

(The performance table is given in appendix.)

Athletic Project report on Track Events Must be written by own handwriting (Details regarding all track events, various styles and techniques of each event.)

Tournaments held at National and International levels, Distinguished sports awards and personalities related to the events. Warming-up- General free hand exercises, specific work out, Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

Semester I
Practicum Course
MPPC- 102 SPECIALIZATIONS IN INDIGENOUS GAME (INDIAN GAME)

**The Candidate has choice to select any one of the following games as the
Indian Game Specialization**

(Kabaddi, Kho-Kho, Malkhamb)

Distribution of marks for game Examination is given below:

Sl. No.	Knowledge of fundamental skills	Playing efficiency	Officiating of the game	Project Report	Viva voce	Total
	20	20	10	10	10	70

History of the game, Measurement and Preparation of the Fields, Equipment's and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards. The student will submit the project report in own handwriting at the time of exam.

Semester I
Practicum Course
MPPC-103 YOGA

Yoga Asanas (Sitting, Standing and Laying Asanas) Suryanamaskar (12 count)

Kriyas (ShudhiKriyas,Shatkriya,Jalneti, Sutraneti, Dugdhaneti, Kunjal,

Nauli)**Pranayam** (Bhastika,Pranayams, Anulom-vilom, Kapalbhathi)

Aerobics (Rhythmic Aerobics – dance, Low impact aerobics, High impact aerobics, being successful in exercise and adaptation to aerobic workout.)

Mudras (Eight types of Mudras) **Bandha**

Distribution of marks for Examination is given below:

Sl. No.	Yoga-asana (Two student choice & two examiner choice)	Suryanamaskar	Kriya* /Pranayama* /Aerobics*/Mudras*/Band ha* (Any One)	Project Report	Total
	40	10	10	10	70

Semester I
Practicum Course
MPPC-104 TEACHING/COACHING LESSON ATHLETICS
(TRACK EVENTS)

The students need to develop proficiency in taking teaching classes in Track events under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the first semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio- visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

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

UNIT I – Introduction

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

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

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

UNIT III – Measures of Dispersions and Scales

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

UNIT IV – Probability Distributions and Graphs

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

UNIT V – Inferential and Comparative Statistics

Tests of significance; Independent “t” test, Dependent “t” test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – coefficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA. Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

REFERENCE

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
Rothstain A(1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
Thirumalaisamy(1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

Semester II
Theory Courses
MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I – Introduction

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

UNIT II – Muscle Action

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

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Guiding principles of 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 -friction, Spin - Centripetal force - Centrifugal force.

UNIT IV – Projectile and Lever

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

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

UNIT V – Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive Mechanical analysis of track and field events.

REFERENCE:

- Deshpande S.H.(2002). ManavKriyaVigyan – Kinesiology (Hindi Edition)Amravati :HanumanVyayamPrasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall. Thomas. (2001).Manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
- Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friendspublications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Semester II Theory Courses

MPCC-203 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication Barriers & Facilitators of communication

Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education

Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education

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 Viruses & its Management

Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues

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, Queries, 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 Integrating ICT in Teaching Learning Process Project Based Learning (PBL)

Co-Operative Learning Collaborative Learning

ICT and Constructivism: A Pedagogical Dimension

Unit V – E-Learning & Web Based Learning

Learning Web Based Learning Visual Classroom

REFERENCES:

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006 Brain under IDG Book. India(p) Ltd Teach Yourself Office 2000, Fourth Edition-2001 Douglas E.

Comer, The Internet Book, Purdue University, West Lafayette in 2005

Heidi Steel Low Price Edition, Microsoft Office Word 2003- 2004

ITL Education Solution Ltd. Introduction to information Technology, Research and Development

Wing-2006 Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca

Bridges Altman Peach pit Press, Power point for window, 1999

Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

Semester II
Theory Courses
MPCC-204 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN
PHYSICAL EDUCATION

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 – Program Management

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

UNIT III – Equipments and Public Relation

Purchase and Care of Supplies of Equipment, Guidelines for 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 – Principles of Public Relation – Public Relations in School and Communities – Public Relation and the Media.

UNIT IV – Curriculum

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, forward-looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.

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. Evaluation of Curriculum, Methods of evaluation.

Reference:

- Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series –3 Delhi: Doaba House, Book seller and Publisher.
- Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
- Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, ParkHouse.
- Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.) St.Louis: Mobsy Publishing Company.
- Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.
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- Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
- John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
- McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research. U.K. Routledge
- NCERT (2000).

Semester II
Practicum Course
MPPC- 201 TRACK AND FIELD (FIELD EVENTS PERFORMANCE)

1. Jumping Events (High Jump/Long Jump/Triple Jump)
2. Throwing Events (Shot-put/Discuss/ Javelin/Hammer Throw)

(Any One from Each Group)

Sl. No.	Roll No.	Event 1(Jumping)		Event 2(Throwing)		Project Report	Viva Voce	Total
		Performance	Style/ Technique	Performance	Style/ Technique			
		10	10	10	10			

(The performance table is given in appendix.)

Athletic Project report on **Field Events** Must be written by own handwriting (Details regarding all Field events, various styles and techniques of each event.)

Tournaments held at National and International levels, Distinguished sports awards and personalities related to the events. Warming-up- General free hand exercises, specific work out, Fundamental skills, lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

Semester II
Practicum Course
MPPC-202 TEAM GAMES SPECIALIZATION

The Candidate has choice to select any one of the following games as the Specialization in 2nd Semester.

(Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ Softball)

Distribution of marks for game Examination is given below:

Sl. No.	Knowledge of fundamental skills	Playing efficiency	Officiating of the game	Project Report	Viva voce	Total
	20	20	10	10	10	70

History of the game, Measurement and Preparation of the Fields, Equipment's and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report in own handwriting at the time of exam.

Semester II
Practicum Course
MPPC-203 Practical (ICT)
Practical Examination (Computer)

The Examination will be conducted in any two items selected by examiner and any two choice items of the examinee from the following contents.

The contents of the computer practical as follows:

M.S. Word: Copy file & paste, create file, Create folder. File open, Front size & styles create table.

M.S. Excel: Create table, insert border. Ascending and descending number. Sum, average & percentage.

M.S. PowerPoint: Create slides, background colour, slide effects, hide slide.

Presentation E-mail: Create E-mail address, send E-mail, receive E-mail ID

Internet: Searching Web, side, download

Distribution of Marks:

Sl. No.	Examiner Choice (2Items)	Candidates Choice (2 Items)	Total
	40	30	70

Semester II
Practicum Course
MPPC-204 TEACHING/COACHING LESSON ATHLETICS (FIELDEVENTS)

The students need to develop proficiency in taking teaching classes in field events under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

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

UNIT I – Introduction

Sports training: Definition – Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures – Super Compensation – Altitude Training – Cross Training

UNIT II – Components of Physical Fitness

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

UNIT III – Flexibility

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long-Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.

UNIT V – Doping

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations : over-the-counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

REFERENCES :

BeotraAlka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, PrenticeHall Inc. Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphe Company
Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics
Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
Yograj Thani (2003), Sports Training, Delhi : Sports Publications

Semester III Theory Courses

MPCC-302 SPORTS MEDICINE

UNIT I – Introduction

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

UNIT II – Basic Rehabilitation

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

UNIT III – Spine Injuries and Exercise

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

UNIT IV – Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing 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 injures.

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

REFERENCES:

- Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
- James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
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- Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra
- The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

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

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
Health Service and guidance instruction in personal hygiene

Unit - II Health Problems in India

Communicable and Non-Communicable 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 - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc.

Unit- III – Hygiene and Health

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

Unit – IV- Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

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.

References:

- Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et.al. "The School Health Education".
Ghosh, B.N. "Treaties of Hygiene and Public Health".
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Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

Semester III Theory Courses
MPCC-304 PHYSICAL FITNESS AND WELLNESS

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 weighttraining

Unit V – Flexibility Exercise

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

Reference:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989. Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

Semester III
Practicum Course

MPPC- 301 INDIVIDUAL GAME SPECIALIZATION

The Candidate has choice to select any one of the following games as the Specialization in 3rdSemester (Badminton, Archery, Table Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming.)

Distribution of marks for game Examination is given below:

Sl. No.	Knowledge of fundamental skills	Playing efficiency	Officiating of the game	Project Report	Viva voce	Total
	20	20	10	10	10	70

Semester III
Practicum Course

MPPC-302COACHING LESSON (INDIGENOUS GAME)

The students need to develop proficiency in taking coaching classes in Indigenous games under school situation. In view of this, the students shall be provided with coaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Semester III
Practicum Course

**MPPC-303 CLASS ROOM TEACHING LESSON (LESSONS ON THEORY
OF DIFFERENT INDIGENOUS SPORTS & GAMES)**

The students need to develop proficiency in taking teaching lessons as per selected Indigenous games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson 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.

Each student teacher is expected to take at least five lessons (Four internal and one external) during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for Lesson Examination is given below:

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

**Semester III
Practicum Course**

MPPC-304 INTERNSHIP

The students need to be developed proficiency in taking coaching/teaching/officiating lessons at school/college/club/organization level. He/She must able to organize/conduct/manage/administrate sports tournaments and various sports activities at different level.

Semester IV
Theory Courses
MPCC-401 ATHLETIC CARE AND REHABILITATION

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

Unit V – Sports Injuries Care, Treatment and Support

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

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

REFERENCES:

Doherty. J. Meno. Web, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

Semester IV
Theory Courses
MPCC-402 SPORTS PSYCHOLOGY

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

UNIT III – Goal Setting

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Concept and causes of aggression insports, Role of aggression in sports performance, Methods of controlling aggression.

UNIT IV – Sports Sociology

Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution. National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Leadership: Meaning, Definition, types. Leadership and Sports Performance.

UNIT V – Group Cohesion

Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. Current Problems in Sports and Future Directions – Sports Social Crisis Management – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Practical: *At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)*

REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Heal SahetyKendre Publishers.
- Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- MiroslawVauks& Bryant Cratty (1999). Psychology and the Superior Athlete. London: TheMacmillan Co. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: TheMacmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Leaand Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic. Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance inPhysical Education and Sports.

Semester IV Theory Courses

MPCC-403 VALUE AND ENVIRONMENTAL EDUCATION

UNIT I – Introduction to Value Education.

Values: Meaning, Definition, Concepts of Values. Value Education: Need, Importance and Objectives. Moral Values: Need and Theories of Values. Classification of Values: Basic Values of Religion, Classification of Values.

UNIT II – Value Systems

Meaning and Definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, Judging Value System, Commitment, Commitment to values.

Unit III – Environmental Education

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, Plastic recycling & prohibition of plastic bag / cover, Role of school in environmental conservation and sustainable development, Pollution free eco-system.

Unit IV Rural Sanitation and Urban Health

Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

Unit - V Natural Resources and related environmental issues:

Water resources, food resources 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, Role of pollution control board.

REFERENCE:

- Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology(U.S.A.: W.B. Saunders Co.) 1971.
Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987 Townsend C. and others, Essentials of Ecology (Black well Science)
Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995. Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.
Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996. Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

Semester IV
Theory Courses
MPCC-404 DISSERTATION

1. A candidate shall have dissertation for M.A (Physical Education) – 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).
2. A candidate must submit his/her dissertation the beginning of the IV Semester Examination.
3. The candidate has to face the Viva-Voice conducted by DRC.

Semester IV
Practicum Course
MPPC- 401 Laboratory Practical

Sports Psychology

Psychological Tests: Types of Psychological Test: Instrument based tests: Reaction timer, Finger dexterity board, Depth perception box. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety, Personality Profile test, I.Q. test, Attitude test, Reaction time, hand eye coordination test.

Physiology of Exercise

Pulse rate, Heart rate, Blood pressure, Hemoglobin, Vital Capacity.

Sports Biomechanics and Kinesiology

Anthropometry measurements, Mechanical analysis, Study of two injury cases.

Distribution of marks for Practical Examination is given below:

Sl. No.	Sports Psychology	Physiology of Exercise	Sports Biomechanics and Kinesiology	Project Report	Viva-voce	Total
	20	20	10	10	10	70

Semester IV
Practicum Course
MPPC-402 PROJECT PRACTICAL (Management and Organization)

Seminar, Conference, Debate, Class Formation, Flag hosting, Tournament, Play day, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour. (Note Book of Any Five and Conduct any one for Examination)

National Flag: Meaning, concept and significance of National Flag, Symbolism of Tri-colour and Wheel. Code of hoisting or lowering of Flag, Dimensions of the Flag & tri-colour proportions. Honour of the Flag and its use. Penalty of misusing or dishonoring the Flag..

Opening and Closing Ceremonies: Schedule and formality of Opening Ceremony- Unfurling of Flag, Flame igniting, Oath, March-Past of players/teams, Salutation, Declaration of Opening of the Meet. Brief address by the guests, announcement of beginning of competition Victory & Prize distribution Ceremony- Planning of schedule for victory ceremony.

Closing Ceremony: Assembly of sports-persons, March-Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of Prizes/ Certificates, Vote of thanks, Ceremonial Flag-lowering, Flame extinguishing, Declaration of Closing of the Meet.

Practical of the organization of Sports / Athletic Meet, Seminar, Conference, Debate, Class Formation, Tournament, Exhibition, Demonstration, Clinic, Time table, Picnic, Tour, Organization of Sports Festival, Play Day, Social Party games, etc. should be organized.

Distribution of marks for game Examination is given below:

Sl. No.	Practical Note Book	Actual Organization of Event	Event Conducting Ability	Viva-Voce	Total
	20	20	20	10	70

Semester IV
Practicum Course
MPPC-403 COACHING LESSON (FOREIGN GAME)

The students need to develop proficiency in taking coaching classes in foreign games under school situation. In view of this, the students shall be provided with coaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Semester IV
Practicum Course
MPPC-404 CLASS ROOM TEACHING LESSON (LESSONS ON THEORY
OF DIFFERENT FOREIGN SPORTS & GAMES)

The students need to develop proficiency in taking teaching lessons as per selected foreign games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson 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.

Each student teacher is expected to take at least five lessons (Four internal and one external) during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for Lesson Examination is given below:

Sl. No.	Lesson plan	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
	10	20	20	10	10	70

Note:

- i.* Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities/ Autonomous Colleges.
- ii.* Practical Examination shall be conducted by internal and external examiners.