ORDINANCE NO. ______

Prospectus No.
M.P.Ed. 2015

Gondwana University, Gadchiroli

FACULTY OF EDUCATION
The Examination Degree of
Master of Physical Education
Semester Pattern 2015 and Onwards
(Two Years Degree Course)
Curriculum Framework of M. P. Ed. Programme

GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE
FOR TWO YEARS M. P. Ed.
PROGRAMME (FOUR SEMESTERS)(CBCS)
(Corrected & Final)

**Important Note:**

1. If the University or affiliating body is following choice based credit system, (CBCS) as approved and circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/activity/course.
2. If the University or affiliating bodies have yet to adopt CBCS, only the hours of teaching mentioned for each paper/activity/course will be considered, the credit in teaching hours may be ignored.

**Preamble:**

The Master of Physical Education (M.P.Ed.) two years (Four Semesters, Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and teacher educators in College of Physical Education.

The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/College/Sports Organizations/Sports Academy/Sports Club.

**R.M.P.Ed.1.Intake, Eligibility and Admission Procedure:**

The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards.

**R. M.P.Ed. 2. Duration:**

The M.P.Ed. 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.

**R. M.P.Ed. 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.

R. M.P.Ed. 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.

R. M.P.Ed.5. Courses of Programme:

The M.P.Ed. 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.P.Ed. Programme.

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

R. M.P.Ed.6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

R. M.P.Ed.7. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

R. M.P.Ed. 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 one and half / 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.P.Ed. programmeis 90 credits and for each semester 20 credits.
Provision of Bonus Credits

**Maximum 06 Credits in each Semester**

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

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.

**R. M.P.Ed. 9. 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:

<table>
<thead>
<tr>
<th>Component</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Test</td>
<td>15</td>
</tr>
<tr>
<td>Assignments / Lab Practical</td>
<td>10</td>
</tr>
<tr>
<td>Attendance</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
</tr>
</tbody>
</table>

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.
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.P.Ed. 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 is 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.

Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Master 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.

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:
<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade Point</th>
<th>Latter Grade</th>
<th>Description</th>
<th>Classification of final result</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 &amp; above</td>
<td>8.5-10.0</td>
<td>O</td>
<td>Outstanding</td>
<td>First class with Distinction</td>
</tr>
<tr>
<td>70-84.99</td>
<td>7.0-8.49</td>
<td>A+</td>
<td>Excellent</td>
<td></td>
</tr>
<tr>
<td>60-69.99</td>
<td>6.0-6.99</td>
<td>A</td>
<td>Very Good</td>
<td>First Class</td>
</tr>
<tr>
<td>55-59.99</td>
<td>5.5-5.99</td>
<td>B+</td>
<td>Good</td>
<td>Higher Second Class</td>
</tr>
<tr>
<td>50-54.99</td>
<td>5.0-5.49</td>
<td>B</td>
<td>Above Average</td>
<td>Second Class</td>
</tr>
<tr>
<td>40-49.99</td>
<td>4.0-4.99</td>
<td>C</td>
<td>Average</td>
<td>Pass Class</td>
</tr>
<tr>
<td>Below 40</td>
<td>0.0</td>
<td>F</td>
<td>Fail/Dropped</td>
<td>Dropped</td>
</tr>
<tr>
<td>0</td>
<td>AB</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

R. M.P.Ed.13. Grade Point Calculation

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

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

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

**Example – I**

Marks obtained by Student in course MPCC101 = 65/100
Percentage of marks = 65 %
Grade from the conversion table is = A
Grade Point = 6.0 + 5 (0.99/9.99)
= 6.0 + 5x0.1
= 6.0 + 0.5
=6.5
The Course Credits = 03
Credits Grade Point (CGP) = 6.5 x 03 = 19.5

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:
### SEMESTER-1

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

Examples: Conversion of marks into grade points

MPCC-101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5
MPCC-102 60 = 6.0
MPCC-103 62 = 60 + 2 = 6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2
MPEC-101/MPEC-102 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7
MPPC-101 55 = 5.5
MPPC-102 72 = 70 + 2 = 7.0 + 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2
MPPC-103 66 = 60 + 6 = 6.0 + 2 x (0.99 / 9.99) = 6.0 + 6 x 0.1 = 6.0 + 0.6 = 6.6
MPPC - 104 72 = 70 + 2 = 7.0 + 2 x (1.49 /14.99) = 7.0 + 2 x 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

<table>
<thead>
<tr>
<th>Courses No.</th>
<th>Credit</th>
<th>Marks out of 100 (%)</th>
<th>Grade</th>
<th>Grade Point</th>
<th>Credit Grade point</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-201</td>
<td>3</td>
<td>76</td>
<td>A+</td>
<td>7.6</td>
<td>22.8</td>
</tr>
<tr>
<td>MPCC-202</td>
<td>3</td>
<td>64</td>
<td>A</td>
<td>6.4</td>
<td>19.2</td>
</tr>
<tr>
<td>MPCC-203</td>
<td>3</td>
<td>59</td>
<td>B+</td>
<td>5.9</td>
<td>17.7</td>
</tr>
<tr>
<td>MPEC-201/MPEC-202</td>
<td>3</td>
<td>80</td>
<td>A+</td>
<td>8</td>
<td>24</td>
</tr>
<tr>
<td>MPPC-201</td>
<td>3</td>
<td>49</td>
<td>C</td>
<td>4.9</td>
<td>14.7</td>
</tr>
<tr>
<td>MPPC-202</td>
<td>3</td>
<td>64</td>
<td>A</td>
<td>6.4</td>
<td>19.2</td>
</tr>
<tr>
<td>MPPC-203</td>
<td>3</td>
<td>55</td>
<td>B+</td>
<td>5.5</td>
<td>16.5</td>
</tr>
<tr>
<td>MPPC - 204</td>
<td>3</td>
<td>72</td>
<td>A+</td>
<td>7.2</td>
<td>21.6</td>
</tr>
<tr>
<td></td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td>155.7</td>
</tr>
</tbody>
</table>
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

SEMMESTER-3

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

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

SEMMESTER-4

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

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:
   (a) Marks of each Semester End Assessment And
   (b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for M.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

R. M.P.Ed.14. Grievance Redressal Committee:
   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.

R. M.P.Ed.15. Revision of Syllabi:
   1. Syllabi of every course should be revised according to the NCTE.
   2. Revised Syllabi of each semester should be implemented in a sequential way.
   3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
   4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
   5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
   6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.
## Semester - 1

### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-101</td>
<td>Research Process in Physical Education &amp; Sports Sciences</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-102</td>
<td>Physiology of Exercise</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-103</td>
<td>Yogic Sciences</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

### Elective Course (Anyone)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPEC-101</td>
<td>Tests, Measurement and Evaluation in Physical Education</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-102</td>
<td>Sports Technology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Part-B Practical Course

<table>
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<tr>
<th>Course Code</th>
<th>Title and Description</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>MPPC-101</td>
<td><strong>Track and Field</strong>&lt;br&gt;Running Events – 100 / 200 Mts. Run, Jumping Events - Long Jump/&lt;br&gt;High Jump, Throwing Events - Shot Put / Discus / Javelin, 30 Surya Namaskar, Gymnastic/Swimming</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
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<tr>
<td>MPPC-102</td>
<td><strong>Laboratory Practical</strong>&lt;br&gt;Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (Two practicals for each subject)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td>MPPC-103</td>
<td>Yoga&lt;br&gt;*Aerobics/ Self Defence Techniques-Martial Arts, Taekwon-do/Shooting/ Archery –&lt;br&gt;(*Any One activity + Yoga)</td>
<td>6</td>
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<tr>
<td>MPPC-104</td>
<td>Adventure Activities/ Mass demonstration Activities-</td>
<td>6</td>
<td>3</td>
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</table>

**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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
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<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tr>
<td><strong>Core Course</strong></td>
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<tr>
<td>MPCC-201</td>
<td>Applied Statistics in Physical Education &amp; Sports</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td>MPCC-202</td>
<td>Sports Biomechanics &amp; Kinesiology</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td>MPCC-203</td>
<td>Athletic Care and Rehabilitation</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td><strong>Elective Course (Anyone)</strong></td>
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<tr>
<td>MPEC-201</td>
<td>Sports Journalism and Mass Media</td>
<td>3</td>
<td>3</td>
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<tr>
<td>MPEC-202</td>
<td>Sports Management and Curriculum Designs in Physical Education</td>
<td>3</td>
<td>3</td>
<td>30</td>
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<tr>
<td><strong>Part - B Practical Course</strong></td>
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<tr>
<td>MPPC-201</td>
<td>Track and Field II: Jumping events + Hurdles *Gymnastics/ *Swimming (*any one)</td>
<td>6</td>
<td>3</td>
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<tr>
<td>MPPC-202</td>
<td>Games Specialization-Kabaddi, Kho-Kho, Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball (Any two games.)</td>
<td>6</td>
<td>3</td>
<td>30</td>
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<tr>
<td>MPPC-203</td>
<td>Teaching Lessons of Indigenous Activities and Sports- 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
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<tr>
<td>MPPC-204</td>
<td>Class room Teaching Lessons on theory of different Sports &amp; Games- 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
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</table>

#### Total

| 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**

<table>
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<tr>
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<tr>
<td>MPCC-301</td>
<td>Scientific Principles of Sports Training</td>
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<tr>
<td>MPCC-302</td>
<td>Sports Medicine</td>
<td>3</td>
<td>3</td>
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<td>100</td>
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<tr>
<td>MPCC-303</td>
<td>Health Education and Sports Nutrition</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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</tbody>
</table>

| Elective Course (Anyone) | | | | | | |
| MPEC-301 | Sports Engineering | 3 | 3 | 30 | 70 | 100 |
| MPEC-302 | Physical Fitness and Wellness | | | | | |

| **Part–B Practical Course** | | | | | | |
| MPPC-301 | Track and Field III: Throwing Events + introduction of Heptathlon event. *Gymnastics*/#Swimming (*Any One) | 6 | 3 | 30 | 70 | 100 |
| MPPC-302 | Games Specialization- III Boxing/ Fencing/ Judo/ Karate/ Wrestling/Wushu (Any Two) | 6 | 3 | 30 | 70 | 100 |
| MPPC-303 | Coaching Lessons of Track and Field/ Gymnastics/ Swimming - 5 Lessons (4 Internal & 1 External) | 6 | 3 | 30 | 70 | 100 |
| MPPC-304 | Coaching Lessons of Game Specialization- 5 Lessons (4 Internal & 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 - IV

#### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Internal Marks</th>
<th>External Marks</th>
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<td><strong>Core Course</strong></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>MPCC-401</td>
<td>Information &amp; Communication Technology (ICT) in Physical Education</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-402</td>
<td>Sports Psychology</td>
<td>3</td>
<td>3</td>
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<td>100</td>
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<tr>
<td>MPCC-403</td>
<td>Value and Environmental Education</td>
<td>3</td>
<td>3</td>
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<td>100</td>
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</table>

#### Elective Course (Anyone)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
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<tr>
<td>MPEC-401</td>
<td>Dissertation</td>
<td>3</td>
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<td>MPEC-402</td>
<td>Education Technology in Physical Education</td>
<td>3</td>
<td>3</td>
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#### Part-B Practical Course

<table>
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<th>Course Code</th>
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<th>Credit</th>
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<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td>MPPC-401</td>
<td>Track and Field Introduction of Decathlon event Gymnastics Swimming Practical Skill (any one)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td>MPPC-402</td>
<td>Games Specialization- Practical skills (any two)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td>MPPC-403</td>
<td>Officiating Lessons of Track and Field/Gymnastic/Swimming - 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-404</td>
<td>Officiating Lessons of Game Specializations - 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
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</table>

| 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.
### SCHEME OF EXAMINATION
(SEMESTER – I)

<table>
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<tr>
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<tbody>
<tr>
<td></td>
<td><strong>THEORY (400)</strong></td>
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<tr>
<td>MPCC-101</td>
<td>Research Process in Physical Education &amp; Sports Sciences</td>
<td>30</td>
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<tr>
<td>MPCC-102</td>
<td>Physiology of Exercises</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td>MPCC-103</td>
<td>Yogic Sciences</td>
<td>30</td>
<td>70</td>
<td>100</td>
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<tr>
<td>MPEC-101/102</td>
<td>Tests, Measurement and Evaluation in Physical Education <em>OR</em> Sports Technology (Elective)</td>
<td>30</td>
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<td>100</td>
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<td></td>
<td><strong>PRACTICAL (400)</strong></td>
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<tr>
<td>MPPC-101</td>
<td>Track and Field I: Sprint, Middle and Long Distance Running,</td>
<td>30</td>
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<td>100</td>
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<tr>
<td></td>
<td>Long Jump, High Jump (Performance in any one from running + 2 jumping events.)</td>
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<tr>
<td>MPPC-102</td>
<td>Games Specialization- I (Second Best)</td>
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<td>(Individual skills, game situation, officiating, lead-up games)</td>
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<tr>
<td>MPPC-103</td>
<td>Yoga</td>
<td>30</td>
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<td></td>
<td>Performance in Asanas, Kriyas, Bandhas &amp; Pranayama.</td>
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<tr>
<td>MPPC-104</td>
<td>Class Room Teaching Lessons</td>
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### SEMESTER -II

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<td><strong>THEORY (400)</strong></td>
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<td>MPCC-201</td>
<td>Applied Statistics in Physical Education &amp; Sports</td>
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<tr>
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<td>Sports Biomechanics &amp; Kinesiology</td>
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<td>MPCC-203</td>
<td>Athletic Care and Rehabilitation</td>
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<td>70</td>
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<td>MPEC-201/202</td>
<td>1. Sports Journalism and Mass Media <em>OR</em></td>
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<td></td>
<td><strong>PRACTICAL (400)</strong></td>
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<tr>
<td>MPPC-201</td>
<td>Track and Field II: Shot Put, Discus Throw, Javelin Throw</td>
<td>30</td>
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<tr>
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<td>(Performance in any two events)</td>
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<tr>
<td>MPPC-202</td>
<td>Games Specialization- II (Second Best)</td>
<td>30</td>
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<tr>
<td></td>
<td>Individual skills, game situation, officiating, lead-up games</td>
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<tr>
<td>MPPC-203</td>
<td>Teaching Lessons of Track and Field</td>
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<td>Paper</td>
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<tr>
<td>MPPC-204</td>
<td>Teaching Lessons of Game Specializations</td>
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**SEMESTER –III**

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<td>MPPC-301</td>
<td>Scientific Principles of Sports Training</td>
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<tr>
<td></td>
<td>(Lab. Practicals – Tread mill, Bicycle ergometer, strength,</td>
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<td></td>
<td>endurance &amp; fitness testing.)- Internal.</td>
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<td>MPPC-302</td>
<td>Sports Medicine (Lab Practicals)-Internal</td>
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<tr>
<td>MPPC-303</td>
<td>Health Education and Sports Nutrition</td>
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<td>MPEC-301/302</td>
<td>Sports Engineering OR Physical Fitness and Wellness (Elective)</td>
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**PRACTICAL (400)**

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<tbody>
<tr>
<td>MPPC-301</td>
<td>Track and Field III: Relay,</td>
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<td></td>
<td>Triple Jump, Pole Vault</td>
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<td>(Performance in any two events)</td>
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<td>MPPC-302</td>
<td>Games Specialization- III (First Best)</td>
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<td>Individual skills, game situation, officiating, lead-up games)</td>
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<td>MPPC-303</td>
<td>Officiating Lessons of Track and Field; Game Specializations</td>
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<td>MPPC-304</td>
<td>Internship</td>
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**SEMESTER -IV**

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<tr>
<td>MPPC-402</td>
<td>Sports Psychology</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-403</td>
<td>Value and Environmental Education</td>
<td>30</td>
<td>70</td>
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<td>MPEC-401/402</td>
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**PRACTICAL (400)**

<table>
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<td>MPPC-401</td>
<td>Track and Field IV: Javelin Throw, Hammer Throw, Hurdles</td>
<td>30</td>
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<td>(Performance in any two events)</td>
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<tr>
<td>MPPC-402</td>
<td>Games Specialization- IV (First Best)</td>
<td>30</td>
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<td>(Individual skills, game situation, officiating, lead-up games)</td>
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<tr>
<td>MPPC-403</td>
<td>Coaching Lessons of Track and Field</td>
<td>30</td>
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<tr>
<td>MPPC-404</td>
<td>Coaching Lessons of Game Specializations</td>
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<tr>
<td><strong>Total</strong></td>
<td></td>
<td>240</td>
<td>560</td>
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**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, 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**


**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**


**REFERENCE :**

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Semester I
Theory Courses

MPCC-102PHYSIOLOGY OF EXERCISE

UNIT I – Skeletal Muscles and Exercise

UNIT II – Cardiovascular System and Exercise

UNIT III – Respiratory System and Exercise

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

Note: Laboratory Practicals in Physiology be designed and arranged internally.
REFERENCES:


Semester I
Theory Courses

MPCC-103 Yogic Sciences

Unit I – Introduction

Unit II – Aasanas and Pranayam

Unit III – Kriyas

Unit IV – Mudras
Unit V – Yoga and Sports
Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:
Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Semester I
Theory Courses

MPEC-101

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

UNIT I – Introduction

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) - JCR test. 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
Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiace.

UNIT V – Skill Tests
Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson
Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket 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, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

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

REFERENCES:
Authors Guide (2013) ACSM’s Health Related Physical Fitness Assessment Manual, USA:
ACSM Publications
Education, Nagpur : Amit Brothers Publications
in Physical Education, Nagpur: Amit Brothers Publications
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby
Company
Sons, Inc
Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and
Athletics, New York, Macmillan Publishing Co. Inc
in Physical Education, Nagpur: Amit Brothers Publications
DVS Publications
Publication
Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd
Edition, Dallas TX: The Cooper Institute for Aerobics Research
Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Semester I
Theory Courses

MPEC-102 SPORTS TECHNOLOGY (Elective)

Unit I – Sports Technology
Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

Unit II – Science of Sports Materials

Unit III – Surfaces of Playfields

Unit IV – Modern equipment

Unit V – Training Gadgets

Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/sports goods manufacturers.
REFERENCE:

Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982

Semester II
Theory Courses

MPCC-201 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT I – Introduction

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

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 – co-efficient 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

Semester II
Theory Courses

MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I – Introduction

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

UNIT IV – Projectile and Lever
Note: Laboratory practicals 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

REFERENCE:
Semester II
Theory Courses

MPCC-203 ATHLETIC CARE AND REHABILITATION

Unit I – Corrective Physical Education

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

Unit V – Sports Injuries Care, Treatment and Support

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:

Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
Semester II
Theory Courses

MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I Introduction

UNIT II Sports Bulletin

UNIT III Mass Media

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

UNIT V Journalism

Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.

REFERENCE:
Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
Semester II
Theory Courses

MPEC-202 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Elective)

UNIT I – Introduction to Sports Management

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

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

Reference:

Semester III
Theory Courses

MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

UNIT II – Components of Physical Fitness

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

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:
David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
Yograj Thani (2003), Sports Training, Delhi : Sports Publications

Semester III
Theory Courses

MPCC-302 SPORTS MEDICINE

UNIT I – Introduction

UNIT II – Basic Rehabilitation

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

UNIT V – Lower Extremity Injuries and Exercise

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

REFERENCES:
Practical: Anthropometric Measurements,

Semester III
Theory Courses

MPCC-303 HEALTH EDUCATION AND SPORTS NURTITION

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".
Turner, C.E. "The School Health and Health Education".
Moss and et. At."Health Education" (National Education Association of U.T.A.)
Nemir A. "The School Health Education" (Harber and brothers, New York).
Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.

Semester III
Theory Courses

MPEC-301SPORTS ENGINEERING (Elective)

Unit - I Introduction to sports engineering and Technology

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

Unit - II Mechanics of engineering materials

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

**Unit- III Sports Dynamics**


**Unit- IV Building and Maintenance:**

Sports Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Outdoor Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.

Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outersurrounding. Maintenance staff, financial consideration.

**Building process**: design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurnish, demolish.

**Maintenance policy**, preventive maintenance, corrective maintenance, record and register for maintenance.

**Unit – V Facility life cycle costing**

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

**Reference**

Franz K. F. et. al., Editor *The Impact of Technology on Sports II* (CRC Press, 2007)
Youlin Hong, Editor *Routledge Handbook of Ergonomics in Sport and Exercise* (Routledge, 2013)
Colin White, *Projectile Dynamics in Sport: Principles and Applications*
Eric C. et al., Editor *Sports Facility Operations Management* (Routledge, 2010)
Semester III
Theory Courses

MPEC-302 PHYSICAL FITNESS AND WELLNESS (Elective)

Unit I – Introduction
Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

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

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

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

Unit V – Flexibility 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:
Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001
Semester IV
Theory Courses

MPCC-401 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction
- Concept, Elements, Process & Types of Communication
- 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
- E-Learning
- Web Based Learning
- Visual Classroom

REFERENCES:

Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
Semester IV
Theory Courses

MPCC-402 SPORTS PSYCHOLOGY

UNIT I - Introduction

UNIT II - Motivation

UNIT III – Goal Setting

UNIT IV – Sports Sociology

UNIT V – Group Cohesion

Practicals: Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)
REFERENCES:


Semester IV

Theory Courses

MPCC-403 VALUE AND ENVIRONMENTAL EDUCATION

UNIT I – Introduction to Value Education.

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 ecosystem.

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.)
Townsend C. and others, *Essentials of Ecology* (Black well Science)
Miller T.G. Jr., *Environmental Science* (Wadsworth Publishing Co.)
Semester IV
Theory Courses

MPEC-401 DISSERTATION

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).

2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.

3. The candidate has to face the Viva-Voce conducted by DRC.

Semester IV
Theory Courses

MPEC-402 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS

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

Unit II – Systems Approach to Physical Education and Communication

Unit III- Instructional Design

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

REFERENCE:
AmitaBhardwaj, New Media of Educational Planning”. Sarup of Sons, New Delhi-2003
Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi :DoabaHouse), 1959.
Communication and Education, D. N. Dasgupta, Pointer Publishers
Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71IBH Publishing company, New Delhi
Essentials of Educational Technology, MadanLal, Anmol Publications
Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
Semester I
Practicum Course

MPPC- 101 TRACK AND FIELD I: RUNNING EVENTS/ GYMNASTICS/ SWIMMING.

Running

- 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

Semester I
Practicum Course

MPPC- 102 FLAG HOISTING, MARCH PAST, CEREMONIES LIKE OPENING, CLOSING, VICTORY,(DURING INTRA MURALS COMPETITIONS) OF DIFFERENT SPORTS AND GAMES/ LEAD UP GAMES/ MINOR GAMES/ RELAY GAMES


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 during Intramural Programme should be arranged as a project by the students under the supervision of the faculty. Organization of Sports Festival, Play Day, Social Party games, etc. should be encouraged.
Semester I

Practicum Course

**MPPC- 103 YOGA/ AEROBICS/ SELF DEFENCE TECHNIQUES-MARTIAL ARTS, TAEK-WON-DO/ SHOOTING/ ARCHERY**

Yoga, Asanas prescribed by Maharshi ‘Patanjali’, ShudhiKriyas, jalneti, sutraneti, dugdhaneeti, kunjal, Nauli, Bhattika, shatkriya, Pranayams, Anulom-vilom, Kapalbhati,

**AEROBICS**

Rhythmic Aerobics - dance
Low impact aerobics
High impact aerobics
Aerobics kick boxing

Moves

March single, basics, side to side alternate, turn s/a ,double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11. kick side, corner, heel to reft, shape, 'e' shape, shapew, shape, repeater left mode

Warm up and cool down

Being successful in exercise and adaptation to aerobic workout.

**SELF DEFENCE TECHNIQUES-MARTIAL ARTS, TAEK-WON-DO/ SHOOTING/ ARCHERY**

**Semester I**

**Practicum**

**MPCC-104 ADVENTURE ACTIVITIES/ MASS DEMONSTRATION ACTIVITIES- LEZIM, DUMB-BELL, UMBRELLA, TIPRI, WANDS, HOOPS/ MALKHAMBH**

**ADVENTURE ACTIVITIES:** Trekking, Wall climbing, River crossing, Mountaineering, etc

**MASS DEMONSTRATION ACTIVITIES** - lezim, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc. *(Students are expected to learn and organize mass drill in school situation)*

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

MALKHAMB: Table of Exercises on Malkhamb should be prepared internally for teaching.

**General out-line of the contents of teaching of theory of Games and Sports**

Introduction of the game/sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport. Warming-up- General free hand exercises, specific work out using equipment. 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- 201 TRACK AND FIELD II: JUMPING EVENTS / SWIMMING / GYMNASTICS**

*(Course contents in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender).*

**Semester II**

**Practicum Course**

**MPPC-202 GAMES SPECIALIZATION II**

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)

**Semester II**

**Practicum Course**

**MPPC-203 TEACHING LESSONS OF INDIGENOUS ACTIVITIES AND SPORTS**

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport 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.

Semester II Practicum Course  
MPPC-204 CLASS ROOM TEACHING

(LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES)

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching lessons as per selected 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 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 teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester III  
Practicum Course

MPPC- 301 TRACK AND FIELD III: THROWING EVENTS/ GYMNASTICS/SWIMMING

(Course contents in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender).

Semester III  
Practicum Course

MPPC-302 GAMES SPECIALIZATION- III BOXING/ FENCING/ JUDO/ KARATE/ WRESTLING/ WUSHU

(Course contents in the game of specialization should be chalked out internally considering advance level of students and suitable to their age and gender).
Semester III
Practicum Course

MPPC-303 COACHING LESSONS OF TRACK AND FIELD/ GYMNASTICS/ SWIMMING

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester III
Practicum Course

MPPC-304 COACHING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester IV
Practicum Course

MPPC-401 TRACK AND FIELD/ SWIMMING/ GYMNASTICS

(Course contents in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender. Practical Skill Test any one out of these after completion of syllabus)
Semester IV
Practicum Course

MPPC-402 GAMES SPECIALIZATION

(Course contents in game or sport of specialization should be chalked out internally considering advance level of students and suitable to their age and gender. Practical skill test- any two)

Semester IV
Practicum Course

MPPC-403 OFFICIATING LESSONS OF TRACK AND FIELD/ GYMNASTICS/ SWIMMING

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected above discipline. In view of this, the students shall be provided with advance mechanism of officiating in selected discipline. 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 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 officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester IV
Practicum Course

MPPC-404 OFFICIATING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – IV Semester need to be develop proficiency in taking officiating lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of officiating in selected game specialization. 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 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 officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.
Note: Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities/ Autonomous Colleges.

**Table – 1: Semester wise distribution of hours per week**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Theory</th>
<th>Practicum</th>
<th>Teaching practice</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>12</td>
<td>18</td>
<td>6</td>
<td>36</td>
</tr>
<tr>
<td>II</td>
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<tr>
<td>III</td>
<td>12</td>
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</tr>
<tr>
<td>IV</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>36</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>48</strong></td>
<td><strong>54</strong></td>
<td><strong>42</strong></td>
<td><strong>144</strong></td>
</tr>
</tbody>
</table>

Minimum of 36 teaching hours per week is required in five or six days in a week

**Table – 2: Number of credits per semester**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Theory</th>
<th>Practicum</th>
<th>Teaching practice</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
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<td>09</td>
<td>03</td>
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<tr>
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<tr>
<td>III</td>
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</tr>
<tr>
<td>IV</td>
<td>12</td>
<td>06</td>
<td>06</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>48</strong></td>
<td><strong>27</strong></td>
<td><strong>21</strong></td>
<td><strong>96</strong></td>
</tr>
</tbody>
</table>

Minimum of 36 teaching hours per week is required in five or six days in a week